

2023 Annual Long-Term Care Conference

October 9-10, 2023 • Germantown, NY

Getting Back on Track: *Moving into the Future Together in Hope*

The 2023 October Long-Term Care Conference is an event featuring experts, researchers, practitioners, and other stakeholders in the field of long-term care. This conference is designed to provide a platform for participants to review current issues surrounding long-term care; share their insights, experiences, and best practices; and learn from each other and engage in meaningful discussions on the latest trends and innovations in long-term care.

October 9-10, 2023

In-Person Event

St. Teresa's Motherhouse
600 Woods Rd., Germantown, NY

**To learn more and to
register, visit our website
www.avilainstitute.org.**

Day 1 • Monday, October 9, 2023



*Christopher
Comfort, MD*



*Robert
Brescia, MD*



*Anna Ortigara,
RN, MS*

**11.0 CEUs
Available.**
*See next
page for
details*

Day 2 • Tuesday, October 10, 2023



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



*Julie Trocchio,
RN, BSN, MS*



*MC Sullivan,
RN, MTS, JD*



*Richard
Pulice, PhD*

The conference will be held over the course of two days, and it features a diverse range of speakers who bring their expertise in fields spanning the long-term care setting. Participants can expect to engage in thought-provoking discussions on a variety of topics related to long-term care, including:

- Best practices for delivering psychiatric care to seniors nearing the end of life.
- Approaches to promote mental health regulation for residents and staff.
- Strategies for addressing workforce shortages.
- Policy and regulatory issues affecting long-term care providers, including funding, reimbursement, and legal concerns.
- Ethical considerations in long-term care, including end-of-life care, advance directives, and cultural competency.

The conference is a great opportunity for attendees to earn continuing education credits and to stay up-to-date on the latest trends and research in their field. It also offers a unique opportunity to connect with peers, learn from experts, and gain insights that can help improve the quality of care for older adults and the well-being of those serving them.

REGISTRATION — SPACE IS LIMITED

Registration includes sessions, materials, lunch, and breaks. To register online visit our website.

Full Conference (11.0 CE Hours)	\$385.00
Monday Only (6.0 CE Hours)	\$210.00
Tuesday Only (5.0 CE Hours)	\$175.00

To register and for more information about this conference, visit our website www.avilainstitute.org or call Melissa Silvestro at (518) 537-5000.

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.

EVENT CANCELLATION POLICY: The Avila Institute of Gerontology reserves the right to cancel any scheduled seminar due to unforeseen circumstances up to one day prior to the scheduled workshop, with a 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.

SESSIONS & SPEAKERS

Monday, October 9 (6.0 CE Hours)

1. Palliative Care: Pain and Symptom Management at the End of Life (2.0 CE Hours)

Christopher Comfort, MD

2. Depression in Advanced Disease (1.0 CE Hour)

Robert Brescia, MD

3. Leading an Empowered Workforce (3.0 CE Hours)

Anna Ortigara, RN, MS

Tuesday, October 10 (5.0 CE Hours)

4. Surviving and Thriving: Legal and Regulatory Updates (2.0 CE Hours)

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

5. Washington Update on Long-Term Care 2023 (1.0 CE Hour)

Julie Trocchio, RN, BSN, MS

6. Moral Ethical Decision Making (1.0 CE Hour)

MC Sullivan, RN, MTS, JD

7. Making Sense of it All - Coping with Mental Health Issues During Life Transitions (1.0 CE Hour)

Richard Pulice, PhD

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, Catholic Chaplains, Dietitians, and New York State Social Workers, see page 11 of this flyer.



Monday, October 9, 2023

8:00 am Registration
8:30 am Welcome / Call to Prayer

SESSION 1
9:00 –
11:00 am

Palliative Care: Pain and Symptom Management at the End of Life

Christopher Comfort, MD

11:00 am BREAK (15 minutes)

SESSION 2
11:15 am –
12:15 pm

Depression in Advanced Disease

Robert Brescia, MD

12:15 pm LUNCH (1 hour)

SESSION 3
1:15 –
2:45 pm

Leading an Empowered Workforce – Part One

Anna Ortigara, RN, MS

2:45 pm BREAK (15 minutes)

SESSION 3
3:00 –
4:30 pm

Leading an Empowered Workforce – Part Two

Anna Ortigara, RN, MS

Tuesday, October 10, 2023

8:00 am Registration
8:30 am Welcome / Call to Prayer

SESSION 4
9:00 –
11:00 am

Surviving and Thriving: Legal and Regulatory Updates

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

11:00 am BREAK (15 minutes)

SESSION 5
11:15 am –
12:15 pm

Washington Update on Long-Term Care 2023

Julie Trocchio, RN, BSN, MS

12:15 pm LUNCH (1 hour)

