



NORTH
Dakota Be Legendary.
Health & Human Services

**20
24** | North Dakota
Symposium on Adults,
Aging and Disabilities

April 17 and 18, 2024

Sponsored by:

Health and Human Services
Adult and Aging Services Section

Behavioral Health Division
Minot Commission on Aging Inc.

North Dakota Lifespan Respite Grant

Shifting Ageism & Ableism
to Empowerment

Chair Yoga

The Neurological Effects
of Aging

Nutrition to Support Well-
Being & Independent Living

Understanding Memory Loss,
Dementia & Dementia
Communication

Utilizing Video Care Plans for
Times of Transition

Non-Pharmacologic
Approaches for Managing (&
Preventing!) Challenging
Dementia Behavioral
Symptoms

Narcan Information
& Distribution

Ethics in Supporting
Dignity of Risk

Incarceration, Mental Health
& Addiction

**Bismarck Public Schools
Career Academy**

1221 College Drive
Bismarck, ND 58501

(855) 462-5465

April 17 – 18, 2024

AGENDA
WEDNESDAY, APRIL 17, 2024

08:00 AM	Continental Breakfast		
08:30 AM	Welcome – The Vision	Nancy Nikolas-Maier	Focused on a macro view of systems change work that is being done to support adults with physical disabilities who want to receive long-term services and supports in the most integrated setting. Learn strategies to create an effective, efficient, and person-centered home and community-based service system.
09:15 AM	Stand Break		
09:15 AM	Keynote: Shifting Ageism & Ableism to Empowerment	Michelle Daniel, NHA, MHA, CFRE	Learn to identify ageism and ableism, and review and discuss how it leads to loneliness, helplessness, and boredom, and review the Eden Alternative Domains of well-being and conditions of empowerment.
11:15 AM	Lunch on Your Own		
12:30 PM	Chair Yoga	Sigrd Streebe, ERYT500, YACEP	Learn how the practice of chair yoga is beneficial to overall wellbeing and how to integrate it into self-care. Benefits include increased mobility, strength, body stretching, reduced stress, reduced pain, and clearing of the mind with can reduce burnout for professionals and improve personal health.
01:00 PM	The Neurological Effects of Aging	Dr. Ralph Dunnigan, MD	Hear important insights into the neurological consequences of aging and how to help elderly clients maintain cognitive abilities through healthy lifestyle choices, early detection and treatment of neurological disorders.
02:00 PM	Stand Break		
02:05 PM	Nutrition to Support Well-Being and Independent Living	Melissa Baumbach, MS, RDN, LD	Quality nutrition supports well-being and independent living. Explore the dietary needs of the aging population and tools available in making healthy diet and nutrition choices. Learn about innovative nutrition programming to promote well-being and independent living.
03:10 PM	Refreshment Break		
03:30 PM	“I Already Told You... Don't You Remember?” Understanding Memory Loss, Dementia & Dementia Communication	Erin Bonitto, MS, ADC	Discover the essential differences between age-associated memory impairment and Alzheimer's disease, reducing frustration by learning the language of dementia and communication strategies to prevent or decrease the intensity of challenging behavioral symptoms ensuring meaningful connections for you and the person with dementia.
05:00 PM	Day 1 Closing		

AGENDA
THURSDAY, APRIL 18, 2024

08:00 AM	Continental Breakfast		
08:30 AM	Utilizing Video Care Plans for Times of Transition	Michelle Daniel, NHA, MHA, CFRE	This session will review and discuss a case study in Mississippi when the Department of Justice required the relocation of numerous individuals living at ICF-IDD campuses to live in intermediate care facilities for individuals with intellectual disabilities. It will also review and discuss the creation of video care plans and review the use of them as a tool to equip team members and elders for a successful transition.
10:00 AM	Refreshment Break		
10:15 AM	Non-Pharmacologic Approaches for Managing (and Preventing!) Challenging Dementia Behavioral Symptoms	Erin Bonitto, MS, ADC	Care providers understand the importance of using non-pharmacologic approaches for challenging behavioral situations. But often, the question is: "How exactly do we do this?" During this session, we will explore this question through real-world examples. Topics include dementia communication strategies, individualized programming, and recognizing triggers. Finally, participants will explore ways to involve the whole team to answer the question: "What important message is the person communicating through this behavior?"
11:45 AM	Narcan Information and Distribution	Amy Lies, BSN	Learn about Narcan and how to use the lifesaving medication and the impact it has on individuals experiencing overdose.
12:00 PM	Luncheon – Onsite. <i>Provided by Mystic Marketplace</i>		
01:15 PM	Ethics in Supporting Dignity of Risk	Lea Saga, MSW	Explore the concept of dignity of risk, the ethical considerations surrounding it, and its application in various contexts. Discuss the benefits and drawbacks of embracing the dignity of risk and strategies for promoting it while ensuring safety. Reflect on personal attitudes towards risk-taking and ways to advocate for the dignity of risk in professional and personal settings. Evaluate the role of policies and regulations in facilitating or hindering the implementation of the dignity of risk principles.
03:15 PM	Refreshment Break		
03:30 PM	The F5 Project	Adam Martin	What began in 2016 as a way of improving the lives of formerly incarcerated individuals in Fargo, ND, the non-profit has evolved into a statewide initiative to bridge resources and provide full-spectrum services to people struggling with incarceration, mental health, and addiction.
04:30 PM	Day 2 Closing. Complete Your Evaluation.		

