

OVERVIEW

What an amazing year for WSRCC! We have accomplished exactly what we set out to do! Now – our possibilities are so exciting!

We have positioned ourselves to continue our education to both:

1. Provide the best possible care for our residents; and
2. Create a successful, prosperous business.

This conference is our 13th annual educational offering. **Our speakers are nationally known!** We are again sponsored by the **University of Washington NW Geriatric Education Center.** The “mystery” of running our adult family homes can be solved by what we can learn in these 2 days.

Take advantage of networking with other adult family home providers and caregivers; laughing and sharing common problems – solving mysteries together.

Visit our benefactors and vendors. Allow them to help you with services and supplies that can further untangle other problems and make life easier.

LEARNING TRACKS

There are many opportunities for classes taught by nationally recognized faculty.

There are three tracks both Monday and Tuesday:

TRACK A: RESIDENT TRACK (resident health issues)

TRACK B: SPECIALTY TRACK (dementia, mental health, and developmentally disabled)

TRACK C: CAREGIVER TRACK (self care issues for all of us)

KEYNOTE SPEAKERS

This year we have two keynote speakers on Monday morning.

Mary Sharp and Rachel Kail are an absolutely unique mother/daughter speaking team. They have addressed major international conventions as well as small groups across the US and Canada. Their presentations are known for captivating candid

photos, gripping video clips, “laugh out loud” humor, and tearful reflections. Their own words describe their work best:

“We think the glue that holds the team together is the knowledge and use of strong, solid communication skills. When all who share an interest in achieving extraordinary care know how to listen to each other, quickly correct minor conflicts, and work together to solve problems, good things happen... for everyone”.

AUCTION

Our auction is held each year to support our legislative fund. It will again be on Tuesday at the lunch time. In your registration bag you will receive an auction paddle/number and list of items to be auctioned. The items will be placed around the main ballroom for your viewing all Monday and Tuesday morning. **Be prepared to have fun,** spend money on those items that definitely solve a problem for you (like how to relax at the beach!). And did I mention spend money!

Monday Night “MURDER MYSTERY DINNER”!

We will have a fun filled Monday night dinner. Join us as we rub elbows with gangsters and flappers in the notorious speakeasy owned by “Scarface” Al Capone. Things will get tense as a murder takes place, Scarface tries to elude the Feds, and we need to help them solve the murder mystery.

Please join us for this wonderful opportunity for fun, good food, and relaxing and laughing with fellow providers and caregivers.

(Come dressed in costume appropriate for the “Roaring 20s).



FACILITY

The **Hotel MURANO** is amidst Tacoma’s rejuvenated downtown. Amazing glass art work is deeply integrated into its function and design. It has 320 elegant sleeping rooms with every possible amenity and attendees are eligible for special room rates.

■ The hotel is physically connected to the **Bicentennial Pavilion** where WSRCC is holding the 13th Annual Educational Conference for Adult Family Home providers and caregivers.

Schedule of Classes - MONDAY - OCTOBER 12, 2009

8:00 AM – 8:45 AM	Registration – Vendors – Refreshments
8:45 AM – 9:00 AM	Introductions
9:00 AM – 10:30 AM	Keynote Speaker: Mary Sharp & Rachel Kail
10:30 AM – 11:00 AM	Break - Vendors
11:00 AM – 12:15 PM	
Track A	Skin Care – Prevention of Pressure Ulcers /3M Company
Track B	End of Life Issues – Dr. Wayne McCormick
Track C	Sleep Hygiene for a Good Night’s Sleep – Dr. Sue McCurry
12:15 PM – 2:00 PM	Lunch – Legislative Panel – Vendors
2:00 PM – 3:15 PM	Keynote Follow Up/Mary Sharp & Rachel Kail
3:15 PM – 3:45 PM	Break – Vendors
3:45 PM – 5:00 PM	
Track A	Diabetes 101: What Every Health Care Worker Should Know Kathy Mosio, RN
Track B	Geriatric Mental Health Resources Across the State Karen Kent, MSW
Track C	Stress Management for Caregivers - Julie Clark
6:15 PM	“Murder Mystery Dinner”

Schedule of Classes - TUESDAY - OCTOBER 13, 2009

8:00 AM – 8:30 AM	Registration – Vendors
8:30 AM – 8:45 AM	Introductions
8:45 AM – 10:00 AM	
Track A	Preventing Stroke - Michael Fruin, RN, MN, ARNP, BCFAHA
Track B	Current Issues in The Field of Developmental Disabilities - Kathleen Watson, RN, PhD
Track C	Conscious Language - Dan Simnioniw
10:00 AM – 10:30 AM	Break – Vendors
10:30 AM – 12:00 PM	
Track A	COPD - Huong Nguyen, RN, PhD
Track B	Progression of Dementia – What to Expect/Laura Baker, PhD
Track C	What are the DOSH Requirements for an AFH
12:00 PM – 2:00 PM	Lunch – Auction for Friends of WSRCC – Vendors
2:00 PM – 3:15 PM	
Track A	Incontinence - Jane Miller, MD
Track B	New Developments in the Field of Developmental Disabilities Kathleen Watson, RN, PhD
Track C	How to Exit Your Business – Wendy & Jeff Mitchel
3:15 PM – 3:45 PM	Break – Vendors
3:45 PM – 5:00 PM	
Track A	Low Resistance Exercises for Your Residents - Dave Kaynor
Track B	Schizophrenia and Expected Behaviors - Mary Shelkey, RN, PhD
Track C	Maintaining Your Sanity In Spite of.....?/James Grant
5:00 PM – 5:30 PM	Drawing of Raffle Prizes with Vendors