

LONG-TERM CARE CONFERENCE 2021

Calm After the Storm: A Caregiver's Parachute to Safety



OCTOBER 11-13, 2021

Day 1
October 11

Providing Comfort with Palliative Care Knowledge



Fr. Myles Sheehan, SJ, MD
Assistant to the Provincial for Senior Jesuits, USA Northeast Province of Jesuits



Dr. Gregg Vandekieft, MD
Medical Director for Palliative Care, Providence Institute for Human Caring



Betty Ferrell, PhD, MA, FAAN, FPCN, CHPN
Director and Professor, Nursing Research & Education; Associate Director, Cancer Center, City of Hope National Medical Center

Day 3
October 13

Keeping Your Mind and Body Healthy Through Self-Care and Research



Alfred Norwood, BS, MBA
Faculty, Avila Institute of Gerontology, Inc.



Francis Battisti, PhD
Principal, Battisti ManagementAffiliates



Helen Battisti, PhD, RN, CDN
Registered Dietitian Nutritionist, Endwell Family Physicians

Day 2
October 12

Building Awareness of Trends in Long-Term Care Operations and Advocacy



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

Recommended for Administrators, Nurses, Social Workers, Dietitians, Recreational Therapists, Catholic Chaplains and all other Healthcare Professionals.

10 Credit Hours Available - See inside or our website for more information
www.avilainstitute.org

 **AVILA INSTITUTE**
of GERONTOLOGY, Inc.



OCTOBER 11-13, 2021

JOIN US ONLINE

Sessions will be offered online as live-streamed webinars for continuing education hours.

Monday, October 11 — Providing Comfort with Palliative Care Knowledge

- 1. A Tapestry of Needs and Hopes (2.0 CE Hours)**
Fr. Myles Sheehan, SJ, MD, Assistant to the Provincial for Senior Jesuits, USA Northeast Province of Jesuits
- 2. Terminal Agitation: Managing Symptoms at the End of Life (1.0 CE Hour)**
Dr. Gregg VandeKieft, MD, Medical Director for Palliative Care, Providence Institute for Human Caring
- 3. The Relief of Suffering and the Community of Caring (1.0 CE Hour)**
Betty Ferrell, PhD, MA, FAAN, FPCN, CHPN, Director and Professor, Nursing Research & Education; Associate Director, Cancer Center, City of Hope National Medical Center

Tuesday, October 12 — Building Awareness of Trends in Long-Term Care Operations and Advocacy

- 4. Long-Term Healthcare Ministry Advocacy in the Time of COVID-19 (1.0 CE Hour)**
Julie Trocchio, RN, BSN, MS, Senior Director, Community Benefit and Continuing Care, Catholic Health Association of the United States (CHA)
- 5. Pandemic Recovery: Legal and Regulatory Updates (2.0 CE Hours)**
Janet Feldkamp, RN, BSN, LNHA, CHC, JD, Partner, Benesch Law

Wednesday, October 13 — Keeping Your Mind and Body Healthy Through Self-Care and Research

- 6. Practical Applications from The ZONE: A Conversation with The paraDocs (2.0 CE Hours)**
Francis Battisti, PhD Principal, Battisti Management Affiliates & Helen E. Battisti, PhD, RDN, CDN, Registered Dietitian Nutritionist, Endwell Family Physicians
- 7. The Limited Future of Dementia (1.0 CE Hour)**
Alfred Norwood, BS, MBA, Faculty, Avila Institute of Gerontology, Inc.

REGISTRATION

To register for the webinars, go to our website www.avilainstitute.org.

Registration includes sessions and digital files.

	Price
1-hour session (1 CE Hour) ¹	\$60
2-hour session (2 CE Hours) ¹	\$120
Day 1 (4 CE Hours) ¹	\$240 \$180 25% off!
Day 2 (3 CE Hours) ¹	\$180 \$135 25% off!
Day 3 (3 CE Hours) ¹	\$180 \$135 25% off!
Full Conference (10 CE Hours) ^{1,2}	\$600 \$420 30% off!

