



# MN-DONA/LTC Spring Conference and Annual Meeting

Thursday, April 16 & Friday, April 17, 2015

*Welcome to MN-DONA's Spring Conference and Annual Meeting. The spring conference committee heard you loud and clear and brought the Spring Conference back to Alexandria's beautiful Arrowwood Resort this year! We have been working hard on this year's agenda; we look at hot topics in our industry, and then line up speakers who would give you relevant information to bring back to your facility. We have planned a great conference and the agenda is packed full of wonderful speakers that will educate, entertain, and energize you!*

*Don't forget to stop by your District Meetings or socialize with other attendees during our reception from 2:30-3:30 pm on Thursday before we gather for our keynote speaker. Our keynote speaker on Thursday is Kit Welchlin, Welchlin Communication Strategies. Kit has entertained our members before, so sit back, plan to laugh and be energized by Kit when he talks about, "Dealing with Difficult People You Don't Like."*

*Friday is the MN-DONA Annual Meeting during lunch. This is where you have the opportunity to watch our board in action. We will also be voting in new members to our Board of Directors. So come celebrate our accomplishments of this past year and raise a glass to our future.*

*We hope you use the conference to connect, socialize and network with others, enjoy the beautiful Arrowwood resort and go home rested and rejuvenated.*

*Libby Lindberg  
President of MN-DONA  
Spring Conference Chair*

## **MN- DONA Spring Conference Committee**

Libby Lindberg  
Colleen Ludwikowski  
Elaine Johnson  
Brenda Long  
Laura Revering  
Laura Seleen



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# Spring Conference 2015 is Here!

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## SCHEDULE OF EVENTS

### Thursday, April 16, 2015

8:00 a.m. - 9:00 a.m.     **Registration & Continental Breakfast**

9:00 a.m. - 10:00 a.m.   **QAPI**  
*Kathie Nichols, Stratis Health*

QAPI is a systematic, comprehensive, active approach to quality improvement and management. Prior to starting a performance improvement project (PIP), it's important to define the problem or area of focus. In this interactive session, participants will use QAPI tools to focus the efforts of the PIP team by providing clear direction and setting goals

10:00 a.m. - 10:15 a.m.   **Break**

10:15 a.m. - 11:45 a.m.   **Regulation Issues in AL Home Care**  
*Doug Beardsley, Care Providers of Minnesota*

Has the new Comprehensive Home Care license changed the types of survey correction orders being issued to home care providers in Minnesota's assisted living settings? This session will describe the most common survey findings being issued, both old issues and some new ones! Learn what you can do to prevent your home care agency from making the common mistakes surveyors are uncovering while improving your regulatory compliance. Self-audit tools and resources will be provided for many common regulatory issues. In addition, Mr. Beardsley will review how the CMS Nursing Home Five-Star rating system works, including recent CMS updates to the staffing and quality measures.

11:45 a.m. - 1:00 p.m.    **Lunch**

1:00 p.m. - 2:30 p.m.    **All ABOARD! - Preparing Nurses upon Hire for Success**  
*Colleen Toebe, Pathway Health*

Are you preparing your new nurses for the challenges in long term care? Plan to spend an hour learning about "on-boarding" and successful staff retention.

Upon completion of this session, attendees will be able to:

- Review the key elements of organizational orientation.
- Examine the components of successful staff development.
- Evaluate your organization based on best practices.

2:30 p.m. - 3:30 p.m.    **District Meetings / Social Networking Reception**

3:30 p.m. - 5:00 p.m.    **Dealing With Difficult People You Don't Like**  
*Kit Welchlin, Welchlin Communication Strategies*

The dealing with difficult people training provides techniques to minimize the damage to yourself and your organization. Being one of the busiest professional keynote speakers in the country, Kit shares strategies in his dealing with difficult people training speeches and seminars that help people with stress management in the workplace.

In the Dealing with Difficult People Training participants will learn:

- Ten different types of difficult people.
- Five action steps to respond rather than react.
- Five stages in controlling your emotions and responding appropriately.
- How to differentiate yourself from everyone else.
- The fifty strategies to deal with the truly ruthless.

5:00 p.m.                 **Dinner on your own**



## SCHEDULE OF EVENTS

### Friday, April 17, 2015

7:00 a.m. - 8:00 a.m.     **Breakfast & Annual Meeting Registration Opens**

8:00 a.m. - 10:00 a.m.   **Restorative Sleep Vitality Program (RSVP)**  
*Sue Ann Gildermann, Empira*

CMS and long-term care providers have never considered sleep as an integral part of the plan of care and services provided for the resident. This Restorative Sleep Vitality Program (RSVP) is a combination of nationally recognized, evidence-based sleep hygiene research studies and the application of cutting edge practices to enhance residents' sleep & wake. Empira is challenging some of the standards of practice and operational procedures for providing cares and services in skilled nursing facilities.

Our nursing homes have come to the forefront in recognizing that a good night's sleep is one of the most important gifts we can give our residents. Sleep is not just a state we fall into, but a necessary and vital part of keeping us healthy. With sleep in mind, we have reviewed our practices and cares and have made adjustments that include:

- Reduce disturbances to nighttime sleep and increase daytime activities for our residents
- Encourage good exposure to light and sun during the day and darkness at night to help keep internal clocks set
- Reduce daytime napping that robs nighttime sleep
- Offer different types, timing and amount of foods and fluids to better enhance wakefulness and sleep
- Review and perhaps change medications to assist with improved sleep and wake times

We continue to look for ways we can enhance the sleep and wake of our residents – and by doing this we are increasing their quality of life.