SESSION 6
1:15 –
2:15 pm

Moral Ethical Decision Making

MC Sullivan, RN, MTS, JD

2:15 pm BREAK (15 minutes)

SESSION 7
2:30 –
3:30 pm

Making Sense of it All - Coping with Mental Health Issues During Life Transitions

Richard Pulice, PhD

Session
1

Palliative Care: Pain and Symptom Management at the End of Life (2.0 CE Hours)

9:00 – 11:00 am | Presented by Christopher Comfort, MD

One concern facing terminally ill residents of long-term care homes is the question of how they will be able to manage their symptoms and/or pain as they approach the end of their lives. Palliative care is a form of end-of-life care that seeks to include the resident, family, and the interdisciplinary care team in developing a plan to accommodate the resident's wishes and maintain their quality of life for as long as possible while reducing the intensity of symptoms and/or pain they may be experiencing. In this session, participants will learn about the philosophy of palliative care, providing palliation to their residents, and the different concerns that may arise in this approach.

Learning Objectives

Following this presentation, participants will be able to:

- Explain how the implementation of a palliative care approach can maximize residents' quality of life during a terminal illness.



Christopher Comfort, MD

Chief Operating Officer, Calvary Hospital

Dr. Christopher P. Comfort is currently the Chief Operating Officer of Calvary. He joined the Hospital as Medical Director in 1999 and was promoted to COO in 2019.

Under Dr. Comfort's leadership, Calvary implemented a comprehensive response to the COVID-19 pandemic, achieved Joint Commission accreditation multiple times, significantly expanded its program of care into the community under Calvary Hospice, and established relationships with New York-Presbyterian and Cornell Medical Center to bring Calvary's signature care to more patients than ever before.

In addition to administrative oversight for Calvary's operating budget, Dr. Comfort oversees all patient care. This includes their 200-bed Bronx campus, 25-bed Brooklyn

campus, Calvary Hospice at The Dawn Greene Hospice at Mary Manning Walsh (Manhattan), Calvary Hospice at Ozanam Hall of Queens Nursing Home (Bayside), and the robust Calvary Hospice program which delivers care to hundreds of patients each day in the community.

A sought-after speaker, Dr. Comfort has been an ambassador for CalvaryCare®, educating thousands in the healthcare community and members of the public about Palliative and Hospice Care, and how we can work together to maximize access to people who need it most.

Dr. Comfort has been a physician for more than 42 years. Prior to joining Calvary in 1999, he practiced general and geriatric medicine in the Bronx. He is board certified in Internal Medicine and Geriatrics.

Dr. Comfort received his undergraduate degree from Loyola Marymount University (Los Angeles) and his medical degree from the St. Louis University School of Medicine.

Session
2

Depression in Advanced Disease (1.0 CE Hour)

11:15 am – 12:15 pm | Presented by Robert Brescia, MD

Depression is one of the most common afflictions in older people, yet it remains largely undiagnosed and untreated. This is especially true for those who are living with a terminal illness or are in an advanced stage of disease, as it may be considered “normal” for depression to occur in this situation. Left untreated or treated inadequately, depression can have an adverse effect on the person’s health and well-being, and it can contribute to increased rates of disability, morbidity, and mortality. In this session, Dr. Brescia will discuss the implications of depression on our aging population, how to screen for depression among the terminally ill, and current trends in pharmacological and non-pharmacological treatment.

Learning Objectives

Following this presentation, participants will be able to:

- Evaluate the nature of depression occurring among those living with a terminal illness or nearing the end of life.



Robert Brescia, MD

Director, Palliative Care Institute/Psychiatric Services, Calvary Hospital

Dr. Robert A. Brescia is Director of both the Palliative Care Institute (PCI) and psychiatric services at Calvary Hospital. For more than 28 years, as a clinician, educator, and researcher, Dr. Brescia has focused on reducing the emotional and

psychiatric suffering of patients with advanced disease and their families. This work has included personally treating more than 12,000 patients in their last days of life and lecturing extensively on the psychiatric care of the terminally ill.

Since 2003, when Dr. Brescia became Director, the PCI has become recognized as the world leader in education and research in palliative and end-of-life care and was designated by the National Cancer Institute (NCI) an “international training center in palliative care.” Current programs include: training more than 800 medical students, residents and fellows each year from the greater New York area; “Inside Calvary” a national, three-day on-site program in palliative care; and a unique partnership with the NCI and Middle East Cancer Consortium which brings Calvary Hospital’s expertise in relief of suffering to caregivers from Israel, Egypt, Cyprus, Jordan, Turkey and the Palestinian Authority. The PCI recently signed a 5-year affiliation agreement with Higashi Sapporo Hospital in Japan to train physician and nurses from Japan at Calvary Hospital through the PCI.

