Opening Keynote Address, 8:15 – 9 a.m.

Advancing Nursing in Long-Term Care
J. Taylor Harden, PhD, RN, FGSA, FAAN – National Hartford Center of Gerontological Nursing Excellence, Director
Gain insight into how to prepare faculty to provide academic and international leadership in Gerontology nursing. Learn how to enhance the geriatrics and gerontology expertise of faculty in associate and higher degree nursing programs.

FIRST BLOCK

Session A, 9:20 – 10:50 a.m.

Nursing Scope of Practice and Applicability of Safe Harbor Nursing Peer Review
Denise Benbow, MSN, RN – Texas Board of Nursing
Participants will become familiar with resources related to the nurse’s scope of practice and be able to determine the applicability of safe harbor.

Session B, 11:10 – 12:40 p.m.

Abuse and Neglect - Nurse Panel Presentation:

Abuse and Neglect: The Nurses Role
Denise Benbow, MSN, RN – Texas Board of Nursing
Participants will become familiar with the nurse’s duty to a patient and role in situations of abuse and neglect.
Abuse and Neglect
Irma Elizondo, BSN – ICF/IDD, LSC, and NF Policy, Rules and Curriculum Development Section, DADS
In this session, you will learn about nursing facility policy, rules and curriculum development related to abuse and neglect.

Session C, 2 – 3:30 p.m.

Discerning RN’s Delegation Decisions
Denise Benbow, MSN, RN – Texas Board of Nursing
Participants will learn about the RN decision-making process in delegation of tasks to unlicensed personnel.

SECOND BLOCK

Session A, 9:20 – 10:50 a.m.

Helping Caregivers to Identify and Manage Dementia Symptoms: Keys to Success
Abraham Brody, PhD, RN, GNP-BC
This session will cover how nurses and other skilled personnel can assist both formal caregivers (e.g. home health aides and nursing assistants) and informal caregivers (e.g. family and friends) in how to identify and manage troubling symptoms in persons living with dementia.

Session B, 11:10 – 12:40 p.m.

Executive Coaching
J. Taylor Harden, PhD, RN, FGSA- National Hartford Center of Gerontological Nursing Excellence, Director
This Executive Coaching session is designed to support women who work outside the home as they persevere in their professional lives. Participants are encouraged to read Sheryl Sandber’s book, Lean In: Women, Work and the Will to Lead.

Holding Crucial Conversations about Goals of Care in the Face of Dementia: the How, What, Why, Where and When
Abraham Brody, PhD, RN, GNP-BC
This session will discuss how to assist patients living with dementia and their surrogate decision makers/healthcare proxies to match treatment with patient goals of care through the use of structured communication.
Session C, 2 – 3:30 p.m.

*Nutrition of the Elderly*
Ronna Robbins, RD, LD
This presentation will identify physiological changes, review the unique nutritional needs, and comprehensively review best practices in dietary for long-term care needs of the geriatric population.

THIRD BLOCK

Session A, 9:20 – 10:50 a.m.

*Managing Mealtimes in Dementia: Practical Hand-Feeding Skills Training You Can Use (Part 1)*
Melissa Batchelor-Murphy, PhD, RN-BC, FNP-BC
Participants will learn about the current evidence-based protocol for optimizing nutritional outcomes for older adults with dementia and three hand-feeding techniques for feeding assistance.

Session B, 11:10 – 12:40 p.m.

*Managing Mealtimes in Dementia: Practical Hand-Feeding Skills Training You Can Use (Part 2)*
Melissa Batchelor-Murphy, PhD, RN-BC, FNP-BC
Eating is one of life’s simple pleasures, and as dementia progresses, the ability to eat independently is lost. Learn how and when to use three different supportive hand-feeding techniques to minimize behaviors at mealtimes and maximize meal intake.

Session C, 2 – 3:30 p.m.

*Aging with Disabilities: Early Onset and Childhood Onset Conditions*
Tracie Harrison, PhD, RN, FAAN
Discussed in this session will be how aging and intellectual disabilities, mental health conditions and relevant developmental disabilities are defined including trends in traumatic brain injuries from early in life, how aging changes the trajectory of those with these conditions, and cases of those aging with IDD/DD mental health issues.
FOURTH BLOCK

Session A, 9:20 – 10:50 a.m.

