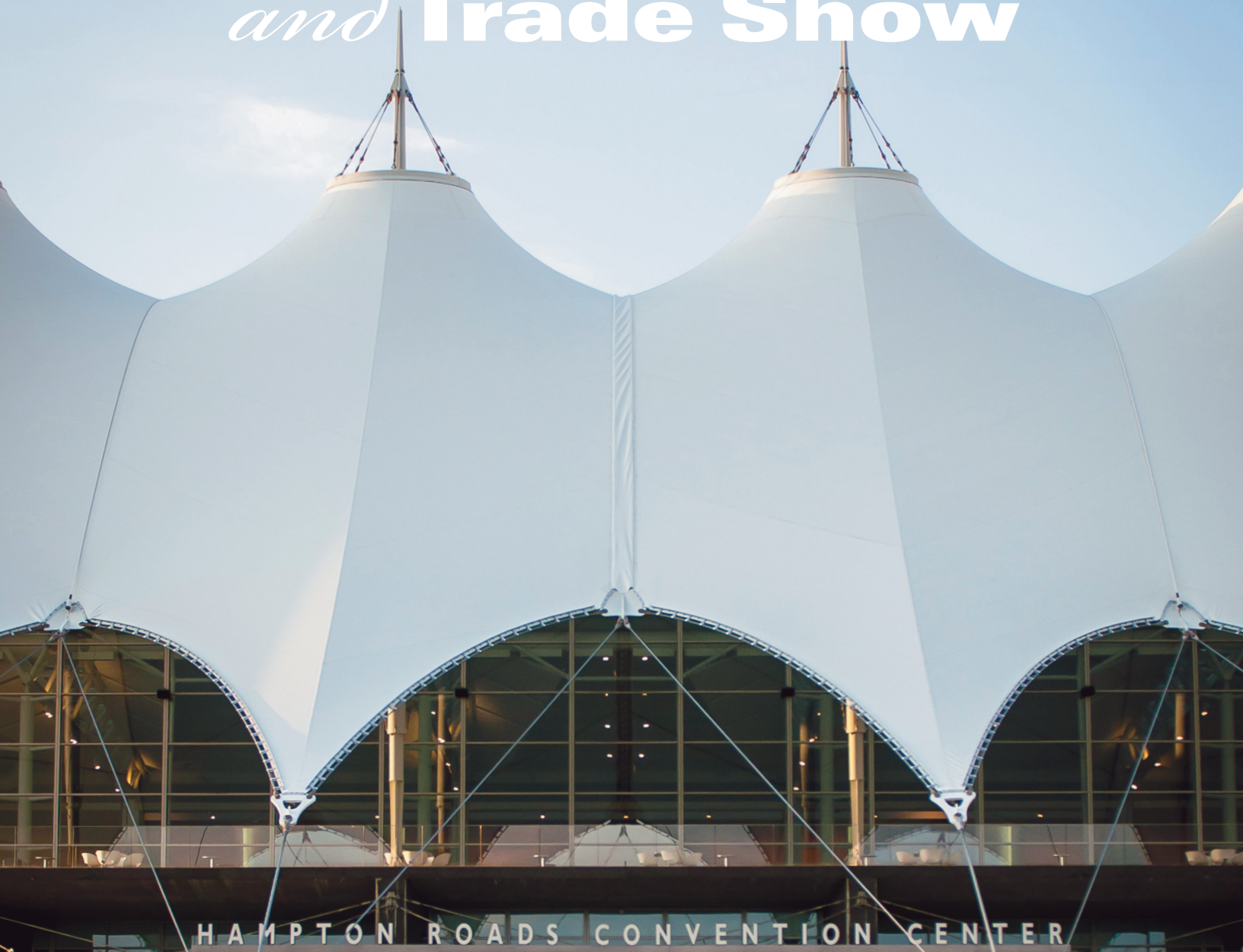


2019 *Annual Convention* and Trade Show



September 23-26, 2019

Embassy Suites and Hampton Roads Convention Center

 **Register online at www.vhca.org/2019convention**

We'll see you in Hampton!

