

VIRTUAL SESSION SCHEDULE

TUESDAY, MARCH 3

TRACKS FOR SESSIONS

AL – Assisted Living
 ADS – Adult Day Services
 HCBS – Home- and Community-Based Services
 IL – Independent Senior Housing
 NH – Nursing Home
 Peer Genius – providers sharing expert, hands-on insights

CEU TYPE	Today's Sessions Eligible for Hours/Units
MN Board of Long Term Services and Supports	All Sessions excluding V1303
MN Board of Social Work	V1101, V1102, V1103, V1201,
MN Board of Nursing	V1101, V1102, V1203, V1302
National Certification Council for Activity Professionals	V1101, V1102, V1103, V1201
Certifying Board for Dietary Managers and Association of Nutrition and Food Service Professionals	V1101, V1301

Note: Sessions have been submitted for board approval of continuing education activities. Final approval will be posted when received. General certificates will also be available to submit to other credentialing bodies.

8:30 – 9:30 a.m.

CONCURRENT SESSIONS

V1101 – Interdisciplinary Approaches to Nutrition Care: Collaboration Across Teams (AL, IL, NH)

- Understand the critical role of nutrition in resident health and how it intersects with other care domains.
- Apply strategies for effective interdisciplinary communication and collaboration in nutrition care planning.
- Identify tools and technologies that support integrated, team-based approaches to nutrition in long-term care.

Angela Gardner, MS, RDN, CSG, LDN, Senior Nutrition Consultant, MatrixCare, Bloomington; and Amy Wootton, RDN, LDN, Head of Nutrition and Food Services Technology, MatrixCare, Bloomington

V1102 – Dementia Care Models: Leadership Lessons from the GUIDE Pilot (AL, NH)

- Examine Medicare's Guiding and Improved Dementia Experience (GUIDE) Model as an alternative approach to dementia care and its first-year outcomes.
- Identify how to mitigate negative impacts of dementia caregiving by providing tools needed to cope and understand the journey ahead.
- Discuss key lessons and strategies from the GUIDE Model that leaders can apply in various care settings to promote equity and support caregivers.

Martha Etzell, LSW, CDP, CPPM, Senior Director of Value Based Care Management, and Anna Stanislawski, AGPCNP-BC, Minnesota Clinical Practice Director, Bluestone Physician Services, Mankato

VIRTUAL SESSION SCHEDULE

TUESDAY, MARCH 3, *cont'd.*

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V1103 – Beyond Burnout: Contemplative Strategies for Changemaking Caregivers (AL, NH, IL)

- Identify key internal sources of caregiver burnout, reframing them through the Buddhist concepts of Dukkha (suffering) and the Kleshas (emotional obstacles), enabling them to proactively address challenges and embody the “Changemakers” spirit.
- Apply at least two “micro-practices” of mindfulness and one heart-centered practice (like Self-Compassion or Sympathetic Joy) to manage in-the-moment stress and cultivate emotional resilience, thereby strengthening their capacity to lead and innovate.
- Explore how perspective shifts—such as seeing beyond roles (Interdependence) and recognizing Innate Dignity—can reduce feelings of personal burden and combat the cynicism that leads to burnout, fostering the courage needed to reimagine aging services.

Shane E. Hoffman, MA, ADC, Life Enrichment Director, The Pillars of Mankato

9:30 – 10 a.m.

Break

10 – 11 a.m.

CONCURRENT SESSIONS

V1201 – Empowering Care: Leveraging Technology for Family-Centric Support (All Settings)

- Recognize the diverse needs of families in aging services and the role of technology in addressing them.
- Evaluate inclusive tech tools that enhance communication and engagement across cultural and linguistic differences.
- Design actionable, culturally responsive strategies for implementing family-centric technology solutions.

Allison Rainey, APRN, FNP-BC, Head of Nursing and Clinical Informatics, MatrixCare, Knoxville, Tenn.

V1202 – Managing Risks for Assisted Living (AL)

- Review current assisted living claim trends and contributing factors.
- Define proactive risk management actions that support resident safety and defensibility.
- Describe specific actions that support recognition and response to change in condition and adverse events.

Cyndi Siders, MSN, RN, CPHRM, CPPS, DFASHRM, CEO/Executive Consultant, Siders HealthCare Consulting, LLC, Grand Forks, N.D.

V1203 – Adapting to Minnesota’s Evolving Long-Term Care Population (All Settings)

- Analyze data specific to Minnesota to understand the changing age, cultural, and socioeconomic of long-term care residents and demand for specialized clinical interventions.
- Understand strategies for effectively identifying, managing, and supporting residents with mental health conditions, dementia-related behaviors, and substance use disorders.
- Discuss proactive strategies for workforce development, facility design, and service offerings to meet the anticipated needs of tomorrow’s long-term care residents in Minnesota.

