

## 2026 MALA Conference and Dementia Summit

### Virtual Conference

#### CEU Information

If you attend the entire in-person conference, you will earn 8 AFC CEUs and have access to virtual sessions to complete your 16 AFC CEUs. If you are unable to attend in-person, you can complete your 16 AFC CEUs through virtual sessions. Virtual sessions are available at your convenience during the months of May and June.

\*Please note that in 2026 we are unable to offer CEUs for nurses, social workers, and nursing home administrators. AFC CEUS will be made available.

#### Virtual Conference Sessions

##### **Move Smarter, Care Safer: Body Mechanics for Everyday Caregiving**

Join the Therapy Management, Inc. team for an engaging virtual session designed to make everyday caregiving safer and easier. Learn how simple adjustments in body mechanics can significantly reduce strain, prevent injury, and create a more comfortable experience for both care partners and residents. From safe transfers to supporting eating, walking, and lifting, this session offers practical, confidence-building techniques you can put into practice right away.

**Presenters:** Raman Mudgal, PT, Kate McGregor, OTRL, EverActive

##### **Improving Employee Retention Using Safety Science**

When something bad happens, our first question is 'Whose fault is it?' We blame people without even realizing we do it. Then, we think we solve our problem by firing employees, writing new policies, or retraining staff. While sometimes necessary, these approaches can have poor results when it comes to making systems safer. When employees feel they will be disciplined or fired for an accident or mistake in the course of normal work, they are less likely to share their concerns and the barriers they face to getting the job done. Without this information, we cannot learn and improve. Using a science called human factors and system safety, or safety science, we can shift from a blame culture to a culture of accountability and learning. This session will motivate participants to capitalize on safety science principles to see these research-based results: enhanced organizational learning and improvement, increased shift staffing levels, improved disciplinary outcomes, and improved employee retention. Participants will learn specific techniques that they can implement quickly and methods that can help set their systems up for success in the long run.

**Objective 1:** Participants will be able to recall how creating a safety culture can lead to better retention.

**Objective 2:** Participants will be able to describe how they can increase accountability while removing blame.

**Objective 3:** Participants will be able to employ techniques that engage staff in improving the system in which they work.

**Presenter:** Shannon Gadd, MSc, Senior Director, Collaborative Safety LLC

##### **Therapeutic Interventions**

This presentation explores the idea that every interaction, support, or Activity of Daily Living (ADL) can be intentionally structured as an "activity." Rather than viewing care tasks or supports as routine or passive moments, the presentation emphasizes the importance of giving each interaction a clear beginning, middle, and end. This structure helps individuals understand what is happening, stay engaged during the process, and recognize when the interaction is complete. By framing everyday supports in this way, caregivers and professionals can promote predictability, reduce anxiety, and support smoother transitions between tasks. Participants will learn practical strategies for applying this approach across a variety of settings to improve communication, independence, and overall participation.

**Presenters:** Amy Sheridan, CTRS, Director, Christin Cardani, LPC, Family Support Program Manager, Seasons Adult Day Services

##### **The Hidden Cost of Caring: Understanding Trauma and Stress in Direct Care, Part 1**

To define the specific psychological hazards of direct care work (beyond general burnout) and to introduce the Healing Centered Restorative Engagement framework as a tool for workforce retention and safety.

**Presenter:** Dr. Tracy Hall, MPA, Healing Centered Restorative Engagement

##### **From Burnout to Belonging: Strategies for Workforce Wellbeing, Part 2**

To provide actionable strategies that build a "culture of health" and operationalize the concepts of Healing Centered Restorative Engagement (presented in The Hidden Cost of Caring: Understanding Trauma and Stress in Direct Care).

**Presenter:** Dr. Tracy Hall, MPA, Healing Centered Restorative Engagement

## **Toward Dementia Friendly Communities**

A Dementia Friendly Community is a town, a city, a county where persons living with dementia and their caregivers feel comfortable and confident in shopping, dining, doing business, going to the theatre, worshipping, with no worries about being embarrassed or disrespected. In a dementia friendly community, people walk towards persons with dementia, not away from them. For several years, the City of Saline was Michigan's only nationally recognized Dementia Friendly Community, because of the efforts of a small, independent non-profit now called Dementia Friendly Services. There are several more now and the list will grow. With increasing success, DFS works with cities and towns across Michigan to foster dementia friendliness. Using free lectures, workshops, even live "Dementia Awareness" theatre, DFS educates the public, governments, businesses and organizations about dementia and dementia friendly practices. In addition, this highly active non-profit runs a suite of engagement and support programs for persons with dementia and their caregivers. These include their pioneering Dementia Friendly Movies program, their innovative Memory Cafes, their Dementia Friendly Live Theatre, a Dementia Friendly Community Chorus, Dementia Friendly Shopping events, Dementia Friendly Art Fairs, a lending library of Memories Kits, and more. This session, presented by founder and long-time caregiver Jim Mangi, will describe the multi-faceted work of Dementia Friendly Services and how assisted living providers and others can join in the growing effort to make Michigan Dementia Friendly.

