

MALA's 50<sup>th</sup> Anniversary Conference and Trade Show

# POWER UP! Innovation, Inspiration and Motivation



**May 15, 16 & 17, 2017**

Lansing Center  
333 E. Michigan Avenue  
Lansing, MI 48933

# Important Information

## New Conference Start Time

New this year our first conference session will begin at 3:00 pm on Monday. This opening session will feature Dr. Shelly Weaverdyk's presentation on our Amazing Brains: How the Brain Affects the Way People Think and Act in Various Disorders.

Onsite registration and check-in will begin at 1:00 pm.

## Who Should Attend?

Administrators, supervisors, nurses, social workers, trainers, team leaders, life enrichment and activity professionals, marketing staff, quality assurance personnel, human resource directors, HFA providers, AFC licensees and nursing home administrators, home managers and direct care partners.

This conference is designed for individuals and organizations providing services to older adults as well as persons with developmental disabilities, mental illness, cognitive impairments including dementia, traumatic brain injury and physical disabilities. The services are provided in residential settings, vocational programs, adult day services programs and other home and community-based settings.

## Continuing Education Credit Hours

Continuing Education Credit Hours (CEUs) are pending for Nursing Home Administrators and Social Workers. Stay tuned for more information.

## Nurse Contact Hours

An application will be made to obtain approval for Nurse Contact Hours. Please visit our website to determine the status of our request: <http://www.miassistedliving.org/conference>.

## Need AFC CEUs?

AFC Administrators and Licensees will receive a certificate of attendance for all sessions attended. With the addition of a new start time you will have more flexibility to create your own schedule. Additional AFC CEUs can be earned by taking online courses found at [www.mala247.org](http://www.mala247.org).

## Spirit of Service Awards

MALA's 50th Anniversary Conference will feature a special Spirit of Service Awards ceremony. This annual celebration recognizes excellence and quality in supporting people with disabilities and older adults. Additional information regarding the 2017 special ceremony will be announced in the MALA Newsletter.

## Trade Show

This year's trade show will offer hands-on, experiential learning opportunities. In addition to our traditional Tuesday trade show featuring exhibitors and sponsors, you will have the opportunity for virtual experiences and simulations. Join us in the trade show hall on both Tuesday and Wednesday for Virtual Dementia Tours and drunken, drugged, and distracted driving simulators.

## Hotel Accommodations

For a list of available hotel accommodations and conference discounts, please visit our website at: <http://www.miassistedliving.org/conference/accommodations.html>.

## Parking

The Lansing Center Parking lot is \$7.00 per entry and is located north of the main building. Enter off of Cedar Street by the City Market.

## Payment & Discount Policies

Full payment is due with registration. Payment must be received by or post-marked by April 26, 2017 to qualify for the early registration discount. You may pay by check or by Visa, MasterCard, American Express, or Discover credit card.

## Refund Policy

Cancellations received by April 27, 2017 will receive a 100% refund. Cancellations received after April 27 will receive a 50% refund.

## Attire

Business casual is appropriate attire.

## More Information

Visit our website at <http://www.miassistedliving.org/conference/> or call 1.800.482.0118 for more information.

### Certified Laughter Yoga Leader Training

Please note: Class size is limited to the 1<sup>st</sup> 40 registrants

The Certified Laughter Yoga Training runs concurrent to the entire conference (including Monday afternoon and evening and Tuesday evening) and attendance to the entire training is required for certification. Attendees will have the same breaks and meal times as other conference attendees including participation in the Tuesday Spirit of Service Awards ceremony and luncheon.

Begins Monday, May 15 at 3:00 pm and  
Ends Wednesday, May 17 at 3:15 pm

# Schedule at a Glance

Monday, May 15

3:00 pm – 5:00 pm

Our Amazing Brains: How the Brain Affects the Way People Think and Act in Various Disorders

6:30 pm – 8:30 pm

The Meaning of Life

Tuesday, May 16

8:30 am – 10:00 am

Successful Strategies to Host an Amazing Caregiver Event	Save a Life Tour: Drunk, Drugged and Distracted Driving	10 Commonly Misunderstood Risk Management and Insurance Issues	Hot Button Issues in Residential Care	Hearing Voices	The Memory Care Environment: Integrating Physical and Social Components	FILM: Gen Silent
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10:30 am – 12:00 pm

