

# PCA Indianapolis Spring Symposium

## Meet Your Speakers

Peg Tobin, RN

### Why On Earth Am I Doing What I Am Doing?

Have you ever wondered why you do what you do? The truth is inside you there is a personality trait that wants to make a difference in your surroundings. Even though there are times you question your sanity, reality is you like the job you are in and you want to succeed. In this session Peg will lead you in an exercise to take a look at your personality traits and help you better understand why you are doing what you are doing. She will help you understand that your personality has been the same since you were born.

In this session attendees will be able to:

1. Explain their personal 'Why' for what they are doing in Long Term Care. (40 minutes, lecture, group interaction, handouts, power point)
2. Identify traits that make it possible to be a success in their chosen field. (30 minutes, lecture, group interactions, handouts, examples, power point)
3. Explain the traits that will derail their ability to be a success. (20 minutes, lecture, examples, handouts, power point)

The uniqueness of this presentation is it helps the attendee learn what are their strongest personality traits and how those traits influence their decisions.

### Ac'countonme'ability

Accountability occurs when staff see - ac'countonme'ability - in their leader! A leader who walks the talk will have staff out-bidding each other to own a place on the team. A leader cannot demand accountability. Accountability has to be won by being transparent and open to the team. The leader's actions and behavior must reflect honestly and commitment.

I have walked the talk and I know that winning a team and getting them to buy-in and become engaged, has to start with me and my actions as a leader. I must be committed first to the vision and the team.

Upon completion of this presentation, participants will be able to:

1. Explain two (2) specific differences that currently affect how leaders deal with the work force (30 minutes, lecture, group interaction, handouts, power point, videos)
2. Describe six (6) steps staff members believe demonstrate a leader is committed to them (30 minutes, lecture, group interaction, videos, handouts, power point)
3. Identify five (5) sand traps that can derail a leader's efforts to obtain accountability from staff members. (30 minutes, group interaction, handouts, power point, video examples)

### About Peg Tobin

Peg Tobin is a Registered Nurse who has been a Nurse Manager, Director of Nurses, Regional Nurse and Corporate VP of Nursing. She is an accomplished Business Woman. She is the President/Owner of Tobin & Associates a National Leadership Recruitment Firm. She is also the co-founder of Interactive Care Network, a hospital discharge system that empowers the patient to participate more directly with their healthcare discharge plans. Peg's unique humor and successful nursing career have made her a sought after speaker at healthcare conferences and conventions internationally. She has published two books on Leadership. **Peg is the recipient of the Jane Johnsen 'Women of Vision Award' from Ohio University, the Athena Leadership Award, the PNC 'Women Who Achieve' Profile and the Business Person of the Year from Canal Winchester, Ohio.**

**Peg believes everyone has a purpose and she is committed to helping those seeking their purpose to find it.**



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### Chris Redmond, MS

#### **Exercise and Older Adults – A Review of Exercise and the Older Adult from a Clinical Exercise Physiology Point of View**

In this session attendees will be able to:

1. Provide education and understanding on the importance of exercise in Aging, regardless of age.
2. Help understand the short and long-term effects of exercise.
3. Define and discuss exercise vs. physical activity.
4. Review frequency, guidelines, and recommendations for exercise prescription related to various diagnoses.
5. Open question / answer forum to encourage critical thinking.

#### **About Chris Redmond, MS**

Chris is an Indianapolis native and currently resides in Indiana. He holds a Bachelor of Science Degree in Business/Sports Management and Sociology from Marian University in Indianapolis and a Master of Science Degree Kinesiology/Clinical Exercise Physiology from Indiana University in Bloomington. He has 20 years' experience in healthcare dedicated mostly to helping older adults. He has held various clinical and leadership positions within cardiac rehabilitation, corporate wellness, medical devices, homecare, hospice, palliative care, outpatient/inpatient rehabilitation hospital, short and long-term rehabilitation, and real estate. Chris is the Founder and President of Vitality For All, Inc. (a 501 (c)(3) non-profit organization dedicated to helping older adults through education related to exercise and technology). He is also the Vice-President of the Board for Indiana Geriatrics Society (IGS) and Lazarus Living. Chris enjoys spending time with his wife Teresa, family, friends, running, and the occasional round of golf.

### Edward G. Shaw, MD, MA

#### **Understanding Dementia**

Understanding Dementia. This talk provides information on the Alzheimer's epidemic the United States is facing, describes basic brain structure and function, provides an understanding between the different types of dementia (Alzheimer's, vascular, frontotemporal, Lewy body, and others), and presents simple yet effective brain-based strategies for some of the common challenges encountered in those with dementia.

1. Provide information on Alzheimer's disease and other dementias in U.S.
2. Basic brain structure/function and the different types of dementia (Alzheimer's, vascular, frontotemporal, Lewy body/ Parkinson's)
3. Brain-based strategies for common behavioral challenges encountered in dementia.

#### **About Edward G. Shaw, MD, MA**

Edward G. Shaw, MD, MA, is dually trained as a physician (MD, Rush Medical College; Internship/Residency, Mayo Clinic) and a mental health counselor (MA, Wake Forest University). He was a practicing academic radiation oncologist for 23 years, specializing in the treatment of adults and children with brain cancer, as well as a researcher focusing on the cognitive effects of chemotherapy and radiation therapy in cancer survivors. Ed was chairman of the Wake Forest School of Medicine (WFSOM) radiation oncology department and associate director of clinical research for Wake Forest's cancer center between 1995-2008. During his career as an oncologist, he published 180 research articles, 25 book chapters, co-edited 2 books, received more than 21 million dollars in research grant funding, mostly from the National Cancer Institute, and was a 2015 recipient of the WFSOM Team Science Award.