

PENNSYLVANIA ASSISTED LIVING ASSOCIATION



# PALA PITTSBURGH CONFERENCE

Thursday, August 8, 2019

DoubleTree by Hilton Hotel Pittsburgh – Cranberry  
6 CEU including 4.5 RN CEU



# PALA PITTSBURGH CONFERENCE GENERAL INFORMATION



DOUBLETREE  
BY HILTON™

DoubleTree by Hilton Hotel Pittsburgh – Cranberry  
910 Sheraton Drive Mars, PA 16046  
Phone: (724) 776-6900

- **PARKING IS FREE AT THE HOTEL**
- **BREAKFAST AND LUNCH INCLUDED DURING THE CONFERENCE**
- **VISIT THE PALA VENDOR EXPO**

## Directions

**From East** – Take the Pennsylvania Turnpike to Exit 28 (Cranberry). Turn right and take Route 19 South to the first intersection, Turn left onto Freeport Road. At the first intersection, then turn right onto Sheraton Drive.

**From West** – From the Pennsylvania Turnpike (Interstate 76). Take Exit 28. Take Route 19 South to the first traffic light, turn left onto Freeport Road. Proceed one block at the first intersection, turn right onto Sheraton Drive.

**From Pittsburgh International Airport** – Follow Route 60 South to Interstate 79 North. Take Exit 76 (exit from left) and merge onto State Route 19 North. Proceed to the first light and turn right onto Freeport Road. Continue 1 block, turn right onto Sheraton Drive.

**From North** – Take I-79 South to Exit 78. Exit right to the first intersection and turn left. Take Route 19 South and travel .5 miles to the 3rd light. Turn left on Freeport Road. Proceed 1 block to the intersection and turn right onto Sheraton Drive.

## Dress Code

- We want you to be comfortable... casual attire is appropriate.
- LAYER your clothing. It is difficult to find an appropriate temperature suitable for everyone.

## Continuing Education Credit

All sessions will be submitted to NAB for approval for credit. Personal Care Home Administrators, Assisted Living Administrators, and Nursing Home Administrators for 6 CEU and RN sessions are available for 4.5 CEU.



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## SCHEDULE THURSDAY AUGUST 8, 2019



