



## Wellness Webinar Series with Kathleen Weissberg

February 22 and 24, 2022

Join us for one or both of the February wellness webinars led by **Kathleen Weissberg of Select Rehabilitation**. The first session on February 22 will focus on employee wellness and provide strategies you can use in your own center. In the second session on February 24, Weissberg will tackle issues related to resident wellness including conditioning, isolation, and recovering from trauma.

**Important note:** Attendees of the 2021 Fall Summit and Expo can take advantage of a special discount on their registration for these webinars.

### Overview

**February 22, 2022 | 1:00 – 2:00 pm**

#### **Journey to Wellness: Integrating Employee Wellness into an Organizations Cultural Framework**

This session will explore the journey of several post-acute providers who undertook an employee wellness challenge and specifically how these facilities were assisted to integrate person-centered wellness programs into their culture. Kathleen Weissberg will not only highlight what worked but also tell the story of what went very much wrong so that you can learn from others' mistakes. Through easy-to-implement strategies, participants will walk away with ideas on how to establish a program at their facility.

**February 24, 2022 | 1:00 – 2:00 pm**

#### **Deconditioning and Reconditioning: Addressing Resident Health & Wellness Post-Pandemic**

Anticipating there may not be a firm post-pandemic finish line where we return to pre-pandemic operations, this session discusses hybrid models of reconditioning presented in emerging literature to achieve goals of wellness. Kathleen Weissberg will review and report results of focus groups conducted with post-acute providers to hear experiences related to deconditioning; key contributing factors; strategies employed during pandemic to engage the interdisciplinary team in addressing decline; strategies in categories of technology, loneliness/activity, outcome measures, and others beneficial for continuing in a post-pandemic world; and best practice guidelines related to health, wellness, and recovery from trauma. Weissberg will share a roadmap addressing isolation and quarantine with pertinent strategies that will be relevant for other situations that arise long after COVID is in the rearview mirror.

### Presenter

**Kathleen Weissberg, OTD, OTR/L, CMDCP, CDP | National Director of Education | Select Rehabilitation**

### Continuing Education

This webinar series has been approved for Continuing Education for 2 total participant hours by NAB/NCERS—Approval #20230221-2-A81412-DL. Attendance will be monitored throughout both webinars. Partial credit will not be awarded. The webinars will be recorded, but NAB credit is only provided to registered participating attendees of the live sessions.

**Register online:** [www.vhca.org/calendar](http://www.vhca.org/calendar).