



2024

CONVENTION AND EXPOSITION



ISLETA RESORT AND CASINO
AUGUST 21-23, 2024



NMHCA/NMCAL's Board of Directors welcomes you to our annual Convention and Exposition, Navigating the Future, at the Isleta Resort and Casino in Albuquerque. This year's theme allows us to continually improve the quality of life and care in our facilities through teamwork.

The 2024 Convention and Exposition features excellent educational opportunities for everyone involved in long-term care, from nursing facilities to assisted living facilities to ICFs/IID to our individual associate members! This year, you will find an education track for administrators, managers, nurses, activity personnel, and social services. Don't forget the exhibitors! A wonderful time awaits everything from the Exposition Grand Opening to Lunch with the Exhibitors. And who can forget the Best of the Best Awards? Join us in celebrating our 2024 nominees and award winners!

TEAMWORK

MEET YOUR FEATURED PRESENTATION TEAM



Barbara Speedling

Inspirational and motivational speaker Barbara is an author, educator, and management consultant at the forefront of person-centered care. An innovator with more than 30 years of practical experience within the adult care community, she is the expert providers turn to when they want to ensure that the services they provide meet not only the physical needs of their residents, but their emotional and psychosocial needs as well.

Working from a core belief in the dignity and individuality of all people, Barbara has helped countless adult care communities implement her unique training and education programs

Donna Fudge

Donna J. Fudge is a Board Certified Civil Trial Lawyer. She received a B. S. degree cum laude in Economics and Finance from Marquette University. She graduated summa cum laude from Marquette University Law School. In law school, she served on the Marquette University Law Review and received numerous American Jurisprudence Awards.





Judy Salisbury

Judy Salisbury, Founder/President of Logos Presentations, has trained and motivated nationally on various topics and in multiple venues for over thirty years. Volunteering for her local fire department since 2005, this author of ten books, including *Supplemental Yet Essential: Practical Training for Elder, Assisted Living, and Long-Term Care*, serves as a firefighter and the Crisis Care Counselor. Judy served for seventeen years as an EMT, an I.V.-Tech, and an EMS Evaluator/Educator. Drawing from her EMS experience and from her time as a CNA/Med-Tech serving hospice, long-term care, rehab, and assisted living, along with a decade of experience as the POA for a loved one in a skilled nursing facility, she created the training program LPNequip.org designed explicitly for nursing staff in assisted living and skilled nursing facilities. Judy shares her unique, lively, informative, and relevant training for healthcare workers and conference participants from coast to coast.

Mark Schinnerer

Mark spent years with a dream to help others be successful in their lives and careers. Growing up on a farm, and being an avid gardener, has given Mark the experience of planning, planting, cultivating, nurturing, and harvesting and the insight to re-grow his own dreams and goals. Today, he has achieved success as a CEO by using his farming and business experience to reach a level of success that allows him to mentor and help others seeking to begin their own journey to plant the seeds of their goals, nurture them through their growth cycle and reap the harvest of achievement.



He and his wife Linda are blessed with three wonderful, grown children and six grandchildren. They live in Carlsbad, New Mexico.



SCHEDULE AT A GLANCE

01

Wednesday August 21, 2024

8:30 am-10:00 am
Government Affairs

10:00-11:30
Board of Directors Meeting

11:00 am
Registration Desk Opens

12:00-2:00 pm
Opening Ceremony
Awards Luncheon

2:00-3:30 pm
Concurrent Breakout Sessions

3:30-4:00 pm
Cold Beverage Break

4:00-5:30 pm
Concurrent Breakout Sessions

5:30-7:00 pm
NMHCA/NMCAL Membership
Mixer and Exposition Grand
Opening Hors d'oeuvres &
Cash Bar
Your chance to win \$300 cash!

02

Thursday August 22, 2024

7:30 - 9:00 am
Coffee and Rolls in the
Exhibit Hall

7:30 - 9:00 am
NMHCA Membership
Meeting Breakfast -
Member's Only

9:00-10:30 am
Plenary Session

10:45 am -12:15 pm
Concurrent Breakout
Sessions

12:15-2:00 pm
Lunch in the Exhibit Hall
Announcement of Prize
Winners!

2:00-3:30 pm
Concurrent Breakout
Sessions

3:45-5:15 pm
Concurrent Breakout
Sessions

03

Friday August 23, 2024

8:00-8:30 am
Coffee and Rolls in the
Foyer

8:30-10:00 am
Concurrent Breakout
Session

10:00-10:30 am
Break on Your Own

10:30am-12:00 pm
Closing Keynote



SCORE

NMHCA is applying for continuing education credit for the professional disciplines listed below. The total possible continuing education contact hours that may be earned for attendance at the entire convention are 12.50 hours.

