

11.0 CEUs Available—See inside for details



2019 Annual Long-Term Care Conference *Integrating Palliative Care in Continuum of Care Operations*

October 7-8, 2019 • Germantown, NY

Join us for our two-day conference, with day one focusing on palliative care, self-care and communication skills for caregivers with **Betty Ferrell** and **Pam Malloy**. Our second day will cover operational, advocacy and trending long-term care issues.

To register, go to our website www.avilainstitute.org

Monday, October 7 — Palliative Care, Self-Care, & Communication Skills

End-of-Life Nursing Education Consortium (ELNEC) Faculty of Palliative Care



**Betty Ferrell, PhD, MA,
FAAN, FPCN**

Director and Professor, Division of Nursing Research and Education, Department of Population Sciences, City of Hope National Medical Center



**Pam Malloy,
MN, FPCN, FAAN**

Director and Co-Investigator of the ELNEC Project; Special Advisor on Global Initiatives, American Association of Colleges of Nursing (AACN)

Tuesday, October 8 — Operational, Advocacy, & Trending Topics



**Janet Feldkamp, RN,
BSN, LNHA, CHC, JD**
*Partner, Benesch, Friedlander,
Coplan & Aronoff, LLP*



Julie Trocchio, RN, BSN, MS
*Senior Director, Community
Benefit and Continuing Care,
Catholic Health Association*



**Edward Owen Jr.,
BS, PGDip, MA, LNHA**
*Faculty, Avila Institute of
Gerontology, Inc.*



**Michelle Pandolfi,
LMSW, MBA, LNHA, cPMP**
*Executive Director, Thrive
at Home, Whitney Center*

JOIN US IN-PERSON OR ONLINE

 marked sessions will be offered online as a live-streamed webinar for continuing education.

Monday, October 7— Palliative Care

1. Structures and Processes of Care (1.0 hr) 

Betty Ferrell, PhD, MA, FAAN, FPCN

2. Psychological and Psychiatric Aspects of Care (1.0 hr) 

Pam Malloy, MN, FPCN, FAAN

3. Lab Session: Teaching Communication Skills for Psychological and Psychiatric Aspects of Care (1.0 hr)

Betty Ferrell, PhD, MA, FAAN, FPCN and Pam Malloy, MN, FPCN, FAAN

4. Spiritual, Religious and Existential Aspects of Care (1.0 hr) 

Betty Ferrell, PhD, MA, FAAN, FPCN

5. Lab Session: Teaching Communication Skills to Support Spiritual, Religious and Existential Aspects of Care (1.0 hr)

Betty Ferrell, PhD, MA, FAAN, FPCN and Pam Malloy, MN, FPCN, FAAN

6. Thriving in a Stressful and Sometimes Traumatic Environment: Taking Responsibility to Promote and Adapt Excellent Self-Care (1.0 hr)

Pam Malloy, MN, FPCN, FAAN

Tuesday, October 8— Compliance and Trending Topics

7. Legal and Regulatory Updates: The Changing Post-Acute Care Landscape (2.0 hrs) 

Janet Feldkamp, RN, BSN, LNHA, CHC, JD

8. Washington Update 2019 (1.0 hr) 

Julie Trocchio, RN, BSN, MS

9. Theoretical Models and Modalities Utilized in Dementia Care (1.0 hr) 

Edward Owen Jr., BS, PGDip, MA, LNHA

10. Exploring Ageism: Are We Guilty? (1.0 hr) 

Michelle Pandolfi, LMSW, MBA, LNHA, cPMP

REGISTRATION — SPACE IS LIMITED

To register for the on-site conference or live webinars, go to our website www.avilainstitute.org.

Registration includes sessions, digital files, lunch and breaks.