Speak So They Will Listen: The Art of Respectful Communication	The Wonders of a Virtual Community: The Virtual Senior Center	Exposure and Response Prevention for Obsessive Compulsive Disorder	FILM: Autism in Love	American Healthcare Act and Other Timely Benefit Topics
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12:00 pm – 1:00 pm Spirit of Service Awards luncheon

1:30 pm – 3:00 pm

Speak So They Will Listen: The Art of Respectful Communication	The Wonders of a Virtual Community: The Virtual Senior Center	Cognitive Behavioral Therapy for Anxiety Disorders	FILM: Autism in Love
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3:30 pm – 5:00 pm

Get Connected: Connected Tech Solutions for Providers	Hard Conversations Made Easy	10 Commonly Misunderstood Risk Management and Insurance Issues	Recognizing & Preventing Workplace Violence	Hearing Voices	MDHHS: Key Issues & Updates for CMH Funded Providers	FILM: Cyber Seniors: Bridging the Digital Divide to Create Healthy Communities
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6:45 pm – 8:45 pm

<b>Hello: An Award-Winning Conversation Game</b> Earn CEUs playing a board game!	Personal Safety & Self Defense	FILM: Recover: The Experience and the Evidence
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Wednesday, May 17

8:30 am – 10:00 am

Employment Law Hot Topics	Hearing Voices	Save a Life Tour: Drunk, Drugged and Distracted Driving	Preparing Care Partners to Recognize Pain & Identify Interventions	Introduction to Developmental Disability and Dementia	Compassionate Caregiver...Pause... Breathe...Reflect... Rejuvenate	FILM: A Whole Lott More
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10:30 am – 12:30 pm

Grief & Healing: Against the Odds	Do You Speak Alzheimer's – Effective Communication in Dementia Care	Licensing Update from LARA	Using Technology to Ensure Efficiency	MIOSHA Reveals Results of 4 MALA Member Audits	FILM: The Age of Love
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1:45 pm – 3:15 pm

Fully Engaged: Community Membership	FILM: Inside Outside; Building a Meaningful Life After the Hospital
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Experience the Virtual Dementia and Save a Life tours in the trade show hall on both Tuesday and Wednesday.

# Detailed Schedule

**Monday, May 15**  
3:00 pm – 5:00 pm

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## Our Amazing Brains: How the Brain Affects the Way People Think and Act in Various Disorders

All psychiatric and neurological disorders (such as Severe Mental Illness, Traumatic Brain Injury, and Dementia) are brain disorders and involve altered cognition as a result of altered function of specific parts of the brain. This altered cognition includes the way a person processes information and interacts with other people in their environment. Specific cognitive functions play a role in a person's behavior, level of functioning, emotions, and general quality of life. Recognizing the role of each cognitive function can increase understanding of a person and the possible impetus for behaviors and ways of thinking. The brain and resulting cognitive functions in various disorders will be explored.

CEUs: N, SW, NHA, AFC

Dr. Shelly Weaverdyck, PhD, Director of Alzheimer's Education and Research Program, Eastern Michigan University

**6:30 pm – 8:30 pm**

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## The Meaning of Life

A keynote combining stories, song and audience participation that will have attendees laughing, crying, and reflecting on what is really important in life. People leave feeling great and associate that great feeling with the sponsoring organization. Who better to teach life lessons than those who have lived full and complete lives – our nation's older adult population. Who better to convey what they have to say than Anthony Cirillo. As a healthcare professional, author and performer, Anthony spends hundreds of hours each year with our nation's oldest adults. They can teach us so much about how we should be living our lives because they have lived and are still living theirs with success, respect, quality and dignity. By making points and illustrating those points in stories and songs, Anthony keeps audiences engaged, enthusiastic and motivated.

CEUs: AFC

Anthony Cirillo, FACHE, ABC, MS, President, The Aging Experience

**Tuesday, May 16**  
8:30 am – 10:00 am

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## Successful Strategies to Host an Amazing Caregiver Event

Caregiver stress has been well documented and statistics on caregiver health are frightening. So bringing joy and relief to caregivers is not only a good thing to do but a smart marketing strategy. In this workshop we will work together to scope out a plan to bring a Caregiver Smile Tour to your facility, region or state. By doing so you will engage staff, family caregivers, other charities and the media to call attention to senior issues, caregiving in the workforce, and planning for your aging years.

