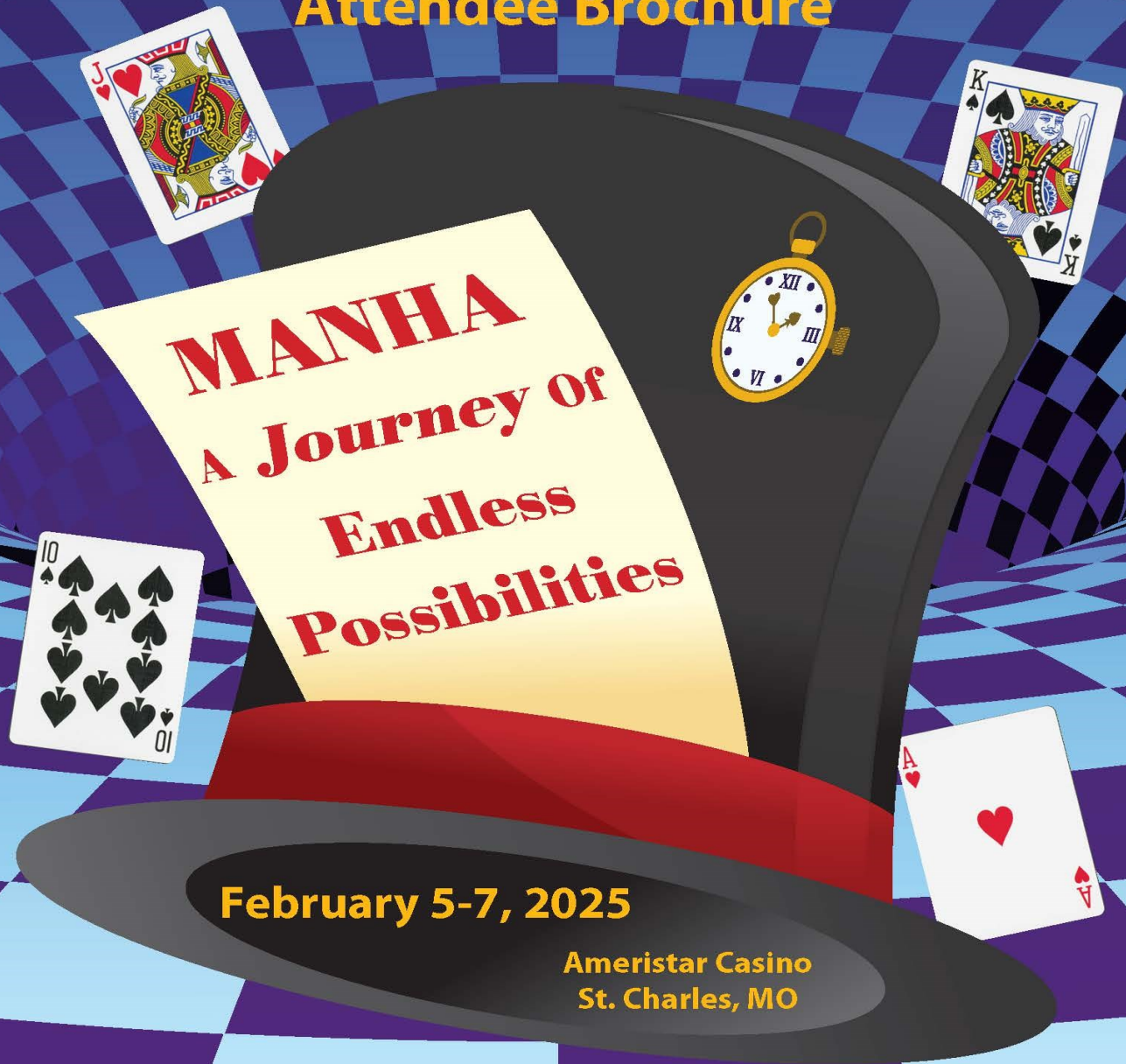


Missouri Association of Nursing Home Administrators

2025 MANHA Winterfest

Conference & Trade Show

Attendee Brochure



February 5-7, 2025

**Ameristar Casino
St. Charles, MO**

**915 Southwest Blvd. Ste J
Jefferson City, MO 65109
PH: (573)634-5345
Fax: (573)634-8590**



MANHA Winterfest

Missouri Association of Nursing Home Administrators is pleased to invite you to attend our Winterfest Convention and Trade Show. The goal of this conference is to provide long-term care administrators and their staff practical and inspirational education hours along with the opportunity to network and socialize with colleagues. It is also the only MANHA sponsored conference that provides you a chance to view the latest technology, products, and services offered by suppliers.

