



Welcome to the IHCA Winter Workshop & Legislative Lunch

Wednesday, January 17, 2024

Boise Centre - EAST


“Back to the Future: Forward to Success”




Platinum Partners:

Special Thanks to our Platinum Associate Members
Our success is possible because of the generosity of supporters like you.



7:30 AM Check-in & Foundation Fundraising in Boise Centre EAST Lobby		Sessions I attended <input checked="" type="checkbox"/>
Exhibits Open in Room 400		
8:30 AM-9:30 AM (1.0 CEUs)		
<p>How to Find Courage & Compassion in a Turbulent World Andrew L. Anderson, Author – Strength of the Oak, Strength of the Willow</p> <p>What if you were finally challenged in your life in a way that absolutely served you? Globally renowned author, speaker and coach, Andrew L. Anderson, teaches in easy-to-understand parables that will do just that! You will walk away with riveted courage, unlike any your heart has ever known.</p> <p>Thank you to our Sponsor: </p>	EVERYONE Room 40	<input type="checkbox"/>
9:40 AM-10:40 AM (1.0 CEUs)		Sessions I attended <input checked="" type="checkbox"/>
SNF & Home Health and Hospice Survey Updates Nate Elkins	SNF & HHH Room 420	<input type="checkbox"/>
ALF Survey Update Tom Moss	AL Room 410 AB	<input type="checkbox"/>
<p>Contracting with Managed Care Organizations Part I Juliette Friedland and Kristin Flowers Hicks, Ensign Services</p> <p>Juliette and Kirstin will present an interactive session regarding MCOs. Medicare Advantage enrollment has been on a steady climb for the past two decades following changes in health policy designed to encourage a more robust role for private plan options in Medicare. With such an ever-changing industry climate, it is important to know what tolls are readily available to be able to give you as much success as possible while contracting with other healthcare partners. The secret to every successful partnership is in the authenticity of the relationships you cultivate both with the health plans and your downstream partners. Today's discussion will be focused on how to effectively do so.</p> <p>Topics include: - Understanding and assessing your network - How to build successful relationships - Case studies - Managed care forecast - Identifying network opportunities.</p>	Room 410 C	<input type="checkbox"/>

<p>MDS & Care Planning for the Activity Professional Zendi Meharry, RN, NHA & DD McBride, RN, RAC-CT Cascadia Healthcare</p> <p style="text-align: center;">REQUIRED FOR ACTIVITY DIRECTOR STUDENTS</p> <p>Interested in transforming the MDS, RAI, CAA data collection requirement to a functional resident outcome tool? Join us to understand the process and create actionable interventions for assisting you residents' socialization needs.</p> <p>Learning Objectives:</p> <ol style="list-style-type: none"> 1. Understand the process of how to interview your resident, what to complete on an MDS, and when to complete the CAA. 2. Be able to individualize a care plan for a resident-centered approach that builds upon resident strengths and personal goals. 3. Develop self-validation skills for compliance through review of the Activities Critical Element Pathway established by CMS for the survey process. <p>This session will be open for questions to support your growth and drive your confidence in the MDS and care planning process. Come prepared to be part of the collaborative learning process!</p>	<p style="text-align: center;">Activity Directors</p> <p style="text-align: center;">Room 440</p>	<p style="text-align: center;"><input type="checkbox"/></p>
<p>10:45 AM-11:45 AM (1.0 CEUs)</p>		<p style="text-align: center;">Sessions I attended</p> <p style="text-align: center;"><input checked="" type="checkbox"/></p>
<p>Idaho Civil Money Penalty (CMP) Reinvestment Grants Rachelle Oliverson, Dr Shawn Simonson, Oni Kinberg and Kristine Theurer</p> <p>A panel will describe the new CMP grants that are available, each up to \$5000 per facility and how you can utilize them to help your residents!</p>	<p style="text-align: center;">SNF</p> <p style="text-align: center;">Room 420</p>	<p style="text-align: center;"><input type="checkbox"/></p>
<p>Achieving Excellent Customer Service & Regulatory Compliance in ALFs Lisa Perrenoud, RN, Regional Nursing Director, Edgewood Healthcare</p> <p>How Excellent Customer Service equates to Regulatory Compliance</p> <p>Learning Objectives:</p> <ul style="list-style-type: none"> · Define Excellent Customer Service · Understanding connection between customer service and regulatory compliance · Tips and tricks that make compliance "easy" 	<p style="text-align: center;">AL</p> <p style="text-align: center;">Room 410 AB</p>	<p style="text-align: center;"><input type="checkbox"/></p>
<p>Contracting with Managed Care Organizations PART II Juliette Friedland and Kristin Flowers Hicks, Ensign Services</p> <p>Juliette and Kirstin will present an interactive session regarding MCOs. Medicare Advantage enrollment has been on a steady climb for the past two decades following changes in health policy designed to encourage a more robust role for private plan options in Medicare. With such an ever-changing industry climate, it is important to know what tolls are</p>	<p style="text-align: center;">Room 410 C</p>	<p style="text-align: center;"><input type="checkbox"/></p>

