

## Fall Prevention and Therapy for Patients with Dementia or Memory Loss

Ann Laiben, M.A., J.D.

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Ann opened Premiere Home Health in 2008. Her goal was to develop a company that attracts and retains the best nurses, therapists and social workers, so that their quality of care is the best. Since 2008, Premiere has cared for thousands of patients who live in both independent and assisted living facilities, as well as in private homes. Understanding that challenges faced by seniors can be daunting, she has strived to develop programs and operations that are practical and compassionate.

After graduating from St. Louis University with a Masters of Arts degree in Public Policy and Planning, and Washington University School of Law with a Juris Doctorate, Ann clerked for a year for the United States Court of Appeals for the Eighth Circuit. She then served on active duty in the U.S Army Judge Advocate General Corps for several years before returning to St. Louis to practice corporate and securities litigation and healthcare law. Making the leap from practicing attorney to healthcare business owner has been a challenging and exciting experience.

Ann lives with her husband, their two daughters, and their cocker spaniel.

Julie R. Barker - Physical Therapist

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A licensed Physical Therapist with over 25 years of clinical practice, Julie has evaluated and treated thousands of physical therapy patients. She has treated patients in every stage of the healthcare continuum, including acute hospital settings, short-term and long-term rehab centers, worker compensation rehab centers, independent and assisted living facilities, and private homes.

Julie's approach to fall prevention reflects her education, personal experiences and interactions with patients, ability to inspire caregivers and family members, and her knowledge of current senior care industry practices. This combination enables her to successfully address the three main strategies of fall prevention—balance training and physical activity, medication management, and environmental/home modifications in a way that is proactive and successful.

Since graduating from Washington University with Cum Laude honors with her Bachelor of Science degree in Physical Therapy, Julie has continued to enrich her education with continuing education courses that include OBRA and Medicare Guidelines in Nursing Home Facilities, Pathomechanical Conditions of the Human Body, Geriatric Neurology, Geriatric Orthopedics, and many more.

Julie lives in St. Charles, Missouri, along with her husband, three children, and two dogs.

### **Brittany Were - Certified Occupational Therapy Assistant**

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Certified Occupational Therapy Assistant with an Emphasis in working with and training others to work with Alzheimer's and dementia patients to ensure that patients receive care that is appropriate to their physical and cognitive abilities.

Brittany began her career as a Certified Occupational Therapy Assistant working under the supervision of Occupational Therapists to help treat individuals and improve activities of daily living such as bathing, dressing, eating, toileting and self-care. She learned first-hand the importance of understanding her patient and their cognitive abilities, as well as the frustrations of aging experienced by patients and their caregivers as they struggle with physical and cognitive changes. Her understanding of Alzheimer's and dementia allowed her to assist her patients, and to teach their families and caregivers, about the disease and how best to work within the constraints of their "new normal."

Brittany has completed an Alzheimer's Association Train the Trainer course on Building Creative Caregivers, and Dementia Capable Care through Crisis Prevention Specialists. She has incorporated this knowledge into practice to hire, train, and supervise caregivers for Premiere Care's Supportive Services which assists individuals with activities of daily living.

With an understanding that each patient is a priority, deserving of individualized, thoughtful and appropriate care, Brittany helps others learn how best to work with persons suffering from memory impairment and physical and cognitive challenges.

## **Involuntary Discharges/Understanding Powers of Attorney, Guardianships, Conservatorships**

**Michael Weeks, Certified Elder Law Attorney (CELA)**

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**Michael C. Weeks, CELA is the President of the Weeks Group, LLC. Mike is one of 13 Certified Elder Law Attorneys in the State of Missouri, and the only one in St. Charles County. He focuses his practice in the areas of estate planning and elder law and helps clients through the creation of wills, revocable living trusts, power of attorney documents, health care directives, as well as estate tax planning. Additionally, he is also very active in the areas of Medicaid planning and asset protection against the costs of long-term care, as well as non-Medicaid solutions to long-term care crisis situations and prevention of crisis situations. Mike has been a presenter at several continuing education seminars for other lawyers on elder law issues.**

**Mr. Weeks is a member of the National Academy of Elder Law Attorneys (NAELA), the Bar Association of Metropolitan St. Louis, and the Missouri Bar. Mike is currently one of 17 members of the national Board of Directors of the National Academy of Elder Law Attorneys, a 4,500 member group of attorneys. He has received the Outstanding Chapter Member award for Missouri from NAELA. Mike is the current Immediate Past President of the Missouri Chapter of NAELA, and is also the Immediate Past President of the St. Charles County Habitat for Humanity affiliate. In addition to his work with Habitat, Mike is a former member of the Board of Directors of the Boone Center International, and the St. Charles Noonday Kiwanis Club.**

**Mr. Weeks is a graduate of the University of Missouri-Columbia, where he received his law degree, as well as an MBA from the Trulaske College of Business at the University of Missouri. Mike lives in St. Charles, with his wife and two children.**

## **Hospital Case Management: Rules, Regulations and Compliance Affecting the Care Continuum and Transition Planning - Carol Boehm**

**Carol Boehm, RN, ACM, CPC, IQCI**

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**Carol Boehm is Director of Clinical / Financial Integration at Missouri Baptist Medical Center, St. Louis, Mo since 2013. She has been with the organization since 2005 serving as Director of Care Coordination, Hospitalist Services, Critical Care Services and Compliant Documentenation Management. She has over 34 years of healthcare experience, with a expertise in Case Management, Denials Management, Compliant Documentation Management, Health Information Management, Physician and Hospital Coding and Billing. In her current role, she is actively engaged in assuring full clinical and financial integration amongst all portals of entry within the medical center to align with all Revenue Cycle initiatives as well as LOS/outlier management and Denials Management.**

