



LONG TERM CARE

SOCIAL WORKERS OF IOWA

Spring Conference ~ April 3-4, 2025

Cornerstone Church in Ames

3425 Turing St., Ames, Iowa

Thursday, April 3

- *A Changing Landscape at HHS*
- *Helping Patients Die with Dignity and Emotional Support*
- *Veterans Benefits Overview*
- *The Importance of Grievance Procedures in Long Term Care*
- *Demystifying the Funeral Experience: The Role of the Funeral in the Grief Process*

This program complies with the Iowa Board of Social Worker Examiners Rules for Continuing Education, meeting 5.5 general continuing education hours

Friday, April 4

- *Trauma Informed Care*
- *Understanding the Power of Music Therapy*
- *IPOST: Iowa Physician Order for Scope of Treatment: Honoring Treatment Preferences*
- *Dissecting Anxiety*
- *Tai Chi for Arthritis and Fall Prevention Basics*

This program complies with the Iowa Board of Social Worker Examiners Rules for Continuing Education, meeting 5.5 general continuing education hours

Important Information:

- Please dress in layers as temperatures are hard to control
- Vendors will be provided with your work contact information
- Contact director@lctswi.com for special diet requests
- **Registration Deadline is March 28**
- Questions? Contact 515-682-7907 or Director@LTCSWI.com

Guestrooms at AmericInn in Ames 2507 SE 16th Street

There are several hotels near the Conference Center at Cornerstone Church. We have reserved a block of rooms at AmericInn. The special guestroom rate of \$80 is available until **March 15, 2025**. To make reservations call 515-233-1005, and let them know you are with the Long Term Care Social Workers.

Conference Sessions: Thursday, April 3, 2025

A Changing Landscape at HHS

Cynthia Letsch, JD, Attorney at Letsch Law Firm



Medicaid is in transition, from the state to the federal level. The Iowa Dept. of Health and Human Services has revamped the intake process, and service delivery models still in development are expected to roll out July 1, 2025. Meanwhile federal budgetary and personnel changes may affect access to funding. This seminar will explore the IHSS new intake process, expected status of the Elderly Waiver Program under the new delivery model, case studies of irregularities already occurring, and include a discussion of how to be best prepared for the unexpected.

Helping Patients Die with Dignity and Emotional Support

Kelly Pettit, PsyD, Licensed Clinical Psychologist, Deer Oaks



Understand the stages of grief and loss and provide compassionate care to patients at their end of life. Explore the A, B, C, D model of Dignity Conserving Care. Identify considerations and techniques when providing end of life care assistance to patients with dementia. Recognize the impact of personal grief as a LTC provider and identify self-care strategies.

Veterans Benefits Overview

Erin Rewerts, CVSO, General Assistance Dir, Story Co General Assistance & Veterans Affairs



This presentation will give a brief overview of a multitude of benefits that Veterans are eligible to receive. It is intended to give a high-level review of what is out there for Veterans and their spouses. It will touch on eligibility to VA Health Care, Compensation and Pension benefits. Special attention will be given to the Veteran's benefits that Social Workers in your field of expertise are more likely to encounter.

The Importance of Grievance Procedures in Long Term Care

Christopher M. Dunn, RN, LTC Unit II Manager, Dept of Inspections, Appeals, & Licensing



The audience will gain a greater understanding of the regulatory expectations for the grievance process and how the grievance process can prevent complaints. The audience will: understand the regulatory requirements for the grievance process, expected steps in the grievance process, and how a strong grievance process can help prevent complaints coming to DIAL.

Demystifying the Funeral Experience: The Role of the Funeral in the Grief Process

Tiffany Taylor and Cheryl TanCreti, McLaren's Chapel-Resthaven Cemetery

Recognize the benefits of funeral rituals and their importance to survivors. Discuss the function of the funeral within the grieving process. Describe the steps in the funeral process, including timeframes for each step. Identify the Funeral Director's role and the resources a Funeral Director can provide. Communicate to family's basic information on funeral options and costs. Offer families conjective information to assist them in the funeral preparation and planning.

SCHEDULE: Registration begins at 8:00 a.m. First presentation starts at 8:30 a.m. with the last session concluding at 3:30 p.m.

Exhibitors Booths Available

Exhibitors are invited to support social workers who work in long term care settings by displaying their product or program at the conference. The registration deadline is **Wednesday, March 26, 2025**.

