



VIRTUAL SPRING CONFERENCE 2021

REVISED

Friday, April 23, 2021

Living and Working with Grief and Loss

Nancy Berns

Author~Speaker~Professor of Sociology

Working Effectively with Residents and Family Members in LTC

Mercedes Bern-Klug

Director of School of Social Work~U of Iowa

Communicating with Families When a Loved One is Dying

Jan Mathews

Community Support Specialist~Iles Funeral Home

Admission, Transfer and Discharge

Mindla White & Vicki Worth

LTC Bureau Chiefs~Dept. of Inspections & Appeals

Movement as Self-Care

Cassie Cumings-Peterson

Nationally Certified Pilates Instructor/Owner

Registration Deadline: April 16, 2021

Conference Link will be emailed prior to the conference.

Handouts will be emailed and posted on our website prior to the conference and need to be printed out by attendees. You will be notified by email when the handouts are ready.

IMPORTANT...If you do not receive registration confirmation, or the handout & conference link notification before the conference, contact 515-989-6068 or ltcswi@mchsi.com

CEU/Attendance Certificates will be mailed out after the conference.

Vendors will be provided with attendees' work contact information.

Conference Schedule...The conference will begin at 8:30 a.m. and end mid-afternoon.

Living and Working with Grief and Loss

Objectives

- Explore loss from death of loved ones and non-death experiences
- Learn the varied responses and needs people have in times of loss
- Identify how the pandemic adds complications and new layers of loss
- Challenge the popular idea of closure
- Explain how people need freedom to grieve in their own ways
- Analyze social barriers that restrict people's ability to grieve
- Inspire new narratives for the importance of grief
- Understand how to carry joy and grief together
- Offer practical responses for supporting others in grief
- Consider additional self-care strategies

Nancy Berns, is the author of *Closure: The Rush to End Grief and What It Costs Us*, and professor of sociology at Drake University where she teaches classes on grief, death, emotions, violence, and justice. She is also author of *Framing the Victim: Domestic Violence, Media and Social Problems*. Her current research explores how people live with grief and joy after loss. Nancy gives talks for various community groups. Her work attracts a national and international audience through her TEDx talk (Beyond Closure: the space between joy and grief), blog, and interviews such as those with *The Boston Globe*, *The Guardian*, *The L.A. Times*, *Huffington Post Live*, *U.S. News & World Report*, *CBS News*, *Real Simple*, and *Prevention*. More Info at: www.nancyberns.com.



ATTENTION: Social Services Director

Working Effectively with Residents and Family Members in LTC

Objectives

- Describe how what we think about and label residents and families can impact our work with them
- Discuss three responsibilities that many families hold themselves to once a loved one is admitted to a long-term care setting
- Describe how dialogue is different from conversation
- Discuss the 5 components of relationships and the opportunities they present for opening dialogue with residents and families
- Describe the fundamental role that trust plays in working effectively with residents and families

Mercedes Bern-Klug, PhD, MSW, is the Director of the School of Social Work at the University of Iowa.

Communicating with Families When a Loved One is Dying

How do we come along side families who are navigating the anticipated loss of a loved one? Jan will discuss words that support, and how to help them in the journey. Anticipatory grief, the emotional roller coaster, and finding peace and closure will be presented, as well as how we as caregivers process this experience ourselves.

Objectives

- Discover ways to assist families who are anticipating the loss of a loved one
- Learn how to assess family situations during illness and work toward closure and acceptance
- Become knowledgeable about words and gestures that are helpful to families going through loss, and those to avoid



Jan Mathews is a Community Support Specialist for Iles Funeral Homes in Des Moines. Her background includes grief support, hospice care, and working with the elderly and their families. She has a B.A. in Social Work and a Master's of Divinity with an emphasis on pastoral counseling. Jan is a credentialed minister and officiates funerals as well as leading families through the process of moving forward after loss.

Cancellation Policy: Fees will be refunded if requested by April 16, 2021. Refunds after that date due to personal emergency, must be requested in writing. We will retain \$50 to cover speaker fees, materials, etc.

Questions...Contact:

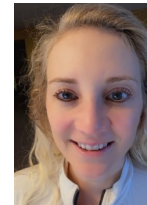
Ceci Johnson, Executive Director
515-989-6068 or Itcswi@mchsi.com

Admission, Transfer and Discharge

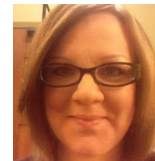
Objectives

- Understand all the elements with an Admission Policy
- Learn the requirements for permitting residents to return to facility
- Be able to describe the difference between Facility Initiated versus Resident Initiated Discharge/Transfer
- Understand all the elements of an involuntary/emergency discharge
- Requirements for a safe and orderly transfer/discharge
- Understand Bed Hold Policy

Mindla (Mindy) White was named to Medicare/Medicaid Bureau II in December 2005, where she provides oversight for long term care facilities for the state. She has served as a Health Facilities Surveyor for long term care facilities and also compliance officer until her new assignment as Bureau Chief. Ms. White has a B.S. in Nursing from Mercy College in Des Moines.



Vicki Worth, RN, BSBA has worked as a CNA, LPN, RN, and then DON, gaining extensive experience in both management and clinical positions in skilled, intermediate, and dementia specific care units. She has worked for the DIA as a long-term care surveyor conducting recertification and complaint surveys throughout Iowa until her promotion to LTC Bureau Chief where she oversees the surveyors who conduct the recertification and complaint surveys.



Movement as Self-Care

Objectives

- Recognize how COVID-19 has increased stress levels and feelings of burnout
- Learn how movement works as a self-care tool; including the science behind why exercise boosts our mood, improves our sleep, and reduces anxiety
- Identify ways to incorporate movement for elders in the facility
- Practice movement as self-care with gentle Pilates exercises

Cassie Cumings-Peterson, JD, MA, NCPT, is a Nationally Certified Pilates Teacher and owner of Northwoods Pilates in Ankeny, Iowa. She studied law at the University of Iowa, obtained a Master's in Political Science, and spent several years as the Assistant Director of a local non-profit assisting victims of domestic and sexual assault. During these stressful times as a student and advocate, Cassie practiced and taught Pilates as a way to maintain her physical and mental health. She believes strongly in the power of movement as a self-care tool.



Continuing Education Credits: Friday's program complies with the Iowa Board of Social Work Examiners Rules for Continuing Education, meeting **5.5** general education contact hours.

Registration Form LTCSWI Virtual Conference Spring 2021

Name _____

Facility/Agency _____

Facility Address _____

Daytime Phone # _____

Professional License # _____

E-Mail : _____

Email Address Required For Registration Confirmation, Handout Notification, & Conference Link

If you do not receive registration confirmation or handout and conference link notification before the conference, contact 515-989-6068 or Itcswi@mchsi.com

Amount Enclosed: [please check]

- \$100 Member Conference Fee
- \$175 Non-Member Conference Fee
- \$50 Student/Retiree Conference Fee
- \$50 Membership Fee to join or renew for 2021

Total Enclosed: \$ _____

Please send check payable to:

LTCSWI
1040 Market Street
Carlisle, IA 50047

Registrations Due April 16, 2021

(For Association Use Only)

Received _____ From _____

Confirmed _____

Check Date _____ Check # _____

Amount \$ _____

Detach and Return this Portion