- ACT = Activity Directors,
- NHA = Nursing Home Administrators
 - NRS = Nurses
 - SS = Social Workers

The New Mexico Health Care Association (NMHCA) is recognized by the NM Nursing Home Administrators' Board as a provider of continuing education. NMHCA is the approval-granting body for continuing education for Activity Directors qualified through the NMHCA 36 or 40-Hour Basic Course for Activity Directors. NMHCA is also recognized by the NM Board of Nursing as a health care organization able to offer continuing education for nurses. Nurses must submit all appropriate paperwork regarding NMHCA courses directly to the NM Board of Nursing for re-licensure. The NM Board of Nursing may require a letter of justification explaining the applicability of the workshop/conference to the practice of nursing at the time of re-licensure.

TRACKING YOUR CE HOURS

NMHCA uses a scan system to verify attendance. You must have your name badge on to be scanned into a session. You will not be scanned in if you arrive more than 10 minutes late. If you leave early OR if you are absent for more than 10 minutes of the session, your scan will be canceled. Breaks have been built into the overall schedule to allow adequate time for phone calls, etc. No attendee will be permitted to request verification scans or to submit for credit on behalf of another individual. Certificates will be sent via email after the convention, usually taking about 3-4 weeks.

GENERAL CONVENTION INFORMATION

·For your own personal comfort, please bring a sweater or jacket with you to the conference. Adjusting the temperature in a meeting room takes time and is almost impossible to change immediately. Dressing in layers will help ensure that you will be neither too hot nor too cold.

·Please turn off all cell phones during education & business sessions to prevent distracting speakers and/or other participants.

·Evaluations are in the App for each session you attend. Please take a moment to complete it. Your input is essential for the continuing improvement of NMHCA's educational programs.

·Smoking is not permitted inside the event venues.

SPECIAL EVENTS IN THE EXPO HALL

Wednesday, August 21, 2024

5:30 – 7:00 pm Expo Grand Opening

Thursday, August 22, 2024

7:30 – 9:00 am Coffee and Rolls in the Exhibit Hall

Thursday, August 22, 2024

12:15 – 2:00 pm Lunch in the Exhibit Hall

Don't Miss These Golden Opportunities!

Convention & Exposition attendees may be eligible for a \$300 cash prize just for visiting with the vendors! There will be a contest beginning at the Exposition Grand Opening on August 21, 2024. The \$300 cash prize will be drawn on August 22, 2024 at approximately 1:30 pm.

In addition to the grand prize, NMHCA/NMCAL will be giving away numerous other prizes. Exhibitors may have giveaways as well! Don't miss out! You Must Be Present to Win!

NMHCA/NMCAL Convention & Exposition name badges must be worn in order to enter the Exhibit Hall!

The Best of The Best

The Best of the Best awards luncheon will be held on Wednesday, August 21, 2024 as part of the opening of the Convention, beginning at 12:00 pm. Each year, the very best of the best in long-term care are recognized for “going the extra mile” in resident care. Whether it is the nursing assistant for outstanding care or the dietary support staff member for always making the resident smile, it is these individuals who help make our facilities shine. This year's awards program luncheon is included in your convention pricing.

REGISTRATION INFORMATION

Register one or register twenty – the choice is up to you but the more staff you bring, the more you save! Bring up to four attendees for one low price and you can add additional staff for an even lower rate! Don't forget about the special 1-Day registration for your front-line caregivers! NMHCA/NMCAL makes it easy to ensure your staff stays up-to-date on the latest in long-term care. This low registration fee includes all of your convention activities including admission into all educational sessions, a copy of the Convention Handout Book, admission to the Exposition, the Exposition Grand Opening Celebration, Lunch in the Exhibit Hall, Coffee and Rolls in the Exhibits, and food/beverages during selected breaks.

Please see the Convention & Exposition Registration Form for pricing information. Convention registrants will receive a confirmation letter from NMHCA/NMCAL within 10 working days of sending in the registration materials.

You may contact NMHCA at 505-880-1088.

Early-Bird Registration Deadline is August 1, 2024

Please Register Online at
www.nmhca.org/signatureevents

On-site registration at the Isleta Resort and Casino will begin at 10:00 am on Wednesday, August 21, 2024

We recommend assigning one person from your facility to pick up all name badges and distribute.

Wednesday, August 21, 2024



2024 BEST OF THE BEST

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Thank you!

EDUCATION SESSIONS

WEDNESDAY, AUGUST 21, 2024

2:00 PM - 3:30 PM



Behavioral Health: Addressing Mental Illness

Barbara Speedling

As the number of long-term care residents with mental illness increases, the education and training of the staff become vital to successfully managing the needs of this population. Unlike dementia, a diagnosis of schizophrenia, bipolar depression, obsessive-compulsive disorder, or other chronic mental illnesses requires a working knowledge of the symptoms and how the disease impacts the individual. This session is designed to provide basic, common-sense information on these mental health challenges. The most effective avenues to assessment and care planning, as well as helping residents to find satisfaction and quality of life in the management of their disease are central to these conversations.