¹ See Credit Information section for more information about continuing education (CE) hours.

² Additional registrants from the same organization are eligible for another 10% off the Full Conference price for a total of 40% off. Please contact support@avilainstitute.org for the discount code.

CREDIT INFORMATION

Participants may be eligible to earn up to **10.0** continuing education hours based on attendance. For up-to-date credit information for Administrators, Nurses, Social Workers, Dietitians, Recreational Therapists, and Catholic Chaplains, see our website.

REFUND POLICY: Cancellation and refund requests must be made in writing (mail or email) and must be received 7 days prior to the event to be eligible for a full refund. If a request is made after this date, a credit voucher will be issued to be used toward a future AIG event. The voucher expires within 1 year of the cancellation. AIG regrets that refunds will not be given for no-shows. Substitutions are accepted without penalty and must register for the event, noting whom they are replacing. Please send all cancellation and substitution requests to support@avilainstitute.org.

EVENT CANCELLATION POLICY: The Avila Institute of Gerontology reserves the right to cancel any scheduled seminar due to unforeseen circumstances at any time.

To register and for further information about the webinars, visit our website www.avilainstitute.org or email support@avilainstitute.org.



OCTOBER 11, 2021

Session
1

A Tapestry of Needs and Hopes (2.0 CE Hours)

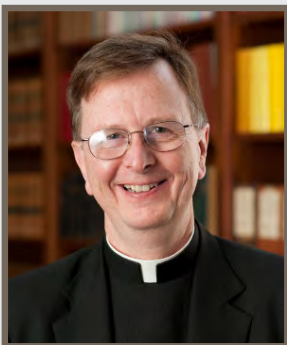
9:15 a.m. – 11:15 a.m. | Presented by Fr. Myles Sheehan, SJ, MD, Assistant to the Provincial for Senior Jesuits, USA Northeast Province of Jesuits

This presentation will be a broad review of the demography of aging, the challenges this presents, the importance of considering the diversity of the aging person, attention to the functional status of the older person as a key to care, and a brief discussion of common geriatric syndromes.

Learning Objectives

Participants will:

- Discuss two or three strategies for maintaining the functional status of a diverse elderly population.



Fr. Myles Sheehan, SJ, MD

Assistant to the Provincial for Senior Jesuits, USA Northeast Province of Jesuits

Dr. Sheehan is a Jesuit priest, physician, and, since December 2020, the Director of the Pellegrino Center for Clinical Bioethics at Georgetown University,

where he also serves as Professor of Medicine and the David Lauer Chair of Catholic Health Care Ethics. Trained in Internal Medicine and Geriatrics, he practiced in these fields and served until 2009 as the Senior Associate

Dean at Loyola University Chicago's Stritch School of Medicine and the Ralph P. Leischner Professor and Chair of the Leuschner Institute for Medical Education. From 2009 to 2014, Fr. Sheehan was the Provincial for the New England Province of the Society of Jesus, and from 2015 to 2021, he served as the Provincial Delegate for Senior Jesuits for the Maryland and USA Northeast Provinces of the Society of Jesus. His interests in ethics include end of life care, care of older persons, spirituality in healthcare, and medical education.



OCTOBER 11, 2021

Session
2

Terminal Agitation: Managing Symptoms at the End of Life (1.0 CE Hour)

11:45 a.m. – 12:45 p.m. | Presented by Dr. Gregg VandeKieft, MD, Medical Director for Palliative Care, Providence Institute for Human Caring

At the conclusion of the presentation, participants will be able to define terminal agitation, distinguish terminal agitation from end-stage dementia, list causes for terminal agitation, describe the assessment of terminal agitation, and recommend non-pharmacologic and pharmacologic treatments for terminal agitation. The session will be a blend of didactic presentation using PowerPoint and interaction with participants throughout the session, with ample time dedicated to Q&A at the conclusion.

