

TRALI SPRING SEMINAR

Lydia Restivo, RN,CDONA



Lydia has been involved in long term care for over thirty-five years. Presently, Lydia's role is the Quality Assurance Consultant for Healthcare Compliance Group, LLC. In this position Lydia provides her regulatory expertise to clients and the Long Term Care industry. Lydia's unique qualities and ability to identify problems and cultivate change makes her a valuable asset to her clients and to the company she represents. For the past several years, she has used her extensive experience to develop and present educational seminars devoted to providing facility staff with state-of-the-art information on a multitude of issues.

Karen Nash



Karen Nash is the Director of Therapeutic Recreation at the Gurwin Jewish Nursing and Rehabilitation Center. She is a CTRS, has her Master's Degree in Therapeutic Recreation Education and is a REIKI Master. Karen has lectured on many topics for local and state professional conferences and is the co-author of the Manual for Recreation Therapy in Long Term Care.

Jack Zaffos, CTRS



Jack Zaffos has experience working with persons with mental retardation and developmental disabilities. He also specializes in Psychiatric Rehabilitation skills training.

Tami Racaniello

Tami Racaniello is a Health Empowerment Coach, Fitness Professional, & Raw Food Chef teaching individuals & groups how to easily balance life, exercise and healthy eating.

Domenico's of Levittown
3270-A Hempstead Turnpike
Levittown, NY 11756
Phone (516) 735-5535

From the Southern State Parkway:

Take the Southern State Parkway to Wantagh Parkway North (Exit 27N). Continue on the Wantagh Parkway to Hempstead Turnpike East (Exit W3-E). After exiting the parkway, make a left at the Stop Sign and a right onto Hempstead Turnpike at the traffic light. Continue on Hempstead Turnpike approximately 1 Mile. Look on your right for the King Kullen Shopping Center and turn into the parking lot. Domenico's is located in the southwest corner.

From the Northern State Parkway:

Travel on the Northern State Parkway to Wantagh Parkway South (Exit 33). Continue on Wantagh Parkway to Hempstead Turnpike East (Exit W3-E). After exiting the parkway, bear right and then turn right at the first light onto Hempstead Turnpike. Continue on Hempstead Turnpike approximately 1 Mile. Look on your right for the King Kullen Shopping Center and turn into the parking lot. Domenico's is located in the southwest corner.

From the Long Island Expressway:

Take the Long Island Expressway to the Seaford Oyster Bay Expressway South (Exit 44 S). Exit the Seaford Oyster Bay Expressway at Hempstead Turnpike going West (Exit 7W). Continue West approximately 1.5 miles and look for the King Kullen Shopping Center, located at the Gardiners Avenue Intersection. Turn left onto Gardiners Avenue and stay in the right lane. Turn into the King Kullen Shopping Center, where Domenico's is located in the South-West corner



**TRALI-Therapeutic Recreation Association
of Long Island**
"Enriching our Knowledge in TR"

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Recreation Association
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**TRALI
SPRING SEMINAR
2012**



Date: 4/25/12Wed.

Time: 8:30 AM

Domenico's of Levittown
3270-A Hempstead
Turnpike
Levittown, NY 11756
Phone (516) 735-5535

TRALI SPRING CONFERENCE 2012 .5CEUs

8:30 Registration

8:45-10:15 Program Length: .15

Speaker: Lydia Restivo,

RN,CDONA Title: Quality

Assurance: The Key to

Compliance

Program Description: Federal regulation F520 (42 CFR 483.75): Quality Assurance, requires each facility to have a Quality Assurance Committee that identifies quality deficiencies and develops and implements plans of action to correct these quality deficiencies. With MDS 3.0 and the QIS Survey Process, the TR Director must play a major role in developing a viable Recreation/Activities Quality Assurance Program. This will not only help prepare your facility for the QIS but will help to increase Resident satisfaction and Quality of Life. **Learning Objectives:** At the conclusion of the session, the participant will:· Understand how the MDS 3.0 and QIS survey process impacts the facility's QUALITY ASSURANCE PROGRAM· Know techniques on how to apply the Quality Assurance Process as it relates to the Therapeutic Recreation· Be able to verbalize frequently cited deficiencies and compliance

10:20-11:50

Program Length: .15 hour

Speaker: Jack Zaffos, CTRS

Therapeutic Recreation programming for persons with psychiatric diagnoses who reside in Long Term Care Facilities.

I Diagnoses relevant to this presentation

Schizophrenia, definition and symptoms, Bi polar Disorder, definition and symptoms, Schizoaffective Disorder, definition and symptoms, Anxiety disorders, definition and symptoms

1. panic disorder
2. phobic disorders
3. post- traumatic disorder
4. Obsessive compulsive disorder

Personality Disorders

1. Borderline
2. Narcissistic
3. Anti Social (includes those also from criminal justice system)
4. Passive dependant

Adjustment Disorder Acute temporary symptoms

1. Adjusting to loss of functioning.
2. Loss of family member
3. Living in a new environment

Of those with Psychiatric diagnoses, there are differences in social functioning, life skills and leisure skills and where one might fall on the leisure ability continuum.

- A. Those with psychiatric diagnoses all their lives but lived in community all their lives then admitted to Long Term Care.
- B. Persons undiagnosed but now show brought out by Long Term Placements (as differentiated from organic dementia)
- C. Persons who have been recipients of Mental Health Services most of their lives with frequent or lengthy admissions to an inpatient psychiatric unit.
- D. MICA clients Mentally Ill chemical abusers.

Lunch 12:00-12:45

12:50-2:20

Speaker: Karen Nash

Length: .15 hours

Program Description:

"The Healing Mind" Workshop Background Information: "The Healing Mind" Workshop was developed by Karen Nash in 1989. It has won the 1994 NYS Department of Health Best Practices Award and the 2001 "Innovations in Practice" Award from the Centers for Medicare and Medicaid Reimbursement.

WORKSHOP OBJECTIVES

It is a well known fact that the mind can affect our physiology. As a result of participating in this workshop, participants will learn:

- a) The effects our thoughts, attitudes and behaviors have on our physical health.
- b) How to empower the client to take control of their psychological, emotional and spiritual well being
- c) Research information in Psychoneuroimmunology

2:25-3:55

Speaker: Tami Racaniello CPT-HFI

Length: .15 hours

Program Description:

- The benefits of exercise and meditation for the senior population.
- The components of an exercise program, including flexibility, balance, strength, and stretching.
- Establishing levels of ability
- Evaluating surroundings for types of exercise & any props available, such as bands, tubing, bodyweight exercises, or exercises utilizing chairs or walls.
- The teaching of gradual progression techniques to allow for easier teaching of exercises, as the seniors learn to tune in to their bodies.
- The importance of meditation, including distraction, & coping with day to day stress, better sleep quality)
- Different ways to meditate including use of breathwork, using guided meditation techniques, and moving meditations such as tai-chi or yoga.

Participants will learn to work with seniors based on topics mentioned above.