

# Activity & Social Service Making A Difference...

# Everyday!!

*Designed specifically for Long-Term Care  
Activity & Social Service Professionals!*

*October 16 - 18, 2013*

*Wynfrey Hotel – Birmingham, Alabama*

Dear Activity & Social Service Professionals:

It is my pleasure to invite you to attend the 2013 ANHA Activity and Social Service Auxiliary's Annual Convention. We will be using a **"It's a Jungle Out There: Hunting for New Ideas for Activity and Social Service Professionals"** theme this year and invite everyone to participate and dress in your favorite safari and hunting gear.

As you will see in this packet, we have planned a convention of informative seminars with you...the long term care activity and social service professional...in mind.

This year we are going to have two evenings off...to shop, dine, and visit with your peers, so enjoy! Event information and details can be found inside this packet.

Ina Brown, TLC Nursing Center  
2013 Auxiliary President



# 2013 ANHA Activities/ Social Services Auxiliary CONVENTION AGENDA



## Wednesday, October 16, 2013

<i>Time</i>	<i>Event</i>
11:30 AM – 1:30 PM	Auxiliary Board Meeting <i>BY INVITATION ONLY</i>
1:00 – 4:00 PM	Convention Registration & Credentialing
2:00 – 2:30 PM	Welcome and Introductions
2:30 – 5:45 PM	Opening Educational Session: <i>“Issues Dealing with the Younger Population” - Joy Cornelius</i>

## Thursday, October 17, 2013

<i>Time</i>	<i>Event</i>
8:00 – 9:00 AM	Convention Registration & Credentialing
8:00 – 9:00 AM	Full Buffet Breakfast
9:00 AM – 12:15 PM	Educational Session: <i>“How Does the Environment Affect Abilities and Behavior” – Teepa Snow</i>
12:15 – 1:30 PM	Lunch on Your Own
1:30 – 2:15 PM	General Business Session
2:30 – 5:45 PM	Educational Session: <i>“Coping with Challenging Behaviors” – Teepa Snow</i>

## Friday, October 18, 2013

<i>Time</i>	<i>Event</i>
8:00 – 9:00 AM	Convention Registration
8:00 – 9:00 AM	Full Buffet Breakfast
9:00 AM – 11:00 PM	Educational Session: <i>“OBRA Screening” – Angela Howard</i>
11:15 AM – 12:30 PM	Educational Session: <i>“Advance Directives” –Kenny Keith</i>
12:30 PM	Convention Adjourns



# *ANHA Activity/ Social Service 2013 Annual Convention Event-by-Event Synopsis*



## **Wednesday, October 16, 2013**

### **11:00 AM – 1:00 PM Auxiliary Board Meeting & Lunch - *BY INVITATION ONLY***

This is the quarterly meeting of the ANHA Activities/ Social Services Auxiliary Board of Directors.

### **1:00 – 4:00 PM Convention Registration & Credentialing**

During this time frame, attendees can pick up their convention packets and information. On-site registration will also be available at this time. IN ADDITION, member facility PRIMARY REPRESENTATIVES who wish to vote and/or nominate during the General Business Session may be credentialed at this time.

### **2:00 – 2:30 PM Welcome and Introductions**

This session will begin with a Flag Ceremony and introduction of your 2013 Activities/Social Services Board of Directors. At this time all first time convention attendees will be recognized.

### **2:30 – 5:45 PM Educational Session:**



#### ***“Issues Dealing with the Younger Population”***

The young adult population brings a unique set of problems to long term care providers. These problems do not fit our “standard” population. Most young adult residents have experienced a traumatic event in their life or have dealt with chronic disease their entire life. These ailments provide a physical primary diagnosis; many facilities fail to identify a very prevalent mental health diagnosis as secondary. Most young adult residents with active minds need engaging activity. Although residing in a long term care facility, every effort should be made to maintain their connection to the community. Participation in peer groups, access to electronics and work based (volunteer) programs are vital. The mind of a young adult resident actively engaged in a positive activity will result in mindless pre-occupied problematic behaviors identified above. Pre-admission assessment is essential in determining the facility’s ability to meet the psychosocial needs of the young adult resident.

**Learning Objectives:** By the end of this session, participants will be able to: 1) Identify common care issues among caring for young residents; 2) Describe how to keep young residents engaged in nursing home living.