Dr. Brescia is actively involved in research studies involving psychosocial issues of advanced cancer patients and their families. These include an NIH collaborative study with Memorial Sloan Kettering Cancer Center (MSKCC) investigating “The Desire for a Hastened Death in Terminally Ill Cancer Patients,” an NIH collaborative study with MSKCC and Fordham University on “Measuring Hopelessness at the End of Life” and an NIH collaborative study with MSKCC on “Family Focused Grief Therapy.” He has published numerous articles including, Depression, Hopelessness, and Desire for Hastened Death in Terminally Ill Patients with Cancer; Burden and Benefit of Psychosocial Research at the End of Life; Assessing Hopelessness in the Terminally Ill; Development of the Hopelessness Assessment in Illness Questionnaire; Anxiety in Terminally Ill Cancer Patients.

Dr. Brescia graduated from Fordham University with a bachelor’s degree in philosophy and state University of New York-Downstate Medical Center with a medical degree. He completed his psychiatric residency at the New York Hospital-Cornell Medical Center. Dr. Brescia is on the teaching faculty at New York Medical College and SUNY Downstate and is on the Editorial Board of the Palliative and Supportive Care Journal. He resides in Westchester County, NY.

Session
3

Leading an Empowered Workforce (3.0 CE Hours)

1:15 – 4:30 pm (includes 15-minute break) | Presented by Anna Ortigara, RN, MS

This almost-post-pandemic moment has many challenges for aging services. Re-imagining a future that meets and exceeds our pre-covid past will require leadership and all staff to create and share this vision. But workforce shortages are like never before. The lack of interested people applying for jobs requires a whole new way to attract and retain partners. This program will explore core elements of a quality job in creating a new culture of the workforce. To do this, we need to take time to process the trauma of the pandemic experience with staff while affirming the value of each person and their experience coming from a place of empathy to create common ground. Quality jobs have good compensation and opportunities for advancement as a baseline for recruitment and retention. Key steps for recruitment and retention will be discussed with practical strategies for application. Quality supervision that comes from a coaching frame is core to retain the staff who are currently on board as well as new employees. Steps on how to re-energize in your role as a coaching leader will be explored.

Learning Objectives

Following this presentation, participants will be able to:

- Discuss a model of coaching leadership and its role in retaining and strengthening the long-term care (LTC) workforce.



Anna Ortigara, RN, MS

Organizational and Educational Consultant, Independent Contractor

Anna Ortigara RN, MSN, is currently an independent contractor serving as an educator, curriculum developer, and consultant with PHI, The Green House Project, and other aging services organizations. With PHI, she was an Organization Development and Workforce Consultant with the Workforce Innovations Team and taught Coaching Approach to Supervision to leadership of LTC organizations while

supporting organizations to implement Person-Directed Living. With The Green House Project she was the Director of Program Development creating core curriculum for Green House teams. Her previous work has been in the fields of gerontology and long-term care for more than four decades. Anna was the VP of Cultural Transformation for Leading Age, Illinois; Director of Residential Care Services for the Rush Alzheimer's Disease Center, Chicago; and Associate Director of Long-Term Care Accreditation at Joint Commission.

Session
4

Surviving and Thriving: Legal and Regulatory Updates (2.0 CE Hours)

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

This session will provide the most up-to-date information and potential action items regarding new survey and certification protocol and requirements, including recent changes and proposed changes in 2023. The recent dramatic changes in regulatory guidance have affected numerous regulatory and enforcement criteria and the focus continues to change. CMS and state agencies frequently re-adjust their focus regarding procedures and processes for surveys. The Office of Inspector General's (OIG) annual work plan provides information on current focuses and understanding the importance of compliance and requirements is imperative for good leaders. Also, discussion will include other areas such as emergency preparedness, HIPAA, and other hot topics for nursing facilities.

Learning Objectives

Following this presentation, participants will be able to:

- Recognize the need for proactively addressing facility challenges facing the post-acute care industry through a review of current regulatory requirements, the Officer of Inspector General's (OIG) work plan, and recent fraud and abuse cases.



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.

Session
5

Washington Update on Long-Term Care 2023 (1.0 CE Hour)

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

This session will describe current regulatory and legislative events in Washington, DC, and their impact on long-term care providers. It will also discuss trends and initiatives in long-term care.

Learning Objectives

Following this presentation, participants will be able to:

- List the ways the federal and state governments can impact staffing and administration of long-term care facilities, including the impact of the pandemic.