<p>readily available to be able to give you as much success as possible while contracting with other healthcare partners. The secret to every successful partnership is in the authenticity of the relationships you cultivate both with the health plans and your downstream partners. Today’s discussion will be focused on how to effectively do so.</p> <p>Topics include: - Understanding and assessing your network - How to build successful relationships - Case studies - Managed care forecast - Identifying network opportunities.</p>		
<p>8 Commandments of Psychotropic Drug Reduction Randy Vawdrey, NP-C, Chief Medical Officer, A Mind For All Seasons</p> <p>Most long-term care professionals understand the need to reduce or eliminate the use of psychotropic drugs- especially in the elderly. Unfortunately, many professionals lack a framework for approaching psychotropic drug reduction and are very dependent on prescribers to steer the ship. This presentation helps to close the gap by empowering nurses, front-line staff, administrators, and medical directors with a helpful set of guidelines based on over 50 years of combined experience helping professionals find meaningful interventions that reduce antipsychotic usage.</p> <p>Objectives include:</p> <ul style="list-style-type: none"> • Understand and explain the 8 major contributors to delirium. • Develop a deeper understanding of how liver & kidney function affect the metabolism of medications. • List several common medications that increase the risk of psychiatric symptoms and explain the reasons they can be problematic. • Explain the 8 Commandments of Psychotropic Drug Reduction and how to apply them. 	<p>Room 430</p>	<input type="checkbox"/>
<p>Idaho Civil Money Penalty (CMP) Reinvestment Grants</p> <p style="text-align: center;">REQUIRED FOR ACTIVITY DIRECTOR STUDENTS</p> <p>A panel will describe the new CMP grants that are available, each up to \$5000 per facility and how you can utilize them to help your residents!</p>	<p>Activity Directors</p> <p>Room 420</p>	<input type="checkbox"/>
		

The IHCA Foundation promotes careers in long term care by awarding scholarships to those continuing employment in Assisted Living, Intermediate Care Facilities, Skilled Nursing Facilities and Home Health, Home Care & Hospice Agencies.

Scholarship application (only one submission needed):

Award Delta Holloway Scholarship (up to \$3,000)
Award Dorothy Witmer Scholarship (up to \$3,000)
Award Sheri Rogers Scholarship (up to \$3,000)
Award Diana Cullin Scholarship (up to \$3,000)
Award Sue Linja Scholarship (up to \$3,000)

Applications available to download from the IHCA website:

<https://www.idhca.org/about/ihca-foundation/>

All application materials must be received or postmarked **no later than May 15, 2024.**