Oral Needs and Aging: The Nurse’s Role Including Assessment. Prevention and Wellness
Dr. Sarah J. Dirks, DDS
This session will cover why significant oral problems are easily overlooked and how the nursing profession is uniquely positioned to drive quality improvement. Learn why oral care is increasingly on the “radar” in both a medical and regulatory context.

Session B, 11:10 – 12:40 p.m.

Cardiac Issues in the Long-Term Care Setting
Meghan Murphy, RN, ACNS
This session will help participants identify treatment goals for cardiac patients in long-term care facilities, recognize acute symptoms, formulate appropriate treatment plans, manage anticoagulation, apply treatment for sleep apnea, utilize remote monitoring systems, and learn novel treatment options.

Session C, 2 – 3:30 p.m.

Respiratory Care in the Elderly
Carol Delville, PhD, RN, ACNS-BC
This session will discuss how normal age-related changes increase the risk and severity of pulmonary complications and the cause and treatment for common respiratory disease in older adults. Participants will learn how to develop plans to prevent or manage respiratory problems.

FIFTH BLOCK

Session A, 9:20 – 10:50 a.m.

Aging and Functional Limitations in the Long-Term Care Setting
Whitney Thurman, RN, MSN
Anne Struifbergen Morales, PT, DPT
This session will cover functional mobility and risk factors for decreased mobility and risks of limited functional mobility among long-term care residents. Also covered are interventions designed to improve or maintain functional mobility status and assessment and analysis techniques for long-term care residents.
Session B, 11:10 – 12:40 p.m.

*Medication Management and Antipsychotics*
Donna Rolin, PhD, APRN, PMHCNS-BC, PMHNP-BC
The failure to engage in the regular monitoring of antipsychotic medications is recognized as the most frequent cause of preventable adverse drug events, particularly with these types of medications. In this session, you will learn best practices for antipsychotic medication management.

Session C, 2 – 3:30 p.m.

*Diabetes Management*
Lisa Sumlin, PhD, RN
Alexandra Garcia, PhD, RN, FAAN
This session will cover how to manage care of older adults with diabetes from blood glucose monitoring guidelines, medication requirements and adherence, to diabetic foot care.

SIXTH BLOCK

Session A, 9:20 – 10:50 a.m.

*Communication and Interacting with People with Dementia*
Rita Armstrong, DNP, DPT, MSN Ed, RN
Participants will learn about the current evidence-based practices for appropriate and supportive communication for clients with dementia.

Session B, 11:10 – 12:40 p.m.

*Women’s Health in the Elderly Years*
Amy Papermaster, RN, NP-C
Women face unique health issues beginning at age 50 and throughout the rest of their lives. Heart disease, osteoporosis, breast cancer and diabetes occur more often in older women than in younger women. Lung cancers cause the greatest number of cancer-related deaths in women, followed by breast cancer, then colon cancer. Learn about these issues and how to help manage women’s health in their later years.
Session C, 2 – 3:30 p.m.

**Skin and Wound Management, Prevention, Assessment and Care**
Maria Luisa Faner, DNP, APRN, FNP-C, WCC
Participants will learn the common skin conditions seen in the geriatric population. Ms. Faner will also identify measures to prevent and treat skin breakdown in older adults. This session will also explore best practices in the management of skin conditions in older adults.

SEVENTH BLOCK

Session A, 9:20 – 10:50 a.m.

**Texas Oasis Dementia Care**
Susan Wehry, M.D.
Dr. Wehry will present the *Oasis*, 3-day training--an interdisciplinary person-centered approach to long-term care that will help front-line nursing staff transform dementia care, support mental health recovery and reduce inappropriate antipsychotic use. This approach would not only benefit any long-term care providers such as assisted living facilities and institutions for individuals with developmental disabilities (IDDs), but also educate families and consumers of long-term care in Texas.

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EIGHTH BLOCK

Session A, 9:20 – 10:50 a.m.