	Regular Fees	*AIG In-Service Subscribers
Full Conference (2 days)	\$300.00	\$270.00
Monday Only	\$180.00	\$160.00
Tuesday Only	\$150.00	\$135.00
Per Live Webinar	\$30.00	\$27.00

** Discounted fees are for facilities and their staff who are part of our online in-service library subscription program.*

CREDIT INFORMATION

Participants may be eligible to receive up to **11.0** continuing education units based on attendance. For up-to-date credit information for Administrators, Nurses, Social Workers, Dietitians, Recreational Therapists, and Catholic Chaplains, see our website.

CANCELLATION POLICY: Cancellation and refund requests must be made in writing (mail or email). Phone cancellations will not be accepted. AIG regrets that refunds will not be given for no-shows; however, substitutions are gladly accepted. For more information, visit our website www.avilainstitute.org.

EVENT CANCELLATION POLICY: The Avila Institute of Gerontology reserves the right to cancel any scheduled seminar due to unforeseen circumstances up to one week in advance of the scheduled workshop, with full refund of any registration payment.

DISCLOSURES: This educational activity does not include any content that relates to the products and/or services of a commercial interest that would create a conflict of interest. There is no commercial support being received for this event.

For more information and to sign up for updates about this conference, registration, and continuing education, visit our website www.avilainstitute.org or call Tricia Misonznick at (518) 537-5000.



DAY 1

October 7, 2019

Palliative Care, Self Care, & Communication Skills

On Day One, speakers Betty Ferrell and Pam Malloy of the End-of-Life Nursing Education Consortium (ELNEC) will present six sessions on topics central to palliative care, placing special focus on the effective use of communication and the role of the interdisciplinary team.

**PRESENTED BY End-of-Life Nursing Education Consortium (ELNEC)
Faculty of Palliative Care**



**Betty Ferrell,
PhD, MA, FAAN, FPCN**

*Director and Professor,
Division of Nursing Research
and Education, Department
of Population Sciences, City of
Hope National Medical Center*



**Pam Malloy,
MN, FPCN, FAAN**

*Director and Co-Investigator
of the ELNEC Project; Special
Advisor on Global Initiatives,
American Association of
Colleges of Nursing (AACN)*

In these sessions, attendees can expect to learn about and discuss resident needs, difficult areas of communication, strategies for teaching communication, and the function of Continuous Quality Improvement (CQI). They will also examine issues of mental health, providing examples of psychological and psychiatric suffering as well as strategies and tools for caring for those needs. Additional sessions will review how to screen residents and families to assess beliefs, values, rituals, and practices, as well as treatment plans. In "Self-Care," the challenges of balancing work and personal life, and the stress that results, are discussed; self-assessments and strategies of self-care will also be addressed. Two labs will be included for further exploration and practice.

Learn More about Day 1 Sessions and Speakers on pages 5-8

Session
1

Structures and Processes of Care

9:00 – 10:00 am | Presented by Betty Ferrell, PhD, MA, FAAN, FPCN



Available
as Webinar
for CEU

Palliative care principles and practices can be integrated into any health care setting, delivered by all clinicians and supported by palliative care specialists who are part of an interdisciplinary team (IDT) with the professional qualifications, education, training, and support needed to deliver optimal patient- and family-centered care. Palliative care begins with a comprehensive assessment and emphasizes patient and family engagement, communication, care coordination, and continuity of care across health care settings.

Learning Objectives

- Participants will identify the communication needs of patients/residents.
- Participants will recite the functions of the Interdisciplinary Team (IDT) related to the structure and process of palliative care.
- Participants will discuss the role of Continuous Quality Improvement (CQI) in palliative care.

Session
2

Psychological and Psychiatric Aspects of Care

10:05 – 11:05 am | Presented by Pam Malloy, MN, RN, FPCN, FAAN



Available
as Webinar
for CEU

The palliative care interdisciplinary team (IDT) systematically addresses psychological and psychiatric aspects of care in the context of serious illness. The IDT conducts comprehensive developmentally and culturally sensitive mental status screenings of seriously ill patients. The social worker facilitates mental health assessment and treatment in all care settings, either directly, in consultation, or through referral to specialist level psychological and/or psychiatric care. The IDT communicates to the patient and family the implications of psychological and psychiatric aspects of care in establishing goals of care and developing a treatment plan, addressing family conflict, delivering grief support and resources from the point of diagnosis onward, and providing referrals for patients or family members who require additional support.