12 PM – 1:15 PM

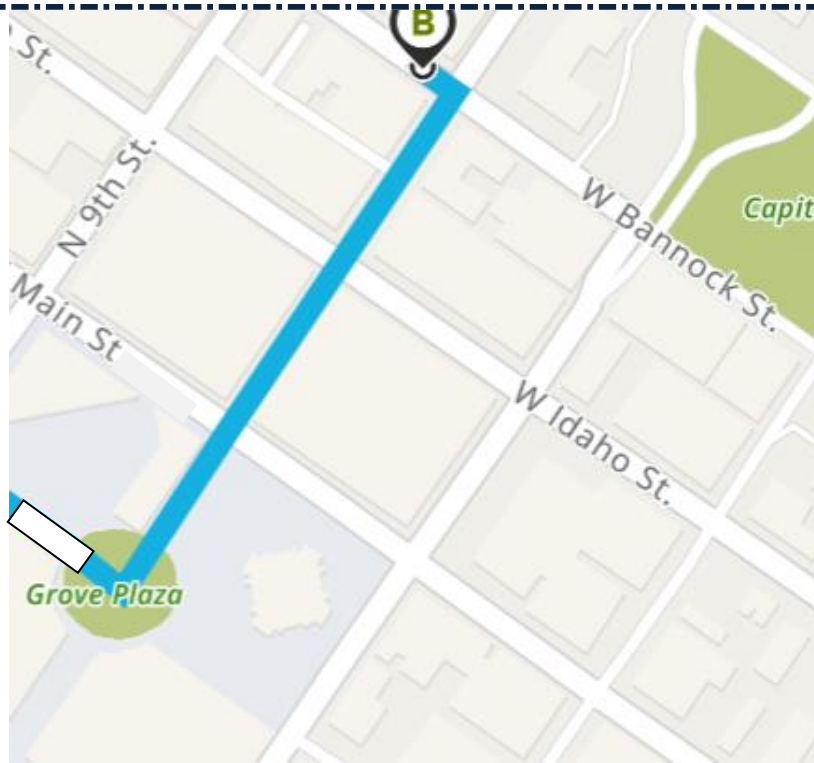
Membership & Exhibitor Lunch

Room 400

or

Legislative Luncheon – Crystal Ballroom

802 W Bannock St #202



Do not miss this chance for relationship-building with your local legislators. They need to hear about issues that are important to YOU, from YOU!

Thank you to our Sponsors!



1:30 PM - 3:00 PM (1.5 CEUs)		Sessions I attended
<input checked="" type="checkbox"/>	<p>The Medicaid Transition to PDPM, How Changes in CMS Five Star Impact Quality & Payment, Financial Impact of Value Based Purchasing & the Additional PDPM-Based UPL Bill Ulrich, Consolidated Billing Services, Inc</p> <p>1) Understand Quality metrics used in Idaho and how they may change due to changes in the MDS. 2) Understand the transition from a RUG based case-mix to a PDPM driven case-mix and how that may impact your rate. 3) Understand future changes in the Upper Limit Payment calculation and how that may impact payment and cash flow.</p>	
<p>SNF Room 420</p>	<input type="checkbox"/>	

<p>Recommended Changes to the Assisted Living State Rules Chelsea Kidney, Attorney at Smith + Malek PLLC</p> <ol style="list-style-type: none"> 1. Understand the state rule making process. 2. Provide an update on currently proposed ALF rules changes. 3. Discuss ALF Rules that Attendees would like to revise. 	<p>AL Room 410 AB</p>	<p><input type="checkbox"/></p>
<p>Navigating the Digital Frontier: Technology in Home Health, Hospice, and Home Care Environments Bryant Saxon, Chief Information Officer (CIO) at Pennant Group</p> <p>This presentation delves into the evolving landscape of technology within the Home Health, Hospice, and Home Care sectors. We begin by exploring the latest trends and inherent risks associated with Artificial Intelligence (AI) in these fields. This includes a discussion on how AI is reshaping patient care, data analysis, and operational efficiencies, while also addressing the ethical considerations and potential risks involved in its deployment.</p> <p>We then shift our focus to the changes in data requirements within the industry. This section covers the increasing need for accurate, real-time data to improve patient outcomes and operational decision-making. We discuss how regulatory changes, privacy concerns, and the demand for interoperability are influencing data management practices.</p> <p>Lastly, the presentation highlights how technology is being leveraged to gain efficiencies in these sectors. We examine case studies and real-world examples where innovative technologies have streamlined processes, enhanced patient engagement, and improved the overall quality of care. This segment provides actionable insights into how healthcare providers can integrate these technologies into their operations effectively.</p> <p>Throughout the presentation, we aim to provide a comprehensive understanding of how technology is transforming the Home Health, Hospice, and Home Care environments, equipping participants with the knowledge to navigate this digital frontier confidently.</p>	<p>HHH Room 410 C</p>	<p><input type="checkbox"/></p>
<p>Caring for Caregivers: Helping Teams Put on Their Own Oxygen Mask Eric Collett, A Mind For All Seasons</p> <p>For most healthcare leaders, recruiting and outstanding workforce is the biggest challenge they currently face. With massive shifts in employee expectations, competition for talent, and the continually unpredictable nature of an industry highly affected by the Covid-19 pandemic, healthcare leaders are struggling with burnout and frustration. This timely and impactful presentation will provide attendees with three key insights for navigating the current challenges.</p> <p>Participants will be able to:</p> <ol style="list-style-type: none"> 1. Describe the critical attributes of a highly effective 21st century leader. 	<p>Room 430</p>	<p><input type="checkbox"/></p>