*About the Presenter: Joy Cornelius is employed with Robinson-Adams and is a Past President of the National Activity Professionals Association. She is a former Activity Director and has many years experience in long term care.*

# Thursday, October 17, 2013

## 8:00 – 9:00 AM Convention Registration, Full Buffet Breakfast & Credentialing Registration

During this time frame, attendees can enjoy a relaxed full buffet breakfast and pick up their convention packets and information. On-site registration will also be available at this time. IN ADDITION, member facility PRIMARY REPRESENTATIVES who wish to vote and/or nominate during the General Business Session may be credentialed at this time.

## 9:00 AM – 12:15 PM Educational Session

### ***“How Does the Environment Affect Abilities and Behaviors”***

Our physical and social environment impacts every aspect of our behavior. It has an even stronger influence on the person living with dementia. This session will explore the role that the environment has on the person’s ability to participate actively in life as well as its impact on more problematic and frustrating behaviors. Emphasis will be placed on helping caregivers recognize the role that visual, auditory, tactile, and temperature cues play in triggering both positive and problematic behaviors. There will also be some focus on social environmental factors that can be used to influence and modify behaviors. The need to readjust and make changes to the environment and the schedule as the condition progresses and the person’s abilities and interests change will be highlighted as well.

**Learning Objectives:** By the end of the session, learners will be able to: 1) Identify the key components in the physical environment for someone living with dementia; 2) Recognize the importance of the social environment in care outcomes for someone living with dementia; 3) Describe supportive aspects of the physical environment throughout the disease process of dementia; 4) Compare traditional physical and social environmental set-ups with supportive set-ups for people with dementia

*About the Presenter: Teepa Snow, MS, OTR/L, FAOTA is an occupational therapist currently working as a dementia care and dementia education specialist. She has an independent practice. She has clinical appointments with Duke University's School of Nursing and UNC-Chapel Hill's School of Medicine. She provides educational and training sessions to organizations and providers throughout the US. She also lectures for gerontology and health professional programs at colleges and universities across the country. She provides training and education for Alzheimer's Association and Alzheimer Society conferences, state health care provider organizations, professional association meetings, and caregiver programs and organizations. She works closely with several assisted living and retirement communities, hospice and day service programs, & dementia specialty service providers throughout the US to improve and optimize programs and services to people with dementia and their families. Teepa has over 31 years of experience in geriatrics.*

## 12:15 – 1:30 PM Lunch on Your Own

1:30 – 2:15 PM



### **ANHA Act/SS Auxiliary General Business Session**

During this general business session, nominations will be taken and elections held for 2014 Auxiliary offices. Only member facilities' credentialed primary representatives may vote in the 2013 Auxiliary elections. *Primary Representatives wishing to nominate, vote or be nominated must be credentialed prior to the session. All representatives from auxiliary member facilities are welcome to attend this session.*

2:30 – 5:45 PM

### **Educational Session:**

#### ***“Changing Challenging Behaviors: Moving from Medications and Drugs to Positive Care Techniques that Work”***

This session is designed to help care partners and care givers better understand why the person they are trying to help frequently exhibits difficult or challenging behaviors that make care assistance problematic or even impossible to deliver. The first part of the session will help caregivers more accurately understand many of the commonly occurring ‘behaviors’ they are experiencing with the person they are trying to help. The next part of session will focus on looking beyond the disease to look for other possible factors that may be causing or contributing to the challenging behavior. Key factors such as: life-long personality traits and life experiences and preferences, environmental conditions and cues, other medical, sensory, or psychological conditions, the structure and flow of the day, and caregiver skills and approaches will be discussed with some selected examples demonstrated and provided. Finally a problem-solving approach will be presented to help learners reduce the intensity, frequency, or occurrence of challenging behaviors as well as guidance in determining “Is it Worth It?” and “Letting It Go!” for healthier relationships and better outcomes.

**Learning Objectives:** By the end of this seminar, participants will be able to: 1) Discuss typical ‘challenging behaviors’ that occur during disease progression; 2) Recognize the major components that must be considered in investigating and trying to help with challenging behaviors; 3) Demonstrate the use of a problem solving strategy to assess and intervene when challenging behavior is identified.