Simon Mittal, MD, MMM, CMD, CHMD, Founder, SMM Coaching & Consulting and Envisage Health, Roseville

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TUESDAY, MARCH 3, *cont'd.*

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11 – 11:30 a.m.

Break

11:30 a.m. – 12:30 p.m.

CONCURRENT SESSIONS

V1301 – Implement a Team-Based Recruitment and Retention Strategy (All Settings)

- Identify the key components of recruitment and retention plans that align with the facility assessment.
- Describe how to implement a team-based approach for recruitment and retention.
- Review three tools that attendees can implement within their organization to support their workforce strategy.

Lisa Thomson, BA, LNHA, HSE, CIMT, Chief Operating Officer, Pathway Health, Lake Elmo

V1302 – Preventing Medication Errors When Medications are Not Available to Administer (AL, NH; Peer Genius)

- Identify the key factors contributing to medication errors caused by medications not available to administer, based on findings from the LeadingAge Minnesota Quality Committee work group.
- Describe effective processes and escalation protocols for timely response and resolution when a medication is unavailable, including staff communication and accountability strategies.
- Implement system-level strategies—such as cycle fill oversight, pharmacy collaboration, and redundancy planning—to reduce the risk of unavailable medications and strengthen medication safety culture.

Julie Apold, PhD, Vice President of Quality, LeadingAge Minnesota, Minneapolis; and provider member to be announced

V1303 – Minnesota Housing – MHFA and HUD Updates (HCBS, IL)

- Identify recent changes in HUD regulations and their impact on housing policies.
- Review updates on HOTMA — the Housing Opportunity through Modernization Act.
- Discuss Risk-Based Monitoring — Management and Occupancy Review procedures and protocols.

Jes Christiansen, COS, TCS, Senior Housing Management Officer, Minnesota Housing, St. Paul

VIRTUAL SESSION SCHEDULE

WEDNESDAY, MARCH 4

TRACKS FOR SESSIONS

AL – Assisted Living
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 NH – Nursing Home
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CEU TYPE	Today's Sessions Eligible for Hours/Units
MN Board of Long Term Services and Supports	All Sessions
MN Board of Social Work	V1403, V1601
MN Board of Nursing	V1403, V1503, V1601
National Certification Council for Activity Professionals	V1403, V1501, V1503, V1601, V1602, V1603
Certifying Board for Dietary Managers and Association of Nutrition and Food Service Professionals	V1403, V1501, V1603

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8:30 – 9:30 a.m.

CONCURRENT SESSIONS

V1401 – Medicare Certified Home Care Agency Updates and Survey Findings (HCBS)

- Identify recent findings and citation trends for Medicare certified home care agencies, including a deeper dive into top deficiencies.
- Review the new regulation under Conditions of Participation – Organization and Administration of Services (i) HHA Acceptance-to-Services.
- Describe supervision expectations when no skilled services are provided in an episode and outline appropriate steps for addressing concerns with your surveyor.

Karen Aldinger, Health Facility Evaluation Supervisor Senior, and Nikki Harvey, Health Facility Evaluation Supervisor, Health Regulation Division, Minnesota Department of Health, St. Paul

V1402 – The Leader's Top 10 (NH)

- Understand the CMS reports (iQIES) available for SNF leaders to understand the current status and drive performance.
- Identify the Top 10 reports for operational use.
- Describe the key leadership strategies related to the Top 10 reports for positive operational outcomes.

Lisa Thomson, BA, LNHA, HSE, CIMT, Chief Operating Officer, Pathway Health, Lake Elmo

VIRTUAL SESSION SCHEDULE

WEDNESDAY, MARCH 4, *cont'd.*

TRACKS FOR SESSIONS

AL – Assisted Living
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V1403 – Best. Supervisor. Ever! Creating the Team of Your Dreams (All Settings)

- Assess your comfort and skill with important supervisory topics, determining which areas you feel confident and which you could use more development.
- Prioritize your workload to balance the needs of completing tasks and assignments with the demands of fostering supervisory relationships.
- Identify strategies and methods that you can bring back to your team and your workplace for immediate application.

Jennifer May, MA, Master Trainer Certification, Certified Trainer True Colors®, Narrative4 Certified Trainer, Vice President, STAR Services, St. Paul

9:30 – 10 a.m.

Break

10 – 11 a.m.

CONCURRENT SESSIONS

V1501 – The Shift Towards Wellness (AL, IL, NH)

- Identify the core dimensions of wellness and how a holistic approach can positively impact resident experience and community outcomes.
- Explore a step-by-step process to begin wellness planning, including budgeting and applying it across all levels of care.
- Understand how departments like dining and activities can consistently support wellness throughout the continuum of care.