Learning Objectives

Participants will:

- Recognize two key differences between dementia and terminal agitation.



Dr. Gregg VandeKieft, MD

Medical Director for Palliative Care, Providence Institute for Human Caring

Gregg VandeKieft is Medical Director of the Palliative Practice Group for the Providence Institute for Human Caring, supporting palliative care programs

throughout the seven western states served by the Providence Health System. He practiced full-spectrum family medicine for nearly 20 years, initially in rural private practice and later in academic settings. For the last 10 years, his clinical practice has been exclusively in hospice and palliative medicine. Dr. VandeKieft

is Clinical Associate Professor of Family Medicine at the University of Washington. He completed the University of Washington's Certificate Program in Health Care Ethics, Michigan State University's master's program in Health and Humanities and Harvard Medical School's Program in Palliative Care Education and Practice. He received the 2018 Hastings Center Cunniff-Dixon Physician Award in the Senior Physician category and the 2017 Stuart J. Farber Award for Excellence in Hospice and Palliative Care from the Washington State Hospice and Palliative Care Organization.



OCTOBER 11, 2021

Session
3

The Relief of Suffering and the Community of Caring (1.0 CE Hour)

1:30 p.m. – 2:30 p.m. | Presented by Betty Ferrell, PhD, MA, FAAN, FPCN, CHPN, Director and Professor, Nursing Research & Education; Associate Director, Cancer Center, City of Hope National Medical Center

This presentation will review the concept of suffering and strategies for clinicians as they care for patients with serious illnesses. Compassionate presence and contemplative listening skills will be explored to provide clinical care workers essential elements of compassionate care. Specifically, the G.R.A.C.E. model of Active Contemplative Practice will be exercised among participants. To earn a continuing education hour, you must watch the entire hour of this 1-hour webinar.

Learning Objectives

Participants will:

- Identify two or more strategies to put more compassionate listening into practice.



Betty Ferrell, PhD, MA, FAAN, FPCN, CHPN

Director and Professor, Nursing Research & Education; Associate Director, Cancer Center, City of Hope National Medical Center

Betty Ferrell has been in nursing for 44 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 & 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 she has over 480 publications in peer-reviewed journals and texts. She is Principal Investigator of 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 was Co-Chairperson of the National Consensus Project

for Quality Palliative Care. Dr. Ferrell completed a master's 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 also co-author of *The Nature of Suffering and the Goals of Nursing* (Oxford University Press, 2008) published in 2008 by Oxford University Press 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. In 2019, she was elected a member of the National Academy of Medicine.



DAY 2: BUILDING AWARENESS OF TRENDS IN LONG-TERM CARE OPERATIONS AND ADVOCACY

OCTOBER 12, 2021

Session
4

Long-Term Healthcare Advocacy in the Time of COVID-19 (1.0 CE Hour)

9:15 a.m.– 10:15 a.m. | Presented by Julie Trocchio, RN, BSN, MS, Senior Director, Community Benefit and Senior Care, Catholic Health Association of the United States

This presentation will provide a current review of the public policy priorities and activities of the long-term healthcare ministry during and following the COVID-19 pandemic. It will discuss stronger and new partnerships, ethical issues, and how to promote the well-being of our staff and residents.

Learning Objectives

Participants will:

- Identify two or three current advocacy and ethical priorities in long-term care.



Julie Trocchio, RN, BSN, MS

Senior Director, Community Benefit and Senior Care, Catholic Health Association of the United States

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. 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 and long-term care, as well as in 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.