*About the Presenter: Teepa Snow, MS, OTR/L, FAOTA is an occupational therapist currently working as a dementia care and dementia education specialist. She has an independent practice. She has clinical appointments with Duke University's School of Nursing and UNC-Chapel Hill's School of Medicine. She provides educational and training sessions to organizations and providers throughout the US. She also lectures for gerontology and health professional programs at colleges and universities across the country. She provides training and education for Alzheimer's Association and Alzheimer Society conferences, state health care provider organizations, professional association meetings, and caregiver programs and organizations. She works closely with several assisted living and retirement communities, hospice and day service programs, & dementia specialty service providers throughout the US to improve and optimize programs and*

*services to people with dementia and their families. Teepa has over 31 years of experience in geriatrics.*

## **Friday, October 18, 2013**

### **8:00 – 9:00 AM Convention Registration & Full Buffet Breakfast**

During this time frame, attendees can enjoy a relaxed early morning continental breakfast and pick up their convention packets and information. On-site registration will also be available at this time. Attendees should make their plans to check out of their overnight rooms by 11:00 a.m.

### **9:00 AM – 11:00 AM Educational Session:**

#### ***“OBRA Screening”***

In 1987, Congress recognized that a national problem existed regarding appropriate placement for individuals with mental illnesses and/or intellectual disabilities and passed the Omnibus Budget Reconciliation Act (OBRA) for Pre-admission Screening and Resident Review to Medicaid certified nursing homes. The Alabama Department of Mental Health’s OBRA PASRR Office is responsible for reviewing referrals submitted by health care entities and maintaining a system to regulate the appropriate placement of residents and prospective nursing home patients who have serious mental illnesses and/or intellectual disabilities.

In the state of Alabama, the OBRA PASRR Office is responsible for screening all applicants and residents of Medicaid Certified Nursing Facilities for suspected mental illnesses and/or intellectual disabilities. It is recognized that individuals diagnosed with mental illnesses and/or intellectual disabilities may have special needs which are not provided in a nursing facility. Nursing facilities should only be utilized by individuals that warrant nursing facility level of care. If an individual has a diagnosis of a mental illness and/or intellectual disability and is a nursing facility applicant/resident, the Alabama OBRA PASRR Office evaluates to determine the most appropriate placement based on the individual’s service needs.

**Learning Objectives:** By the end of this seminar, participants will be able to: 1) describe the intent of regulations related to OBRA Screening; 2) understand how to properly complete an OBRA Screening Assessment and when to seek referrals for those residents who need further mental attention.

*About the Presenter: Angela Howard is the Director of the OBRA PASRR Office for the State of Alabama Department of Mental Health.*

### **11:15 AM – 12:15 PM Educational Session:**

#### ***“Advance Directives”***

Most of us do not want to think about death and dying – so we don’t. Not until we have to. Unfortunately, that often means that families are left

struggling with difficult decisions about important matters concerning our health care. This session will focus on issues concerning Alabama's Advance Directives and what you can do to help educate families.

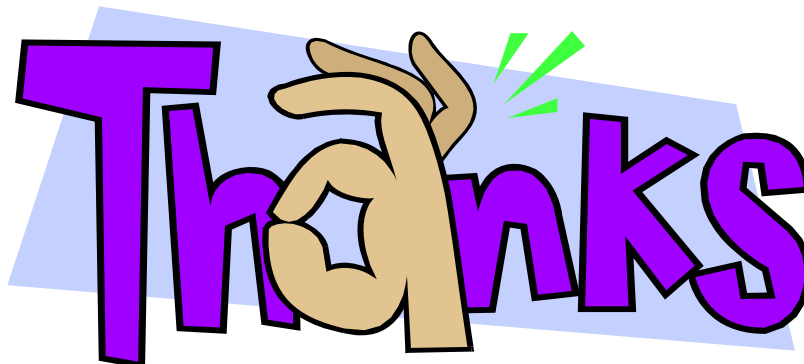
**Learning Objectives:** By the end of this seminar, participants will be able to: 1) describe the intent of regulations related to advance directives; 2) describe ways to help educate families about Alabama's advance directive laws.