Anthony Cirillo, FACHE, ABC, MS, President, The Aging Experience

## Save a Life Tour: Drunk, Drugged and Distracted Driving

This may be an event that can SAVE A LIFE. The "Save A Life Tour" brings a unique approach to Alcohol, Drugged & Distracted Driving Awareness with a thought provoking video and personal stories of the loss of loved ones. Experience first-hand the devastating effects of driving under the influence and distracted driving. This high-impact video starts out with a disclaimer that will state: **WARNING!** What you are about to see is very graphic and is not for the faint at heart. This is a program that viewers will remember for the rest of their lives! This session has been made available thanks to the Michigan Assisted Living Worker's Compensation Fund.

CEUs: AFC

Frank Mitidieri, The International Save a Life Tour (SALT) Education Systems Support, Inc. from Kramer International, Inc.

## 10 Commonly Misunderstood Risk Management and Insurance Issues

This session will take an in-depth look at 10 commonly misunderstood risk management and insurance issues, including liability trends related to data and other HIPAA exposures, transport of residents in an employee's personal vehicles, liability exposure for leased buildings, general and professional liability claims activity, developments in employment practices exposures, claim handling and reporting issues, indemnification and other contract provisions along with a number of other issues that are unique to Providers. The speakers will provide materials which include sample provisions, checklists, and template documents which can be incorporated into the Provider's risk management program.

Dan Hale, Attorney At Law, Executive Vice President, Marsh & McLennan Agency and Dennis Bilancia, Account Executive, Marsh & McLennan Agency

## Hot Button Issues in Residential Care

This session focuses on operational, licensure and regulatory issues, resident issues and employment issues. Understand how to navigate the complex environment of assisted living facilities. Demand for assisted living facilities is projected to continue growing at a steady pace. As such, it should be no surprise that assisted living facilities have become regular targets of litigation and regulatory enforcement actions. Attorneys Gregory Bator and Christian Lobb will provide 90 minutes of expert tips that will allow you to succeed in the residential care field. Find ways to see hurdles before they become costly obstacles. Receive an update on current litigation issues that impact the residential industry. Discover news you can use to strengthen your expertise in this challenging and rewarding field.

CEUs: AFC

Gregory Bator, Attorney and Counselor At Law, Bator Legal, PC and Christian Lobb, Attorney and Counselor At Law, Bator Legal, PC

## Hearing Voices

**Please note: Class size is limited to 40 registrants**

The Hearing Voices Simulation is a groundbreaking tool for helping practitioners, first responders, and students develop empathy for the challenges people with psychiatric disorders face. During the Simulation, participants listen to distressing voices through headphones while completing a series of tasks, such as taking a mental status exam in a mock emergency room. After the Simulation, even veteran mental health workers say they have new insight into the strength and resilience of those of us with psychiatric disorders.

CEUs: N, SW, NHA, AFC

Deborah Anderson, Managing Partner, Pat Deegan, PhD & Associates

## Virtual Dementia Tour

Experience the Virtual Dementia Tour in the trade show hall on both Tuesday and Wednesday. The Tour will provide you with a first-hand experience of the challenges faced by persons with dementia. You will be outfitted with patented devices that will alter your senses and guided by trained facilitators to complete everyday tasks. The Tour virtually guarantees that you will have a new understanding and appreciation for the daily challenges faced by persons with dementia.

## The Memory Care Environment: Integrating Physical and Social Components

A resident-driven memory care program enables residents to live in a home embedded within a neighborhood connected to their community. This approach views dementia as a disability, and physical and social environments are designed to support capacities while circumventing deficits. Residents are provided choice throughout the day and decide for themselves their activities, outings, entertainment, menus, rules for visitors, ceremonies, and rules of conduct.

In this workshop we will discuss how the integration of the physical and social environments is critical for good memory care. Using Montessori methods and environments as a guide, we will discuss how the key values (respect; dignity; and equality) and principles (supporting independence; enabling development of communities) of these methods are translated into state-of-the-art memory care programming and environmental design. We will emphasize how environment is a form of treatment, and use experiential activities throughout the program to enable participants to have a deeper and more personal understanding of workshop content. Examples of physical and social environments supporting this model are provided.