Learning Objectives

- Participants will discuss the need for communication in the psychological and psychiatric aspects of care.
- Participants will recite examples of psychological and psychiatric suffering.
- Participants will identify strategies and tools for providing psychological and psychiatric care.

Session
3

Lab Session: Teaching Communication Skills for Psychological and Psychiatric Aspects of Care

11:20 am – 12:20 pm | Presented by Betty Ferrell, PhD, MA, FAAN, FPCN and Pam Malloy, MN, FPCN, FAAN

Materials and activities for group sessions during “Psychological and Psychiatric Aspects of Care” include the “Self-Care Strategies” information sheet, which offers suggestions for stress-reduction exercises to engage in both in the moment of an incident or event and in break times, as well handouts providing information and guidance on “capacities for challenging conversations and interprofessional teamwork,” reflective practice, five levels of listening, communication techniques, and a mnemonic device for communicating empathy.

Learning Objectives

- Participants will relay understanding of strategies for engaging in self-care.
- Participants will demonstrate how to leverage the 5 levels of listening to improve communication.
- Participants will recite advanced techniques for palliative care communication and how to use the “NURSE” mnemonic device.

Session
4

Spiritual, Religious and Existential Aspects of Care

1:00 – 2:00 pm | Presented by Betty Ferrell, PhD, MA, FAAN, FPCN



Available
as Webinar
for CEU

Spirituality is recognized as a fundamental aspect of compassionate, resident and family-centered palliative care. It is a dynamic and intrinsic aspect of humanity through which individuals seek meaning, purpose, and transcendence, and experience relationship to self, family, others, community, society, and the significant or sacred. Spirituality is expressed through beliefs, values, traditions, and practices. Palliative care interdisciplinary teams (IDT) serve each resident and family in a manner that respects their spiritual beliefs and practices. Teams are also respectful when residents and families decline to discuss their beliefs or accept spiritual support.

Learning Objectives

- Participants will recite the appropriate screening and assessment process related to the spiritual, religious, and existential aspects of care.
- Participants will identify the implications of ongoing care as it relates to spiritual, religious, and existential aspects of care.
- Participants will discuss the importance of social supports in spiritual, religious, and existential aspects of care.

Session
5

Lab Session: Teaching Communication Skills to Support Spiritual, Religious and Existential Aspects of Care

2:15 – 3:15 pm | Presented by Betty Ferrell, PhD, MA, FAAN, FPCN and Pam Malloy, MN, FPCN, FAAN

This lab session will feature a number of group exercises. First, conference attendees will take turns performing FICA (Faith, Importance/Influence, Community, Address) interviews with one another and completing spiritual assessments of themselves. Then there will be a discussion on spirituality and self-care. Finally, attendees will review a case study and develop responses using mindful communication techniques.

Learning Objectives

- Participants will demonstrate understanding of how to use FICA interviews to gain critical information related to spirituality and religious belief.
- Participants will be able to complete and discuss the spiritual self-assessment.
- Participants will verbalize understanding of the application of COAL in palliative care.

Session
6

Thriving in a Stressful and Sometimes Traumatic Environment: Taking Responsibility to Promote and Adapt Excellent Self-Care

3:30 – 4:30 pm | Presented by Pam Malloy, MN, RN, FPCN, FAAN

This presentation will highlight several unavoidable stressors that interdisciplinary team members experience today in health care. These stressors can accumulate over time, if not properly identified and dealt with, and can cause moral distress, compassion fatigue, and professional burnout. This presentation will provide ways to not just survive the hazards of the helping professions, but to thrive physically, psychologically, socially, and spiritually.

