



REGISTER  
TODAY!

FOUNDATION  
for QUALITY CARE

NYSHFA | NYSCAL

Great Speakers!

Very Engaging!

Positive & Uplifting!

Informative & Helpful!

MARCH  
26-27

# SOCIAL SERVICE AND ACTIVITIES CONFERENCE

A total of 12 contact hours have been approved by SED's State Board for Social Work for Licensed Clinical Social Workers and Licensed Master Social Workers.

12 Contact Hours for Activity Directors have been applied for through NCCAP & APNCC.

Credits for Therapeutic Recreation Specialists have been applied for through NCTRC.

Foundation for Quality Care, Inc. is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #SW-0123.

12 CONTACT HOURS • EMBASSY SUITES • SARATOGA SPRINGS • NEW YORK

# MARCH 26TH

7 am » REGISTRATION & VISIT W/ VENDORS

8 am - 10 am » [ALL DISCIPLINES]

OPENING KEYNOTE:

## The Hidden Communication Habit that Boosts Productivity & Engagement

SPEAKER: Tracy Solarek, MBA, ACC

MODERATOR: Kelli Woods, LMSW



When leaders build emotional intelligence, they become more aware of their own emotional expression, more flexible in how they respond under pressure, and more attuned to what their team actually needs in the moment. They start asking clarifying questions instead of jumping to conclusions. They use the power of the pause before reacting. They listen—not just to what's said, but to what's meant. And when that happens, something powerful shifts: people feel heard, valued, and cared for.

10 am - 10:15 am » BREAK W/ VENDORS

10:15 am - 11:45 am » [ALL DISCIPLINES]

## A Juggling Act: Don't Drop the Balls

SPEAKER: Kelli Woods, LMSW | Rochester Regional Health

With everything that is asked of staff it can be challenging at times to maintain the balance of care, customer service, and regulations. It is important to empower staff and equip them with the tools to be successful. This session will offer creative and interactive methods of bringing balance to your facility and patient's lives.

11:45 am - 12 pm » BREAK W/ VENDORS

12 pm - 1 pm » [SOCIAL WORKERS]

## Treating the Trifecta: Co-Morbid Neurological, Psychiatric, & Substance Abuse Issues

SPEAKER: Robert K. Eckert, PhD & Carlette McDaniels, LCSW

| CareOne Neurobehavioral Rehabilitation

This workshop will aid health care professionals who work with multiply diagnosed patient populations that have proven the most difficult to treat. Specifically, those with co-existing neurological, psychiatric, and substance abuse issues and how this relates to cognitive limitations and/or behavioral disturbance. Avoiding the pitfalls of focusing on a single diagnostic entity, organizing care accordingly, and how to educate others and use relevant research to achieve better outcomes will be presented. Prevalence data, the nature of complications, and how to formulate a case in a clinically helpful manner will be followed by an exemplary case study.

12 pm - 1 pm » [ACTIVITIES DIRECTORS]

## From Expression to Connection: Engaging the Creative Arts in Dementia Care

SPEAKER: Meredith Griffiths | Goddard House Assisted Living & Memory Support / Art Therapist at Home

This course explores how creative arts can be used as powerful tools to engage residents, strengthen community connections, and encourage active participation. Participants will learn how art forms such as visual arts, music, storytelling, movement, and crafts can support communication, expression, and collaboration among diverse resident groups

1 pm - 1:45 pm » LUNCH

1:45 pm - 3:15 pm » [SOCIAL WORKERS]

## Ethics & Ethics Committees in Long-Term Care Facilities

SPEAKER: Dr. Francis Battisti | Battisti Management Affiliates

Ethics in long-term care centers on protecting residents' dignity, rights, and well-being while balancing autonomy, safety, and fairness. Because issues like end-of-life decisions, consent, and resource allocation can be complex, ethics committees help by offering case reviews, policy guidance, and staff education. Creating such a committee requires a clear purpose, diverse membership, structured review processes, and strong confidentiality, all of which build trust and support ethical care. Dr. Battisti will lead an ongoing discussion and practicum on forming and operating an Ethics Committee.

