

# *MOLANE, MHCA, Health Systems, Inc. and MC5 present:* ***The Sleep Seminar***

## **Undisturbed Sleep at Night – A Key to Good Health**

CMS and long-term care providers have never considered sleep as an integral part of the plan of care and services provided for the resident. This Restorative Sleep Vitality Program (RSVP) is a combination of nationally recognized evidence-based, sleep hygiene research studies and the application of cutting edge practices to enhance residents' sleep and wake. Most recently research has discovered a link between Alzheimer's disease and poor sleep hygiene. Empira has challenged some of the standards of practice and operational procedures for providing care and services in LTC communities. With sleep in mind, they have reviewed their best practices, made adjustments and are sharing those practices and results for seminar participants.

### **Sue Ann Guildermann, Director of Education, Empira Skilled Nursing Facilities, Eden**

**Prairie, Minnesota.** Sue Ann has over thirty-five years experience providing education, leadership and consultation to non-profit and for-profit long term care organizations. Sue Ann is a Registered Nurse with a BA and MA in communication and adult education. She currently designs and produces educational seminars and conferences for Empira, a consortium of 24 skilled nursing facilities in Minnesota. For the last eight years, she has created educational programs for both the management and direct-line staff to assist in the implementation of a national and state quality improvement grant. The purpose of this grant was to reduce resident falls in skilled nursing homes. In January 2012, Empira's Fall Prevention program was awarded the Minnesota Commissioner of Human Services, Circle of Excellence Award for "their contributions to the wellbeing of human services clients." Sue Ann is currently executing a recently awarded three-year grant to eliminate sleep fragmentation and sleep deprivation in their Empira members' nursing homes. Sue Ann has edited, designed and written educational manuals, printed materials and videotapes. She has taught at the University of Minnesota in the School of Public Health.

### **November 29, 2016 – ST. LOUIS AREA**

St. Charles Community Commons, Spencer Road Library  
427 Spencer Road, Suite 255, St. Peters, MO

[www.mc5stlouis.eventbrite.com](http://www.mc5stlouis.eventbrite.com)

### **November 30, 2016 – MID-MISSOURI**

Health Systems, Inc.  
3750 Osage Beach Pkwy, Suite #200, Osage Beach, MO

[www.mc5osagebeach.eventbrite.com](http://www.mc5osagebeach.eventbrite.com)

### **December 1, 2016 – KANSAS CITY AREA**

Elks Lodge  
100 NE Brizendine Rd., Blue Springs, MO

[www.mc5kansascity.eventbrite.com](http://www.mc5kansascity.eventbrite.com)



**FREE  
SEMINAR  
& CEUs!**

**Space is limited at each location. Register on-line.  
Registrant Check-in begins at 8:00AM in all locations**

*(please remember to bring your registration confirmation from Eventbrite)*

**Meeting from 8:30AM – 12:30PM**

**FREE CEUs for Administrators, Social Workers and Activity Professionals**