Panel Discussion: Where is the Supply Chain Taking Us Next?

Kim Snitker

Flour, and turkey, and eggs, oh my! Hear from a panel of manufacturers, vendors and purchasing agents on how to keep abreast of changes in supply change in a dynamic market and what's to come in industry trends.

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TBD

Bonnie Zeiler, LPN

Bonnie is currently developing a program for our assisted living members



The Nuts & Bolts of Medication Administration & Pharmacy Best Practice

Doris Page, CHC, CHPC

This presentation will review the top cited deficiencies related to medication management and how to best avoid them in the future. We will also cover aspects of proper medication storage and lastly you will learn how to optimize your medication management program, through strengthening your relationship with your pharmacy provider.

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EDUCATION SESSIONS

WEDNESDAY, AUGUST 21, 2024

4:00 PM - 5:30 PM



Behavioral Health: Caring for a New Generation in Assisted Living **Barbara Speedling**

The contemporary long-term care community is challenged to address a broad range of emerging clinical and psychosocial considerations, as the next generation of resident is far more complex. In the wake of the COVID-19 Pandemic, many older adults report feelings of depression and anxiety, turning to substance use, and thoughts of suicide. The numbers of people impacted by dementia continues at epidemic rates, further complicating the contemporary adult care community's ability to create an environment that is satisfying to an increasingly diverse population. Strategies for addressing issues relative to dementia and mental health, social conflicts/bullying/aggression, substance abuse, and related concerns are a focus of this conversation.



Stotler Hayes Group, LLC, Legal Presentation **TBD**

Stotler Hayes Group, LLC is a national, boutique law firm focused on optimizing recovery for health care providers through Medicaid, Medicare, private collections, training and education. Our attorneys are licensed in, and represent clients before, federal and state courts and agencies in a majority of states around the country.

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“Escaping” Infection: It takes a Team: **Josh Hernandez and Shannon Cupka**

“Escaping” Infection: It takes a Team: Keeping infections at bay in your care setting is a team effort. But how do you help your team stay motivated to work together and keep infection prevention at the forefront, as you (and they) manage new and emerging illnesses, competing organizational priorities, infection prevention fatigue and staff turnover? Can you crack the code to effectively keeping your staff engaged and “rowing” in the same direction regarding infection prevention? Join Josh Hernandez LPN and Shannon Cupka EdM, from Comagine Health for a fun, interactive and hands-on session, to see if you can solve this puzzle and move your team to success!

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Board of Nursing - **Sheena Ferguson, DNP, MSN, RN, ANA-I**

Join Dr. Ferguson to discuss facility cooperation in Diversion investigations as well as reporting to the Board of Nursing when necessary.

EDUCATION SESSIONS

THURSDAY, AUGUST 22, 2024

9:00 AM - 10:30 AM

PLENARY SESSION WITH
DONNA FUDGE, ESQ

SETTING UP THE GOAL: DEFENDING FALLS THROUGH INTERVENTION

Join Donna Fudge to learn to address defense through interventions with a discussion of research-based evidence of why no set of interventions creates a silver-bullet to stop all Falls, discuss setting realistic expectations with Family Members, and discuss Arbitration and Jury Verdicts from the law firm's fall cases.



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Our Care Community

The logo for OPCO Skilled Management features three small icons: a green leaf, a red flower, and a yellow sun.

EDUCATION SESSIONS

THURSDAY, AUGUST 22, 2024

10:45 PM - 12:15 AM



Avoid Revolving-Door Whiplash: Effective Training for Retention and Success **Judy Salisbury**

This lively, eye-opening, and informative workshop brings to light areas, often regarding the training of new personnel, which can sabotage success for members of our nursing staff, bringing about frustration and discouragement that leads to an increase in turnover. Effective solutions for many of these often unspoken and unaddressed challenges are offered that help build confidence and hone skills to reverse course and lead to longevity of staff and an increase in quality care. Also addressed are special situations, including how to interface more efficiently with 911 and EMS personnel from an EMS provider with tactical training and nursing experience for better resident care and less stress for staff.



Pressure Ulcer Documentation **Payam Tehrani, MD**

Join Dr. Tehrani to discuss pressure Injury, how to identify, treat and document

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Activities for More Independent Residents **Cindy Brown**

Physical, cognitive, social, spiritual, educational, and recreational programs are the six primary activity options that should be prioritized in long-term care settings. Participating in physical activities is essential for preserving and enhancing one's physical function and mobility. Join Cindy to learn more about engaging your residents in your activity programs.