CEUs: N, SW, NHA, SW

Dr. Cameron J. Camp, PhD, Director of Research and Development, Center for Applied Research in Dementia, William F. Kotisch, AIA, Braun & Steidl Architects, and Charles Schreckenberger, AIA, Braun & Steidl Architects

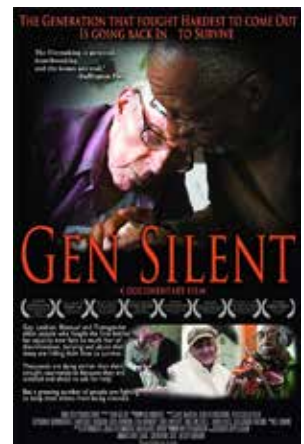
## Film: Gen Silent

Gen Silent is the critically acclaimed documentary that asks six LGBT seniors if they will hide their friends, their spouses and their entire lives in order to survive in the care system.

Their surprising decisions are captured through intimate access to their day-to-day lives over the course of a year. It puts a face on what experts in the film call an epidemic: gay, lesbian, bisexual or transgender older people so afraid of discrimination by caregivers or bullying by other seniors that many simply go back into the closet.

As we watch the challenges that these men and women face, we are offered new hope as each person crosses paths with impassioned people trying to change LGBT aging for the better.

CEUs: AFC



10:30 am – 12:00 pm

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### **Speak So They Will Listen: The Art of Respectful Communication**

In this unique signature workshop, you will learn tools and techniques to refine your vocals and power up your gestures. Using what you learn will help you:

- Communicate professionally, empathetically, and compassionately when dealing with residents and their families, colleagues, staff, and administrators
- Enhance your delivery when giving feedback, coaching, teaching, facilitating meetings, presenting your ideas, problem solving, or making presentations
- Reduce the stress of delivering bad news

It's not just WHAT you say, it's HOW you say it.

What You Will Learn – By the end of this workshop, you will be able to:

- Use 4 attention centers to focus your audience
- Speak using a credible and approachable voice
- Demonstrate non-verbal maneuvers
- Deliver bad news skillfully

Jeneen McNally, President, Speak So They Listen, LLC

### **The Wonders of a Virtual Community: The Virtual Senior Center**

SelfHelp, a large non-profit social services agency in NYC, developed the Virtual Senior Center program to enrich the lives of socially isolated and homebound older adults. Today, several hundred older adult participants enjoy the service from across the country. Learn more about this exciting program and how you can bring it to your community.

David Dring, Executive Director, SelfHelp Community Services

### **Exposure and Response Prevention for Obsessive Compulsive Disorder**

Obsessive compulsive disorder remains common and one of the top ten disabling health conditions in the world, however finding access to evidence based treatment remains a challenge. The focus of this talk is on the concepts, theory, principles, and procedures appropriate to the assessment and effective exposure and response prevention (ERP) therapy of adults with obsessive compulsive disorder. In addition, the diagnostic changes in the anxiety disorders spectrum that occurred in DSM-5 will be addressed. The content reflects advanced material of current relevance for effective clinical practice.

Dr. Jami Socha, PhD, Anxiety and OCD Treatment Center

### **Film: Autism in Love**

Finding love can be hard enough for anyone, but for those with an autism spectrum disorder, the challenges may seem overwhelming. The disorder can jeopardize the core characteristics of a successful relationship - communication and social interaction. Filmed in a highly personal style, Autism in Love offers a warm and stereotype-shattering look at four people as they pursue and manage romantic relationships.

CEUs: AFC

### **American Healthcare Act and Other Timely Benefit Topics**

This session will provide the latest information and analysis of health care reform. A status report will be provided on the American Health Care Act which is currently under consideration in Congress to repeal and replace the Affordable Care Act. The discussion will include the implications of the changes in the health care system for both employers and employees. Other timely benefit topics will also be covered.

Joyce Leinenger, Executive Director Corporate Benefit Solutions, Lau & Lau Associates, LLC

1:30 pm – 3:00 pm

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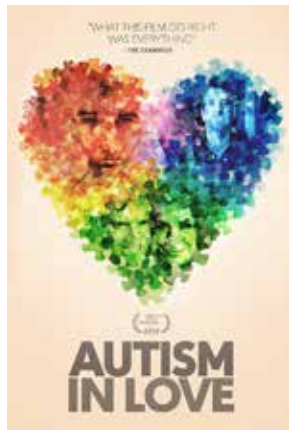
## Cognitive Behavioral Therapy for Anxiety Disorders

Anxiety disorders are extremely prevalent, however finding access to evidence based treatment remains a challenge. The focus of this talk is on the concepts, theory, principles, and procedures appropriate to the assessment and effective cognitive-behavioral therapy of adults with anxiety disorders. In addition, the diagnostic changes in the anxiety disorders spectrum that occurred in DSM-5 will be addressed. The content reflects advanced material of current relevance for effective clinical practice.