**In addition, she is currently serving as subject matter expert to physician and clinical staff to ensure documentation improvement beyond just physician engagement. Current documentation integration involves Advance Nurse practioners, Physician Assistants, Wound Care. She has been responsible for profiling the value of nutritional services documentation and confirmation of severe/moderate malnutrition using evidence based criteria. Incorporation of this condition into physician progress notes and discharge summary to assure that it will be addressed as part of the continuum of care and readmission prevention.**

**Prior to joining, Missouri Baptist Medical Center, she served as Director of Care Coordination and Manager- Care Coordination for Tenet Corporation at Forest Park Hospital and St. Louis University Hospital. Her experience in addition to case management included Clinical Liaison for Select Specialty Hospital - LTAC originally located within Forest Park Hospital.**

**Seniors Count**  
**Allen Serfas, B.S.**

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**Allen Serfas, CSA**  
*President and Co-Founder*  
*Assistance Home Care*

Allen Serfas is President and Co-Founder of Assistance Home Care, an in home senior care provider serving the Greater St. Louis and St. Charles area. Serfas leads and oversees the company's three daily home care operations in St. Charles, Webster Groves and Ellisville, Mo.

Serfas leveraged his 20+ year career at Enterprise Rent a Car along with his wife's experience as the family caregiver for her mom who ultimately lost her battle with Alzheimer's to help form the foundation of Assistance Home Care. Assistance Home Care's commitment to customer service and their employees is the cornerstone of their business and has allowed them to actively assist hundreds of families across the Greater St. Louis area that need varying levels of support ranging from 1 hour to 24 hours a day of care to allow them to age successfully in the comfort and safety of their own home.

Serfas is a Certified Senior Advisor and is a member of the Missouri Alliance for Home Care and the Home Care Association of America. Serfas serves on the board of directors of the Mideast Area Agency on Aging and Senior Connections. In addition, he proudly served the Alzheimer's Association as Walk Chair for the 2014 and 2015 St. Charles Walk to End Alzheimer's. Serfas currently serves as the St. Charles County Chairperson for the Seniors Count Initiative, a new community effort to help improve the health, nutrition and quality of life of people living in our neighborhoods who are 60 years of age or older. Serfas is active within his church and assists with a number of other local non-profit agencies throughout the area.

## **They Have the Power Anyway**

**Jerry Reinke, CMT - Professional Development Coach**

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Prior to joining the NAHCA team, Jerry worked as a CNA and CMT in the state of Missouri. He received his certification as a Nursing Assistant in 1985, and was certified as a Medication Technician later that same year. Throughout his career Jerry was certified as a rehabilitation assistant, certified in insulin therapy administration, served as a supervisor in intermediate care, and, during his last 3 years of employment as a front line caregiver, served as purchasing agent/central supply for a one hundred fifty-two bed skilled nursing facility.

Jerry joined the NAHCA team in 2000, and worked with NAHCA until 2009 when he took a three year hiatus to reconnect with the front line as an Activities Director. Jerry excitedly rejoined the NAHCA team in 2012 with a fresh perspective eager to serve our members as a Professional Development Coach. During his employment with NAHCA, Jerry has presented in twenty-eight states to thousands of CNAs, administrators, DONs, SDCs and other professionals in long term care. He has also spoken for the Montana, New Mexico, Iowa, Indiana, Kansas and Ohio State Health Care Associations. Jerry has logged thousands of hours speaking and teaching on topics such as teambuilding, communications and mentoring. He smartly weaves humor and experiences from his past to motivate and educate his audience.

During his experience as a long term care professional, he has had the opportunity to work with some of the greatest people of our nation...the elderly. Jerry is proud to have dedicated the past 31 years of his life to long term care.

BIO's for the Panel Discussion

Allen Serfas\_- Previously introduced

Elaine Most, M.S.

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Elaine earned her BA in Psychology and MS in Gerontology at the University of Missouri - St. Louis. Through graduate school she worked as a Research Assistant studying the cultural perception of Alzheimer's disease. After school she worked with the Department of Health and Senior Services investigating abuse, neglect and exploitation of the elderly and disabled. She now serves as the Assistant Director and Caseworker at the Adult Day Center at the J, where she started working in September of 2013.

Kim L. Williams-Muhammad, M.B.A.

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Kim L. Williams-Muhammad, is an accomplished Healthcare Professional. She has been employed at Cooperative Home and Hospice for 22 years, occupying a total of six (6) positions. Kim has proven herself to be a visionary strategic planner, capable of taking a lead role in handling patient calls and inquiries concerning scheduling and services. During the last 22 years of her career, she has been employed in the Healthcare industry with the same employer. Throughout her career, she has taken the responsibility to lead the charge to form new departments within the organization. In 2013, she implemented the Consumer Directed Services (CDS) in which she was responsible for managing the department case managers and growing the department to over 200 clients and employees, while increasing company revenue and services.

Her most recent achievement is assisting with growing the company to participate as a Hospice provider. She has brought many ideas and suggestions to the

organization to assist with new business development, strong community relationships, and project management and most importantly has helped the company grow from one office location to a total of five.

In her current role as Community Relations manager, she is responsible for planning, developing, organizing, implementing, evaluating and directing home care services for the community at large, including, patients, caregivers, doctors, medical professionals and families. Ms. Muhammad is a proud native of St. Louis and holds a MBA and Bachelor of Business Administration from Lindenwood University.