SPEAKER BIOGRAPHIES



Melissa Baumbach MS, RDN, LD

Melissa is the vice president of operations for Dietary Solutions Inc. Melissa earned her degrees from The Ohio State University and has 25 years of experience as a dietitian. Melissa's passion for improving the lives of older adults through health and nutrition has led to a career spent serving those in a variety of settings including community and health care settings. She values cultivating relationships and enjoys sharing her nutrition knowledge through education and discussions.



Erin Bonitto, MS, ADC

Erin is a nationally known dementia educator and communication coach who founded Gemini Consulting. She spends most of her time in skilled nursing homes, assisted living centers and memory care neighborhoods, helping team members become the best dementia communicators they can be. Erin has always cherished opportunities to connect with families. A recent diagnosis of dementia in her own family has added depth to her knowledge that only those who have a loved one with dementia can understand. She knows what it is like to grieve the person's losses while celebrating their remaining strengths. Erin is a certified activity director with a master's degree in gerontology.



Michelle Daniel, NHA, MHA, CFRE

Michelle is the president and chief executive officer of the Eden Alternative, a nonprofit organization dedicated to improving the well-being of elders and their care partners. She has worked in the long-term care field since 1995 and has experience in skilled nursing homes, assisted living centers and intermediate care facilities for individuals with intellectual disabilities campuses in Mississippi, Tennessee, and Louisiana. She has a bachelor's degree in psychology and a master's degree in health administration. Michelle is a licensed nursing home administrator and has served as a preceptor for four administrators in training.



Dr. Ralph Dunnigan, MD

Dr. Dunnigan is a neurology specialist in Bismarck, N.D. and has 35 years of experience. He graduated from the University of North Dakota School of Medicine and Health Sciences in 1989 and completed a residency at the University of Wisconsin Hospital and Clinics.

SPEAKER BIOGRAPHIES



Amy Lies, BSN

Amy Lies is the opioid addiction administrator with North Dakota Health and Human Services Behavioral Health Division. Amy graduated from North Dakota State University with a bachelor's degree in nursing. She has experience in rural health care, working with individuals with disabilities and most recently with behavioral health, specifically addiction.



Adam Martin

Adam, the chief executive officer and founder of the F5 Project, leads a unique nonprofit that disrupts the cycle of crime, addiction and isolation. Adam's personal journey, growing up in the foster care system and facing his own legal challenges, inspired him to provide a different kind of support. He left his private sector job to become a resource for individuals transitioning out of jail, offering personalized support to deter repeat offenses and give countless felons a second chance at a better life.



Nancy Nikolas-Maier

Nancy has 30+ years in aging and home-based services. She holds a bachelor's degree in psychology and a master's degree in public and human service administration from Minnesota State University Moorhead. As the director of the HHS Adult and Aging Services Section, she has spent the last 24 years administering programs for the elderly and disabled.



Lea Saga, MSW

Lea graduated with a master's degree in social work in 2007 and has been a licensed master social worker since then. Her clinical interests include geriatric mental health, grief, loss and adjustment issues across the lifespan. Lea is an active member of the National Association of Social Workers and has completed ongoing training in the area of older adult mental health, bereavement and anticipatory grief.



Sigrid Streebe, E-RYT500, YACEP

Sigrid began practicing yoga in 2001 after joining a friend's class. Yoga changed her life and led her to explore other aspects of health and spiritual fitness. In 2008, Sigrid opened Transitions Yoga and has two studios, one in Bismarck and one in Mandan.