Compassionate Touch®: A Non-pharmacological Approach that Prevents Behavioral Expression and Builds Care-partner Relationships
Pamela Brandon, BS
In this session, you will learn why skilled touch is good “medicine” in dementia care, how touch strengthens care-partner relationships, two Compassionate Touch® techniques, the clinical impact of skilled touch on behavior, pain and anxiety and case examples of integration in existing eldercare communities.

Session B, 11:10 – 12:40 p.m.

Infection Control - Panel Presentation:

Preventing/Reducing Health Associated Infections (HAI) and Tracking HAI using the CDC-National Healthcare Safety Network (NHSN)
Yolanda Velez, BSN, RN, MHA, LNFA, CPHQ
In this presentation, participants will learn how to get access to NHSN and track infections using the CDC-National Healthcare Safety Network (NHSN). Learn how to implement infection control practices to prevent and reduce healthcare associated infections in your facility.

Antimicrobial Stewardship in Long-term Care Facilities
Theresa (Terry) Jaso, PharmD, BCPS (AQ-ID), Seton Healthcare Family - Ascension Texas
In this presentation, participants will learn the CDC Core Elements of Antimicrobial Stewardship, steps for implementing a program, practice actions to improve antibiotic use and types of outcome measures.

Session C, 2 – 3:30 p.m.

Polypharmacy
Glenda Joiner-Rogers, PhD, RN, ACNS
Individuals with mental impairments or developmental delays residing in supported living centers may be placed on a number of psychotropic medications intended to manage aggression, agitation, mood, or behavioral or psychiatric disturbances. The failure to engage in the regular monitoring of these medications is recognized as the most frequent cause of preventable adverse drug events. Learn about polypharmacy and how to manage multiple medications.
NINTH BLOCK

Session A, 9:20 – 10:50 a.m.

*Leadership Executive Coaching*
Norine Yukon, BSN, RN – *Former CEO, United Healthcare Community Plan of Texas*
John Gillis, PhD
Many successful people use executive coaching to help improve their personal and professional performance. This highly interactive session provides a unique opportunity for a limited number of participants to experience executive coaching in a group setting.

Session B, 11:10 – 12:40 p.m.

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TENTH BLOCK

Session A, 9:20 – 10:50 a.m.

**Virtual Dementia Tour®: Life through Their Eyes**
Stephanie Wofford, BSN, RN, CDP, VDT Certified Trainer
QMP Trainers, HHS Medicaid and CHIP Services
The Virtual Dementia Tour® is a real-life experience of dementia that allows care providers to gain a deeper understanding of the complications of cognitive impairment.

Session B, 11:10 – 12:40 p.m.

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The Virtual Dementia Tour® is a real-life experience of dementia that allows care providers to gain a deeper understanding of the complications of cognitive impairment.

Closing Keynote Address, 3:50 – 4:45 p.m.

**The Power of One: Nurses Making a Difference in Long-Term Care and Engaging Communities around Vibrant, Purposeful Aging**
Alice Bonner, PhD, RN, GNP, FAANP, FGSA – Secretary of Elder Affairs, Massachusetts
This presentation will address challenges and opportunities in long-term care nursing and how nurses can make a positive difference every day with residents, family members and colleagues.
Opening Keynote Address, 8:15 – 9 a.m.

**Dementia Beyond Disease: Enhancing Well-Being**
Allen Power, MD, FACP
The presenter will explain the limitations of a narrow biomedical model for viewing dementia and its connection to the overuse of antipsychotic medications, and describe an “experiential” view and contrast it with the traditional model.

FIRST BLOCK

Session A, 9:20 – 10:50 a.m.

**Helping People in Distress: Practical Hands-on Approaches and Techniques**
Allen Power, MD, FACP
In this session, the presenter will expand upon his keynote to show how an experimental approach can help caregivers understand and respond to distress.

Session B, 11:10 – 12:40 p.m.

**Techniques to Assist Those Living with Dementia**
Beth A. D. Nolan, PhD
Dementia is a progression of changing abilities that need to be addressed in our aging population. Understand what is normal about the aging process and what is not. Learn how Positive Physical Approach and Hand-Under-Hand techniques can help you approach, connect and guide those living with dementia. Use the GEMS model to assist with changing abilities that impact relationship and expectations.

Session C, 2 – 3:30 p.m.

