

Conference Schedule

- 7:30 - 8 a.m. Registration**
- 8 - 8:15 a.m. Welcome**
- 8:15 - 9:15 a.m. Treating Diabetes: Good Food IS Good Medicine**
Paul Yutan, MD, Providence ElderPlace physician
- 9:15 - 10:15 a.m. Meal Planning for Diabetes**
Meredith Kleinhenz, RD, LD, Providence ElderPlace dietitian
- 10:15 a.m. Break**
- 10:30 - 11:30 a.m. Managing Difficult Behaviors**
Dawn Green, RN, PMAB coordinator, Providence-Oregon Nursing Services Administration
- 11:30a.m.-12:30p.m. Lunch break**
- 12:30 - 2 p.m. Palliative Care's Place in Today's Health Care Environment**
Mary Grant, ANP, Providence Connections Palliative Care Consultation Service
- 2 - 2:15 p.m. Break**
- 2:15 - 3:45 p.m. Healthy and Fit Activities for the Frail and Homebound**
Jenny Coulter, PT, Providence Home Health
Dustin Razo, Providence ElderPlace life enrichment coordinator
- 3:45 - 4 p.m. Evaluations and CEUs**

General Information:

Target audience

This conference is designed for adult care home providers.

Continuing education

This program has **been approved for 6 CE** by the Oregon Department of Human Services, Seniors and People with Disabilities and the Office of Licensing and Quality Care.

Cost

\$85 per person when registering online with a credit card or electronic check.

\$95 per person when mailing in a check.

Continental breakfast and lunch are provided.

Directions to Providence Willamette Falls Community Center

From I-205 north or south, take Exit 10 and veer south onto Hwy. 213. At the first signal, turn right onto Prairie Schooner Road and then left onto Washington Street. The community center is on the corner of 15th and Washington streets.

Note

You must bring the confirmation notice with you to the conference. You will receive a confirmation notice via email when paying online. Your email address is required so that we can send you confirmation of registration. If you do not provide an email address, please call us at 503-215-6558 for confirmation.

If you have questions about this event, please contact us:

By phone: 503-215-6558

By email: Courtney.Willoughby@providence.org



Attn: Jennifer McGarry
6410 NE Halsey St., #300
Portland, OR 97213

Education Seminar for Adult Care Home Providers

Thursday, Sept. 11, 2014

**Providence Willamette Falls
Community Center**

519 15th St.

Oregon City, OR 97045

Registration and breakfast: 7:30 a.m.

Conference: 8 a.m. to 4 p.m.

You may register online at:

<http://tinyurl.com/20140911-HCS-ACH-event>

You may pay online (credit card and check) at:

<http://CEUpayment.notlong.com>

Or fill out this form and mail it with your payment (\$95/person).

Registration is not complete until payment is received.

Name: _____

Address: _____

City: _____

State: _____ ZIP: _____

Phone: _____

Email: _____

Your email address is required so that we can send you confirmation of registration. If you do not provide an email address, please call 503-215-6558 for confirmation.

Mail checks to:

Providence Hospice
Attn: Jennifer McGarry
6410 NE Halsey St., Suite 300
Portland, OR 97213

Make checks payable to: Providence HCS

If you have questions about this event, please contact us:

By phone: 503-215-6558

By email: Courtney.Willoughby@providence.org

Treating Diabetes: Good Food IS Good Medicine

Paul Yutan, M.D., Providence ElderPlace physician

This presentation will include a brief introduction on the pathophysiology of diabetes, the types of medications used to treat diabetes and the main risks of prescription medications. Information on nonpharmaceutical treatment options, including diet and exercise recommendations, will also be presented.

At the end of the session, attendees will be able to:

- Understand the mechanisms of how diabetes occurs
- Understand the options and categories of different pharmaceuticals to treat diabetes and the major risks associated with these drugs
- Learn what glycemic index is and how to use this information to plan a healthy “diabetic diet”
- Explore the connection between food and mood
- Better educate and motivate our diabetic patients on meal planning
- Become more empowered to make healthy changes in our diabetic population

Dr. Yutan finished his internal medicine training in California. He worked with Providence Medical Group from 2003-2012 and joined Providence ElderPlace in 2012. Dr. Yutan is trained in acupuncture through the Helms Medical Institute and has a part time medical acupuncture practice at Sherwood Family Medicine. Dr. Yutan enjoys integrating diet, dietary education and acupuncture into his conventional medical practice.