Learning Objectives

- Participants will describe the stress and anxiety associated with balancing work and personal life.
- Participants will discuss effective communication strategies that support care of self and others in hospice and palliative care settings.
- Participants will design a personal plan of self-care and renewal that supports professional resilience.



Betty Ferrell, PhD, MA, FAAN, FPCN

Director and Professor, Division of Nursing Research and Education, Department of Population Sciences, City of Hope National Medical Center

Betty Ferrell has been in nursing for 42 years and has focused her clinical expertise and research in pain management, quality of life, and palliative care. Dr. Ferrell is the Director of Nursing Research and Education and a professor at the City of Hope Medical Center in Duarte, California. She is a Fellow of the American Academy of Nursing and has over 450 publications in peer-reviewed journals and texts. She is principal investigator of a research project funded by the National Cancer Center Institute on “Palliative Care for Patients with Solid Tumors on Phase 1 Clinical Trials” and is principal investigator for the “End-of-Life Nursing Education Consortium (ELNEC)” project.

She directs several other funded projects related to palliative care in cancer centers and QOL issues. Dr. Ferrell is Co-Chairperson of the National Consensus Project for Quality Palliative Care. Dr. Ferrell completed a Masters degree in Theology, Ethics and Culture from Claremont Graduate University in 2007. She has authored eleven books, including the *Oxford Textbook of Palliative Nursing* (5th Edition, 2019), published by Oxford University Press. She is coauthor of *The Nature of Suffering and the Goals of Nursing* (Oxford University Press, 2008) and *Making Health Care Whole: Integrating Spirituality into Patient Care* (Templeton Press, 2010). In 2013 Dr. Ferrell was named one of the “30 Visionaries” in the field by the American Academy of Hospice and Palliative Medicine.



Pam Malloy, MN, RN, FPCN, FAAN

Director and Co-Investigator of the ELNEC Project; Special Advisor on Global Initiatives, American Association of Colleges of Nursing (AACN)

Pam Malloy is an oncology clinical nurse specialist with over 35 years of experience in clinical medical/surgical and oncology nursing, staff development, education and administration. Ms. Malloy is currently the Director and co-investigator of the ELNEC Project, as well as Special Advisor on Global Affairs at the American Association of Colleges of Nursing (AACN), Washington, DC. She serves as faculty for all the national ELNEC courses and has presented ELNEC in eleven international countries. Ms. Malloy directed the California Endowment project for AACN on developing cultural

competencies for undergraduate and graduate nursing students. In addition, Ms. Malloy serves on the Board of Directors of Living Room International, which provides hospice services in Kipkaren, Kenya. She serves as an advisor for several grants involving education, quality of life, and palliative care. Ms. Malloy is also a Florence Wald Fellow, Fellow in Palliative Care Nursing (FPCN) and Fellow at the American Academy of Nursing (FAAN). She has written and had published numerous articles in peer-reviewed journals and has written chapters for various textbooks. Email contact: pmalloy@aacnnursing.org



DAY 2

October 8, 2019

Compliance and Trending Topics

Day Two focuses on issues we face every day in administering long-term care. Compliance with regulations and the continuum of governmental supports in long-term care will be discussed. We'll take a closer look at dementia-care models and their effectiveness as well as ageism and its impacts on resident care.

