2020 Hospice & Palliative Care Fall Conference
25 years of valuable education to interdisciplinary team members

The Best Care Possible:
The Conversation Continues

November 18 &
1:00 PM - 4:00 PM

November 19
8:30 AM - 12:00 PM

Virtual Event
www.homecarenh.org/fallconference
Our 25th Annual Conference brings together colleagues and peers to share research, clinical best practices, and practice-related guidance to advance and improve patient care. Healthcare professionals who serve persons with progressive, non-curative illnesses and their families will find this conference’s compelling and timely topics useful. The program is specifically appropriate for physicians, nurses, hospice aides, pharmacists, long term care providers, social workers, administrators, chaplains, spiritual care providers, bereavement specialists, volunteers as well as other health care providers. Our theme this year focuses on the evolution of both hospice & palliative care. What does the future in end-of-life care look like?

Conference Schedule

**Wednesday, November 18, 2020**

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<tr>
<th>Time</th>
<th>Session</th>
<th>Speaker(s)</th>
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<tbody>
<tr>
<td>11:00</td>
<td>Virtual Exhibit Hall</td>
<td>Janice McDermott &amp; Julie Reynolds</td>
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<td>1:00</td>
<td>Welcome and Opening Remarks</td>
<td>Gary Gardia, MSW, MEd.</td>
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<td>Race, Religion &amp; Politics: Navigating Difficult Topics with Colleagues and Patients</td>
<td>Gary Gardia, MSW, MEd. Gary will explore how conversations surrounding the politics of COVID and current racial unrest can interfere or assist with providing quality care, as long as we are not using them for a personal political platform. He will discuss the strategies for making sure we are clear about professional boundaries surrounding heated topics.</td>
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<td>2:35</td>
<td>Break</td>
<td>Holly Yang, MD</td>
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<td>2:50</td>
<td>Vital Talk</td>
<td>Holly Yang, MD</td>
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<td>A partner in its creation, Dr. Yang will introduce us to Vital Talk’s ethos, methodology and communication tools for more effective conversations with patients and families about serious illness, goals of care and COVID 19. She will discuss how effective, empathic and honest conversations between a clinician, patient and their family are the cornerstones of patient-centered care.</td>
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<td>3:55</td>
<td>Closing Remarks</td>
<td>Gary Gardia, MEd, MSW, LCSW</td>
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<td>Gary is a psychotherapist specializing in grief, loss, personal growth, and substance abuse. Gary served in leadership positions with the National Hospice and Palliative Care Organization (NHPCO) and was instrumental in creating their Manager Development Program; an education series for managers working in end-of-life care. He received NHPCO’s “Heart of Hospice Award” for developing innovative programs to meet the needs of caregivers and the bereaved. He authored and now teaches the 8-month all online Post MSW Certificate in Palliative Care program offered through the Institute for Palliative Care at California State University at San Marcos.</td>
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Pre-Recorded

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<td>Ethical Wills and Legacy work</td>
<td>Susan Turnbull</td>
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<td>Author Susan Turnbull will provide a straight-forward path for creating an ethical will as a key component of a truly complete legacy plan. Usually money is not the full answer to the question, “What do you want your loved ones to receive from you?” Often it’s love, values and peace of mind. This time-honored instrument of a non-binding personal legacy letter is a beautiful vehicle for intentional and timeless communication.</td>
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This is a virtual conference; handouts for each session available at homecarenh.org by November 15.
Welcome to Day Two
Has the Hospice Elevator Changed in 25 Years?

Gary Gardia, MSW, MEd

How do we as hospice programs describe our services to the public? and What does the public expect hospice to provide? Is there a disconnect between the two? Gary will explore how hospice services may or may not have changed over the years and whether the patient and family receive what they need and expect.

Dave Nagel, MD

Dr. Nagel will outline local and national strategies for achieving a balance between opioid and non-opioid therapies with a focus on increasing access to comprehensive, patient-centered, multimodal traditional and non-traditional care. Strategies to empower the patient will be emphasized.

Current Trends in Pain Management

Using the Arts and Humanities to Support the Dying, Bereaved and Ourselves

Sandra Bertman, PhD, & Gary Gardia, MSW, MEd

Moving from theory to practice, this presentation demonstrates how the arts challenge, instruct and support us in our endeavor to stay present with one another's suffering and to better understand our own. Participants will gain insight, resources and techniques adaptable to their own clinical settings and hopefully, with reconnection to the creativity, renewal and joy in their chosen work.

Susan Turnbull

Susan Turnbull is a writer, speaker and founder of Personal Legacy Advisors, focusing on the qualitative aspects of estate, financial and philanthropic planning.


David Nagel, MD

For the past 30 years, physiatrist Dr. Nagel has specialized in pain management. His interests include doctor-patient communication, advocacy and social justice for those who suffer from chronic pain. He is the author of the book Needless Suffering: How Society Fails Those with Chronic Pain and The Missing Chapter: Ellen, A Man in Despair, and Too Many in Pain. Dr. Nagel chairs the Pain Management Best Practices Committee for the NFL Players’ Association Pain Committee. He is also an advisor to the Pain Action Alliance to Implement a National Strategy (PAINS), a fellow for the Center of Practical Bioethics, and an ambassador for the US Pain Foundation, and the Pain Connection.

Sandra Bertman, PhD, FT

Sandra Bertman, PhD, FT is a thanatologist who pioneered applied arts and humanities in clinical, academic and public settings. For most of her career she was Professor of Humanities in Medicine at UMass Medical and Graduate Schools of Nursing where she founded Programs of Medical Humanities, Arts and Ethics in Healthcare. Among her publications are two classic handbooks Facing Death: Images, Insights Interventions and Grief and the Healing Arts: Creativity as Therapy. Recent honors include lifetime achievement awards from the Global Alliance for Arts & Health, the International Workgroup on Death, Dying and Bereavement, and the Association for Behavioral Science and Medical Education.
Registration available online at www.homecarenh.org. Please use additional forms as needed.

Name:________________________________________________________________________
Title: __________________________________________________________________________
E-mail Address *(required)*:________________________________________________________
Organization/Agency:_____________________________________________________________
Address: ______________________________________________________________________
Town: ________________________________ State:_____________  Zip: ___________________
Phone #: ______________________________________________________________________

This is a virtual event, participants must have access to a computer that can run Zoom.

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<th>Become an individual member with our special discounted rate and pay the member rate for the conference. Membership is valid through Dec 31, 2021.</th>
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<tr>
<td>Individual Palliative Care Specialist</td>
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<td>Employee or volunteer of an Alliance Member Agency</td>
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<td>Individual Member of the Alliance</td>
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Method of Payment:
- □ Check, made payable to the Home Care Hospice & Palliative Care Alliance of NH
- □ Credit or Debit Card
- □ Visa
- □ MasterCard

Name on Card ________________________________________________________________________
Credit Card #: _____________________________________________________________________
Signature __________________________________________________________________________
Billing address if different from above ______________________________________________

OR SEND FORM AND PAYMENT TO HOME CARE, HOSPICE & PALLIATIVE CARE ALLIANCE OF NH:
8 Green St., Concord, NH 03301, or fax: 603-225-5817, No refunds after 11/14/2020, substitute attendees permitted.

Online registration available at www.homecarenh.org/fallconference

Only registered attendees who complete the online evaluation, will receive CE credits. CEUs are available for RNs. MSWs and CME credits as well as general certificates of attendance will be provided.