Dr. Jami Socha, PhD, Anxiety and OCD Treatment Center

## Film: Autism in Love

Finding love can be hard enough for anyone, but for those with an autism spectrum disorder, the challenges may seem overwhelming. The disorder can jeopardize the core characteristics of a successful relationship - communication and social interaction. Filmed in a highly personal style, Autism in Love offers a warm and stereotype-shattering look at four people as they pursue and manage romantic relationships.



CEUs: AFC

3:30 pm – 5:00 pm

## Get Connected: Connected Tech Solutions for Providers

Use of connected technologies is exploding! It's changing the way we live and the way we run our businesses. But, it's more than the latest 'app' on your cell phone, it's many technologies that are impacting every industry doing business in Michigan - including the assisted living industry and all other industries related to it. Businesses that choose not to embrace these technologies will find themselves losing market share to their competition - and quickly!

Join Linda Daichendt, Executive Director/CEO of the Mobile Technology Association of Michigan as she discusses what this technology surge means to you, your business and Michigan's economy.

Linda Daichendt, Executive Director/CEO, Mobile Technology Association of Michigan

## Hard Conversations Made Easy

This workshop will focus on the role of conversation leading to advance care planning and person-centered care for individuals with advancing serious illness. Learn how to create conditions for psychological safety, enabling communication about sensitive information comfortably and safely. Attendees will participate in interactive activities that will lead to participants leaving the workshop with personal commitments to action regarding enhanced conversation with individuals dealing with advancing serious illness.

Dr. Jeffrey Cohn, MD, MHCM, Medical Director, Common Practice

## 10 Commonly Misunderstood Risk Management and Insurance Issues

This session will take an in-depth look at 10 commonly misunderstood risk management and insurance issues, including liability trends related to data and other HIPAA exposures, transport of residents in an employee's personal vehicles, liability exposure for leased buildings, general and professional liability claims activity, developments in employment practices exposures, claim handling and reporting issues, indemnification and other contract provisions along with a number of other issues that are unique to Providers. The speakers will provide materials which include sample provisions, checklists, and template documents which can be incorporated into the Provider's risk management program.

Dan Hale, Attorney At Law, Executive Vice President, Marsh & McLennan Agency and Dennis Bilancia, Account Executive, Marsh & McLennan Agency

## Recognizing & Preventing Workplace Violence

This workshop will provide participants with a solid foundation of what active violence is, the history behind it, how to prepare for it, what to do if an active violence incident occurs, and how to survive the emotional aftermath that follows. This interactive lecture is based on real events and firsthand accounts of professionals well versed in this topic.

CEUs: AFC

Paul Beasinger, Keene Training and Consulting LLC

## Hearing Voices

**Please note: Class size is limited to 40 registrants**

The Hearing Voices Simulation is a groundbreaking tool for helping practitioners, first responders, and students develop empathy for the challenges people with psychiatric disorders face. During the Simulation, participants listen to distressing voices through headphones while completing a series of tasks, such as taking a mental status exam in a mock emergency room. After the Simulation, even veteran mental health workers say they have new insight into the strength and resilience of those of us with psychiatric disorders.

CEUs: N, SW,NHA,AFC

Deborah Anderson, Managing Partner, Pat Deegan, PhD & Associates

6:45 pm – 8:45 pm

## Hello: An Award-Winning Conversation Game

Join us for a unique and surprisingly fun game night. Jethro Heiko, co-designer of Hello (formerly My Gift of Grace) and Jeff Cohn, Medical Director of Common Practice will introduce us to this award-winning, research validated game that explores values and goals for families and organizations coping with issues such as aging and illness.

This session is a great way to build connections at this year's conference, have fun and earn CEUs.

Jethro Heiko, CEO and Founding Partner, Common Practice

## Personal Safety & Self Defense

During this physically active session participants will be introduced to the physical skills needed to WIN a violent encounter. Areas to be addressed include precursors that often lead to an encounter, physiological effects on the body, mental preparation and realistic self-defense techniques. This hands-on, active participation session will walk participants through what actually happens during a violent encounter, and more importantly, will provide participants with proven techniques that work. Participants are encouraged to wear comfortable, athletic style clothing and shoes for this session.