PRESENTED BY



Janet Feldkamp,
RN, BSN, LNHA, CHC, JD

*Partner, Benesch, Friedlander,
Coplan & Aronoff, LLP*



Edward Owen Jr.,
BS, PGDip, MA, LNHA

*Faculty, Avila Institute
of Gerontology, Inc.*



Julie Trocchio,
RN, BSN, MS

*Senior Director, Community
Benefit and Continuing Care,
Catholic Health Association
(CHA)*



Michelle Pandolfi,
LMSW, MBA, LNHA,
cPMP

*Executive Director of Thrive
at Home, Vice President of
Enrichment Services,
Whitney Center*

Learn More about Day 2 Sessions and Speakers on pages 9-12

Session
7

Legal and Regulatory Updates: The Changing Post-Acute Care Landscape

9:00 – 11:00 am | Presented by Janet Feldkamp, RN, BSN, LNHA, CHC, JD



Available
as Webinar
for CEU

This session will provide information and potential action items regarding survey and certification protocol and requirements, including recent changes and proposed changes. CMS and state agencies frequently re-adjust their focus regarding procedures and processes for surveys. The Office of Inspector General annual work plan provides information on current focuses and understanding the importance of compliance with requirements is imperative for good leaders. Also, discussion will include other hot topics for nursing facilities.

Learning Objectives

- Participants will recite information and potential action items regarding survey and certification protocol and requirements, including recent changes and proposed changes.
- Participants will identify procedures and processes for surveys as provided by the Office of Inspector General annual work plan.



Janet Feldkamp, RN, BSN, LNHA, CHC, JD

Partner, Benesch, Friedlander, Coplan & Aronoff, LLP

Janet Feldkamp focuses her practice in the area of health care law, including long-term care survey and certification, state and federal regulation, physician

and nurse practice, and fraud and abuse involving hospitals, suppliers, insurers and physicians. She retains active licenses as a registered nurse and a nursing home administrator and has extensive

health care experience. Ms. Feldkamp is a member of the editorial advisory board of *Caring for the Ages*, a monthly newspaper for long-term care practitioners. She has been a frequent speaker on health law-related topics, particularly in the area of long-term care. Ms. Feldkamp is also a coauthor of *AHHA Post-Acute Care Handbook: Regulatory, Risk and Compliance Issues* (American Health Lawyers Association, 2015).

Session
8

Washington Update

11:15 am – 12:15 pm | Presented by Julie Trocchio, TN, BSN, MS



This session will describe how the federal government and others are working to reform the continuum of long-term care services and supports and strategies for long-term care in the face of these efforts.

Available
as Webinar
for CEU

Learning Objectives

- Participants will be able to articulate principles for U.S. health system.
- Participants will engage in public policies.



Julie Trocchio, RN, BSN, MS

Senior Director, Community Benefit and Continuing Care, Catholic Healthcare Association (CHA)

Julie Trocchio is Senior Director of Community Benefit and Continuing Care for the Catholic Health Association of the United States (CHA).

She coordinates CHA activities related to planning and reporting community benefits and leads CHA advocacy on the charitable purpose of not-for-profit health care. She also coordinates CHA programs and advocacy related to the well-being of aged and chronically ill persons in need of long-term care and home and community-based services. She is coauthor of CHA's Social Accountability Budget

and Guide for Planning and Reporting Community Benefit and CHA/ AAHSA's Social Accountability Program: Continuing the Community Benefit Tradition of Not-for-Profit-Homes and Services for the Aging. Prior to joining CHA, Julie was Director of Standards and Quality for the American Health Care Association. She has held nursing positions in acute care, long-term care, public health and school health programs. She earned a bachelor's degree in nursing from Georgetown University and a master's degree in community health nursing from the University of Maryland.

Session
9

Theoretical Models and Modalities Utilized in Dementia Care

1:15 – 2:15 pm | Presented by Edward Owen Jr., BS, PGDip, MA, LNHA



Available
as Webinar
for CEU

In this presentation, speaker Ed Owen will discuss the theoretical models for understanding dementia that are used and taught in long-term care and how they affect the care given to residents. Additionally, Mr. Owen will discuss the modalities and their effectiveness in providing care to the person with dementia in a residential setting.

Learning Objectives

- Participants will identify six different ways of conceptualizing dementia care.
- Participants will identify the varied approaches and modalities in providing person-centered care in a residential setting as well as their proper uses and efficacy.



