

## MOVING FORWARD... RECONNECTING & RECOVERING IN 2021

### 6.0 NURSING CONTACT HOURS

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**Wednesday, April 14th**  
**9:00 AM – 4:30 PM**

Virtual Webinar Training

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**Iowa Assisted  
Living Association**

[info@ialaonline.net](mailto:info@ialaonline.net)  
[www.ialaonline.net](http://www.ialaonline.net)  
515-278-8700



Iowa Assisted  
Living Association

**Purpose:** to provide senior care training skills to assist residents with care, providing leadership skills to all levels of staff, to enhance knowledge of different levels of Dementia. To identify different behaviors that help create high performing teams of staff, nurses, directors, universal workers, etc.

**Target Audience:** nurses, managers, directors, administrators, activity coordinators, universal workers, resident assistants, &/or CNAs.

### 6.0 Nursing Contact Hours available through IBON Provider #335 CE Solutions

Full attendance required. No partial attendance will be awarded. Contact Hours are based on a 60-minute education hour. It is the licensee's responsibility to determine if the continuing education programs they attend meet the requirements for their professional licensure.

### Conference Sponsors:



## ABOUT THE SPEAKERS:



**Amber Shupe, RN-BC, BSN, MSN**, serves as a Nurse Leader and Trainer for Hope Harbor, the behavioral health unit of Buena Vista Regional Medical Center in Storm Lake, IA. Amber has a master's degree in Nursing Education as well as board certification in Psychiatric and Mental Health Nursing. She actively contributes to the enhancement of mental health training and collaboration and helps care givers with problem solving skills to common conditions and issues caused by mental illness and behavioral challenges.

*Topic: Education and Interventions for Mental Health and Dementia Patients*



**Desi Payne, B.A., Professional Speaker**, loves to motivate employees by helping them adjust their attitudes to create a positive work environment. Desi has over 25 years of experience as an entrepreneur, patient advocate, customer service and leadership trainer, and award-winning entertainer. She is also an international speaker with the John Maxwell Team. She is a "Stress Less Coach" helping CEO's overcome stress in the workplace and life. She is known as "The Attitude Adjuster" and helps employees reduce negativity and stress in the workplace. She is the author of *Do You Work with the Living Dead?* and *Give Me Some Chocolate...I'm Stressed!* She resides in Ottumwa, Iowa, with her husband, Craig and has two grown awesome children.

*Topics: Give me Some Chocolate... I'm Stressed!*



**Linda Kellen, RN**, has been with the Department of Inspections and Appeals as a surveyor/monitor in the Special Services and Adult Services Bureaus since 2008 and is now the Bureau Chief for both bureaus. She has a bachelor's degree from Morningside College in Sioux City and a master's degree in Administrative Studies (Healthcare emphasis) from the University of South Dakota. Prior to joining DIA, Linda worked as Chief Operations Officer for a brain injury rehabilitation facility in Sioux City and as Director of Nursing and staff nurse at other facilities in the Sioux City area.

*Topics: Adult Services Bureau Updates and Trends*

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Northern Iowa Therapy Associates (NIT)  
PointClickCare  
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SeniorWell  
ServiceMaster by Rice

## Other Online Courses:

Assisted Living Online Management Course  
\$495/Members, \$750/Non-Members

Assisted Living Medication Management Course  
\$95/Members, \$120/Non-Members

**CONTACT THE IALA OFFICE FOR  
MORE INFORMATION**

515-278-8700

[info@ialaonline.net](mailto:info@ialaonline.net)

[www.ialaonline.net](http://www.ialaonline.net)

# WEDNESDAY, APRIL 14<sup>TH</sup>, 2021

9:00-9:30 AM Kindred at Home, Sponsor

9:30-11:30 AM Amber Shupe  
“Education and Interventions for Mental Health and Dementia Patients”

Discussion of psychiatric disorders, dementias, common behaviors and nursing interventions to provide skills needed for positive patient interactions, with an emphasis on Trauma Informed Care.

*By the end of this session, learners will be able to:*

1. Describe various types of Mental Illness (schizophrenia, bipolar, borderline, PTSD) symptoms and nursing interventions.
2. Discuss trauma informed care integration in health care settings.
3. Distinguish between different dementia types, common behaviors and interventions.
4. Identify burnout, self-awareness, and staff interactions in relation to trauma informed care.

11:30-12:00 PM Lunch Break

12:00 – 2:00 PM Desi Payne “Give me Some Chocolate... I’m stressed!”

Nobody is immune to stress. It affects your health, personal life, and professional life. Desi will give you strategies on how to reduce and manage stress in your life.

*By the end of this session, learners will be able to:*

1. Describe strategies to decrease stress personally and professionally to be more productive.
2. Discuss the effects of stress if the stress is not managed.
3. List the three step strategy to reduce stress
4. Describe the steps to rest, repair, rebuild, rethink, redesign your life and re-energize your brain.
5. Identify measures to assist residents in managing stress.

2:00 – 2:30 PM Community Pharmacy, Sponsor

2:30 – 4:30 PM Linda Kellen “Adult Services Bureau Updates and Trends”

This session will include updates on the Covid-19 pandemic as it relates to easing of restrictions and precautions within Assisted Living communities. The speaker will also discuss common regulatory insufficiencies, trends, and best practices. A quick review of rules implemented January 1, 2021 and March 1, 2021 will also be shared.

*By the end of this session, learners will be able to:*

1. Demonstrate understanding of guidance for visitation and re-opening of programs.
2. Describe best practices, commonly cited regulatory insufficiencies, and trends within the Assisted Living Program industry.
3. Demonstrate a working knowledge of administrative rules recently implemented.

## Have questions for Linda Kellen?

Send your DIA-related inquiries to [info@ialaonline.net](mailto:info@ialaonline.net) by April 9<sup>th</sup> to ensure she addresses your questions during the presentation!

# IALA 2021 SPRING CONFERENCE REGISTRATION FORM



Iowa Assisted  
Living Association

## Event Details:

Wednesday, April 14<sup>th</sup>, 2021

## 6.0 Nursing Contact Hours

**Deadline to Register: April 9<sup>th</sup>**

No refunds after registration deadline.

*Participants will have access to the conference presentations and materials for a period of two weeks following the event.*

## Registration Options:

- \$75 Member: No Nursing Contact Hours
- \$100 Member: 6.0 Nursing Contact Hours
- \$100 Non-Member: No Nursing Contact Hours
- \$125 Non-Member: 6.0 Nursing Contact hours

Name: \_\_\_\_\_

Community Name: \_\_\_\_\_

Community Address: \_\_\_\_\_

Community City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Time Zone (select one): Central: \_\_\_\_\_ Eastern: \_\_\_\_\_ Western: \_\_\_\_\_

License # (for Contact Hours): \_\_\_\_\_

## Payment Method:

- Check # \_\_\_\_\_ (Payable to IALA) Amount: \$ \_\_\_\_\_
- Credit Card (circle one): AmEx Discover M/C Visa
- Credit Card #: \_\_\_\_\_ CV2 Code: \_\_\_\_\_
- Name on Card: \_\_\_\_\_ Expiration: \_\_\_\_ / \_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

For conference information or to register, visit [www.ialaonline.net](http://www.ialaonline.net) or email [info@ialaonline.net](mailto:info@ialaonline.net).  
Form can also be faxed to 515-278-0245 or mailed to:  
IALA, 9001 Hickman Rd, Ste 220, Des Moines, IA 50322