<p>2. List 3 to 4 factors that improve measures of workforce engagement.</p> <p>3. Explain 3 steps they can begin taking today to create an environment that attracts and retains top talent.</p>		
<p>Activities & Special Events for the Activity Professional April Floyd, Activity Director, Idaho State Veterans Home-Boise</p> <p>REQUIRED FOR ACTIVITY DIRECTOR STUDENTS</p>	<p>Activity Directors</p> <p>Room 440</p>	<p><input type="checkbox"/></p>
<p>3:15 PM-4:15 PM (1.0 CEUs)</p>		<p>Sessions I attended</p> <p><input checked="" type="checkbox"/></p>
<p>Informal Dispute Resolution (IDR): Preparing for Success Now and in the Future Heather Baird, Samantha Williams</p> <p>Very few IDRs have been held in the last 4 years. Heather and Samantha will describe their experience at a recent IDR and facilitate a discussion of possible changes to the SNF IDR process in Idaho.</p> <ul style="list-style-type: none"> - Identify the purpose of the IDR - Understand strategies for preparing and IDR, both written and for the in-person meeting - Observe a mock IDR demonstrating the in-person 	<p>SNF</p> <p>Room 420</p>	<p><input type="checkbox"/></p>
<p>AL Nurse Manager Training (Condensed) Cecilia Owsley, MSN, RN, RCA, CEO of Nightingale Holistic Senior Living Consulting</p> <p>Embark on a 1-hour training session tailored for Assisted Living Nurse Managers in Idaho. This dynamic session blends the critical domains of compliance and leadership, providing actionable insights to elevate your role. Through engaging discussions, scenario-based exercises, and collaborative learning, we'll explore the essential connection between compliance adherence and effective leadership.</p> <p>Learning Objectives:</p> <ol style="list-style-type: none"> 1. Leadership-Driven Compliance Mastery: <ul style="list-style-type: none"> • Objective: Develop a leadership-centric approach to mastering Idaho-specific compliance regulations in assisted living. 2. Translating Compliance into Everyday Leadership Practices: <ul style="list-style-type: none"> • Objective: Integrate compliance requirements seamlessly into your daily leadership practices. 3. Effective Leadership Strategies for Operational Excellence: <ul style="list-style-type: none"> • Objective: Equip yourself with effective leadership strategies to support compliance and drive operational excellence in assisted living communities. 	<p>AL</p> <p>Room 410 AB</p>	<p><input type="checkbox"/></p>
<p>Non-pharma Approaches to Managing Behaviors Gregory Mondin, PhD, Clinical Psychologist, Boise VA and Ivy Merrell, LCSW, Boise VA Community Living Center</p> <p>Dr. Gregory Mondin will identify underlying causes of challenging behaviors in patients with dementia. Participants will learn a variety of</p>	<p>Room 410 C</p>	<p><input type="checkbox"/></p>

<p>skills for modifying environmental factors to better manage behaviors in patients with dementia. LCSW Ivy Merrell will then share ways these skills can be utilized across a variety of settings to improve transitions of care for these patients.</p>		
<p>Understanding the Root Causes of Mental Health Disorders Randy Vawdrey, NP-C, Chief Medical Officer, A Mind For All Seasons</p> <p>Anxiety, depression, sleeping disorders, and other mental health challenges are increasingly common in the general population as well as for residents of assisted living, skilled nursing, and other long-term care settings. Chronic inflammation in the brain and the many factors that can trigger it are often at the core of mental health symptoms. Understanding and addressing these factors is opening many new possibilities for treatment and lasting improvement.</p> <p>Objectives include:</p> <ul style="list-style-type: none"> • Define inflammation and neuroinflammation. • Explain the role of oxidative stress, essential fatty acids, and exposure to neurotoxins in psychiatric symptoms. • Discuss the role of brain injuries in the development of hormonal signaling problems and what to do about them. 	<p>Room 430</p>	<p><input type="checkbox"/></p>
<p>Activities & Special Events for the Activity Professional April Floyd, Activity Director, Idaho State Veterans Home-Boise</p> <p>REQUIRED FOR ACTIVITY DIRECTOR STUDENTS</p> <p>This session is an opportunity for each Activities professional to bring the description of an activity, swap with those in attendance and leave with new ideas to implement.</p>	<p>ACTIVITIES</p> <p>Room 440</p>	<p><input type="checkbox"/></p>
<p>4:15 PM</p> <p>Foundation Basket Raffle & Exhibitor Card drawing</p> <p>MUST be present to win!</p> <p>Thank you to those that donated baskets for the Foundation raffle.</p>	<p>Main Lobby</p>	<p><input type="checkbox"/></p>

Have your “Exhibit Card” signed by all our exhibitors!
We will be drawing for prizes at the end of the day (4:15 PM) in the Lobby.