The distinctive white sails of the Hampton Roads Convention Center provide a reminder of the first settlers to reach this area by sea four centuries ago. As the venue for the 2019 VHCA-VCAL Annual Convention in September, it's a great place for you to learn about high-priority operational and clinical topics like PDPM, workforce, medical marijuana, infection control, ROP Phase 3, navigating the survey and inspection processes, trauma-informed care, and more.

The VHCA-VCAL Annual Convention offers you the opportunity to connect with your long term care colleagues, learn from nationally recognized experts, and recharge with new ideas to implement in your communities and companies.

Make your plans now to join with leaders from Virginia's nursing centers and assisted living communities. Take advantage of early bird pricing by registering and paying before August 30, 2019!



Annual Convention and Trade Show Highlights

- 13 hours of continuing education for long term care administrators.
- Designated tracks for nursing center and assisted living administrators. Look for nursing sessions designated with **NF** and for assisted living sessions designated with **AL**.
- Visit over 110 business partners who provide cutting edge products and services at the Trade Show.
- Annual Awards Banquet honoring the 2019 Recognition Award winners, volunteers, and D.A. "Woody" Brown Community Involvement Award winners.
- Download the meeting app on your smartphone to have all the details at your fingertips! More information will be provided to attendees prior to the event.



Featured Speakers

Amy Dee

Amy Dee is a master storyteller and brilliant comedian. She combines her experience in standup comedy, theatre, nursing, and business to deliver hilarious stories and valuable content on the brain and behavior.



Mitch Hagins

Mitch Hagins uses his extensive experience as a Studer Group coach and senior business leader to help clients assess their needs and create plans to reach their organizational goals.



Mark Parkinson

From his hands-on work at the facility level to his experience in government, Mark Parkinson is uniquely qualified to guide the nation's largest association of long term and post-acute health care providers toward the future.



Craig Zablocki

Thousands of organizations rely on Craig Zablocki to help them transform the obstacles that keep them stuck, lift them up, and breathe new life into their purpose!



Accommodations

Embassy Suites by Hilton Hampton Roads/Hotel Spa & Convention Center
1700 Coliseum Drive
Hampton, VA 23666

Reservations

For reservations, call (800) EMBASSY or (757) 827-8200 or book online. The guest room rate for the VHCA-VCAL room block is \$159/night (single/double + taxes and fee). Book your room by August 30, 2019.

Registration

Take advantage of early bird pricing by registering and paying before August 30, 2019. All registrations must be received by September 16, 2019.

Register online at www.vhca.org/2019convention or use the enclosed form.

Accreditation

VHCA-VCAL is a NAB-Certified Sponsor. This program has been approved for Continuing Education for 13 total participant hours by NAB/NCERS-Approval #20200923-20-A57390-IN.

Attire

Attire for the conference is business casual. For your comfort, please bring a sweater or jacket as temperatures in meeting rooms fluctuate. Attire for the banquet is semi-formal dress.

Monday, September 23

11:00 am
Regirer Nursing Scholarship
Fundraiser Golf Tournament
 Riverfront Golf Club | Suffolk
Separate registration required

6:30 - 7:30 pm
Welcome Reception

Tuesday, September 24

7:30 am
Registration and Continental Breakfast
Sponsored by RehabCare and Vista Clinical Diagnostics, LLC

8:30 - 9:45 am | Opening Keynote
The Science of Sanity: Thriving, Challenge, and Change in Today's Healthcare (NF,AL)
 Amy Dee | Motivational Speaker

Amy Dee turns advanced behavioral science into practical "retain your brain" techniques for keeping negative thoughts from creating crazy-toxic emotions and situations at home and at work. From interacting with difficult patients and coworkers, to coping with the epidemic overload of paperwork, processes, and long hours, she has a talent for using humor to reveal our profound power to stay sane by making small, personal choices each day that wind up changing ... everything!



9:45 - 10:00 am
Break



10:00 - 11:00 am
Three Essential Workforce Factors: Recruitment, Retention, and Engagement (NF,AL)

Mitch Hagins | Senior Director | Studer Group

Mitch Hagins wants to help you be better positioned to address the workforce opportunities of recruitment, retention, and engagement of talent. Focusing on these areas can help reduce turnover, improve quality, and improve the resident/patient experience. Using his extensive business and coaching background, he will share advice on behavioral interviews, peer interviewing, and rounding for outcomes to engage staff.



