



HOME CARE, HOSPICE
& PALLIATIVE CARE ALLIANCE
OF NEW HAMPSHIRE

25th
Anniversary

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

25th Anniversary

The Best Care Possible: The Conversation Continues

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

11:00	Virtual Exhibit Hall	
1:00	Welcome and Opening Remarks	Janice McDermott & Julie Reynolds
1:25	Race, Religion & Politics: Navigating Difficult Topics with Colleagues and Patients	<i>Gary Gardia, MSW, MEd.</i> 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.
2:35	BREAK	
2:50	Vital Talk	<i>Holly Yang, MD</i> 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.
3:55	CLOSING REMARKS	

Pre-Recorded

	Ethical Wills and Legacy work	<i>Susan Turnbull</i> 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.
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This is a virtual conference; handouts for each session available at homecarenh.org by November 15.

Gary Gardia, MEd, MSW, LCSW



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.

Holly Yang, MD



Dr. Yang is a hospice and palliative medicine specialist with Scripps Health, a nonprofit integrated health system in San Diego, CA. In collaboration with

other team members, she focuses on providing an extra layer of support for patients and families with consideration of their physical, emotional, social, and spiritual needs, no matter the stage or prognosis of their illness. In 2015 The American Academy of Hospice and Palliative Medicine (AAHPM) named her among the most inspirational leaders under age 40.

THURSDAY, NOVEMBER 19, 2020

8:30	Welcome to Day Two	
8:35	Has the Hospice Elevator Speech Changed in 25 Years?	<i>Gary Gardia, MSW, MEd</i> 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.
9:35	Current Trends in Pain Management	<i>Dave Nagel, MD</i> 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, multi-modal traditional and non-traditional care. Strategies to empower the patient will be emphasized.
10:40	BREAK	
10:50	Using the Arts and Humanities to Support the Dying, Bereaved and Ourselves	<i>Sandra Bertman, PhD, & Gary Gardia, MSW, MEd</i> 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.
11:50	CLOSING REMARKS	
12:00	SUBMIT EVALUATION RECEIVE CE/CME CERTIFICATES	

CME ACCREDITATION

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the Southern NH Area Health Education Center, and the Home Care, Hospice & Palliative Care Alliance of NH.

The Southern NH Area Health Education Center (SNHAHEC) is accredited by the NH Medical Society to provide continuing medical education for physicians. SNHAHEC designates this live activity for a maximum of 5.5 AMA PRA category 1 Credit (s)[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

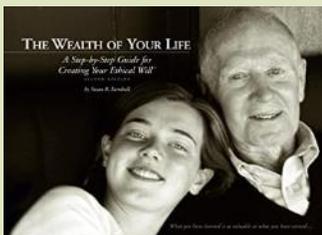
CEU & CONTACT HOURS

This program has been approved by the [Southern New Hampshire Area Health Education Center](#). The SNHAHEC is an Approved Provider of continuing nursing education by the Northeast Multistate Division (NE-MSD), an accredited approver of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation. 5.5 contact hours, Activity Number: 1354.

5.5 Category A CEUs for licensure are pending approval from National Association of Social Workers New Hampshire Chapter (NASW NH). A certificate will be issued by request to conference attendees who qualify once an authorization number has been issued. Contact Janice McDermott at jmcdermott@homecarenh.org for updated information.

For other professionals: 5.5 professional hours of continuing education.

Conference Goodie Bag for first 100 attendees registered by Nov 4!



Thanks to our sponsors, the first 100 attendees, who are registered by November 4, 2020, will receive a conference goodie bag with Susan Turnbull's book, [The Wealth of Your Life: A Step-by-Step Guide for Creating an Ethical Will](#), as well as other useful materials. Register early! **Supplies are limited.**

WWW.HOMECARENH.ORG/FALLCONFERENCE

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.

She authored *The Wealth of Your Life: A Step-by-Step Guide for Creating Your Ethical Will*, co-authored *Across Generations: A Five Step Guide for Creating an Expression of Donor Intent*, and created *Life Legacy Cards* and the *Life Legacy Conversations Tool*. Susan's work has been featured in many national publications, including the *New York Times* and *USA Today*.

David Nagel, MD



For the past 30 years, psychiatrist 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.

SHEEHAN PHINNEY



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.

EXCLUSIVE SPONSOR



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Become an individual member with our **special discounted rate and pay the member rate for the conference. Membership is valid through Dec 31, 2021.**

Individual Palliative Care Specialist	-\$250	\$200
Individual Member	-\$150	\$100

Registration

Employee or volunteer of an Alliance Member Agency	\$125
Individual Member of the Alliance	\$125
Not yet member	\$150

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 _____

Total Amount due

Credit Card # _____

Exp. date _____

Signature _____

CVM Code (3 digits on back) _____

Billing address if different from above _____

Billing Zip Code _____

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.