**From Entertainment to Engagement: Ensuring Success Using Music in Dementia Care**
Mary Sue Wilkinson, MEd
Research is showing us that music has a unique ability to reach people living with dementia--helping them to connect, awaken memories and find happiness. This session will give you practical tools and strategies. Learn how to connect by choosing
the right music, how to relieve boredom through active engagement, how to decrease restlessness and how to ease activities of daily living by using familiar songs and movement.

SECOND BLOCK

Session A, 9:20 – 10:50 a.m.

*Embedding Symptom Management for Persons Living with Dementia in Home Health and Hospice Agencies*
Abraham Brody, PhD, RN, GNP-BC
This session will assist individuals who are leaders, or who work with or in home health and hospice agencies to consider methods for implementing person-centered dementia-friendly policies and practices to improve symptom management.

Session B, 11:10 – 12:40 p.m.

*Providing Palliative Care in the Community*
Abraham Brody, PhD, RN, GNP-BC
This presentation will examine how community-based organizations, including home health agencies, nursing homes, continuing care retirement communities and others can develop palliative-focused policies and increase the capacity of clinicians to provide palliative care to improve person-centered care and patient outcomes.

Session C, 2 – 3:30 p.m.

*UT Center for Excellence in Long-Term Care*
Meghan Murphy, RN, ACNS
In the session, you will hear about the UT Center for Excellence in Long-Term Care, and learn its mission, objective and approach to promote the highest standards of geriatric care for the benefit of the citizens of Texas using advances in technology, research and education.

THIRD BLOCK

Session A, 9:20 – 10:50 a.m.

*Managing Mealtimes in Dementia: Practical Hand-Feeding Skills Training You Can Use* (Part 1)
Melissa Batchelor-Murphy, PhD, RN-BC, FNP-BC
Participants will learn about the current evidence-based protocol for optimizing nutritional outcomes for older adults with dementia and three hand-feeding techniques for feeding assistance.
Session B, 11:10 – 12:40 p.m.

*Managing Mealtimes in Dementia: Practical Hand-Feeding Skills Training You Can Use* (Part 2)
Melissa Batchelor-Murphy, PhD, RN-BC, FNP-BC
Participants will learn about the current evidence-based protocol for optimizing nutritional outcomes for older adults with dementia and three hand-feeding techniques for feeding assistance.

Session C, 2 – 3:30 p.m.

*Compassionate Touch®: A Non-pharmacological Approach that Prevents Behavioral Expression and Builds Care-partner Relationships*
Pamela Brandon, BS
In this session, you will learn why skilled touch is good “medicine” in dementia care, how touch strengthens care-partner relationships, two Compassionate Touch® techniques, the clinical impact of skilled touch on behavior, pain and anxiety and case examples of integration in existing eldercare communities.

FOURTH BLOCK

Session A, 9:20 – 10:50 a.m.

*Join the Creative Care Revolution!*
Susan McFadden, PhD
This presentation will introduce attendees to the link between person-centered care and creative engagement, and will assert that life in long-term care can be a time and place for growth.

Session B, 11:10 – 12:40 p.m.

Resources Available in the Community - Community Panel Presentation:

*Baker-Ripley Neighborhood Centers*
Katie Scott, BA, MPH, BA
This presentation covers the process and strategies essential to building a dementia-capable system through a look at the *Texas Takes on Dementia* project.

*The Alzheimer’s Association – Who we are? What we do?*
The Alzheimer’s Association’s mission is to eliminate Alzheimer’s disease through the advancement of research, to provide and enhance care and support for all affected, and to reduce the risk of dementia through the promotion of the brain health.
Hospice Care is Available to People of all Ages with a Terminal Illness
Maxcine Tomlinson, LMSW
This presentation will explain what hospice is, the eligibility requirements, services that can be provided and how hospice is paid.

Session C, 2 – 3:30 p.m.