DAY 2: BUILDING AWARENESS OF TRENDS IN LONG-TERM CARE OPERATIONS AND ADVOCACY

OCTOBER 12, 2021

Session
5

Pandemic Recovery: Legal and Regulatory Updates (2.0 CE Hours)

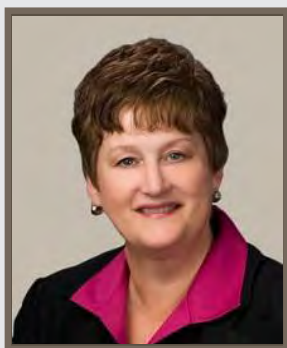
10:45 a.m. – 12:45 p.m. | Presented by Janet Feldkamp, RN, BSN, LNHA, CHC, JD, Partner, Benesch, Friedlander, Coplan & Aronoff, LLP

This session will provide information and potential action items regarding survey and certification protocol and requirements, including recent changes and proposed changes. COVID-19 has caused tremendous chaos in the lives of facility leaders, employees and residents. The dramatic changes have affected numerous regulatory and enforcement criteria, and the focus will continue to change as the country and the long-term care industry recovers to what will be our new normal. CMS and state agencies frequently readjust 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 areas, such as emergency preparedness, HIPAA, COVID-19 and other hot topics for nursing facilities.

Learning Objectives

Participants will:

- Discuss two strategies to incorporate new regulations into everyday practice.



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

Partner, Benesch, Friedlander, Coplan & Aronoff, LLP

Janet Feldkamp is a nurse attorney with more than 25 years of legal experience representing long-term care providers.

During her first nine years practicing as a Registered Nurse, Feldkamp worked in intensive care and then with long-term care providers. She gained experience as a Facility Surveyor, Director of Nursing, Administrator and Nurse Consultant for a multi-state long-term care management firm, but she always yearned for an advanced degree.

Feldkamp now specializes in health law with an emphasis on long-term care regulatory matters, such as survey certification and informal review requests, compliance and fraud and abuse. She also counsels clients about handling family conflicts and end-of-life decisions, as well as a variety of challenging issues for post-acute care providers.



DAY 3: KEEPING YOUR MIND AND BODY HEALTHY THROUGH SELF-CARE AND RESEARCH

OCTOBER 13, 2021

Session
6

Practical Applications from The ZONE: A Conversation with The paraDocs (2.0 CE Hours)

9:15 a.m.– 11:15 a.m. | Presented by Francis Battisti, PhD, Principal, Battisti Management Affiliates and Helen Battisti, PhD, RN, CDN, Registered Dietitian Nutritionist, Endwell Family Physicians

The ZONE was started over a year ago by the paraDocs, Dr. Francis Battisti and Dr. Helen Battisti. The purpose of The ZONE was to assist individuals navigating the pandemic with healthy lifestyle and psychological tips. What started as a newsletter is now a blog shared with individuals throughout the United States and beyond, discussing various topics of personal growth and self-care. This two-hour session will cover specific topics that are applicable to our work in long-term care communities throughout the United States. Specific topics that will be addressed include the lessons learned from the Blue Zone research involving centenarians from throughout the world, developing and maintaining a resilient mindset for work and everyday life, introduction of appreciative inquiry and how to use the process for organizational transformation, and keys to successful and practical techniques for enhancing self-care and the pursuit of happiness. A real-time question and answer format will also take place for participants to actively engage with the paraDocs on how to implement the useful strategies that are being discussed. To get a pre-conference view of The ZONE, please visit <https://www.battistimanagement.com/thezone>

Learning Objectives

Participants will:

- Describe one or two strategies that can help improve work/life balance.



Helen Battisti, PhD, RN, CDN

Registered Dietitian Nutritionist, Endwell Family Physicians

Dr. Battisti is a Health Promotion Specialist, Registered Dietitian Nutritionist and a former Assistant Professor and the Director of the Coordinated Program in Nutrition and Dietetics in the department of Nutrition and Dietetics at Marywood University, Scranton, Pennsylvania. She maintains a practice at Endwell Family Physicians in Endwell, New York, as a Registered Dietitian. Her areas of research include both childhood and geriatric health and obesity.