Leslie Fabish, RD, LD, Vice President of Nutrition, Health and Wellness, NEXDINE Hospitality, Mansfield, Mass.

V1502 – Top Trends in Aging Services: Strategies for Success (AL, IL, NH)

- Gain insight into the top trends shaping senior living and care.
- Discover the strategies employed by successful providers to prepare for these imminent changes.
- Assess the potential impact of these trends on your organization and market positioning.

Erin Shvetzoff Hennessey, MA, NHA, CPG, Chief Executive Officer, Health Dimensions Group, Hopkins

V1503 – Nursing Leadership for Purposeful Communication and Documentation (AL, NH)

- Describe core elements of clinically pertinent communication and documentation.
- Review contributing factors for significant resident safety events involving failures in communication and care coordination.
- Illustrate tools and strategies that facilitate clinically pertinent communication and documentation.

Cyndi Siders, MSN, RN, CPHRM, CPPS, DFASHRM, CEO/Executive Consultant, Siders HealthCare Consulting, LLC, Grand Forks, N.D.

VIRTUAL SESSION SCHEDULE

WEDNESDAY, MARCH 4, *cont'd.*

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11:30 a.m. – 12:30 p.m.

CONCURRENT SESSIONS

V1601 – Substance Use and Associated Complexities (All Settings)

- Identify key distinctions between substance use, abuse, and dependence, and recognize how these patterns present in clinical settings.
- Examine the impact of manipulative behaviors on care dynamics and apply evidence-based strategies to maintain healthy boundaries and therapeutic rapport.
- Explore salutogenic principles and motivational interviewing techniques that support resilience, engagement, and recovery in individuals with substance use disorders.

Michael Goldsmith, LCSW, Certified Clinical Trauma Specialist for Individuals (CCTSI), Vice President of Integrated Behavioral Health, Behavioral Care Solutions, Novi, Mich.

V1602 – Philanthropy in Action: Elevating Dementia Care through Lifelong Learning (ADS, AL, IL, NH, Peer Genius)

- Describe how philanthropy can drive innovation in senior living through community partnerships and lifelong learning initiatives.
- Identify evidence-based programs in music and arts that enhance quality of life for persons living with dementia.
- Explore training and development strategies for staff that promote creative engagement and legacy-building with residents.

Brendan Bannigan, MPA, CFRE, Director of Philanthropy, and Ann Schrempp, CDT, Timeslips Certified Facilitator, Dimensions Coordinator, Ebenezer, Edina; and Jennifer Ensign, LALD, Executive Director, and Kara Roberts, Dimensions Manager, Amira Choice Plymouth, Edina

V1603 – Build a High-Impact Workforce in Health Care Through Cross-Industry Insight (HCBS, NH)

- Analyze effective retention and engagement strategies used in hospitality, technology, and retail industries.
- Apply cross-industry approaches to solve workforce challenges in aging services settings.
- Design a draft implementation roadmap to pilot one new strategy within their organization.

Kecia Hayslett, RN, HCTC, CHWI, Founder and Executive Director, Excellence Health Career Center, Minneapolis

VIRTUAL SESSION SCHEDULE

THURSDAY, MARCH 5

TRACKS FOR SESSIONS

AL – Assisted Living
 ADS – Adult Day Services
 HCBS – Home- and Community-Based Services
 IL – Independent Senior Housing
 NH – Nursing Home
 Peer Genius – providers sharing expert, hands-on insights

CEU TYPE	Today's Sessions Eligible for Hours/Units
MN Board of Long Term Services and Supports	All Sessions
MN Board of Social Work	V1703, V1802, V1902, V1903
MN Board of Nursing	V1703, V1802, V1902, V1903
National Certification Council for Activity Professionals	V1703, V1802, V1902, V1903
Certifying Board for Dietary Managers and Association of Nutrition and Food Service Professionals	V1702, V1903

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8:30 – 9:30 a.m.

CONCURRENT SESSIONS

V1701 – From Data to Decisions: How Medicaid Cuts Are Reshaping Strategy (AL, NH)

- Analyze how Medicaid reimbursement changes impact senior care operations at the service line level.
- Explore interactive modeling techniques to guide board-level decisions during fiscal uncertainty.
- Identify actionable operational strategies to maintain access and care standards under constrained budgets.

Matthew Borchardt, CPA, MA, Founder and CEO, Astrelis, Minnetrista; and Kris Jacobson, LALD, NHA, Executive Business Consultant, Adept Senior Living Solutions, Ham Lake

V1702 – Leveraging Labor Market Data to Shape Workforce Strategies (All Settings)

- Analyze rural and metro job seeker trends and labor force projections to understand their impact on the older adult services workforce, supporting strategic and responsive employer planning.
- Recognize Minnesota's statewide shortage of essential caregivers and assess the potential impacts of added workforce pressures.
- Explore new hiring opportunities by leveraging labor market forecasting.

