



**2020 KNA Virtual
Annual Conference
November 4 - 6
AGENDA**

Wednesday, November 4

- 08:00-8:50 **Networking Bonus Session 1 *live***
Meet KNF and all they do to support nurses
**The Kentucky Nurses Foundation (KNF) is the philanthropic arm of the KNA focused on education, research and scholarships. Learn how you can and should be part of the solution to pave the way for the future of nursing.*
- 08:50-9:05 **Welcome and Conference Information**
live Speaker: Ruth Carrico
Moderator: Delanor Manson
- 09:05- 9:50 **Session 1 - “2020 Year of the Nurse & ANA Update” *recorded***
Keynote Speaker: Ernest Grant
Moderator: Ruth Carrico
Sponsored by the University of Louisville School of Nursing
- 09:50-10:00 **Break 1 - Sponsored by University of Kentucky College of Nursing & UK Healthcare**
- 10:00-10:50 **Session 2 - “Mindfulness, Well-Being, and The Future of a Profession That Knows Itself” *live***
Speaker: Judi Godsey
Moderator: Jennifer Shoemake
- 10:50 – 11:00 **Break 2 - Sponsored by Indiana Wesleyan University**
- 11:00-11:50 **Session 3 - “Economic Literacy & Planning for Nurses as They Age” *live***
Speaker: Chad McCauley
Moderator: Leslie Jefferies
Sponsored by Indiana Wesleyan University
- 11:50-12:00 **Break 3 - Sponsored by Wyatt, Tarrant & Combs LLC**

- 12:00-12:50 **Session 4 - “Motivational Interviewing: Helping your Client with BehaviorChange” *live***
 Speaker: Mary Price
 Moderator: Teresa Huber
- 12:50-01:30 **Session 5 - “Supplement Use in the Aging Adult” *recorded***
 Speaker: Janice Thurmond
 Moderator: Jo Singleton
- 01:30-02:30 **Networking Bonus Session 2**
Leadership Round Table with 3 KNA past presidents *live*
 With Teresa Huber, Kathy Hager and Ruth Carrico
 Moderated by Kathy Mershon
 *Leadership tools in the new age of the pandemic and beyond. Join us.

KBN Contact Hours: 4.5
KBN-1-0001-12-20-17

Thursday, November 5

- 11:00 – 12:00 **Networking Bonus Session 3**
Unintended consequences of unconscious bias in healthcare outcomes: *live*
Stories and Solutions, moderated by Michele Shelton, limited to 50 participants.
**Have you ever wondered if your education, response to questions or non-response has made a difference to the patient’s negative outcome or compliance? Not sure? Then this session is for you.*
- 12:00 – 12:50 **Session 6 - “Aging Well During the Time of COVID-19: Gaining Traction Through a Regional Training Center” *live***
 Speaker: Ruth Carrico
 Moderator: Donna Meador
- 12:50 – 01:00 **Break 4 - Sponsored by Grand Canyon University**
- 01:00 – 01:25 **Session 7 - “Age Well. Live Well. Be Well. Amidst a Pandemic in Long Term Care *live***
 Speaker: Amber Gensheimer
 Moderator: Ruth Carrico
- 01:25 – 01:50 **Session 8 - “It’s Time We Had the Talk! – Companionship, Sexuality and Intimacy with Older Adults in Long Term Care Facilities” *live***
 Speaker: Jasmine Wadkins
 Moderator: Ruth Carrico

- 01:50 – 2:00 **Break 5** – Sponsored by Norton Healthcare
- 02:00 – 02:50 **Session 9 - “Safe and Appropriate Use of Medications for Seniors” live**
 Speaker: Demetra Antimisiaris
 Moderator Jennifer Shoemake
- 02:50 – 3:00 **Break 6** – Sponsored by Frontier Nursing University
- 03:00 – 03:25 **Session 10 – “Age Friendly Health Systems” Recorded**
 Speaker: Shannon Parham
 Moderator: Donna Meador
- 03:25 – 03:35 **Break 7** – Sponsored by Owensboro Health
- 03:35 – 04:20 **Session 11 – “The IHI Age Friendly 4M’s in Action: A Case History” live**
 Speaker: Bill Bryant
 Moderator: Donna Meador
 Sponsored by Grand Canyon University
- 04:20 – 04:45 **Session 12 – “FlourishCare: An Integrated-Interprofessional Model of Care for Older Adults” live**
 Speaker: Barbara Gordon
 Moderator Leslie Jeffries

KBN Contact Hours: 4.9

KBN-1-0001-12-20-18

Friday, November 6

- 08:00 – 09:00 **Networking Bonus Session 4 live**
 Shake It off and up – Three uplifting TED talks/activities to maximize physical and mental health. *Self-care is the responsibility for every healthcare provider. To take care of others, you must first “self-care”. Join us while we develop and reinforce a focus on self-care.*
- 09:00 – 09:50 **Session 13 - “What is So Good About Aging?” live**
 Speaker: Kathy Hager
 Moderator: Teresa Huber
 Sponsored by Bellarmine University School of Nursing
- 09:50 – 10:00 **Break 8** – Sponsored by Passport Health Plan

- 10:00 – 10:50 **Session 14 - “The Emeritus Nurse: Retired, Rehired and Revolutionary” *recorded***
 Speakers: Erin LaCross & Judith Boerger
 Moderator: Betty Kuiper
- 10:50 – 11:00 **Break 9 - Sponsored by Arthur L. Davis Publishing Agency, Inc. & Kentucky Nurse**
- 11:00 – 11:25 **Session 15 - “Improving Resiliency through Mindfulness Practices in Professional Healthcare Students and Faculty” *recorded***
 Speakers: Kent Brouwer and Lee Anne Walmsley
 Moderator: Debra Hampton
 Sponsored by the University of Kentucky College of Nursing
- 11:25 – 11:40 **Break 10 - Sponsored by University of Louisville School of Nursing**
- 11:40 – 12:30 **Session 16 - “Backpack or Bedpan” *live***
 Speaker: Kim Evans
 Moderator: Angela Shinabery
- 12:30 – 12:40 **Break 11 – Sponsored by Galen College of Nursing**
- 12:40 – 1:30 **Session 17 - “Kentucky Nurses Helping Nurses (KNHN) Emotional Support Project” *live***
 Speakers: Vicki Hines-Martin and Sarah Royse Schirmer
 Moderator: Jo Singleton
- 01:30 – 02:00 **Closing Ceremony/Door Prizes *live***
 We know you must stay until the end to get your CE certificate, but did you know that those who stay us will also be eligible to win some awesome door prizes donated by our generous sponsors. You won’t want to miss out on all the fun!
- 02:00 – 03:00 **Networking Bonus Session 5 *live***
 Kentucky Nurses Helping Nurses (KNHN) – Having the healing talk-moderated by the co-directors for KNHN Vicki Hines-Martin and Sarah Schirmer

KBN Contact Hours: 4.5
KBN- 1-0001-12-20-19