Handouts

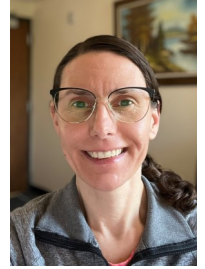
Attendees are required to print their own handouts. Handouts will be emailed and posted on our website. You will be notified by email when the handouts are ready.

Conference Sessions: Friday, April 4, 2025

Trauma Informed Care

Margaret Cowles, Ph.D., Licensed Psychologist, Deer Oaks

Provide a brief overview of Trauma-Informed Care (TIC) as it relates to long-term care (LTC). Review F tags and Surveyor Guidance related to TIC. Identify suggested strategies for working with residents with trauma histories.



Understanding the Power of Music Therapy

Rachael Willeke, MT-BC, Music Therapist-Board Certified, Director of Music Therapy Services at West Music Company

In this session you'll learn about the field of music therapy! We'll discuss the benefits of music that make it such a great tool for therapy and specifically focus on the impact of this service for folks in long term care settings. You'll come away with knowledge about how to find a local music therapist as well as the ability to differentiate between music therapy and recreational music activities.



IPOST: Iowa Physician Order for Scope of Treatment: Honoring Treatment Preferences

Christine Harlander, MSN, ARNP, Nurse Practitioner, St. Croix Hospice

Describe the purpose of the IPOST paradigm program. Identify skills to initiate IPOST-type conversations with persons with serious life-limiting illness, designated healthcare agents, and their loved ones. Learn skills to assist in making informed end-of-life treatment preferences, to include CPR, limitations on treatment, time-limited trials, and comfort care.



Dissecting Anxiety

Kirby Rowl, LISW, Therapist, Southern Iowa Mental Health Center

This session will clearly outline the varying components of anxiety, then break down strategies for mitigating both chronic and acute symptoms. We will define anxiety and discuss strategies for coping with it proactively, in the moment, and retroactively.



Tai Chi for Arthritis and Fall Prevention Basics

Stephanie Labenz, MS, RD, LD, Nutrition and Wellness Specialist, Aging Resources of Central Iowa

Ever wonder what the ancient Chinese exercise, Tai Chi, is all about? Join this interactive session to warm up with balance and fall prevention movements. Learn the principles of Tai Chi. Discover warm up movements that help with balance and fall prevention.

SCHEDULE: Registration begins at 8:00 a.m. First presentation starts at 8:30 a.m. with the last session concluding at 3:30 p.m.

Payment

Register and pay online at LTCSWI.com/Events. Credit cards are accepted for online registrations only. OR Checks payable to LTCSWI can be mailed to: LTCSWI, 1040 Market Street, Carlisle, IA 50047

Cancellation Policy

Fees will be refunded if requested by March 28. Refunds after that date due to personal emergency, must be requested in writing. We will retain \$50 to cover expenses.

Ceci Johnson, Executive Director, Director@LTCSWI.com or 515-682-7907



LONG TERM CARE SOCIAL WORKERS OF IOWA

Registration Form Spring Conference ~ April 3-4, 2025

Space is limited, so register early!

Payment Options:

1. Register and pay online by credit card at LTCSWI.com/Events **OR**
2. Register by completing this form and mailing your check to the address below

Name _____

Facility/Agency _____

Facility Address _____

Daytime Phone # _____

Professional License # _____

E-Mail : _____

**Email Address Required For Registration Confirmation
and Handout Notification**

If you do not receive registration confirmation or handout notification before the conference, contact Director@LTCSWI.com or 515-682-7907

Conference Registration

- \$175 **Member Fee** for both days
- \$275 **Non-Member Fee** for both days
- \$125 **Member Fee** for Thursday
- \$225 **Non-Member Fee** for Thursday
- \$125 **Member Fee** for Friday
- \$225 **Non-Member Fee** for Friday

Note: Retiree & Student Fees Discounted 50%

LTCSWI Membership

- \$75 **Membership Fee** to join/renew

Please send check payable to:
LTCSWI
1040 Market Street
Carlisle, IA 50047

Ceci Johnson, Executive Director, Director@LTCSWI.com or 515-682-7907

(For Association Use Only)	
Received _____	From _____
Check Date _____	Check # _____
Confirmed _____	Amount \$ _____