1:45 pm - 3:15 pm » [ACTIVITIES DIRECTORS]

## Taking Credit: Smart Care Planning & Documentation

SPEAKER: Renee Markle | Kingsway Arms Nursing Center

This session examines best practices in care planning and documentation, emphasizing clarity, accuracy, and person-centered approaches. Attendees will gain practical strategies for creating effective care plans and maintaining documentation that supports quality care and interdisciplinary collaboration.

3:15 pm - 3:30 pm » BREAK W/ VENDORS

3:30 pm - 5 pm » [ALL DISCIPLINES]

## Addressing Loneliness: A Social Revolution in Senior Living

SPEAKER: Kristine Theurer, PhD | Java Group Programs

Loneliness is affecting a majority of residents in senior living communities. The associated health risks are significant and include falls, premature mortality and poorer health, the progression of dementia, and disease outcomes such as cancer, stroke, and heart disease. Recreational programming often focuses on entertainment and distraction, rather than opportunities for meaningful resident engagement or contribution. There is no pill or vaccine for loneliness, but there is a cure and that is meaningful relationships. Residents represent a largely untapped resource - a social revolution - to address loneliness. This session will outline a research-based innovative model using peer support and peer mentoring. Research has demonstrated decreases in loneliness, depression and up to 60% increases in resident engagement. Attendees will be able to evaluate the research and this approach, experience a live peer support group and leave with a take-away strategy on how to implement peer support and mentoring within their organization.



5 pm - 6 pm

## Networking Reception [RAFFLES]

» Dinner On Your Own!

Indulge in Saratoga's vibrant & unique dining scene!

# MARCH 27TH

7:30 am ➤ REGISTRATION & VISIT W/ VENDORS

8 am - 9:30 am ➤ [ALL DISCIPLINES]

## Department of Health Update

SPEAKER: Dr. Jennifer Moore | NYS Department of Health

Join NYS Department of Health leadership for this informative update.

9:30 am - 9:45 am ✖ BREAK W/ VENDORS

9:45am - 10:45am ➤ [ALL DISCIPLINES]

## Engaging with Memory Care: Communication

SPEAKER: Melissa Blok | Eddy Alzheimer's Services and St. Peter's Health Partners

MODERATOR: Kelli Woods, LMSW

This session will explore communication strategies to use when working with individuals in various stages of Alzheimer's Disease and other forms of dementia as they adjust in an Assisted Living and Skilled Nursing setting. These strategies will help deescalate, engage and help build rapport with residents.

10:45 am - 11 am ➤ BREAK W/ VENDORS

11 am - 1 pm ➤ [ALL DISCIPLINES]

## CLOSING KEYNOTE:



## Unlocking Lifelong Vitality: The Science & Practice of Increasing Ones Health-Span

SPEAKER: Dr. Francis Battisti  
| Battisti Management Affiliates

Health-care professionals often neglect their own well-being, which can lead to physical and mental strain. In this closing presentation, Dr. Battisti introduces evidence-based strategies to extend both lifespan and healthspan through nutrition, exercise, stress management, and cognitive resilience. Participants will learn practical ways to boost energy, sharpen mental clarity, and build sustainable habits that support long-term wellness. The goal is to foster more "good" days, strengthen personal and professional performance, and cultivate a deeper sense of harmony that enhances all aspects of life.



1 pm ➤ BOXED LUNCH TO GO

## OVERNIGHT ACCOMMODATIONS: MARCH 25 & 26, 2026

BOOK BY: MARCH 5, 2026

## EMBASSY SUITES by Hilton

86 CONGRESS STREET | SARATOGA SPRINGS | NEW YORK

Please reserve your room before this date to secure the group rate. The hotel will honor the group rate prior to this date. Please note that hotel rooms might be sold out prior to the cutoff date. You are encouraged to book your room well in advance.