A Prescription for Patient Success: Uniting Public Health and Health Care through Evidence-Based Programs (EBPs)
Doris Howell, CHWI, MT
Cindy Sue Quinn, T-Trainer, BS,
We have a growing aging society with rising healthcare costs. Evidence-Based Health and Wellness Programs (EBPs) address this issue by impacting the triple aim of patient health, healthcare and healthcare costs. This session will provide an overview of EBPs, their impact and benefits in connection with the Triple Aim; how to decide which EBPs are appropriate to implement in local communities; successful marketing techniques for EBPs; strategies for collaborating and leveraging resources with other organizations that can benefit from EBP implementation; and the types of technical assistance that the Texas A&M Center for Population Health and Aging can provide to organizations involved in seeking information on and implementing EBPs.

FIFTH BLOCK

Session A, 9:20 – 10:50 a.m.

Dementia Care in the Nursing Home
Alice Bonner, PhD, RN, GNP, FAANP, FGSA – Secretary of Elder Affairs – Massachusetts
This session will help long-term care nursing leaders plan and prioritize around improving dementia care in their organization. Dr. Bonner will present principles such as how to understand behavior as a form of communication and how to empower nurses and CNAs at the bedside to promote quality of life for individuals living with dementia, their family caregivers and the care team.

Session B, 11:10 – 12:40 p.m.

Enhancing Care through Music and Memory
Dan Cohen, MSW
Participants will learn about the current evidence-based protocol for using personalized music to optimize quality of life and quality of care for older adults, especially those with dementia. Cohen will present innovative applications of personalized music for residents who are lonely, depressed, as well as those with psychiatric diagnoses and will demonstrate how intergenerational activity brings additional benefits to residents
Session C, 2 – 3:30 p.m.

Post-Traumatic Stress and Dementia Behaviors in LTC: A Proactive Approach to Understanding and Caring for Those with PTS and Dementia
Kathy Johanns, LSW
Sara Rodriguez, RN
Post Traumatic Stress (PTS) is an injury to the soul that can be managed and even healed late in life. We will explore how to work with your residents who have PTS and behaviors that are caused by PTS and Dementia. Participants will learn the definition of PTS, dementia, and behaviors; gain a basic understanding of post-traumatic stress; what the triggers are; how to proactively avoid triggers; brain changes in PTS and dementia; commonly exhibited behaviors and appropriate staff interventions.

SIXTH BLOCK

Session A, 9:20 – 10:50 a.m.

Communicating and Interacting with People with Dementia
Rita Armstrong, DNP, MSN Ed., RN BIO
Participants will learn about current evidence-based protocol for appropriate and supportive communication for clients with dementia.

Session B, 11:10 – 12:40 p.m.

Understanding and Addressing Trauma in the Aging Population through Trauma-Informed Care Framework
Marisol Acosta, MEd, LPC-S
This presentation will increase participant’s understanding of the impact of trauma in the aging population and how to recognize signs and common responses and behaviors associated to trauma.

Session C, 2 – 3:30 p.m.

The Pharmacist’s Role in Improving the Value of Your Healthcare
Jessica Haskins, PhrmD
Pharmacists are trained and educated on a wide variety of services and healthcare conditions. They have always been considered the most accessible healthcare professional and are highly trusted. With the increasing cost of healthcare, it is becoming more apparent that patients can benefit from many services your corner pharmacy can offer. These topics will allow you to be empowered to get the most value from your healthcare team.
SEVENTH BLOCK

Session A, 9:20 – 10:50 a.m.

Texas Oasis Dementia Care
Susan Wehry, M.D.
Dr. Wehry will discuss the Oasis, 3-day training—an interdisciplinary person-centered approach to long-term care that will help front-line nursing staff transform dementia care, support mental health recovery and reduce inappropriate antipsychotic use. This approach would not only benefit any long-term care providers such as assisted living facilities and institutions for individuals with developmental disabilities (IDDs) but also educate families and consumers of long-term care in Texas.

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EIGHTH BLOCK

Session A, 9:20 – 10:50 a.m.

Alternative Interventions - Panel Presentation:

Robotic Animals for People with Alzheimer’s and Dementia
Takanori Shibata, PhD
In this session, you will hear about the psychological effects, physiological effects, and social effects of robotic animals for people with Alzheimer’s and dementia. You will also learn specifically about the PARO (Personal Robot) Seal being used in nursing homes world-wide.
The Utilization of Robotic Pets in Dementia Care
Sandra Petersen, DNP, APRN, FNP-BC, GNP-BC PMHNP-BE, FAANP
In this presentation, you’ll hear the results of a study that utilized the robotic PARO Seal for pet therapy for persons with dementia, and you’ll hear the speaker’s own experiences utilizing PARO.