CEUs: AFC

Paul Beasinger, Keene Training and Consulting LLC

## Recovery: The Experience and The Evidence

In this lecture, taped in front of an audience of consumers and mental health providers, Pat Deegan draws both from her personal experience of recovery from schizophrenia, as well as from her research. She discusses key turning points in the recovery process and describes self-help strategies she has found useful. Pat makes the point that recovery is not the privilege of a few exceptional people, and she reviews worldwide empirical research which shows a majority of those diagnosed with major mental disorders do recover. This video will provoke rich discussions, while inspiring hope for recovery.

CEUs: AFC

**Wednesday, May 17**  
8:30 am – 10:00 am

## Employment Law Hot Topics

In this annual update, Ms. Laughren will share changes and potential changes to labor and employment laws under the new administration, recent court decisions, and perspectives on how recent court, administrative and statutory changes impact your workforce and human resource management.

CEUs: AFC

Sheryl Laughren, Attorney At Law, Berry Moorman PC

## Hearing Voices

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CEUs: N, SW, NHA, AFC

Deborah Anderson, Managing Partner, Hearing Voices

## MDHHS: Key Issues & Updates for Community Mental Health Funded Providers

This session will present the latest developments within the Michigan Department of Health and Human Services which impact Providers. The key issues include a state budget update; status report on the Section 298 Initiative; update on the Home and Community-Based Services Rule; update on waivers; and other timely issues.

CEUs: AFC

## Film: Cyber-Seniors: Bridging the Digital Divide to Create Healthy Communities

Cyber-Seniors connects caring young people with older adults to build technology skills and expand social networks. In doing so, we support the health of older adults by improving cognitive functions, reducing social isolation, and increasing skills needed to access online resources. We also help change the narrative on aging, expand service-learning opportunities and support valuable social and intergenerational skill building.



Using the film, along with personal anecdotes and local measurement data, Tess will share the inspiring story of what is possible when generation gaps are bridged and new ways of communicating are explored.

CEUs: AFC

Tina Bishai, Program Director, Cyber-Seniors Documentary and Tess Finlay, Communications Director, Cyber-Seniors Documentary



## Save a Life Tour: Drunk, Drugged and Distracted Driving

This may be an event that can SAVE A LIFE. The "Save A Life Tour" brings a unique approach to Alcohol, Drugged & Distracted Driving Awareness with a thought provoking video and personal stories of the loss of loved ones. Experience first-hand the devastating effects of driving under the influence and distracted driving. This high-impact video starts out with a disclaimer that will state: **WARNING!** What you are about to see is very graphic and is not for the faint at heart. This is a program that viewers will remember for the rest of their lives! This session has been made available thanks to the Michigan Assisted Living Worker's Compensation Fund.

CEUs: AFC

Frank Mitidieri, The International Save a Life Tour (SALT) Education Systems Support, Inc. from Kramer International, Inc.

## Preparing Care Partners to Recognize Pain & Identify Interventions

Identifying pain in persons who are unable to verbalize their discomfort is a daily challenge confronted by direct care professionals. This session will provide the knowledge and tools you and your staff need to define pain as well as recognize the signs and symptoms of pain in persons who are nonverbal by utilizing your five senses. Both pharmacological and non-pharmacological interventions for dealing with pain will be discussed. You will also learn to evaluate the effectiveness of the intervention.

CEUs: N, SW, NHA, AFC

Dr. Linda Keilman, DNP, GNP-BC, Assistant Professor, HP Gerontological Nurse Practitioner, Michigan State University, College of Nursing and Brenda Roberts, MA, Director of Quality Assurance & Education, Michigan Assisted Living Association

## Introduction to Development Disability and Dementia

People with developmental disabilities are living longer than ever, and with longer life comes an increased risk of dementia. Join us to learn about the different types of dementia; the risk of dementia for those with developmental disabilities; the unique signs and symptoms of dementia in this population; and how to best respond to changes in behavior, personality, communication, and self-care abilities.