10:00 a.m. - 10:15 a.m.   **Break**

10:15 a.m. - 11:15 a.m.   **Institutional Diversion and Current Trends in Prescription Drug Crimes**  
*Ed Cartwright, Purdue Pharma*

This course will help define prescription drug diversion in an institutional setting (hospital, clinic, etc.). Course will include case studies and discuss steps to prevent diversion within an institution. The course is intended to address the “WHY, WHAT, WHO, HOW, & WHERE” of diversion of controlled substances and high value medications in an institutional setting. The course focuses on legitimate access, developing strong policy and identifying sources of internal theft and diversion.

11:15 a.m. - 11:30 a.m.   **Break**

11:30 a.m. - 1:00 p.m.    **Lunch**

12:15 p.m. - 1:00 p.m.   **MN-DONA/LTC Annual Meeting - Members Only**



# MN-DONA Fall Conference

October 7-9, 2015

Breezy Resort



## Accreditation

Application has been made to the Minnesota Board of Examiners for Nursing Home Administrators for 8.25 clock hours. 9.9 contact hours are being offered that meet the Minnesota Board of Nursing's continuing education criteria. When you consider the number of contact hours offered through the conference registration fee, it is less than \$14.00 per contact hour.

At this time, because of continuing complexity and financial considerations, MN-DONA will not be able to provide ANCC accreditation for the Spring Conference program. MN-DONA no longer has an ANCC sponsor. The MN-DONA Board will continue to explore options for future ANCC accreditation.

## Accommodations

If you need overnight accommodations, please contact Arrowwood Resort Reservation Department directly at **1-866-386-5263** or **directly at 1-320-762-1124**. Reservations must be made by **March 25, 2015**. The negotiated group rate is **\$105** single/double/triple/quad occupancy + 6.875% tax. Visit their website at [www.arrowwoodresort.com](http://www.arrowwoodresort.com) for more information on the housing options.

## Registration/Cancellations

Please see the registration form on page 5 for a listing of the conference fees. Your registration includes all the educational programs, materials, breakfast, lunch and reception. There is a reduced rate for first-time attendees. If you have never attended the Spring Conference, please circle "first time attendee" on your registration form and pay the reduced registration fee indicated.

**Non-Members:** To receive the best value, pay the member rate for the conference by signing up for MN-DONA membership on the conference registration form and include your dues payment with your registration fee. As a special thank you for your membership, you will receive **\$10** off the regular yearly membership fee and will pay only **\$100** in dues. The benefits of membership are numerous! Please access the MN-DONA website at [www.mndona.org](http://www.mndona.org) for a complete benefits listing.

**Cancellations:** Written notice of cancellation of your conference registration must be received by **April 7, 2015**. A \$30 administrative fee will be charged and the balance will be refunded following the conference. Cancellations should be emailed to [cathy@bestmeetings.com](mailto:cathy@bestmeetings.com).

*Questions can be addressed to 800-958-8875 or 952-858-8875 or via email at [info@mndona.org](mailto:info@mndona.org)*

# SPRING CONFERENCE 2015 REGISTRATION



Name: \_\_\_\_\_

Title: \_\_\_\_\_ MN-DONA District \_\_\_\_\_

Company: \_\_\_\_\_

Address: \_\_\_\_\_

City/ State/ Zip \_\_\_\_\_ Cell : \_\_\_\_\_

Phone: \_\_\_\_\_ Email Address: \_\_\_\_\_

Please indicate any special needs (dietary, access, etc.): \_\_\_\_\_

Is this your first time attending MN-DONA's Spring Conference? Yes / No

Are you attending the MN-DONA Annual Meeting on April 17, 2015? Yes / No (Members Only)

Please register me for the following:

## MN-DONA Members:

\_\_\_\_\_ \$135 MN-DONA/LTC Member - Spring Conference & Annual Meeting, April 16-17, 2015

\_\_\_\_\_ \$125 MN-DONA/LTC Member - Spring Conference & Annual Meeting *First Time Attendee*,  
April 16-17, 2015

\_\_\_\_\_ \$35 MN-DONA/LTC Member - *Annual Meeting Only*, April 17, 2015

## New Members - Joining MN-DONA:

\_\_\_\_\_ \$235 I *would like to join MN-DONA* and pay the member rate for the Spring Conference and Annual Meeting. I have included the discounted membership fee of \$100 with my registration.

\_\_\_\_\_ \$225 I am a *First Time Attendee* and *would like to join MN-DONA* and pay the member rate for the conference. I have included the discounted membership fee of \$100 with my registration.

\_\_\_\_\_ \$191 I am a *First Time Assisted Living RN in a leadership position* and pay the AL member rate for this conference. I have included the discounted membership fee of \$66 with my registration.

## Non-Members:

\_\_\_\_\_ \$155 Non-Member - Spring Conference and Regulatory Update Only

\_\_\_\_\_ \$145 Non-Member - Spring Conference and Regulatory Update Only *First Time Attendee*

Payment: \_\_\_\_\_ Check \_\_\_\_\_ VISA \_\_\_\_\_ MasterCard Card Number \_\_\_\_\_

Expiration Date \_\_\_\_/\_\_\_\_ Person's Name on Card \_\_\_\_\_

Full Address (where credit card bill is sent) \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Signature \_\_\_\_\_

Card Holder's Phone (\_\_\_\_) \_\_\_\_\_

Card Holder's Email \_\_\_\_\_

Questions...800-958-8875/952-858-8875 or [info@mndona.org](mailto:info@mndona.org)

Mail or fax this form along with payment  
by **March 25, 2015** or  
register on-line at the  
MN-DONA website [www.mndona.org](http://www.mndona.org).

MN-DONA/LTC  
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