Meal Planning for Diabetes

Meredith Kleinhenz, RD, LD, Providence ElderPlace

Understanding how the amount and type of carbohydrates consumed affects blood sugars is an important component of managing diabetes.

At the end of the session, attendees will be able to:

- Identify the relationship between carbohydrates and blood sugar
- Define carbohydrate counting
- Determine the grams of carbohydrate in foods when using the nutritional food label and other carbohydrate-counting tools
- Design a menu and calculate the total grams of carbohydrate/meal

Meredith Kleinhenz graduated summa cum laude from the University of Missouri-Columbia’s Coordinated Program in Dietetics. Her work has spanned the lifecycle, from infants to the elderly, in community, acute, and long term care settings. Meredith has been with Providence ElderPlace for more than seven years.

Dealing with Difficult Behaviors

Dawn Green, RN, PMAB coordinator, Providence-Oregon Nursing Services Administration

Dealing with residents, families and even staff can be challenging. Those challenges can escalate when someone has unpredictable behavior. Attendees of this session will learn tips to de-escalate situations and ways to recognize cues that allow for earlier intervention.

At the end of the session, attendees will be able to:

- Understand prevention is the best way to avoid a dangerous situation
- Use interventions for de-escalation and learn ways to stay safe
- Recognize the key points in verbal de-escalation

Dawn Green has more than 30 years of experience as a nurse, mostly in behavioral health and psychiatry. She first worked as a trainer through Crisis Prevention Institute for Non Violent Crisis Intervention and now teaches “PMAB” (Prevention and Management of Assaultive Behavior) within the Providence system.

Palliative Care’s Place in Today’s Health Care Environment

Mary Grant, ANP, Providence Connections Palliative Care Consultation Service

As our population is aging, life expectancy is increasing and medical technology is becoming more sophisticated. Many of us have been lulled into a sense that death is optional. At the same time, medical providers are seeing more patients and have little time to share information. Palliative care promotes improved communication, improved symptom control, shared decision making, help with advance directives and POLST, and improved access to information and resources.

At the end of this session, attendees will be able to:

- Define palliative care services and differentiate palliative care from hospice

- Articulate where you might go to access more information on palliative care
- Discuss who might benefit from palliative care services

Mary Grant has been a nurse practitioner since 1985. She has done primary care for 17 years. She worked for eight years at The Oregon Clinic Gastroenterology clinic and has been part of Providence Connections for the past three years.

Healthy and Fit Activities for the Frail and Homebound

Jenny Coulter, MPT, GCS, Providence Home Health and Dustin Razo, Providence ElderPlace life enrichment coordinator

Physical activity is important for everyone regardless of age or disability. Maintaining strength and physical ability is not only important for a person’s physical being but also enhances the quality of life. This course will provide an overview of the activity programs available to residents through Elderplace and give attendees suggestions for practical activities they can incorporate with their residents.

At the end of the session, attendees will be able to:

- Demonstrate basic general exercises/activity to maintain or improve mobility in their residents
- Understand when to ask for referral to rehab for a more structured activity program

Jenny Coulter received her Bachelor of Science and Master’s in Physical Therapy degrees from the University of North Dakota, Grand Forks. She is board certified by the American Physical Therapy Association in Geriatrics. Her work experience spans the continuum of care, including acute care, outpatient clinics, long-term care, home health and community outreach.

Dustin M Razo completed degrees in business management and human resources at Portland State University. He worked as a transportation coordinator/ activities director at an assisted living facility, planning activities for 175 to 200 residents and family members. Dustin is trained in therapeutic exercises and currently works as a life enrichment coordinator for Providence ElderPlace in Irvington Village in Portland.