DAY 3: KEEPING YOUR MIND AND BODY HEALTHY THROUGH SELF-CARE AND RESEARCH

OCTOBER 13, 2021

Practical Applications from The ZONE: A Conversation with The paraDocs (Continued from pg. 8)



Francis Battisti, PhD

Principal, Battisti Management Affiliates

Noted educator, speaker, psychotherapist, consultant, and author, Dr. Francis L. Battisti, offers individuals and organizations a pathway to explore their potential and move toward desired transformation. His national reputation in the fields of healthy aging, motivation, health enhancement, and conflict disposition is manifested in his work with numerous corporations, major healthcare organizations, and governmental committees.

His presentations have been offered throughout the United States, South America, Europe, Canada and the Caribbean. Dr. Battisti was the Executive Vice President and Chief Academic Officer and Full Professor of Psychology at the State University of New York at Broome Community College, where he was the 2011 recipient of the State University of New York Distinguished Professorship for Service and a 1989 recipient of the State University of New York Chancellor's Award for Excellence in Teaching. He is a member of the State University of New York Distinguished Teaching Academy. As a full professor, he taught courses such as Abnormal Psychology, Counseling Theory and Practice, and Introduction to Social Work and Welfare, which motivated many of his students to continue their studies as Social Workers and Psychologists. Dr. Battisti maintained a private psychotherapy practice for over thirty years, treating individuals and couples. He also has consulted to long-term care communities throughout the United States. His emphasis now is in community responses to mental health needs and how to address them. Francis has been recognized by "The Morning Knights Toastmasters Award" for Excellence in Communication and Leadership and the Alzheimer's Association Central New York Chapter as the honoree of the "Memory Makers Award" for his efforts to make the Southern Tier a better place to live and work. He is also the recipient of "The David Malcom Award" in recognition of his exemplary service to the homeless. Francis is the author of *Checchino: A Father & Son Journey Toward Dusk* and co-author of *Tomorrow's Weigh... The No-Diet Way to Lose Weight*. His articles include "Leveraging Workforce Research to Attract, Manage, and Retain High-Performance Employees," "Harnessing the Diversity and Power of Your Team! Developing and Sustaining Highly Effective Teams Ensures Your Competitive Edge," and "Advancing the Bottom Line and Service Quality via a Culture of Employee Retention." Dr. Battisti received his PhD in Human Development from Marywood University. He lives with his wife, Dr. Helen Battisti, in Upstate New York and is an avid believer in pursuing one's passion.



DAY 3: KEEPING YOUR MIND AND BODY HEALTHY THROUGH SELF-CARE AND RESEARCH

OCTOBER 13, 2021

Session
7

The Limited Future of Dementia (1.0 CE Hour)

11:45 a.m. – 12:45 p.m. | Presented by Alfred Norwood, BS, MBA, Faculty, Avila Institute of Gerontology, Inc.

Each year, for the last 25 years, pharmacologists have stated that we will have a cure for Alzheimer's disease in "5 years." Unfortunately, there still is no cure, and in fact, the last anti-dementia medication was approved in 2003. But perhaps we have been myopic in our view of dementia treatment. In this presentation, we will make a more comprehensive review of trends in dementia research to predict a future decline in dementia incidence as well as a proliferation of non-pharmacological solutions to prevent or postpone symptoms and dependence. We will briefly look at demographic, economic, technological and social drivers of current dementia research and their implications on dementia diagnosis and treatment. The conclusion is not to predict a cure, but to identify a light at the end of the tunnel and the directions we can take in long-term care to get there.

Learning Objectives

Participants will:

- Describe two strategies for meeting changing dementia care demands.



Alfred Norwood, BS, MBA

Faculty, Avila Institute of Gerontology, Inc.

Alfred has been developing curriculum and teaching for the Avila Institute of Gerontology for the last 15 years.

He has years of experience working as a consultant for long-term care systems and facilities and training staff in the use of non-pharmaceutical, individualized care plans for residents with moderate to severe dementia.

He has created and presented workshops and in-services on a number of topics associated with aging. He is a great believer in the integration of biological and behavioral research for dementia treatment.