



2017 Optimum Life®

Continuing Education Series



Mark your calendars for our upcoming Optimum Life Continuing Education Series for healthcare professionals. This live webcast series will feature a different senior-related topic each month and will provide 1.0 CE credit per session for nurses, social workers, case managers and nursing home administrators.

January 17 January 18	Noon CST, 2 p.m. CST, 5 p.m. CST Noon EST	Cross Train Your Brain Carol Cummings, RN, BSN, Sr. Director, Optimum Life
February 21 February 22	Noon CST, 2 p.m. CST, 5 p.m. CST Noon EST	Hydration in Older Adults Sara Casey, RD, LDN; Margaret Roche, MS, RD, CSG, FAND, Corporate Dietitian
March 21 March 22	Noon CST, 2 p.m. CST, 5 p.m. CST Noon EST	Going Beyond Advance Directives to Honor Wishes at the End of Life Toni Norman, MS, RN, Senior Director Hospice Operations
April 18 April 19	Noon CST, 2 p.m. CST, 5 p.m. CST Noon EST	Substance Abuse in Older Adults Kevin O'Neil, MD, FACP, CMD
May 16 May 17	Noon CST, 2 p.m. CST, 5 p.m. CST Noon EST	Integrating Mindfulness and Therapeutic Touch to Enhance Senior Well-Being Carol Cummings, RN, BSN, Sr. Director, Optimum Life; Jane Sloger, RN, MS, LMT, HTP
June 20 June 21	Noon CST, 2 p.m. CST, 5 p.m. CST Noon EST	Care Transitions and Co-Op-emption in the Era of Accountability Kim Estes, MSN, BSN, RN, SVP Clinical Operations
July 18 July 19	Noon CST, 2 p.m. CST, 5 p.m. CST Noon EST	Fall Prevention and Safety for Seniors Stefanie Peregrin, OTR/L, Healthcare Services Director
August 15 August 16	Noon CST, 2 p.m. CST, 5 p.m. CST Noon EST	Assisted Living from A - Z Jim Pusateri, SVP, Sales Implementation & Strategy; Carol Cummings, RN, BSN, Sr. Director, Optimum Life
September 19 September 20	Noon CST, 2 p.m. CST, 5 p.m. CST Noon EST	Health Care Surrogates Kirstin Sumner, Esq., Vice President Legal Operations
October 17 October 18	Noon CST, 2 p.m. CST, 5 p.m. CST Noon EST	An Update on Drug Therapy and Aging Kevin O'Neil, MD, FACP, CMD
November 14* November 15*	Noon CST, 2 p.m. CST, 5 p.m. CST Noon EST	Dementia Care: Promoting Autonomy and Safety Daniel Kuhn, LCSW
December 12* December 13*	Noon CST, 2 p.m. CST, 5 p.m. CST Noon EST	Problem Solving Behavioral Expressions in Dementia Juliet Holt-Klinger, MA, Sr. Director, Dementia Care

Community Name

Service | Service
Service | Service
Street Address
City, State ZIP
Facility No.

► **For more information, contact your local Brookdale representative.**

** November and December classes are the second week of the month due to the holidays.*

Community Name

Street Address

City, State Zip



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