Edward Owen Jr., BS, PGDip, MA, LNHA

Faculty, Avila Institute of Gerontology, Inc.

Ed is a Licensed Nursing Home Administrator in two states, with more than 40 years of both clinical and administrative experience in health care. He holds a BS in Health Care Administration from Excelsior College, a PGDip in Dementia Studies from the University of Bradford, and an MA of Theology from Saint Leo University. Additionally, Ed is an ordained permanent deacon in the Catholic Church and is assigned to Saint Benedict Catholic Church in Richmond, Virginia.

Session
10

Exploring Ageism: Are We Guilty Too?

2:30 – 3:30 pm | Presented by Michelle Pandolfi, LMSW, MBA, LNHA, cPMP



Available
as Webinar
for CEU

Aging can be viewed as undesirable and portrayed in a negative light. Older adults are often the subject of negative stereotypes and assumptions. Societal jokes and images associated with aging such as “over the hill” themed cards and parties put a negative spin on getting older. Further fueling the problem is the media’s portrayal of older adults in advertisements and commercials portraying seniors as frail, helpless and dependent on others. Stereotypes of aging are everywhere.

Ageism is a compounding problem that plagues even our most age friendly environments and people. Ageism puts unfair limitations on older adults’ abilities to live to their fullest potential and devalues them as individuals. In a survey of older adults, 80% reported experiencing ageism (www.aoascc.org). Ageism can be so imbedded in our daily lives, that our words, actions or views on our own changing lives can be conveyed as disrespectful even when disrespect is not intended. Even the most careful of advocates are indirectly guilty of ageism at some level.

In this session we will explore the “ism” of age. We will discuss how it impacts every age and even our unconscious contributions to it. Join us for a thought-provoking conversation about age as the last “ism.”

Learning Objectives

- Participants will identify ageist stereotypes and assumptions.
- Participants will communicate ways to respect the aging population and remove perceived limitations.



Michelle Pandolfi, LMSW, MBA, LNHA, cPMP

Executive Director of Thrive at Home, Vice President of Enrichment Services, Whitney Center

Michelle Pandolfi is the Executive Director of Thrive at Home with Whitney Center, a life-care-at-home program that ensures older adults are prepared for their future health care needs by providing access to a lifetime of

coordinated care choices, all in the comfort of their homes. She is also Vice President of Enrichment Services at Whitney Center a life plan community located in Hamden, CT. She has dedicated her career to aging services in a variety of capacities over two decades. Michelle’s professional areas of specialization are in performance measurement, clinical systems improvement, root cause analysis, patient and professional education, and patient safety.

Before joining Whitney Center, Michelle was director of consulting services at Qualidigm, a health care research

and consulting firm, where she managed several national long-term care quality improvement and patient safety projects for the federal government. She has also served as the director of client and family services for the Alzheimer’s Association, and Vice President of Member Services at LeadingAge Connecticut.

Michelle holds a bachelor degree in social work from Providence College and a master degree in social work administration (licensed in CT) and a master degree in business administration both from the University of Connecticut. Ms. Pandolfi is a Fellow of the National LeadingAge Leadership Academy, a licensed nursing home administrator, a certified project management professional, a certified Eden Alternative Associate, a TeamSTEPPS Master Trainer and serves on boards for the Avila Institute of Gerontology in New York and the CT Chapter of the American Case Management Association.