Thank You! Winter Workshop Exhibitors:

Our **PLATINUM** Partners:

Molina Healthcare
Risk Strategies
McKesson
Heartland Pharmacy
Carrington College

Our **GOLD** Partners:

Blue Cross of Idaho

Our Associate Members:

Incite
MobileCare Health Connect
HPSI Purchasing Services
United Wound Healing

Non-members:

Java Group Programs
Dr Shawn Simonson/BSU



**Don't forget to buy your IHCA Foundation Raffle Tickets! –
\$5 for 6 tickets ~ \$10 for 16 tickets ~ \$20 for 40 tickets**



Please join us in recognizing your

IHCA Convention/Education Committee

Thank you for contributing your time and talents to the planning of IHCA continuing education events!

Eric Collett, Committee Chair - A Mind for All Seasons

Kelly Hansen, Vice Chair – S & S Nutrition Network

Joyce Foster, The Gables – Pocatello Memory Care

Kristen Tracy, Blue Cross of Idaho

Lea Stoltz

Cecilia Owsley, Nightingale

Oni Kinberg, Idaho State Veterans Home-Boise

Keshia Schneider, Molina Healthcare



Continuing Education Hours:

CEUs are awarded based on verified attendance. Sessions will be audited by IHCA staff/volunteers to determine accuracy of CEU records submitted.

1. When you checked-in, you should have picked up a CEU Record form.
2. You **MUST** print your name & e-mail address legibly! If IHCA staff cannot read your name, you will not get CEUs.
3. You will place a “checkmark” in the box that corresponds with each session you attend.
4. You **MUST** sign the CEU Record indicating attendance and attesting to its accuracy.
5. **You MUST turn in the white copy of the CEU Record form when you leave for the day... NOT before!**
- a. There are CEU cubes located at the registration/check-in desk. **Do NOT turn it in early!**
6. NO CEU records will be accepted after IHCA staff leave the venue on Wednesday.
7. NO CEU records will be accepted by mail.
8. Based on audits & available records, IHCA will determine eligibility for credits.
9. Certificates of Attendance will be E-mailed to you.

**IT IS IMPORTANT YOU KEEP THIS ON-SITE PROGRAM ALONG WITH YOUR
YELLOW COPY OF THE CEU RECORD
IN THE EVENT OF AN AUDIT BY Occupational Licensing.**

Dates

2024 IHCA Trainings & Events

Continuing Education

CEUs offered by the Idaho Health Care Association are approved by the Idaho Board of Examiners of Nursing Home Administrators and the Idaho Board of Examiners of Residential Care Facility Administrators. It is up to each attendee to determine the appropriateness of a session and whether it will meet the requirements of their license type. ***Individuals are responsible for maintaining their own records of attendance to all IHCA educational events. It is recommended the attendee maintain a copy of the event program to provide detail of sessions offered at each event.***

Attendee with a Facility Cancellation Policy

We understand that circumstances arise to prevent you from attending the workshop after you have registered. If you cancel more than seven (7) **business** days prior to the event, we will gladly refund your registration fee and retain only \$50 for a cancellation fee. If you choose to substitute: the substituted attendee will be required to pay the registration fee that is in effect at the time of the change. We are unable to offer any refund within seven (7) **business** days of the event, for cancelled registrants. If you have to cancel at the last minute as a result of a family emergency such as a death, accident or injury, please contact our office and we will consider your situation.

Dates		2024 IHCA Trainings & Events	
1/27/2024	Idaho's Nutrition and Foodservice Professional Online Training Program	Last day to register for the Nutrition module.	
2/22/2024	Mastering the Art & Science of Dementia Eric Collett - Hybrid course 8:30am - 4pm		
4/26/2024	Idaho - Wyoming Joint Spring Workshop Idaho Falls		
6/29/2024	Idaho's Nutrition and Foodservice Professional Online Training Program	Last day to register for the Foodservice module.	
7/15/2024	Keith Holloway Golf Classic Eagle Hills Golf Course		
7/16 - 18/2024	58th Annual IHCA Convention & Tradeshow Boise Centre		
June	MDS Intensive Coeur d'Alene		
9/ 23-25/2024	IHCA - WHCA Joint Fall Workshop Spokane, WA		
10/ 6-9/2024	75th Annual AHCA/NCAL Convention Orlando, FL		
11/30/2024	Idaho's Nutrition and Foodservice Professional Online Training Program	Last day to register for the Human Resource module.	