|                 |        |   |
|-----------------|--------|---|
| 6:30am          |        | <b>REGISTRATION</b>   |
| 7:00am-8:00am   |        | <b>BREAKFAST with Exhibitors</b>  |
| 8:00am-8:30am   |        | <b>Opening Remarks – Margie Zelenak, PALA Executive Director</b>  |
| 8:30am-10:00am  |        | <p><b>Life is a Marathon Matt Jones</b></p> <p>How do you keep motivated when faced with adversity? This is an important question for leaders of successful organizations. What happens when change, burnout, or stress threatens continual growth? How do you increase productivity through passion and perseverance? In this talk, Matt provides solutions based on his experience of conquering cancer three times, surviving a bone marrow transplant, and completing seven marathons on seven continents.</p>  |
| 10:00am-10:30am |        | <b>BREAK with Exhibitors</b>  |
| 10:30am-12:00pm |        | <p><b>News from the Bureau of Human Services Licensing Sheila Page, BHSL Director of Operations</b></p> <p>This session will provide information on changes and clarifications related to regulations and inspections. There will be an opportunity for attendees to participate in a Q &amp; A.</p>  |
| 10:30am-12:00pm | RN CEU | <p><b>Managing Depression and Anxiety in the Older Adult Deborah Yackuboskey, Diamond Pharmacy</b></p> <p>The objectives of this session include: identifying and discussing factors which predispose the older adult to anxiety and depression and how these factors impact daily functioning, recognizing the signs and symptoms along with treatment and care options of anxiety and depression in the older adult.</p>  |
| 12:00pm-1:30pm  |        | <b>Lunch with Exhibitors</b>  |
| 1:30pm-3:00pm   |        | <p><b>Interior Design + Dementia: Innovative Ways to Revamp a Dementia Care Community Rachael Wonderlin</b></p> <p>We only recently began talking about interior design in relation to dementia, but it's a topic not many recognize as being incredibly influential in the day-to-day lives of adults living with cognitive impairments. How we set up and organize care communities makes a huge difference for the people living there. In this presentation, Rachael provides examples of how color, lighting, fabric choice, and even stuffed animals can impact dementia caregiving. She will also discuss easy ways to implement small but influential changes in care settings.</p> |
|                 | RN CEU | <p><b>The Prevention of Drug Diversion in PCH/ALR Christopher Cicuto, Diamond Pharmacy</b></p> <p>Learn the signs and behaviors associated with substance abuse, use disorder and diversion, the rules and regulations to consider when someone divers medications and considerations when developing site specific policy and procedures.</p>  |
| 3:00pm-3:30pm   |        | <b>Prize Awards and Snack</b>   |
| 3:30pm-5:00pm   |        | <p><b>Getting your Legal Affairs in Order when Transitioning to Personal Care/Assisted Living Julian Gray, Julian Gray Associates</b></p> <p>Certified Elder Law Attorney Julian Gray will be covering five major areas that need to be considered when transitioning to a community; Veterans Aid and Attendance Benefits, Correct titling of bank accounts, life insurance policies and beneficiary designations, Dealing with IRA's, 401k and other qualified plans, Disposition of the home, and Getting the right documents in order.</p>  |
|                 | RN CEU | <p><b>Inhalation Devices: Utilization and Proper Technique Nicholas M. Jellots, Diamond Pharmacy</b></p> <p>Management of airway disease is one of the few disease states where administration technique of the drug has a direct impact on the results of therapy. In this presentation we will review the many nuances to inhaled drug therapies and explore the proper techniques and utilization of inhaled devices. Whether it is you, your patients, or your own family member, everyone can benefit from proper education on the use of inhaled devices.</p>   |



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**6 CEU including 4.5 RN CEU**

**Opening Keynote – Matt Jones “Life is a Marathon”**

Conference Sessions include: BHSL Updates, Environmental Design and Dementia, Veterans Benefits, Managing Depression and Anxiety in the Older Adult, The Prevention of Drug Diversion in PCH/ALR, and Inhalation Devices: Utilization and Proper Techniques.

### Indicate Appropriate Registration Pricing

Registration Pricing

**Member Rate**

**Future Member**

\$100

\$200

### Please Complete the Required Registration and Payment Information

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

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

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

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

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

Food Allergy Requests: \_\_\_\_\_

By checking this box, I would like to opt-out of vendor emails.

**For NAB CEU for NHA: NAB ID Number** \_\_\_\_\_

**For RN CEU for RN certificate: RN License Number** \_\_\_\_\_

*(Certificate for RN CEU will be sent after the conference – you must sign in at each session)*

Check Enclosed in the amount of \$\_\_\_\_\_ payable to PALA.

Amount to charge my credit card \$\_\_\_\_\_  VISA  MasterCard  American Express  Discover

Printed Name on Card: \_\_\_\_\_

Authorized Signature: \_\_\_\_\_ Card Zip Code: \_\_\_\_\_

Card #: \_\_\_\_\_ Expiration date: \_\_\_\_\_ CVV: \_\_\_\_\_

### Three Ways to Complete Registration

EMAIL/SCAN: joan@pala.org

FAX TO PALA: (717) 695-9735

MAIL TO PALA: PALA - 105 North Front Street, Suite 106, Harrisburg, PA 17101

### Important Information

- Conference Cancellations are due by **Monday July 22, 2019** for full reimbursement. A check will be issued for all refunds less a \$5.00 fee if your original payment was made via a credit card.
- **Please note, the email provided on this registration form will be the contact email for any Conference announcements and receipts. You will receive a confirmation/receipt emailed from Joan DeLuca. This email address will receive the welcome email prior to the conference along with information after the conference.**