Thank you!

Joseph Shafer
MANHA President

Tim Nye
Convention Chair

Dottie Sharpe
Executive Director

Cancellation

Advance registration is preferred. All on-site registration fees will be **increased by \$50.00**. A full refund minus a \$50 processing fee, will be given if requested by January 31, 2025. No refunds will be given after that date. You may send a substitute.

Special Diets

If you have a special diet, please include that information on the registration form

Accreditation

Educational seminars are approved for 17 total CEUs of which there are a possible 6 Patient Care CEUs. Approved by the Missouri Board of Nursing Home Administrators (TA-029-12-25) All attendees will be issued certificates of attendance. **One hour of the 17 total CEUs will be given by obtaining pieces of educational materials from participating vendors in the exhibit hall.**

Hotel Information

Rate: \$142/night + \$10 resort fee

Ameristar Hotel & Spa One Ameristar Blvd., St. Charles, MO

Reservations: (855) 888-7273 or <https://book.passkey.com/event/50826282/owner/11552421/home>

*You must reserve your room no later than **January 17, 2025**.*

After that date, rooms are on availability basis only.



Wednesday

2/5

7:30 AM - 8:00 AM	Registration	CEUS
8:00 AM - 9:30 AM	You Just Have to Laugh <i>Presented by David Naster</i>	1.5
9:30 am - 9:45am	BREAK	
9:45 AM - 10:45 AM	Psychotropic Management & CMS Regulations <i>Presented by Paul Ruthman</i> <i>Speaker Sponsored by Infinium Pharmacy</i>	1 PC
10:45 am - 11:00 am	BREAK	
11:00 AM - 12:00 PM	Taming the Table: Meeting Wants, Needs and the Budget <i>Presented by Jennifer Parham, RD, LD</i> <i>Speaker Sponsored by Graves Foods</i>	1 PC
12:00 PM - 1:00 PM	Lunch	
1:00 PM - 2:00 PM	Using Assistive Technology to your Advantage in the Healthcare Space <i>Presented by Aaron Milligan</i> <i>Speaker Sponsored by Gray Matter Alliance</i>	1
2:00 PM - 4:00 PM	Break with exhibitors * <i>Only 1 CEU total available for participation</i>	*1 CEU
4:00 PM - 5:30 PM	Deconditioned Dreams: Rethinking Life in LTC for Aged 55 and Under <i>Presented by Wendy Boren</i> <i>Speaker Sponsored by QIPMO</i>	1.5 PC
6:00 PM	Reception - Ryse Lounge	

Thursday

2/6

7:30AM - 8:00 AM	Registration	CEUS
8:00 AM - 9:30 AM	I Know A Guy <i>Presented by Christopher Blomgren</i>	1.5
9:45 AM - 10:45 AM	Watch Out for Cyber Scams, Shams, and Shady Sh*t! <i>Presented by Burton Kelso</i>	1

Schedule

MANHA Winterfest

10:45 AM - 12:00 PM	Break with exhibitors * <i>Only 1 CEU total available for participation</i>	*1 CEU
12:00 PM - 1:00PM	<i>Lunch</i>	
1:00 PM - 2:00 PM	Concurrent Sessions	
	QIO <i>Presented by Nicky Martin</i>	1 PC
	HCBS Ins and Outs <i>Presented by Rena Cox and Jessica Schaefer</i>	1 PC
2:00 pm - 2:15 pm	break	
2:15 PM - 3:45 PM	Concurrent Sessions	
	PDPM and Wounds <i>Presented by Martha Kelso</i>	1.5 PC
	<i>Speaker Sponsored by Wound Care Plus</i>	
	Are You Smarter Than a Cheshire Cat? <i>Presented by Penny Worthley</i>	1.5 PC
3:45 pm - 4:00 pm	break	
4:00 PM - 5:00PM	How to Put AI to Work for Your Facility <i>Presented by Burton Kelso</i>	1
5:00 PM - 7:00 PM	Hospitality - room to be announced <i>Sponsored by Southern Bus & Mobility</i>	

