



Making Spirits Bright: Celebrating the Holidays during the COVID-19 Pandemic

December 11, 2020 | 11:00 am – 12:00 pm

Overview

Is your facility ready to face a most unusual holiday season? The COVID-19 pandemic has challenged everyone to find new ways to celebrate this year. Join Barbara Speedling in exploring the variety of ways in which your facility can maintain the warmth and good cheer of the holidays while keeping everyone safe and healthy. Inspiring your residents and staff to come together as a community to create new holiday traditions can be the most effective way to ease the pain of separation. This session offers practical approaches to satisfying the psychosocial needs of your facility family at this very significant time of year.

This free one-hour webinar, hosted by VHCA-VCAL, is appropriate to all long term care disciplines and positions. Advance registration required.

Presenter

Barbara Speedling | Quality of Life Specialist | Innovations for Quality Living

Barbara Speedling, an inspirational and motivational speaker, 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, Speedling 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.

In addition to her degree in healthcare administration, Speedling is an accomplished musician and artist. She uses those talents to develop new and creative ways of reaching out to those who are cognitively diminished. She was also certified in 2015 by Dr. Susan Wehry as a master trainer for the OASIS education program for improved care of residents with dementia.

Speedling is the author of two books devoted to common sense advice for meeting the holistic needs of an increasingly diverse and challenging community. *Why is Grandma Screaming* and *Toward Better Behavior: Yours Mine & Everyone Else's* are now widely distributed to staff members at community, residential, and long term care facilities across the country and in Canada.

Blessed with boundless energy and tireless enthusiasm, Speedling also volunteers in her free time to offer caregiver education and support to families who need it most. Through her affiliations with local artists and musicians in her native New York City, she also arranges therapeutic music, dance, and wellness programming that improves the quality of life for local seniors.

Register online: www.vhca.org/calendar.