Monday, October 7, 2019

7:45 am Eucharistic Celebration
8:00 am Registration
8:45 am Welcome / Call to Prayer

SESSION 1 Structures and Processes of Care 
9:00 –
10:00 am Betty Ferrell, PhD, MA, FAAN, FPCN

SESSION 2 Psychological and Psychiatric Aspects of Care 
10:05 –
11:05 am Pam Malloy, MN, FPCN, FAAN

11:05 am BREAK (15 minutes)

SESSION 3 Lab: Teaching Communication Skills for Psychological and Psychiatric Aspects of Care
11:20 am –
12:20 pm Betty Ferrell, PhD, MA, FAAN, FPCN and Pam Malloy, MN, FPCN, FAAN

12:20 pm LUNCH (40 minutes)

SESSION 4 Spiritual, Religious and Existential Aspects of Care 
1:00 –
2:00 pm Betty Ferrell, PhD, MA, FAAN, FPCN

2:00 pm BREAK (15 minutes)

SESSION 5 Lab: Teaching Communication Skills to Support Spiritual, Religious and Existential Aspects of Care
2:15 –
3:15 pm Betty Ferrell, PhD, MA, FAAN, FPCN and Pam Malloy, MN, FPCN, FAAN

3:15 pm BREAK (15 minutes)

SESSION 6 Thriving in a Stressful and Sometimes Traumatic Environment: Taking Responsibility to Promote and Adapt Excellent Self-Care
3:30 –
4:30 pm Pam Malloy, MN, RN, FPCN, FAAN

Tuesday, October 8, 2019

7:45 am Eucharistic Celebration
8:00 am Registration
8:45 am Welcome / Call to Prayer

SESSION 7 Legal and Regulatory Updates: The Changing Post-Acute Care Landscape 
9:00 –
11:00 am Janet Feldkamp, RN, BSN, LNHA, CHC, JD

11:00 am BREAK (15 minutes)

SESSION 8 Washington Update 2019 
11:15 am –
12:15 pm Julie Trocchio, RN, BSN, MS

12:15 pm LUNCH (1 hour)

SESSION 9 Theoretical Models and Modalities Utilized in Dementia Care 
1:15 –
2:15 pm Edward Owen Jr., BS, PGDip, MA, LNHA

2:15 pm BREAK (15 minutes)

SESSION 10 Exploring Ageism: Are We Guilty Too? 
2:30 –
3:30 pm Michelle Pandolfi, LMSW, MBA, LNHA, cPMP

 marked sessions will be offered online as a live-streamed webinar for continuing education. More information and online registration can be found on our website, www.avilainstitute.org.



Getting to the Conference

The conference is located at the grounds of the Carmelite Sisters for the Aged and Infirm’s Motherhouse in Germantown, NY. Germantown is located in the New York Hudson Valley. It is one hour south of Albany, NY, and 2.5 hours north of New York City.

	I-87: 25 mins from Exit 21 or Exit 19 Taconic Parkway: 30 mins from the NY State Route 199 Exit
	45 minutes from the Albany Intrnl. Airport 2.5 hours from New York City Airports
	20 minutes from the Rhinecliff Amtrak Station or the Hudson Amtrak Station

Accommodations

Please contact us for more information about local accommodations.

Conference Setting

Avila Institute of Gerontology provides a comfortable, well-lit learning environment with ample seating and an up-to-date sound system. We fully comply with the Americans with Disabilities Act (ADA) by providing handicap accessible parking, housing and conference areas.

Dress Code

This is a professional meeting and we suggest our participants dress business casual. Because this is a residence and a retreat house, guests are asked to dress appropriately in the meeting areas and dining rooms.

Smoking

Smoking is NOT permitted inside any building. There are outside ashtrays placed for your convenience.

Alcoholic Beverages

Absolutely NO alcoholic beverages are permitted on the premises of St. Teresa’s Motherhouse.

Wi-Fi

Wi-Fi is available for guests in Carmel Hall and the Retreat House.

Meals

Fresh coffee, muffins, danish and fruit are available in Carmel Hall for breakfast. Additional breakfast items such as cereals can be found in Queen of Carmel. Lunch will be provided as a bagged lunch including sandwiches, wraps and a vegetarian option. We also provide snacks including trail mix, granola bars, raisins, chips, cookies and more.

We accommodate special diets, please email Erica Balazs at ericab@avilainstitute.org.