EDUCATION SESSIONS

THURSDAY, AUGUST 22, 2024

2:00 PM - 3:30 PM



A POA Perspective and Bullying Prevention

Judy Salisbury

With ten years of experience as the Power of Attorney for a loved one, Judy Salisbury provides invaluable insights from her unique perspective in her candid, interactive training on how to help make the Family or POA relationship with staff more successful. Judy outlines what to do and what not to do. Also addressed is the difficult issue of bullying among residents; what it is, how to understand why it can happen, and how to spot the various tactics used. Judy also offers solid counsel on what to do to prevent it, stop it if it is happening, and how to make the POA an ally in the process for a happier and safer environment for all.



Activities for More Independent Residents

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Teaming up: DHI and Nursing Facilities

DHI Staff

Join DHI staff to discuss the latest trends in NM's survey process as well as updates concerning the New Mexico Health Care Authority and changes within the department.

EDUCATION SESSIONS

THURSDAY, AUGUST 22, 2024

4:00 PM - 5:30 PM



Building A Positive Work Environment: It Begins With Staff

Judy Salisbury

We all have the responsibility and power to influence our environment for good, but sometimes that can be challenging. In this fun, interactive workshop, Judy Salisbury shows us how to build memories not misery in our unique workplace. Judy teaches us how to leave our baggage or a bad day at the front door and how to help others to do the same. Judy also exposes the unintentional impact confrontations can have on our staff and residents, which can potentially lead to lawsuits, bad press, and/or career loss. Also taught is how our organization can disembark from the harmful and hurtful gossip train.

Psychotropic Safety in Long Term Care

Alex Boyd

This presentation by CVS Health covers the use of psychotropic medications in long term care facilities, including common medications, potential adverse effects, and appropriate monitoring. Caregivers should monitor for adverse effects and use these medications only when necessary with proper documentation. Non-drug interventions should be emphasized before, during, and after medication management to reduce the risk of psychotropic use. Understanding monitoring and preventing overuse and misuse can promote resident safety in long term care.

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Cultivating Care: Enhancing Staff Confidence in Nursing Home Facilities

Dr. Jennifer Rawley

Join Dr. Rawley as she shares her expertise in fostering a culture of care within nursing home facilities. Discover how focused training sessions can boost staff confidence and morale, helping them handle daily challenges more effectively. Dr. Rawley will introduce a comprehensive training protocol she oversees in hundreds of facilities. Learn how these brief 5-minute sessions, conducted by Psychological and Therapy providers, along with practical exercises and personalized therapist reviews, can improve staff awareness and confidence, contributing to better outcomes in Quality Assurance and Performance Improvement (QAPI).

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SENIOR PSYCHCARE



Teaming up: DHI and Assisted Living Facilities

DHI Staff

Join DHI staff to discuss the latest trends in NM's survey process as well as updates concerning the New Mexico Health Care Authority and changes within the department.



EDUCATION SESSIONS

FRIDAY, AUGUST 23, 2024

8:30 AM - 10:00 AM



NMVBP - CNA Apprenticeship: Improving Your Team **Jill Mathews**

NM Workforce Solutions Apprenticeship and Pathway Programs puts your company's need for a skilled workforce in your hands. Train the kind of employees you want working for you with on-the-job training and classroom instruction. This combination puts employees' skills and knowledge into practice immediately.

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Under Development **Bonnie Zeiler**

Bonnie is currently developing a program for our Assisted Living Members.



A proACTIVE APPROACH TO FALL PREVENTION

This 90-minute session on "A proACTIVE Approach to Fall Prevention" explores the underlying causes and significant impact of falls amongst the senior population and the subsequent impact on resident facilities. Participants will learn actionable fall prevention strategies and how to establish a proactive culture that prioritizes safety, enabling them to create a safer environment for residents, families, and staff.

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EDUCATION SESSIONS

FRIDAY, AUGUST 23, 2024

10:30 AM - 12:00 PM

CLOSING KEYNOTE

RAISE YOUR FLAG: HOW TO SURVIVE AND SUCCEED DURING UNCERTAIN TIMES

MARK SCHINNERER

I've spent over 30 years in long term health care where facility leadership faces many challenges that can be overwhelming to the point of frustration, stagnation and numbness. Instead of struggling through the day, you need to:

- Focus on more than yourself
- Lead the people around you
- Acknowledge your challenges
- Grow yourself and others

Raise The FLAG, based on the story of the Star Spangled Banner, is a highly motivating, encouraging, and challenging keynote that empowers your audience to look at their own situation in a new light and learn practical steps to be more effective as a leader, at work, and in their personal lives.