11:00 - 11:15 am
Break

11:15 - 12:15 pm
DC Update: Better Days Ahead (NF,AL)
 Mark Parkinson | President and CEO | American Health Care Association

Why is this such a tough time for providers? From changing payment models, to declining length of stay, to unique demographic factors, the long term care sector is struggling. Opting to take the long view, AHCA/NCAL's Mark Parkinson will share his insights on why skilled nursing centers and assisted living communities should be hopeful.



12:15 - 1:15 pm
Lunch

1:15 - 4:30 pm
Trade Show
Refreshment break sponsored by The Commonwealth Group, Genesis Rehab, and The Wright Group Consulting

3:45 - 4:30 pm
Trade Show Reception

5:30 - 6:30 pm
Sponsors' Reception
Invitation Only

Wednesday, September 25

8:00 am
Registration and Continental Breakfast
Sponsored by Healthcare Services Group, Inc. and HealthPRO®/Heritage

8:30 - 9:45 am | General Session
The Intelligence of Fun: Creating a Work Culture with Staying Power (NF,AL)
 Craig Zablocki

People have different ideas about what fun is. Yet all organizations know that feeling part of a team is fun. A state of openness and connection is fun whether you are an introvert or extrovert, the medical director, or a certified nursing assistant. Everyone loves the "Aha" moments when solutions to problems come into view. Harnessing the "Intelligence of Fun," Craig Zablocki will unlock the keys to seeing solutions to problems as fun: being solution-minded and not problem-focused.



9:45 - 10:00 am
Break

10:00 - 11:00 am | Concurrent Sessions 1

Medical Cannabis: Practical and Legal Implications LTC Providers (NF,AL)
 Gerald C. Canaan, II | Director | Hancock Daniel
 Dale St. Clair, PharmD | Vice President, East Region | Remedi SeniorCare Pharmacy

As state-approved cannabis oil producers bring their operations online later this year, long term care providers must find the balance between compliance with the federal and state laws governing medical cannabis oils. Sharing their expertise in law and long term care pharmacy, Jerry Canaan and Dale St. Clair will discuss the downstream impacts of new medical cannabis legislation on long term care providers in Virginia.



Canaan



St. Clair

Medicare Alternative Payment Models: Impact on Skilled Nursing Changes (NF)
 Andy Page | Partner | Dixon Hughes Goodman LLP

Andy Page will unpack the various components of value-based

and alternative payments specific to skilled nursing facility (SNF) providers. As the regulatory payment landscape continues to evolve to a value-based platform, SNF providers will be challenged to evolve their operations at a significant pace. Many opportunities exist for providers to take advantage of these initiatives to increase occupancy, margin, and market share. Andy Page will address specific areas for you to focus on, as well as present case studies relative to current providers operating successfully within an alternative payment world.



11:00 - 11:15 am
Break

11:15 - 12:15 pm | Concurrent Sessions 2

Recognizing Changes in Dementia (NF,AL)
 Heather McKay | Dementia Care Specialist | Partnerships for Health

Caregivers are supporting people living with dementia for a decade or longer. Award-winning occupational therapist and dementia care specialist Heather McKay will focus on the timeline of this disease and why people do what they do in every stage. Participants will learn specific ways of adapting their help to match a person's changing needs and foster more positive interactions throughout the progression of dementia. She will emphasize the value of communication and teamwork to improve collaboration among interdisciplinary teams, clients, and family caregivers.



Best Practices in Dementia Care: Lessons Learned from Virginia Facilities (NF)

Mary Chiles | President | Chiles Healthcare Consulting, LLC
 Allison Spangler | Improvement Consultant | HQI

Dementia is the most prevalent condition in our nursing center residents and has been the focus of CMS improvement efforts through the Partnership to Improve Dementia Care. Most facilities have seen reduction in medication use for their residents but continue to struggle with success. Recently CMS has focused on those nursing centers who have continued with high or



Chiles



Spangler

increasing medication use. Mary Chiles and Allison Spangler will discuss lessons learned from those facilities that can be used in all facilities to improve dementia care and sustain success. They will encourage participants to share effective interventions around leadership, staffing, education and training, and prescriber patterns.