Friday

2/7

7:30am - 8:30 AM	<i>Registration & breakfast buffet</i>	CEUS
8:30 AM - 10:00 AM	Mayberry Method <i>Presented by Rik Roberts</i>	1.5
10:00 am - 10:15 am	break	
10:15 AM - 11:15 AM	Leadership : Creating a Culture for Success <i>Presented by Mark Francis</i>	1
11:15 am - 11:30 am	Break	
11:30 AM - 1:00 PM	DHSS Update <i>Presented by Tracy Nickamp</i>	1.5

8:00 AM - **You Just Have to Laugh**

9:30 AM David Naster was a theater/psychology major in college. He soon realized he'd rather make fun of people instead of helping them. That's what lead him to becoming not just a comedian, but an internationally, well-known comedian. Naster was the only American Comedian to open for Celine Dion's World Love Tour. He has been a headline act for Norwegian Cruise Lines for 29 years, and he has received awards from colleges and TV for his comedic talents.

1.5 CEU Yet, underneath all of the laughs, David discovered that humor and laughter could heal the deepest emotional and physical pains. That led him back to his psychology roots, creating **You Just Have To Laugh (YJHTL)**. This one-of-a-kind brand and applicable philosophy inspires, encourages and brings joy to millions of people. By using real examples of real life from real people, David Naster speaks to professional and private organizations worldwide. His philosophy is endorsed by renowned physicians Dr. Patch Adams and Dr. Bernie Siegel as well as Herb Kelleher (founder of Southwest Airlines).

David Naster David is an award winning author and filmmaker. His books and films have been implemented at the Stanford Cancer Center, Mayo Clinic and MD Anderson Cancer Institute. Numerous Universities, Schools, Hospitals, Rehab Centers and Hospices worldwide also use the many episodes and books of **You Just Have To Laugh**. In his 40th year of making people laugh, David's passion and purpose is simple: **"To Help Heal the World, One Laugh at a Time."**

9:45 AM - **Psychotropic Management and CMS Regulations**

10:45 AM This lecture provides comprehensive overview of psychotropic medications within the Long-Term Care setting. Session focuses include: Appropriate use/diagnoses, CMS regulations for GDR's/Clinical Contraindications, risk/benefit of psychotropic medications in dementia.

1 PC CEU Attendees will also learn about management/mitigation of a variety of Adverse Drug Reactions from common psychotropic medications. **Paul Ruthman, PharmD** graduated with a PharmD from Drake University in 2012. He has worked in LTC ever since, as a staff/consultant pharmacist out of the St Louis area, and most recently with Infinium Pharmacy since 2017-- presently as their Pharmacy Director at Infinium-Republic. Paul is a board-certified geriatric pharmacist (BCGP), and licensed as a pharmacist in Missouri & Illinois.

Paul Ruthman

11:00 AM - **Taming the Table: Meeting Wants, Needs and the Budget In-Between**

12:00 PM Managing dining room dynamics and food preferences may feel like a day at the circus. Working to meet nutritional needs while honoring preferences and surprise special orders creates quite a strain for staff, residents, families and of course the budget. During this session we will explore creative ways to encourage consumption of the planned menu and strategies to regain control of always available orders. With dedication and hard work, it is possible to tame our tables once again, creating a positive food environment where needs are met, requests are reasonable, and the budget is balanced. **Jennifer L. Parham, RDN, LD**, is a registered and licensed dietitian with Graves Foods. She earned her undergraduate degree from Texas Tech University and completed her dietetic internship at the University of Kentucky. Her career history includes experience in various nutrition-related fields emphasizing clinical nutrition and public health. With Graves Foods, Jennifer serves customers in the states of Missouri, Kansas, Oklahoma, and Arkansas providing valuable tools and resources to promote facility goals while improving resident satisfaction and outcomes related to food service.

Jennifer Parham

1:00 PM - **Using Assistive Technology to your Advantage in the Healthcare Space**

2:00 PM You will be shown how easy to use technology can improve staff efficiency, maintain staff, and decrease medical errors. In addition to learning how AT helps staff, participants will also learn how it helps your resident stay safer and ,Independent, and healthier while aging in place within your community. You will also be introduced to ideas and products that are applicable to any age and any environment related to caregiving. **Aaron Milligan** has worked in the field of Geriatric Caregiving for over 30 years. He has worked in every aspect of Geriatrics from Skilled Rehabilitation, Long term Care, Assisted Living, Independent Living, Hospitalization Recovery, Memory Care, DME services, and Home Health. He currently is Co-Owner of Gray Matters Alliance. They specialize in the use of Assistive Technology to provide a wide range of assistance to Health Care Providers, as well as their patients/residents of all ages and in any environment.

