



Health Systems, Inc. and MC5 present: Culture Change with Carmen



Carmen Bowman,
owner of Edu-Catering:
Catering Education for
Compliance and Culture
Change. Carmen has
turned her former role
of regulator into
educator. She was a
Colorado state surveyor
for nine years and a
policy analyst with CMS
Central Office where
she taught the national
Basic Surveyor Course
and was the first
certified activity
professional to be a
surveyor. Carmen holds
a Master's degree in
Healthcare Systems.
She also hosts the
monthly webinar
"Conversations with
Carmen" and has
authored eight Action
Pact workbooks. With
CMS she co-developed
the Artifacts of Culture
Change measurement
tool and facilitated the
Creating Home national
symposiums on the
environment and
food/dining.

Alarms: The New Deficient Practice?

Eliminating Alarms and Preventing Falls by Engaging with Life

Join the discussion to ponder the use of alarms. Could it be that alarms actually fit CMS' definition of "convenience" which is *not* to be a reason for restraints at Tag F221 Physical Restraints and thus actually a deficient practice? Although no research shows that alarms prevent falls and there is evidence that alarms cause people harm, both physically and psychologically, they are still used widely. Eliminating alarms has actually *reduced* falls in the homes that have committed to no longer use them. Engage yourself and your creativity as we design ways for all staff to engage each individual with life according to his/her daily routine, personal preferences and activity interests and, in so doing, eliminate the use of such impersonal devices while developing individual fall prevention strategies instead.

Come on Long Term Care! Be the Best, Smash the Box and get ready for the Baby Boomers

Are your residents still being woken up? Are residents being *made* to wear alarms or eat certain foods? Are they being denied their God-given and federally mandated rights? Do we think these offered ways of living will attract Baby Boomers looking for homes for their parents now and someday themselves? It's time, don't you think, to really offer Americans what they really want?

February 10, 2016 – OSAGE BEACH

Health Systems, Inc.

3750 Osage Beach Pkwy, Suite #200, Osage Beach, MO

February 11, 2016 – SPRINGFIELD

Executive Conference Center

910 W. Battlefield, Springfield, MO

February 12, 2016 – SIKESTON

Miner Convention Center

2610 East Malone Ave., Sikeston, MO

**FREE
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& CEUs!**

Registration begins at 8:00AM in all locations

Meeting from 8:15AM – 4:30PM, Lunch on your own

FREE CEUs for Administrators, Social Workers and Activity Professionals

RSVP to missourimc5@gmail.com

Please include your name, community, email, phone,
location attending, and number attending