12:15 - 1:15 pm
Lunch

1:15 - 2:45 pm | Concurrent Sessions 3

A Proactive Approach to Fall Management: Practical Person-Centered Interventions (NF,AL)

Kari Brizendine | Clinical Manager | Select Rehabilitation, Inc.

Falls are inevitable. How we approach prediction is an area where falls can be reduced and prevented. Kari Brizendine will review current prediction tools with the highest validity and present practical and simple approaches to prevent falls in the geriatric population. Brizendine will make you think about reasons for falls. This session will also offer real examples of reasons for falls that may not have occurred to you before.



Self-Reporting Guidance for Nursing Centers: Ensuring Compliance While Avoiding Risk (NF)

Kyle Rene | Associate | Hancock Daniel

Nursing facility providers are subject to substantial self-reporting obligations for matters affecting resident health and safety. Kyle Rene will remind you of common situations giving rise to self-reporting obligations and how to self-report in a timely and accurate manner without creating unnecessary risk. Among other areas, he will discuss self-reporting as it relates to resident-to-resident altercations, allegations of resident abuse/neglect, misappropriation of resident property, resident elopement, and transfers and discharges. Rene will review steps that should be taken before, during, and after a self-report is submitted, and strategies to manage self-reporting obligations operationally.



2:45 - 3:00 pm
Break

Sponsored by Grove Medical and Select Rehabilitation, Inc.

3:00 - 4:00 pm | Concurrent Sessions 4

Multi-Faceted Strategies to Reduce Infections Caused by Public Enemy #1 (NF,AL)

Rosie Lyles | Director of Clinical Affairs | Medline Industries, Inc.
Sponsored by Medline Industries, Inc.

Multi-drug resistant organisms (MDROs) such as MRSA, VRE, CRE, C. diff, and C. auris are increasing in prevalence worldwide, resulting in infections that are extremely difficult and expensive to treat. Patients across the continuum of care may be faced with colonization with several MDROs. To avoid outbreaks across a region, which can occur in the absence of a coordinated approach, facilities must look for effective solutions to reduce transmission via direct and indirect contact and prevent infections.



QAPI & Medication Management: Leveraging the Resources and Expertise of Your Pharmacy (NF)

Bill Vaughan | Vice President, Education and Clinical Affairs | Remedi SeniorCare

2019 marks the full implementation of the "mega rule," including new requirements related to quality assurance and performance improvement. With a regulatory mandate to focus on high-risk, high-volume, or problem-prone areas, many facilities will prioritize medication management when developing performance improvement activities. Bill Vaughan will highlight how facilities can use the unique resources and expertise of their pharmacy to complying with QAPI regulations. He will discuss in detail the use of pharmacy generated data to identify, analyze, and track medication trends along with evidence-based practices to optimize geriatric medication management.



4:00 pm
Annual Membership Meeting
Election of officers and new members of the Board of Directors

6:30 pm
Cocktail Reception
Sponsored by Partners Pharmacy of Virginia

7:15 pm
Awards Banquet
Sponsored by PruittHealth Pharmacy Services

Thursday, September 26

8:00 am
Registration and Continental Breakfast

8:30 - 10:00 am
Sex, Drugs, and Rolling Walkers (NF,AL)
Barbara Speedling | Quality of Life Specialist | Innovations for Quality Living

As the long term care industry faces major challenges in regulation, finance, and staffing, the shift in demographics to a more complex population has added another layer of stress. Resources to develop the type of care and service needed to address issues of mental disorders, substance use, addictions, and other behavioral health needs are in short supply. Barbara Speedling will offer a variety of ideas for anticipating and developing common sense approaches to these contemporary challenges. Improving staff education and training in behavioral health and developing strategies to address common symptoms and reactions in mental health are a focus of this conversation.



10:00 - 10:15 am
Break

10:15 - 11:15 am | Concurrent Sessions 5

Trauma-Informed Care: Achieving Compliance in Behavioral Health (NF)
Barbara Speedling | Quality of Life Specialist | Innovations for Quality Living

Phase 3 of the revised federal regulations for Trauma-Informed Care and Behavioral Health Services challenge long term care facilities to ensure they are fully prepared to care for residents with complex psychosocial needs. Beyond differentiating between dementia and psychiatric illness or addictions, you must have a working knowledge of the interventions and services necessary to achieve quality care for a rapidly changing population. Barbara Speedling will provide an overview of the regulatory expectations and insight into staff education and training, assessment and care planning, service development, and therapeutic activity interventions to address a broad range of behavioral health needs.