Julie Trocchio, RN, BSN, MS

*Senior Director, Community Benefit and Continuing Care,
Catholic Healthcare Association of the United States (CHA)*

Julie Trocchio is a 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 healthcare. 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 co-author 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
6

Moral Ethical Decision Making (1.0 CE Hour)

1:15 – 2:15 pm | Presented by MC Sullivan, RN, MTS, JD

To prepare for a social shift affecting our fundamental belief in the dignity of human life as a gift from God, long-term care providers must engage an ethical decision-making process, especially when values are in conflict. This interactive session provides participants an opportunity to discuss the moral ethical decision-making process and how it affirms the commitment to the mission of the organization.

Learning Objectives

Following this presentation, participants will be able to:

- Identify principles of moral ethical decision-making as a means of upholding the dignity of those served by long-term care homes.



MC Sullivan, RN, MTS, JD

Chief Healthcare Ethicist, Archdiocese of Boston

MC Sullivan, a nurse-bioethicist-attorney, is the Chief Healthcare Ethicist for the Archdiocese of Boston, a member of Cardinal O'Malley's Cabinet, and the Director of its Initiative for Palliative Care

and Advance Care Planning. She has extensive experience in not-for-profit executive management and has chaired and sat on many boards. Ms. Sullivan comes to the Archdiocese from Covenant Health in Tewksbury MA, where she was the Director of Ethics. At Covenant, Ms. Sullivan provided professional education in ethics to the systems' leadership and boards, its professional and non-professional staffs. She has worked extensively

with commercial organizations as well as not-for-profit organizations, advising them in organizational growth and development, media relations and corporate/organizational social responsibility. Her recent clients have included pharmaceutical and pharmaceutical marketing companies, various health-related organizations, as well as charitable foundations, health care education service companies and marketing groups. She was also the Executive Vice President of the Center for Practical Bioethics, where she created ethics programs in palliative care and end-of-life care, in ethics and science, and she established and maintained strategic relationships and alliances between the Center and commercial organizations in health care and life sciences, as well as policy groups, NGOs and legislative bodies.

Session
7

Making Sense of it All - Coping with Mental Health Issues During Life Transitions (1.0 CE Hour)

2:30 – 3:30 pm | Presented by Richard Pulice, PhD

This presentation addresses mental health issues that occur during life transitions such as having to move to a new living environment. Focusing not only on the residents of long-term care facilities, this presentation also considers the multi-generational issues that are part of these changes and provides coping strategies for staying “mentally healthy.” Your role as a staff person, and how you can also remain “mentally healthy” will be a major part of this discussion.

Learning Objectives

Following this presentation, participants will be able to:

- Identify coping strategies for mitigating the adverse mental health effects of transitioning into a new living environment.



Richard Pulice, PhD

Professor of Public Health, Regis College

Dr. Richard Pulice is an accomplished motivational speaker, trainer, teacher, and researcher who has over 40 years of public and mental health experience focused on issues related to social justice and equity for

persons with disabilities. Dr. Pulice is a professor of public health at Regis College and a professor emeritus in social work and public health at the College of Saint Rose. While at Saint Rose, he was the founding director

of The Institute for Community Research and Training and the coordinator of the Public Health Program. In 2015, Dr. Pulice was awarded a grant and designated a Specialist in Global Public Health by the Fulbright Organization. He was reappointed in 2022. Dr. Pulice co-founded Heart Sounds US, a not-for-profit organization dedicated to assisting in the development of sustainable health and education programs in southeast Africa. He is Heart Sounds President and CEO. Dr. Pulice and his wife of 47 years, Maureen, are proud members of the Society of Saint Vincent de Paul.



Continuing Education To receive continuing education and/or a certificate of attendance, participants must complete a Record of Attendance (a signed attestation verifying the session(s) they have attended in full) and are asked to fill out an evaluation form.

Participants will only receive credit for sessions they have attended in full.

Attendance certificates will be e-mailed to the e-mail address confirmed on your registration form two weeks after the educational program. Please be sure you have your correct e-mail address listed.

Board Approvals *Participants may be eligible to earn up to 11.0 continuing education hours based on attendance of each session in full.*

Administrators (NAB)

This program has been approved for Continuing Education for 11.0 total participant hours by NAB/NCERS—Approval #20241008-11-A93826-IN.

Catholic Chaplains

This educational program has been approved for 11.0 Continuing Education Hours by the National Association of Catholic Chaplains.

Dietitians (Registered)

This educational program has been approved for 11.0 Continuing Professional Education Units by the Commission on Dietetic Registration. Activity #176489 Performance Indicator(s) #1.3.3, 1.8.2, 2.1.1, 2.3.3, 2.3.4, 4.2.1, 4.2.2, 7.4.3, 12.2.3, 14.1.5

Social Workers (New York Only)

Avila Institute of Gerontology, Inc. is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #SW-0265. Participants can earn 11.0 Contact Hours.

Social Worker CE approval is for New York State Social workers only. Other state licensees are not eligible to receive pre-approved credit.