Aaron Milligan



MANHA Winterfest

Wednesday, February 5, 2025

Education Sessions

4:00 PM -

5:30 PM

1.5 PC CEU

Wendy

Boren

Deconditioned Dreams: Rethinking Life in the LTC for Aged 55 & under

Life as a resident in long-term care isn't what anybody plans for. It's not a bucket list item. Nobody would rather play bingo than go to Bermuda. But life happens. As the long-term care industry is seeing a huge influx of residents aged 55 and younger, questions arise—what do we do with them? How do we manage that? Statements like: I'm didn't sign up for psych. They're a train wreck! But no worries! We'll do this together. There are already many homes with solid strategies out there and many more popping up. Join me as we talk through the behavioral and clinical needs of this population. We'll talk about staffing questions and give you some answers. We'll explore activities and menus and even restorative and cognitive therapy to help get these folks back on track.

Our jobs are to protect and enhance the physical, mental, and psychosocial wellbeing of our residents—and that means everyone! Join us to help figure out what that means for you! **Wendy Boren, RN, BSN** - Wendy is a clinical nurse educator for QIPMO. She supports and educates administrators, DONs and clinical nursing staff in the South-east region of Missouri. She has worked as a registered nurse in LTC for over 13 years in multiple administrative and clinical roles. Wendy serves on the board of directors for MC5 and the Southern 7 Medical Reserve Corp and is active in clinical emergency management.

Thursday, February 6, 2025

8:00 AM -

9:30 AM

1.5 CEU

Chris

Blomgren

"I Know A Guy"- Leveraging Relationships to Increase Resiliency in a Disaster

This presentation will cover what the idiom "I Know a Guy" means and how it applies to facility and community resiliency after a disaster. How to build a relationships through outreach, training and exercises, while simultaneously meeting CMS guidelines on emergency preparedness. **Chris Blomgren** retired from the volunteer fire service and public emergency management service after 31 years of public service. During his tenure with Kahoka & Clark County Fire and Emergency Management Agencies, Chris created interagency training and exercise plans incorporating hundreds of participants from rural Missouri annually. Additionally, as a volunteer leader with Team Rubicon, Chris designed the organization's first full-scale mobilization exercise incorporating dozens of agencies and over 100 volunteers, an event setting the standard for pre-planned events. Chris currently consults with healthcare facilities on rural healthcare preparedness, focusing on partnerships, planning, training and exercises. Chris holds an associate degree in nursing (RN), a bachelor degree in psychology and a master's degree in emergency preparedness. He has completed the Master Exercise Practitioner Program and National Emergency Management Executive Academy. Chris lives on a 23-acre homestead with his family where chainsaw and tractor work serve as his relaxation time.

9:45 AM -

10:45 AM

1 CEU

Burton

Kelso

Watch out for Cyber Scams, Shams, and Shady Sh*t!

Nursing homes are at the top of cyber criminals list because of the patient information they can use in order to commit fraud and identity theft. This session will show you how you can protect your facility from the latest cyber scams that are designed to trick you into giving up precious information. **Burton Kelso** is...

a consumer & business tv tech expert as well as a keynote cyber security technology speaker. He's frequently on your TV & radio helping people get the most from the technology a future-of-work keynote speaker, innovation thought leader, and advocate for the strategic advantage of a more diverse representation in the workforce. It's his belief when it comes to technology, it is any device that can expand our human potential. His keynote messages can be tailored to various conferences, events, and audiences— from intimate board discussions to large conferences for established organizations. Are you looking for one of the Top Motivational Business keynote Speakers near me or you to deliver an uplifting and funny keynote at your Sales Kickoff, Franchise Leadership Convention, or Association Conference? Book Burton Kelso today to discover how his authentic approach will transform you and your business to evolve into your best self.

1:00 PM - 2:00 PM **QIO Update**

PM

1 PC CEU

Concurrent

Session

Presented by **Nicky Martin, MPA, LNHA** is the QIPMO team leader and functions as a NHA Leadership Coach in Missouri. She began her LTC career in a 60-bed skilled nursing facility in 1996. Nicky serves as an advisor to administrators, DONs, corporate directors, CFOs, and CEOs on all facets of CMS regulations from facility assessments to operational management. Nicky holds a Master's Degree in public Affairs and a Bachelor's Degree in Accounting.

