

**Attendee Registration** (*Continental breakfast*)  
8:15am to 9:15am

**Opening Remarks** (*Welcome introduction*)  
9:15am to 9:30am

**3 Concurrent Department Specific Education Sessions, please choose ONE session to attend in the morning (9:30am to 11:30am)**

• **FOOD SERVICE EDUCATION SESSION**

9:30am to 10:30am **Jayne Harvey: Meaningful Mealtimes**-Challenging staff to creatively provide one of the few pleasures left to frail individuals by exploring comfort through the senses.

10:30am to 11:30am **Season's Care Inc.: Kyle Donovan: Hospitality for Boomers**-How to attract residents, retain staff and maximize profitability through innovative food service and exceptional dining experiences.

• **CLINICAL EDUCATION SESSION**

9:30am to 10:30am **ArjoHuntleigh Canada: Sarah Hartman, RN IIWCC-Adverse Effects of Resident Immobility**: Overview of Common Causes of Immobility; Deconditioning Effects, including Muscle Atrophy, Contractures, Osteoporosis, Cardiac Complications, Pulmonary Complications, Fluid Balance, Skin Integrity, Gastrointestinal Changes, Urinary System Impact, Metabolic & Nutritional Changes and Psychosocial Complications. Overview of common Immobility Risk Factors; possible Preventative Strategies for consideration.

10:30am to 11:30am **Medigas: Nancy Gibson-Obstructive Sleep Apnea (OSA) and Sleep Awareness**: Sleep Apnea consists of periodic periods where breathing stops during sleep. It is very common, occurring in all age groups. This presentation will cover what exactly obstructive sleep apnea is, symptoms, how it is diagnosed, treated and complications. This will include a review of Continuous Positive Airway Pressure (CPAP) devices and masks. As well, a review of strategies for shift workers when sleeping, sleep hygiene and drowsy driving will be discussed.

• **HOUSEKEEPING /LAUNDRY EDUCATION SESSION**

9:30am to 10:30am **Altro Canada Inc.: Susan Johnson: Designing for an Aging Population**: an informative seminar examining the difficulties seniors face with everyday tasks and how designing interiors to meet those needs creates a safe and comfortable environment.

10:30am to 11:30am **MIP: Chris Pompeo: Swift Ultra-Slide System for Resident Repositioning**: Presentation will focus on the ease of use and benefits to the care staff and residents of a linen based repositioning system that remains on the bed between uses. Topics will include – How to use. In-service support. Cleaning & Handling.

**The Revolution Linen System**: Presentation will focus on the benefits of a linen & delivery system that is designed to eliminate the folding of many of the everyday linen items. Topics will include – The No Fold Clean linen Cart. No Fold Ultra-Knit Linens. The Clean Linen Discard Program. The Benefits of Soil Sorting on the Home Area.

**Tradeshaw** (*During this time take advantage to speak to our Preferred supplier partners face to face. There will be lots to see and learn!*)  
11:30am to 1:30pm

**Lunch** (*Networking lunch*)  
12 Noon to 1:30pm

**Keynote Speaker: John Keating**  
1:30pm to 3:00pm

John Keating is the owner of Keating Senior Safety Consulting and Private Investigation Services. John's wife Lena is the President of the company and the Boss !!!!! John is a retired police officer with 31 years of experience in many different areas of policing. The majority of John's career was spent investigating elder abuse in particular, allegations of abuse in long term care homes and retirement homes. John is a true advocate for the protection of vulnerable persons and he also understands the challenges faced by long term care homes and their staff. He is an advocate for changes in the long term care sector including systemic issues that need to be addressed at the government level. John provides training and education in long term care and retirement in the areas of abuse/neglect, workplace harassment/bullying, working with challenging families as well as an investigation workshop for management. He is a sought after speaker and has traveled throughout Canada and internationally speaking on the subject of elder abuse. John has written many newspaper and magazine articles on issues important to seniors. As well for past 5 years he has hosted a television talk show called "Seniors Talk with Sergeant John" to educate seniors and their families on issues of importance to them. He works hard to bring about the systemic changes that are needed in the long term care system that will make life better for the residents as well as staff.

**"The Changing Face of LTC"** John discusses the industry concern of younger more physically capable residents moving into LTC homes with a focus on violent, aggressive residents and those with challenging mental health concerns now residing with older frail residents.

**Closing Remarks and Prize Draws**  
3:00pm to 3:30pm

**Sandra Curcio** *National Sales Consultant, Silver Group Purchasing  
A Division of Extendicare Canada*

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