Anthony Schaffhauser, Regional Analyst, Northwest Minnesota, Minnesota Department of Employment and Economic Development, St. Paul

VIRTUAL SESSION SCHEDULE

THURSDAY, MARCH 5, *cont'd.*

TRACKS FOR SESSIONS

AL – Assisted Living
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V1703 – The Role of Physical, Occupational, and Speech Therapists in LTC (AL, NH)

- Describe the distinct roles and scopes of practice of physical, occupational, and speech therapists in long-term care settings, including how each discipline supports resident safety and quality of life.
- Identify common conditions and functional deficits addressed by these roles to help maintain or improve mobility, ADL performance, cognitive-communication skills, and swallowing safety.
- Explain how interdisciplinary collaboration among therapy disciplines, nursing, and other care team members enhances resident outcomes.

Christen Bliss, MOT, RAC-CT, Vice President of Clinical Services, Blue Stone Therapy, Urbandale, Iowa

9:30 – 10 a.m.

Break

10 – 11 a.m.

CONCURRENT SESSIONS

V1801 – Turning Your 5-Star Report Into Action: Quality Data to Drive Improvement (NH)

- Describe the structure and methodology of the CMS Five-Star Quality Rating Program, including the health inspection, staffing, and quality measure domains.
- Review and interpret facility-level Five-Star and Quality Measure reports to identify trends, strengths, and opportunities for improvement.
- Develop strategies to translate report findings into actionable quality improvement initiatives that drive performance, enhance outcomes, and sustain high-quality care.

Stephanie DeWees, LPN, NHA, HSE, Owner, Squared Business Solutions, Canal Winchester, Ohio

V1802 – Pain Management in Skilled Nursing Facilities: Ensuring Safety and Quality (AL, NH)

- Understand and learn about the significance of effective pain management in skilled nursing facilities and its impact on residents' physical and mental health.
- Gain insights into safe prescribing practices for pain medications, focusing on understanding the principles and guidelines that minimize risks and enhance pain relief.
- Equip participants with strategies to reduce the potential for medication misuse and abuse, ensuring the safety and well-being of residents.

Kari Bakke, DNP, APRN, AGNP-C, Director of Clinical Services, Georgann Gillund, Chief Operating Officer, and Robert Long, MD, Board Certified in Physical Medicine and Rehabilitation, Board Certified in Pain Medicine, Medical Director, Rehabilitation Medicine Associates, Excelsior

VIRTUAL SESSION SCHEDULE

THURSDAY, MARCH 5, *cont'd.*

TRACKS FOR SESSIONS

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V1803 – Evaluation of Rate Methodology for Elderly Waiver Services (ADS, AL, HCBS)

- Review the process of the rate study for aging services
- Discuss findings for aging services from the study
- Identify proposed recommendations

Ashley Elmann, Aging Services Program Representative, and Amy Inglett, Fiscal Policy Lead, Aging and Adult Services Division, Minnesota Department of Health and Human Services, St. Paul

11 – 11:30 a.m.

Break

11:30 a.m. – 12:30 p.m.

CONCURRENT SESSIONS

V1901 – From Metrics to Meaning: Making Sense of Quality Data in Senior Care (AL, NH)

- Identify and interpret key quality metrics in senior care to understand their connection to resident outcomes and organizational goals.
- Apply strategies to translate performance data into actionable insights that drive continuous quality improvement.
- Communicate quality data clearly and effectively to engage leadership, staff, and families in meaningful performance discussions.

David Marc, PhD, CHDA, Associate Professor, Department Chair, Health Informatics Graduate Program Director, The College of St. Scholastica, Duluth

V1902 – CARES® Serious Mental Illness™: A Person-Centered Approach (AL, HCBS, NH)

- Examine serious mental illness and identify the major serious mental illness categories.
- Explain how care providers can make a difference and impact the quality of life of a person living with serious mental illness.
- Describe the CARES® Approach and give examples of each step (or letter) in the CARES Approach.

John Hobday, Founder and CEO, HealthCare Interactive, Minneapolis

V1903 – Ethical Dilemmas in Health Care: Oh My, What Shall I Do? (AL, NH; Peer Genius)

- Identify and review challenging clinical and legal ethical dilemmas encountered in health care and senior living.
- Increase providers awareness and understanding of what constitutes an ethical dilemma and the potential impact.
- Describe and discuss approaches and interventions to mitigate risk when managing an ethical dilemma.

Jane Danner, MA, LSW, LALD, Director of Operations, Our Lady of Peace Hospice and Home Health Care, St. Paul; and Robert Rodè, JD, President/ Partner, Rodè & Coffin, LLC, St. Paul