*About the Presenter: Kenny Williamson Keith is a member of the Health Care practice group at Gilpin Givhan. Her practice focuses on counseling and representing clients on issues involving billing and reimbursement, certificate of need, contracting, health care liability litigation, medical malpractice defense, nursing home and senior housing, physician practices, privacy and confidentiality and regulatory compliance. Drawing on past experience as a Registered Nurse, an Associate Professor at UAB's School of Nursing, and a private consultant on epidemiology and community health nursing, Kenny brings a wealth of practical knowledge and experience in assisting clients on compliance with federal and state regulatory requirements, state licensure issues, and general business and contract advice. She is a member of Cumberland School of Law Curia Honoris.*

12:15 PM

Adjourn





**A GREAT BIG "THANK YOU" TO OUR  
2013 BOARD OF DIRECTORS FOR ALL  
OF THEIR HARD WORK ON THIS  
CONVENTION!!**

### **2013 Officers:**

President - Ina Brown, TLC Nursing Center  
Vice President – Endya Gibbs, Cherry Hill Health Care Center  
Secretary – Kendrick Wells, South Haven Health & Rehab Center  
Treasurer – Gail Gunn, Oak Park  
Past President – Shonda Young, Bill Nichols State Veterans Home

### **2013 Regional Directors:**

Region 1 – Kim Allred, Hanceville Nursing & Rehab Center  
Region 2 – Mary Ann Parsons, Highlands Health & Rehabilitation  
Region 3 – VACANT  
Region 4 – Janice Garrett, Talladega Healthcare Center Rehab Select  
Region 5 – Charlotte Johnson, Camden Nursing Facility  
Region 6 – Katie Davis, Dadeville Healthcare Center  
Region 7 – Janet Daughdrill, Cogburn Health & Rehab  
Region 8 – Sheila Dunn, Enterprise Health & Rehabilitation Center  
Region 9 – Debra Dixon, Fayette Medical Center Long Term Care

ANHA Board Liaison – Pam Penland, Health Care, Inc.



# *Continuing Education Credits*



**The 2013 Activity and Social Service Auxiliary Convention has been approved for 12 hours of CEU credits by the Alabama Board of Nursing Home Administrators, the Alliance for Long Term Care Quality Improvement, and the Alabama Board of Social Work Examiners (Provider #0012) and 14.4 contact hours for nurses. ANHA is an approved provider of the Alabama Board of Nursing (ABNP0151 – expires 3/12/2013). Approval is pending for 12 hours by the National Certification Council for Activity Professionals.**



## **Don't Forget**

**Early Bird Registration for this convention ends Friday, October 11<sup>th</sup>. Any registrations not postmarked and paid by October 11<sup>th</sup> must pay the late registration fees.**

# **The Facts About Auxiliary Elections to be held at the Convention**

**One of the most important reasons that the member facilities of the Alabama Nursing Home Association Activity and Social Services Auxiliary gather together each year for their Annual Convention is to nominate and vote upon officers for the next year's term.**



During the auxiliary's general business session at the convention, nominations will be accepted from the floor for the offices of vice president, secretary and treasurer for the year 2014. The nominating committee for the auxiliary will also announce a selection of candidates. If you would like to recommend a candidate to the nominating committee, please contact Shonda Young or Gail Gunn. Those individuals who are the credentialed primary representative from active member facilities will be allowed to vote upon their choice for the office during the elections.

## **Who is eligible to nominate, be nominated or vote in AHHA Activity and Social Services Auxiliary Elections?**

**In order for an individual from your facility to be allowed to nominate, be nominated OR vote in an auxiliary election:**

- Your facility must have designated one individual from the activities OR social services department as their official "primary representative" to the auxiliary. It is up to the discretion of the facility's administrator or ownership to designate who is the credentialed primary representative to vote for your facility.
- Voting is limited by the Alabama Nursing Home Association and auxiliary bylaws to one vote for each member facility.
- You can check who your facility's primary representative is at the convention registration desk or call the Association office (334) 271-6214. If the person listed for your facility is incorrect, ANHA must have a dated signed letter from your facility's administrator identifying the correct primary representative from your facility. This can be presented at the time you are credentialed at the convention.



**Newly Renovated host hotel for 2013 ANHA Annual Convention  
Hyatt Regency Birmingham—The Wynfrey Hotel**

**Reserve Your Room Today!**

**ANHA Annual Convention Attendee Rates:**

- **\$140.00 per Standard/Double Room**
- **\$170.00 per Concierge Level Room**

**Reservations:**

- **Call Hyatt Regency Birmingham—The Wynfrey Hotel at  
1-800-233-1234**

**Ask for the “Alabama Nursing Home Association” group rate**

**Website: [www.hyattregencywynfrey.com](http://www.hyattregencywynfrey.com)  
Use code “G-AASS”**

To ensure availability, all participants are encouraged to make overnight reservations by Wednesday, October 2.

After Wednesday, October 2, rooms from ANHA’s block which are not reserved will be released for general sales to the public and availability cannot be guaranteed.