Strategies for DSS Inspections, Citations, Sanctions and Appeals (AL)

Matt Cobb | Partner | Williams Mullen

Matt Cobb will explore the licensure inspection process, defenses to citations issued by the Department of Social Services (DSS), and the appeal process when DSS issues a denial of renewal of license or other sanction. Cobb will help you better understand the informal conference process, the impact and implementation of consent decrees, compliance plans, and monitoring inspections on the operation of your assisted living facility.



11:15 - 11:30 am
Break

11:30 - 1:00 pm | Concurrent Sessions 6

Requirements of Participation Phase 3: Last Minute Checklist (NF)

Jennifer Leatherbarrow | Manager of Clinical Consulting | Richter Healthcare Consultants

If you are like most of us, your head is still reeling from the rollercoaster ride brought on by Phases 1 and 2 of the Requirements of Participation (ROP). As November 28 looms for Phase 3, Jennifer Leatherbarrow will discuss the individual requirements of each item, as well as the strategies you need for successful implementation of this last phase of the ROP. She will share tools to assist you through your execution of Phase 3 and the tangible solutions needed to ensure your implementation progresses with ease.



Update on VCAL Initiatives: Priorities Facing Virginia's ALFs (AL)

April Payne | Vice President of Quality Improvement and Director of VCAL | VHCA-VCAL

April Payne will review the recent activities of the VCAL Committee and provide an overview of trends affecting Virginia's assisted living facilities. She will provide an update on the development of the survey readiness binder and discuss the potential for legislation affecting assisted living operations in 2019.



Thank You to Our Sponsors

Title Sponsor



Platinum



Gold



Convention and Trade Show Sponsors



Virginia Health Care Association | Virginia Center for Assisted Living

2112 W. Laburnum Avenue, Suite 206
Richmond, VA 23227



Registration Form

**Virginia Health Care Association | Virginia Center for Assisted Living
2019 Annual Convention and Trade Show | September 23 - 26, 2019
Hampton Roads Convention Center | Hampton, VA**

Registration Options

- Register online at www.vhca.org/2019convention
- Mail with payment to VHCA-VCAL, 2112 W. Laburnum Ave., Suite 206, Richmond, VA 23227
One person per application. Please feel free to copy this form.

Full Name: _____
(Please print first and last name)

Badge Name: _____ Title: _____

Facility / Business: _____

Address: _____

City: _____ State: _____ Zip: _____

NAB ID:* _____
** All attendees seeking administrator CEs will need their NAB Registry ID to register.*

Telephone: _____ Email: _____

Full Registration

Full registration includes education programs and materials for all (3) days, breaks, most meals, trade show admission, and social events (does not include golf).

Before August 30 <input type="checkbox"/> Member \$595 <input type="checkbox"/> Prospective Member* \$1,190 <i>* Payment due at time of registration.</i>	After August 30 <input type="checkbox"/> Member \$625 <input type="checkbox"/> Prospective Member* \$1,250	Required Response <i>I <input type="checkbox"/> will / <input type="checkbox"/> will not attend the Monday Welcome Reception.</i> <i>I <input type="checkbox"/> will / <input type="checkbox"/> will not attend the Wednesday Cocktail Reception and Awards Banquet.</i>
---	---	---

Golf Registration

\$150 The Regirer Nursing Scholarship Golf Tournament will be held on September 23. *(Please complete separate golf registration form.)*

Partial Registration <i>(Please indicate which events you plan to attend.)</i>		Member	Prospective Member*
Monday, September 23	Welcome Reception	<input type="checkbox"/> \$65	<input type="checkbox"/> \$130
Tuesday, September 24	Lunch Education Sessions Trade Show*	<input type="checkbox"/> \$45 <input type="checkbox"/> \$200 <input type="checkbox"/> No charge	<input type="checkbox"/> \$100 <input type="checkbox"/> \$400 N/A

**Only facility employees, registered attendees, and vendors who have contracted exhibit space in 2019 may walk the Trade Show floor.*

		Member	Prospective Member*
Wednesday, September 25	Lunch Education Sessions <i>(Evening events not included)</i> Reception and Awards Banquet	<input type="checkbox"/> \$50 <input type="checkbox"/> \$250 <input type="checkbox"/> \$90	<input type="checkbox"/> \$100 <input type="checkbox"/> \$500 <input type="checkbox"/> \$180
Thursday, September 26	Education Sessions	<input type="checkbox"/> \$200	<input type="checkbox"/> \$400

All Registrants Designated tracks for nursing center (NF) and assisted living (AL) administrators.