MANHA Winterfest

Thursday, February 6, 2025

Education Sessions

1:00 PM - **HCBS Ins and Outs**

2:00 PM
1 PC CEU
Concurrent Session

This session will provide a comprehensive overview of the RCF/ALF Personal Care Program through the Division of Senior and Disability Services. This overview will cover services offered, participant referral and eligibility process, and how to enroll as a Home and Community Based Services Personal Care provider. **Jessica Schaefer**, began her work with the Division of Senior and Disability Services in 2016 working various roles in the Home and Community Based Services policy and quality units. In 2021, she transitioned to the role of HCBS Programmatic Director and works closely with these teams. Jessica enjoys taking on new initiatives and making them a reality to create improved and quality processes to support the HCBS population. **Cindy J. Werdehausen**, started with Missouri Medicaid Audit and Compliance in 2011 as an auditor for Home and Community Based Service Providers (In Home, Consumer Directed, Adult Day Care, RCF and ALF). In 2016 she took over the administering of the In Home Designated Manager and moderator for the bi-annual Provider Update Meetings. She then transitioned from auditor to enrollment in 2017 where she processed new enrollments for HCBS providers. She was promoted to HCBS Contracts Supervisor in February 2024. She works closely with other units within MMAC and other divisions such as Division of Senior and Disability Services, MO HealthNet and Employment Security.

2:15 PM - **PDPM And Wounds**

3:45 PM
1 PC CEU
Concurrent Session

In the world of the Patient-Driven Payment Model (PDPM), the rate adjustment trends down the longer the client is admitted to the Skilled Nursing Facility (SNF). The push to get clients healed faster using advanced modalities is more important now than ever. This webinar will cover what you need to know and the resources for your PDPM success. The client with wounds has the potential to touch almost 20 categories in a PDPM payment model. Join us to discuss the payment model changes and advanced modalities for wounds to give your client the best outcome at healing possible. **Martha Kelso** is the Chief Executive Officer and founder of Wound Care Plus, LLC, one of the nation's largest mobile wound care providers. With over 20 years of experience in advanced wound care and 30 years of experience in healthcare, Kelso is a visionary and entrepreneur in the field of mobile medicine. "We identified a pressing need for access to high- quality wound management across the entire continuum of care." This is what motivated her to establish Wound Care Plus. Their skilled and caring wound specialists use innovative products and cutting-edge technology to treat individuals with wound or skin issues at almost any site of care. They pride themselves on bringing advanced wound care and clinical excellence, supported by evidence-based medicine, to clients and caregivers alike. **Amy L. Urlich** is a seasoned healthcare professional with over 13 years of diverse experience, particularly excelling in the field of wound care. With a robust background that includes five years in higher-level management, Amy has established herself as a leader in the healthcare industry, making significant contributions to both clinical and operational excellence. Currently, she serves as the Chief Operating Officer for one of the largest mobile wound care companies in the Midwest. In this role, Amy oversees a dynamic team and drives strategic initiatives that enhance patient care and operational efficiency. Her leadership has been pivotal in expanding the company's reach and improving the quality of wound care services.

2:15 PM — **Are You Smarter Than a Cheshire Cat?**

3:45 PM
1 PC CEU

This session will focus on the top deficiencies for ALF/RCF and teach you how to avoid them! **Penny Worthley, RN, LHNA** has owned and operated an ALF for the last 36 years along with her husband, Ron. She has taught in various capacities in LTC and in hospital settings since 1992. Penny received her LPN license in 1992, LNHA in 1992 and her RN license in 1995. She has been Board Certified in Geriatrics since 2001. She also has been a member of MANHA for over 30 years and served on many committees and served on the board of directors for many years.

4:00 PM - **How to Put AI to Work for YOUR Facility**

5:00 PM
1 CEU
Burton Kelso

If you're not using AI in your business, you're falling behind the curve as far as making sure your business is using the latest technology to help you stay ahead of your competition and to give valuable resources to your patients and your staff. This session will show you that if you can, Google, you can utilize AI. You will also learn which tools you can use in order to create flyers, do research, and reduce your workload. **Burton Kelso** is... a consumer & business tv tech expert as well as a keynote cyber security technology speaker. He's frequently on your TV & radio helping people get the most from the technology a future-of-work keynote speaker, innovation thought leader, and advocate for the strategic advantage of a more diverse representation in the workforce. It's his belief when it comes to technology, it is any device that can expand our human potential. His keynote messages can be tailored to various conferences, events, and audiences— from intimate board discussions to large conferences for established organizations. Are you looking for one of the Top Motivational Business keynote Speakers near me or you to deliver an uplifting and funny keynote at your Sales Kick-off, Franchise Leadership Convention, or Association Conference? Book Burton Kelso today to discover how his authentic approach will transform you and your business to evolve into your best self.