CEUs: N, SW, NHA, AFC

Brandi Becker-Wright, MA Program Coordinator, Alzheimer's Association-Greater Michigan Chapter

## Compassionate Caregiver...Pause...Breathe...Reflect...Rejuvenate

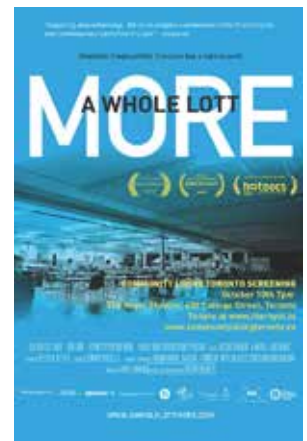
The list of challenges, we as caregivers face in the course of any given day, often finds at the top an inability to best cope with and respond to ongoing behaviors presented by individuals we support. Behavioral challenges can stretch even the most seasoned caregiver to near breaking points. Think about it...why do many of our staff members leave the job...often it is not the pay, hours, commute time but instead "I just cannot do this anymore...I am done." Keep your staff performing their best by avoiding frustration and caregiver fatigue.

CEUs: AFC

Mary Ann Cate, Director of Operations, Enhance, Inc.

## Film: A Whole Lott More

The need for a wider range of employment options for people with developmental disabilities has never been greater. A Whole Lott More is a feature-length documentary film that will change the way you think about jobs for people with disabilities.



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10:30 am – 12:30 pm

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## Grief & Healing: Against the Odds

The experience of grief is both uniquely personal and also universal. Our personality, our relationship with the deceased, the manner in which the deceased died, our life stage and many other contextual factors matter and impact grief, and yet there are many experiences, phases, stages of grief that are universal.

CEUs: N, SW, NHA, AFC

Dr. Peter Lichtenberg, PhD, ABPP, Director, Institute of Gerontology & Merrill Palmer Skillman Institute, Wayne State University

## Do You Speak "Alzheimer's" – Effective Communication in Dementia Care

Alzheimer's disease and related disorders (ARD) gradually diminish a person's ability to communicate. Communication with a person with Alzheimer's requires patience, understanding and good listening skills. In this session, we will discuss communication strategies to employ with persons with dementia, their families, and other care providers.

CEUs: N, SW, NHA, AFC

Dayne Duvall, Virtual Dementia Tour, Senior Director

## Licensing Update from LARA

This session will cover a variety of updates to Adult Foster Care and Home for the Aged licensing such as inspection types and cycles, staff changes, update on unlicensed facilities and more.

CEUs: AFC

Jay Calewarts, Director, AFC and Camp Licensing Division Director

## Using Technology to Ensure Efficiency

With an increasing emphasis on quality and data and ongoing constraints on resources, efficiency and use of technology become of paramount importance to providers. In this session attendees will explore a variety of ways that workflow automation and structured document and data management software can improve operations while reducing costs.

CEUs: AFC

Ian McCain, Director of Operations, AM Data Service

## MIOSHA Reveals Audit Findings

MIOSHA recently inspected four MALA members who volunteered to participate in an audit process that would reveal some of the most common MIOSHA violations found in adult foster care, home for the aged and independent living settings in Michigan. Attendees will learn from their peers' experiences and be able to apply the learning experience to achieving and maintaining compliance in their own communities.

CEUs: N, SW, NHA, AFC

Jenelle Thelen, MS, Industrial Hygienist, State of Michigan, MIOSHA

## Film: The Age of Love

The Age of Love follows the comic and poignant adventures of 30 seniors who attend a first-of-its-kind Speed Dating event for the 70- to 90-year olds, and discover how the search for love changes – or doesn't change – from first love to the far reaches of life.



1:45 pm – 3:15 pm

## Fully Engaged: Community Membership

Community membership is vital for everyone. We may have heard about people longing for isolation but those people generally choose where and for how long. The rest of us enjoy a higher quality of life when we know our neighbors, are familiar with our surroundings, can see and feel familiar places. Even better is when you are welcomed into a business or place of worship and people call you by name, miss you when you're not around - know who you are. Then there's the role of contribution; whether it's work or craft or volunteerism or keeping your yard clean, these big and little tasks help define who we are and how we connect with others. This workshop will explore ways to support people in building community and achieving a sense of belonging that brings satisfaction and relief to life.

CEUs: N, SW, NHA, AFC

Melody Riefer, Senior Program Manager, Advocates Human Potential, Inc.

## Film: Inside Outside: Building a Meaningful Life After The Hospital

Inside Outside is a work of hope created by former patients and film-makers Pat Deegan and Terry Strecker. The film depicts the lives of eight people with very significant histories of institutionalization, as they transition from nursing homes and psychiatric hospitals into the community. The film carries the message that recovery and life in the community are possibilities even for people who are viewed as the most chronic or impaired. The film leaves audiences of professionals and people with psychiatric disabilities alike, cheering for these eight individuals as they make their journey from inside institutions to full community inclusion on the outside.