»»» King Bed 2 Room Suite - \$144.00

»»» Queen Beds 2 Room Suite - \$144.00

BOOK  
YOUR  
ROOM  
TODAY!

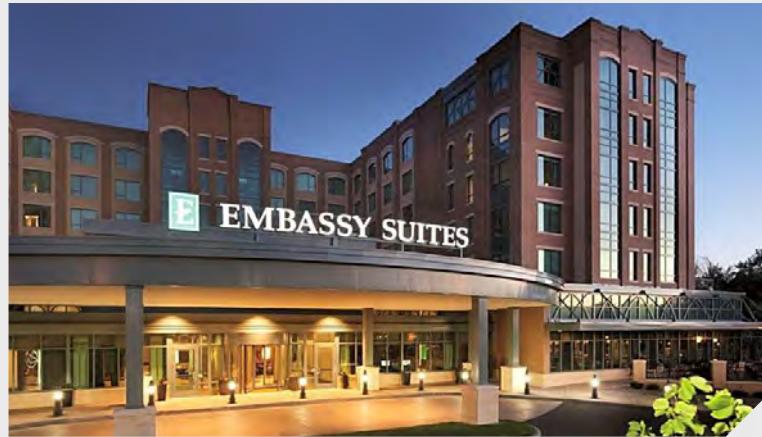


TAKE THE TRAIN!

AMTRAK »»» Saratoga Springs, NY (SAR)  
Just 1 mile from the hotel!

## CANCELLATION POLICY:

Cancellations must be received five (5) business days prior to the conference. All cancellations will be assessed a \$50.00 administrative fee per person. Cancellations should be emailed to Erin Armstrong, earmstrong@nyshfa-nyscal.org. Telephone cancellations will not be accepted. No refunds will be provided to cancellations received after the five (5) business day deadline. No-shows will be billed. Cancellations will not be accepted after the conference.



# MARCH 26-27•2026

12 CONTACT HOURS

REGISTER  
TODAY!



## SOCIAL SERVICE AND ACTIVITIES CONFERENCE

EMBASSY SUITES • SARATOGA SPRINGS • NEW YORK

### Four Ways to Easily Register!

**W:** NYSHFA-NYSCAL.ORG **\*FX:** 518.426.4051 **E:** earmstrong@nyshfa-nyscal.org

**M:** Foundation for Quality Care, 33 Elk Street, Suite 300, Albany, NY 12207

\*If you have faxed your registration and are paying by check, please make sure you mail the original with your payment

#### REGISTRANT INFORMATION:

Social Service  Activities

Name: \_\_\_\_\_

Title: \_\_\_\_\_

E-mail: \_\_\_\_\_ Phone: \_\_\_\_\_

*In case of an Emergency, please contact:*

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

#### FACILITY INFORMATION:

Facility Name: \_\_\_\_\_

Street: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

Skilled Nursing

Assisted Living / Adult Home

<b>METHOD OF PAYMENT:</b>		<input type="checkbox"/> Check	Credit Card Number:	Exp. Date:
<input type="checkbox"/> AMEX		<input type="checkbox"/> Discover		
<input type="checkbox"/> MasterCard		<input type="checkbox"/> Visa	Cardholder Name:	
<b>MAIL CHECK PAYMENTS TO</b>		Foundation for Quality Care 33 Elk Street, Suite 300 Albany, New York 12207		
Authorized Cardholder Signature:				

*I authorize NYSHFA/NYSCAL/FOC to use the above AMEX, Discover, MasterCard or Visa to charge applicable registration fees. I also understand that registration fees of those who cancel less than 5 days prior to the start of the program or fail to attend are forfeited. No shows will be billed. Substitutions are permitted and encouraged. Fees will appear as being charged by NYS Health Facilities Association.*

**TOTAL: \$** \_\_\_\_\_

STAY CONNECTED!

THANK YOU TO THE NYSHFA | NYSCAL 2026 PLATINUM SPONSORS!

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QUESTIONS? ERIN ARMSTRONG 518-462-4800 ext. 22

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