Friday, February 7, 2025

8:30 AM - Mayberry Method**10:00 AM****1.5 CEU****Rik****Roberts**

The Mayberry Method is designed to tune up your productivity and customer service soft skills. It is a perfect fit for groups who want to have fun and learn some actionable takeaways. Using healthy doses of humor, today's news, and some Mayberry magic, Rik weaves together a program with a through-line of servant leadership and customer focus. You will put yourself in the mindset and position of both customers and leaders dealing with tough scenarios. You will learn to solve problems and build lasting customer relationships. You don't have to be a Mayberry fan to play along (but it does add some fun). Your attendees will laugh, think, and actually USE the information delivered in this program. **Rik Roberts** is a Nashville, TN based comedian and speaker who focuses on providing 100% clean comedy and creative keynotes to groups who need a fun and engaging program. As a married man, and father of two young kids, Rik has found there are enough real life situations that we can all laugh at without going "below the belt". Family friendly comedy is his specialty. His programs are a good fit for association meetings, corporate groups, fund raising events, awards ceremonies and faith based events. Rik grew up in Kentucky working alongside his father on tobacco farms. The long days in the hot sun gave him a work ethic and motivation that he still taps into today. He spent eight summers working on thoroughbred horse farms. He often draws upon these experiences along with the rural way of life in his speaking engagements.

10:15 AM - Leadership: Creating a Culture for Success**11:15 AM****1 CEU****Mark Francis**

The purpose of this presentation is to empower leaders with the tools and strategies necessary to build a thriving work environment. **Mark Francis MS, LNHA** is the QIPMO leadership coach for the west and southwest regions of Missouri. Mark received his Masters of Science degree in Psychology in 1984. As an Administrator he built a team that worked together to receive multiple good surveys. He is experienced in all aspects of LTC leadership including building operations, financial performance, clinical outcomes and team building. As a QIPMO leadership coach Mark is committed to providing the training, tools, and encouragement for all staff, from front line to leadership, to become their best.

11:30 AM - DHSS UPDATES**1:00 PM****1.5 CEU**

Presented by Tracy Niekamp



Packages

Please fax registrations to: 573-634-8590

Member Administrators	Includes all educational sessions (total 17 CEUs –6 possible PC CEUs) & social functions, 2 breakfast, 2 lunch, 1 reception, breaks, & exhibit hall passes.	\$395
Prospective Member	Includes all educational sessions (total 17 CEUs –6 possible PC CEUs) & social functions, 2 breakfast, 2 lunch, 1 reception, breaks, & exhibit hall passes.	\$495
Staff/Associate Members/Spouse	Same as Member Administrator (no Administrator CEUs), Certificate of Attendance	\$225
Wednesday Only	Includes educational sessions (total 7 CEU's including 3.5 PC CEU), lunch, breaks, and exhibit hall pass.	\$175
Thursday Only	Includes educational sessions (total 6 CEU's including 2.5 PC CEU's), lunch, breaks, and exhibit hall pass.	\$175
Friday Only	Includes educational session (total 4 CEU's), breakfast, and breaks.	\$110

Attendees

A refund minus a \$50 processing fee will be given if requested by January 31st, 2025. No refunds will be given after that date. You may send a substitute.

Name:		Email:		
Company:		Package:	Admin #:	
Name:		Email:		
Company:		Package:	Admin #:	
Name:		Email:		
Company::		Package:	Admin #:	

Payment Method

- ☐ Credit Card—Please go to the following section or pay online at www.mlnha.org after you receive your invoice.
- ☐ Check made payable to MANHA
- ☐ Invoice emailed to:

Invoice must be paid prior to conference

Amount to be Charged: _____

Credit Card

Card Number	Exp. Date
Name on Card	Security Code
Billing Address	
City	State
	Zip Code



**See everyone June 8th-11th at Lodge of the
Four Seasons for our summer conference!!**