**Presenter:** Dr. Jim Mangi, Dementia Friendly Communities

## **Polypharmacy in the Elderly**

As adults age, managing multiple medications from multiple providers becomes increasingly complex. This virtual webinar explores what polypharmacy is, why it is especially common in adults over 60, and the risks it can pose to health, safety, and quality of life. Participants will learn how to recognize warning signs of polypharmacy, understand common medication-related risks for older adults, and identify practical strategies for coordinating care across providers. The session emphasizes safe medication management, communication, and advocacy to help reduce adverse outcomes and support better overall care for older residents.

**Presenter:** Sarah Westbrink, RN, Nurse Account Manager, Guardian Pharmacy

## **VR and Dementia**

### **Session Description Coming Soon!**

**Presenter:** Dr. Kathleen Weissberg, OTD, OTR/L, CMDCP, CADDCT, CDP, CFPS, CGCP, TIE, National Director of Education, Select Rehabilitation

## **Meaning and Purpose**

### **Session Description Coming Soon!**

**Presenter:** Dr. Kathleen Weissberg, OTD, OTR/L, CMDCP, CADDCT, CDP, CFPS, CGCP, TIE, National Director of Education, Select Rehabilitation

## **MI Recovery Friendly Workplaces**

### **Session Description Coming Soon!**

**Presenter:** Nicki Gabel, Director, Recovery Friendly Workplaces, Michigan Public Health Institute

## **Residents and Staff: Morale Building when the staff seem to be at their lowest**

### **Session Description Coming Soon!**

**Presenter:** Bryan Rife, MA, Director of Quality Assurance, National Council for Activity Professionals (NCCAP)

## **Introduction to Dementia in People Living with DD (for professionals)**

### **Session Description Coming Soon!**

**Presenter:** Kristi Davis, CTRS, Michigan Chapter, Alzheimer's Association

## **Healthy Living for Brain and Body While Living with a Developmental Disability, Part 1**

### **Session Description Coming Soon!**

**Presenter:** Kristi Davis, CTRS, Michigan Chapter, Alzheimer's Association

## **Healthy Living for Brain and Body While Living with a Developmental Disability, Part 2**

### **Session Description Coming Soon!**

**Presenter:** Kristi Davis, CTRS, Michigan Chapter, Alzheimer's Association

## **Home and Safety Environmental Modification, part 1**

**Session Description Coming Soon!**

**Presenter:** Kristi Davis, CTRS, Michigan Chapter, Alzheimer's Association

## **Home and Safety Environmental Modification, part 2**

**Session Description Coming Soon!**

**Presenter:** Kristi Davis, CTRS, Michigan Chapter, Alzheimer's Association

## **Supporting Your Team Through Thoughtful Recognition**

**Session Description Coming Soon!**

**Presenter:** Kayonna Ferguson, LPC, Hope Network

**More sessions will be added—Be sure to check back!**

### **Back By Popular Demand**

#### **Compassion Fatigue: Helping Helping Professionals**

Helping professionals often share many of the emotions experienced by the vulnerable populations they serve. Intended or not, individuals who serve in the helping professions are affected by the work they do. Compassion fatigue can be one of the outcomes of the work of helping professionals. This presentation will introduce the concepts of compassion fatigue and compassion satisfaction. Participants will understand these concepts and will learn methods for addressing risk and promoting resilience in the work they do with vulnerable populations. This topic is one that revolves around self-care in helping professions. Participants will understand the concepts of compassion fatigue and compassion satisfaction as well as learn methods to address reducing the risk for compassion fatigue.

**Presenter:** Dr. Catherine Macomber, LMSW, Assistant Dean of the College of Health & Human Services, BSW Program Director, and Professor in the Social Work & Youth Services Department of Saginaw Valley State University

#### **Holistic Hospice and Dementia Care**

In this session, you will come to understand the impact of caring for the whole person at the end of life. You will be able to recognize the benefits and value of holistic, non-pharmaceutical interventions in hospice care. You will also explore challenges and interventions in caring for hospice patients with dementia while simultaneously integrating the concepts and interventions of holistic care.

**Presenter:** Kaitlyn Dawson, LMSW, APHSW-C, Emmanuel Hospice

#### **Supervisors' Role in Safety**

This course is designed for first line supervision, safety and health committee members, and management personnel. Topics covered include employee safety and health training, accident investigation, hazard recognition, and self-inspection techniques. This course gives tips to supervision on methods to integrate health and safety into their daily duties and responsibilities.

**Presenter:** Lynn Totsky, MA, Senior Industrial Hygienist, MIOSHA, CET Division

#### **Understanding and Improving Your Safety Culture**

This course will provide knowledge and tools for participants to gain an understanding of the factors that affect culture and how it impacts safety performance. The topics covered include techniques to improve safety culture, and examine what good, positive safety culture looks like.

**Presenter:** Lynn Totsky, MA, Senior Industrial Hygienist, MIOSHA, CET Division