Wednesday, September 25	Thursday, September 26
<p>Concurrent Sessions 1 (10:00 – 11:00 am)</p> <input type="checkbox"/> Medical Cannabis: Practical and Legal Implications LTC Providers (NF, AL) <input type="checkbox"/> Medicare Alternative Payment Models (NF)	<p>Concurrent Sessions 5 (10:15 – 11:15 am)</p> <input type="checkbox"/> Trauma-Informed Care: Achieving Compliance in Behavioral Health (NF) <input type="checkbox"/> Strategies for DSS Inspections, Citations, Sanctions and Appeals (AL)
<p>Concurrent Sessions 2 (11:15 – 12:15 pm)</p> <input type="checkbox"/> Recognizing Changes in Dementia (NF, AL) <input type="checkbox"/> Best Practices in Dementia Care (NF)	<p>Concurrent Sessions 6 (11:30 – 1:00 pm)</p> <input type="checkbox"/> Requirements of Participation Phase 3 (NF) <input type="checkbox"/> Update on VCAL Initiatives (AL)
<p>Concurrent Sessions 3 (1:15 – 2:45 pm)</p> <input type="checkbox"/> A Proactive Approach to Fall Management (NF, AL) <input type="checkbox"/> Self-Reporting Guidance for Nursing Centers (NF)	
<p>Concurrent Sessions 4 (3:00 – 4:00 am)</p> <input type="checkbox"/> Multi-Faceted Strategies to Reduce Infections (NF, AL) <input type="checkbox"/> QAPI & Medication Management (NF)	

Payment Options Check Enclosed MC / Visa / AmEx / Discover

Account # _____ Expiration Date: _____ Security Code: _____

Name on Card: _____

Billing Address: _____

Signature: _____

Program Registration Deadline: September 16, 2019.

VHCA-VCAL Cancellation and Refund Policies: Cancellations must be provided in writing. The administrator of a center has the ability to cancel without a penalty if federal or state surveyors/inspectors are in a center. Cancellations for credit card payments are subject to a 10% service fee. Refunds will be granted as follows: full refund if received by the specified registration deadline; one-half of the registration fee if cancellation received three working days prior to the scheduled event. No refunds or credits will be granted if cancellation is received after the three working days deadline. Substitutions are always welcome.

Hotel Reservation Deadline: The hotel reservation deadline is Monday, August 26, 2019. Call the Embassy Suites by Hilton Hampton Roads/Hotel Spa & Convention Center at (800) EMBASSY or (757) 827-8200 or book online. If calling, be sure to mention you are with the VHCA-VCAL room block. The guest room rate for VHCA-VCAL participants is \$159/night (single/double + taxes and fee). Book your room by August 30, 2019.

Special Requests: Contact Doran Hutchinson at doran.hutchinson@vhca.org or (804) 212-1692 to discuss any special dietary needs or other arrangements.

Important Notice: By registering for and/or attending this event, I acknowledge and agree that photographs, video, and other recordings of the event may be taken by VHCA-VCAL or parties acting on behalf of VHCA-VCAL, and that these photographs, video, and other recordings may be used by VHCA-VCAL in any media now known or later invented for any purpose related to VHCA-VCAL's mission, including educational, promotional, and awareness related use. I give VHCA-VCAL unlimited permission to use my name, likeness, image, statements, and other information I may give to VHCA-VCAL, whether through registration, at the event, or otherwise, that may be necessary for VHCA-VCAL to make use of its rights in the photographs, video, and other recordings.

Virginia Health Care Association | Virginia Center for Assisted Living

2112 W. Laburnum Avenue, Suite 206, Richmond, VA 23227

www.vhca.org | (804) 353-9101