## Certified Laughter Yoga Leader Training

Please note: Class size is limited to the 1<sup>st</sup> 40 registrants

### ENRICH YOUR LIFE WITH LAUGHTER!

If you would like to become a Certified Laughter Yoga Leader (CLYL) or would simply like to learn how to integrate more laughter into your own life, join Heather Easterling, for this fun and unique training that just might change the way you live, work and provide enrichment to your residents!

After successful completion of this course you will be qualified as a Certified Laughter Club Leader (CLYL), an internationally recognized certification. As a CLYL, you can lead Laughter Club sessions in retirement community social clubs, assisted livings, memory impairment neighborhoods, offer Laughter Club classes at yoga & fitness centers, present Laughter Club workshops in schools or businesses, and integrate Laughter Club into your team member town hall for effective team building. It's a fantastic marketing tool to draw positive attention to your community.

This Experiential and Transformative Certified Laughter Yoga Leader Training Will:

- Teach the physical, mental and emotional benefits of laughter
- Help you learn how to laugh without humor, comedy or props
- Teach the history of Laughter Club and therapeutic laughter
- Give you practice creating new Laughter exercises
- Add more laughter into your life. It's a great tool to prevent burn out or professional stagnation.
- Allow you to understand and experience "unconditional laughter"
- Show you how to release tension in a safe and positive way
- Learn how to take groups to deeper levels of joy and inner peace through Laughter Meditation
- Teach you the skills and give you the confidence to teach Laughter Club classes, both with the general public and special needs groups such as: Reminiscence residents, intergenerational programs, and team building in-services for monthly Town Hall or department meetings.
- Connect you with a network of Laughter professionals around the world
- Provide an environment in which we will laugh without inhibition and create fun memories and new laughter friends

### Attendance to the entire training is required for certification.

The Certified Laughter Yoga Training runs concurrent to the entire conference (including Monday afternoon and evening and Tuesday evening) and attendance to the entire training is required for certification. Attendees will have the same breaks and meal times as other conference attendees including participation in the Tuesday Spirit of Service Awards ceremony and luncheon.

**Begins Monday, May 15 at 3:00 pm and ends Wednesday, May 17 at 3:15 pm**

Heather Easterling, Regional Director of Memory Care and Programing, West Division, Sunrise Senior Living



## ORGANIZATION INFORMATION

Contact Name:
Organization Name:
Address, City, State, Zip:
Contact Email Address:
Contact Telephone:

## REGISTRATION FEES

### MEMBER REGISTRATION

	On/Before 4/26	After 4/26	Number of Attendees	TOTAL COST
Entire Conference	\$294	\$314	_____	\$ _____
MON Only	\$167	\$197	_____	\$ _____
TUES Only	\$220	\$250	_____	\$ _____
WED Only	\$199	\$229	_____	\$ _____

<b>TOTAL AMOUNT DUE: \$ _____</b>
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### NON-MEMBER REGISTRATION\*

	On/Before 4/26	After 4/26	Number of Attendees	TOTAL COST
Entire Conference	\$394	\$414	_____	\$ _____
MON Only	\$227	\$257	_____	\$ _____
TUES Only	\$300	\$330	_____	\$ _____
WED Only	\$269	\$299	_____	\$ _____

<b>TOTAL AMOUNT DUE: \$ _____</b>
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Spirit of Service awards luncheon included with the entire conference and Tuesday only ticket.

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Please Note: NON-MEMBERS who become members by the time of registration will receive the DISCOUNTED member registration rate.

## METHOD OF PAYMENT

<input type="checkbox"/> Check <input type="checkbox"/> Visa <input type="checkbox"/> Mastercard <input type="checkbox"/> AMEX <input type="checkbox"/> Discover		
Cardholder Name:		
Cardholder Address, City, State, Zip:		
Card Number:	Expiration Date:	CVV Number:
Cardholder's Signature:		

Make check payable to **Michigan Assisted Living Association** and mail it along with your registration form to:

Michigan Assisted Living Association  
 P.O. Box 510295  
 Livonia, MI 48151-6295

Or fax the registration form to: 734.525.2453.

For more information, visit [www.miassistedliving.org/conference](http://www.miassistedliving.org/conference) or call 1.800.482.0118.