

# MNSWAP Fall Conference 2022

## Session Descriptions

### Wednesday October 12

#### **You're Doing A Good Job...A Good Job**

**Presented by Pamela Hayle and MNSWAP members**

In this special opening session we will take a moment to reflect on the personal and professional losses experienced during the pandemic. MNSWAP wants to remind our members of their worth, dedication, unbelievable commitment to resident care. WE want to make sure you know..." You're Doing a Good Job...A Good Job!" We will look at the lows and may discover a few highs of the last two years strategize about personal and professional recovery and hear stories of struggle and resiliency from MNSWAP members. Do not miss this special welcome back to MNSWAP!

### Vendor Highlights

**Facilitated by Kara Reiser**

The Vendors are back and ready to share new resources, ideas and materials. This session will highlight some of MNSWAP's most dedicated vendors with a quick review of their current products. They will describe the therapeutic use of their products and how to incorporate them into your activity programs. This session will be followed by the Vendor Grand Opening where you can visit each booth and learn more about their products and services.

### Thursday October 13

#### **Opening Keynote: Cultural Sensitivity for the Accidentally Insensitive**

**Presented by Shannon Paul**

In this session Miss Paul uses personal anecdotes and real-world situations to teach the audience how to not "be that person" who walks blindly into an awkward situation. You will talk about **Stereotypes** – How do you identify and ignore them? **Conflicts** Why is it so hard to get along? **Pitfalls** – Tips on when to keep your mouth shut, and **Stumbles** How to rebound after a cultural Faux pas.

#### **Comedy through Chaos: Life lessons Learned through Laughter**

**Presented by Shannon Paul**

This concurrent session Miss Shannon will discuss "Comedy Through Chaos: Lessons Learned Through Laughter!" She blends her humorous stories with human psychology to showcase how humor can heal, and increase our mental capacity for growth and compassion

#### **Effective Care Planning for the Resident who is Depressed**

**Presented by Cat Selman**

This session will examine depression in the elderly and how it is commonly presented and miss-diagnosed or NOT diagnosed in Nursing homes. CMS indicates that mood distress is a serious condition that is under-treated in the nursing home setting. CMS also states that 40-60% of residents are suffering from depression and when "any" interventions are used they are almost always effective! Cat will be discussing specific

resident case studies to develop participants learn how to develop individualized person-centered interventions for those suffering from depression.

### **The Behavior Roller Coaster Presented by Catherine Braxton**

This session will examine how we define behaviors, how we document those behaviors. The speaker will help the audience learn how to uncover common reactions as emotional responses versus “behaviors” and how you can create a healthier mindset toward these emotional expressions and your response to them in caregiving.

### **Now is the Time! The Need for more Adult Activity Presented by Cat Selman**

“All the activities here are stupid baby games... These activities are too childish, and I’m an adult... NO I don’t want to color – I’m not a child.” Any of these comments sound familiar? Recently, on one of the social media platforms, Cat saw a photo of residents in a nursing home dressed up like pirates with hats and plastic swords. The photo took her breath away and she asked herself – What are we doing? CMS requires us to provide an environment that promotes quality of life, especially in respect to dignity. In this session, Cat will address the challenges that are faced in the provision of adult activities. She will be offering recommendations as participants adapt/modify current activity programs to become more reflective and representative of the ages, interests and needs of their current population.

### **Mastering the Art of Difficult Conversation Presented by Catherine Braxton**

In like we all face conflict and enter into difficult conversations, whether we want to or not. Many of us shy away from the discomfort in hard topics and specific relationships. In this course, you will dig into your own “Why are certain conversations difficult for me to have?” Additionally, we will address different types of difficult conversations that occur in life and in care giving specifically and address, how we can master the art of communication entrenched in expectation.

### **Gardening and Indoor Plant Activities Presented by Colleen Knudson**

Gardening is an enjoyable hobby, skill and past time enjoyed by many. This session will demonstrate how we incorporate gardening skills, projects, and group programs into our activity calendars. Gardening activity groups can be designed for all levels of resident ability and tolerance for active participation. This session will also incorporate some indoor gardening ideas and programs.

### **Enriching the Lives of our Residents on the Memory Care Unit Presented by Catherine Braxton**

Memory Care Unit programming differs in many ways to traditional Life Enrichment programs for Neurotypical Older Adults. In an effort to enrich the lives of those living with dementia, we need to focus on purpose driven, relationship centered programming. Additionally, Life enrichment on memory care units requires staff to have

comprehensive training on empathy, compassionate communication, the ability to be always emotionally available and the willingness / ability to adjust / improvise and pivot based on resident needs and requests.

### **The 11 Things You Can Control Every Day of your Life**

#### **Presented by Cat Selman**

We all know how it feels to lose control of our day. A resident has “issues” before you can even get into the door of the facility. Staff members have left messages on your voice mail and notes on your desk. Families feel that you were hired “just for them”. Feel like the world is spinning out of control. Those thoughts can result in doubts and just plain wear you out! However, we should realize there are things we can control. We can prevent life’s little diversions from completely derailing us day after day. This session will offer guidance and recommendations for exercising techniques to regain “control” of your life and work.

### **Assisted Living Trends and Innovations for Activities**

#### **Presented by Colleen Knudson**

Assisted Living activity services and overall amenities can be very different from site to site and state to state, despite these differences we are starting to see trends in program development and resident expectations. This session will focus on current activity interests for older adults and how to integrate them into a therapeutic activity program in a residential setting.

## **Friday October 14**

### **Survey Ready All the Time: Compliance for Activity Professionals**

#### **Presented by Cat Selman and Pamela Hayle**

This session will be a comprehensive review of the survey process from survey preparedness (an on-going QAPI process) to the entrance conference, survey week, exit conference and writing plans of correction. We will also review the trending in Assisted Living surveys in Minnesota after our first year of new regulations, and the additional activity survey focus with the final implementation of the Requirements of Participation Phase 3. Listen to National expert Cat Selman share her knowledge on this topic, with Minnesota specific updates and requirements presented by Pam Hayle

### **Relationship Centered Care Based on Improv**

#### **Presented by Catherine Braxton**

Relationships define our interactions, reactions, and expectations towards those we care for. Communication, both verbal and non-verbal express how we feel within those relationships and our overall desire to recognize and adapt to the changes we experience as care givers (both personal and professional). This course will cover two main improv rules that professionals can learn and teach to peers/co-workers and family members.

### **Art Programming to Support Resiliency**

#### **Presented by Colleen Knudson**

Resiliency is the ability to overcome challenges of all kinds-trauma, tragedy, personal crises, plain old “Life’s problems.” Art can be a tool to create this needed resiliency for both residents and staff. In this session, methods to use the tool of art to support

resiliency will be shared. The positive effects of art therapy programs on resident well-being and staff engagement will be shared. You will be given a plan to adapt art in your facility activity program.

**Regaining Your Zing! – Jump Starting your Motivation After Covid-19**  
**Presented by Cat Selman**

“ZING means energy, enthusiasm, or liveliness. Due to the pandemic, many health care professionals have either temporarily “misplaced” their ZING. Or have totally lost it! Whatever your emotional position may be post-COVID, professionals are finding it harder and harder to recapture that enthusiasm for the job they love, and the role they play within their community. Will it be possible to regain that enthusiasm and motivation? Do you feel like you cannot recover? Then attend this session, Cat will share what COVID has done to us – the good – the bad – and the ugly. However, she will also be offering guidance and suggestions on how we can recapture that motivation and enthusiasm for what we do best – caring for our precious elders. This is that session on how to establish and love your New Normal!