Session C, 2 – 3:30 p.m.

Alternative Interventions - Panel Presentation:

Boxing for Parkinson’s
Kristy Richards, BS, CPT, Austin Rock Steady Boxing
In this session, you learn how forced intense exercise is helping people take back what Parkinson’s has stolen by strengthening their bodies, slowing the progression of the disease, and helping to manage Parkinson’s symptoms.

Validation Therapy Meets Chair Yoga for Persons with Alzheimer’s Disease
Lyn Litchke, CTRS, LVCYT, 200-IYT
Yoga has been known to be therapeutic for the aging population. In this presentation, participants will engage in hands-on intervention strategies incorporating Validation Techniques with chair yoga for persons in all stages of Alzheimer’s disease.

Reminiscence
Bonnie Harvey, PhD – Quality Reporting, HHS Medicaid and CHIP Services
Reminiscence refers to the act of recalling of memories from the past. It is a familiar activity to us all, but for people with Alzheimer’s disease, encouraging the act of reminiscence can be highly beneficial to their inner self and their interpersonal skills. In this session, you will learn the types and benefits of reminiscence therapy for people with dementia and Alzheimer’s.

Music and Memory
Therese Palombi, QMP Project Manager, HHS, Medicaid and CHIP Services
Dementia and Alzheimer’s disease create strangers out of loved ones. While medication and memory care facilities treat those who suffer from this debilitating illness, music therapy offers a bright new dementia treatment option that acts as a trip-wire to bring back a lost loved one. In this session, you will hear about the latest advancements in Music and Memory.
NINTH BLOCK

Session A, 9:20 – 10:50 a.m.

**Oral Needs and Aging: An Interdisciplinary Quality Care Perspective**
Dr. Sarah Dirks, DDS
Knowledge and attitudes regarding oral care varies greatly amongst individuals who provide services for the elderly. This session will provide a framework for understanding what is most important from a quality care perspective. It is important to understand your role in recognizing serious problems and to know when a referral is necessary. Using real case examples, participants will understand the most common myths surrounding oral disease and oral health.

Session B, 11:10 – 12:40 p.m.

**Resources Available in the Community – Community Engagement, Natural Resources, and Foster Grand-parenting**
Ben Dickerson, PhD
In this session, participants will learn about Foster Grandparents—a community-based program with active community engagement and use of natural resources as interventions.

Session C, 2 – 3:30 p.m.

**Infection Control - Panel Presentation:**

**Infection Control: The importance of Infection Prevention**
Carla Smith, CDP, IP-BC, RN – TMF Quality Innovation Network
Participants will be taught the importance of overall infection prevention through an activity and video. Ms. Smith will also explain the importance of hand hygiene as it relates to infection prevention. Participants will also be provided an introduction to ATB stewardship with discussion of the definition, federal requirement for nursing homes and the importance of stewardship.

**Promoting the Safe of Use of Antibiotics**
Theresa Jaso, PharmD, BCPS (AQ-ID) – Seton Healthcare Family – Ascension, Texas
Antibiotics can be life-saving medications but they are not without risks. Learn the basics about appropriate antibiotic use, antibiotic-related adverse reactions, and antibiotic-resistant bacteria.
TENTH BLOCK

Session A, 9:20 – 10:50 a.m.

Virtual Dementia Tour®: Life through Their Eyes
Stephanie Wofford, BSN, RN, CDP, VDT Certified Trainer
QMP Trainers, HHS Medicaid and CHIP Services
The Virtual Dementia Tour® is a real-life experience of dementia that allows care provider to gain a deeper understanding of the complications of cognitive impairment.

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Closing Keynote Address, 3:50 – 4:45 p.m.

The Power of Personal Engagement
Clint Swindall, CSP – President and Chief Executive Officer, Verbalocity
The goal will be to educate, motivate, and entertain in a very high-energy closing session. Mr. Swindall will be sharing thoughts on how each person can increase the engagement of those around them by increasing their own personal engagement.