ADDITIONAL INFORMATION

Accommodations

Individuals requiring special accommodations, including special dietary requirements please contact Nicole Divine at ndivine@nd.gov.

Americans with Disabilities

All Bismarck Public School (BPS) facilities are ADA compliant.

Local Dining Establishments



There are several restaurants within a 5 mile radius of the Career Academy. Some local favorites include A & B Pizza, Brick Oven Bakery, EAT Thai Café, Maya's Mexican Restaurant and The Walrus. Scan the QR code or click on the following link to find local dining establishments using Google Maps. <https://maps.app.goo.gl/Cm7dAgWM8UR8N18JA>

Tobacco Free Campus

BPS Career Academy is a smoke-free campus. Tobacco use of any kind is not permitted on campus at any time. Tobacco usage includes all tobacco products, including, but not limited to cigarettes, cigars, pipes, e-cigarettes, chewing tobacco, snuff, smokeless pouches, and other forms of loose-leaf tobacco. This prohibition includes all interior space, rest rooms, corridors, lobbies, private offices, outdoors, and college/state vehicles. This policy applies to all employees, students, and visitors.

Thank You To Our Presenters

Presenter presentations and supplemental information will be made available electronically on the conference webpage. <https://www.hhs.nd.gov/human-services/adults-and-aging/nd-symposium>

Thank You To Our Sponsors

- ◆ Bismarck Public Schools Career Academy
- ◆ Bismarck-Mandan Convention and Visitors Bureau
- ◆ Lifespan Respite Grant
- ◆ Minot Commission on Aging, Inc.
- ◆ North Dakota Health and Human Services Adult and Aging Services Section and Behavioral Health Division
- ◆ Souris River Telephone Cooperative

TELL US HOW WE DID



Thank you for choosing to attend our conference! Please take a few minutes to complete our survey. Scan the QR code or click on the following link. <https://forms.office.com/g/Wm9iPRRP2g>. Your feedback helps improve future events.

CONTINUING EDUCATION UNIT (CEU) CREDIT

Please take note of the following information:

Social Workers: HHS Adult and Aging Services Section is approved by North Dakota Board of Social Work Examiners as a Social Work Continuing Education provider. The continuing education programs offered are already board-approved, so there is no need to request additional approval.

Nurses: North Dakota Board of Nursing (NDBON) recognizes providers of CEU, which includes healthcare regulatory boards. If the content is appropriate for nursing, nurses may use contact hours earned from this continuing education to meet NDBON licensure renewal requirements. The HHS Adult and Aging Services Section will provide certificates mirroring those of social work.

To help you keep track of the classes you attended, we have provided the following list.

Time	Session Title	CEUs	My CEUs
4/17/24, 08:30 AM	Welcome - The Vision	0.50	
4/17/24, 09:15 AM	Shifting Ageism & Ableism to Empowerment	2.00	
4/17/24, 12:30 PM	Chair Yoga	0.50	
4/17/24, 01:00 PM	The Neurological Effects of Aging	1.00	
4/17/24, 02:05 PM	Nutrition to Support Well-Being and Independent Living	1.00	
4/17/24, 03:30 PM	“I Already Told You... Don’t You Remember?” Understanding Memory Loss, Dementia & Dementia Communication	1.50	
	Day 1 – Total CEUs	6.50	
4/18/24, 08:30 AM	Utilizing Video Care Plans for Times of Transition	1.50	
4/18/24, 10:15 AM	Non-Pharmacologic Approaches for Managing (& Preventing!) Challenging Dementia Behavioral Symptoms	1.50	
4/18/24, 11:45 AM	Narcan Information and Distribution	0.25	
4/18/24, 01:15 PM	Ethics in Supporting Dignity of Risk	2.00	
4/18/24, 03:30 PM	The F5 Project	1.50	
	Day 2 – Total CEUs	6.75	
	Two-Day Total*	13.25	
	<i>*Including 2 Ethics Contact Hours</i>		

Request Certificate of Completion and Continuing Education Credits

At the end of the conference, confirm your attendance and request a certificate of completion. Open your smartphone's camera app and scan the QR code at the bottom of this page. Click on the notification that appears on your screen, and it will take you to the form where you can request your certificate. We will email your certificate within 30 days.



<https://forms.office.com/g/y59Ny0t2P2>

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Health & Human Services

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