



75TH ANNUAL CONVENTION & EXPO
SEPTEMBER 8-10, 2025

EAST PEORIA, IL

CELEBRATING
75
years

PRELIMINARY PROGRAM



CELEBRATING 75 years

The Illinois Health Care Association (IHCA) is a non-profit organization comprised of nearly 350 licensed and certified long term care facilities and programs throughout the state. IHCA members include proprietary and non-proprietary facilities that represent assisted and supportive living, skilled, intermediate, intellectually and developmentally disabled, medically complex for the developmentally disabled and sheltered levels of care.

Founded in 1950, IHCA is the oldest long term care association in Illinois. This year marks the 75th anniversary of the association.

Illinois Health Care Association
1029 South Fourth Street
Springfield, IL 62703-2224
800-252-8988
217-528-6455
Fax 217-528-0452
www.ihca.com
info@ihca.com

IHCA is Turning 75!

Come celebrate our big anniversary with us at the 75th Annual IHCA Convention & Expo, September 8-10 in East Peoria!

So much has changed since the inception of IHCA in 1950—in the association, the profession, and the world overall. As long term care has evolved from the nursing homes of yesteryear to the assisted/supportive living, skilled nursing, and ID/DD centers of today, so have the needs of these facilities, their residents and staff. And, so has our association.

IHCA is committed to evolving along with our profession and our members. Over the past year, we have embraced significant changes within our organization, strengthening our ability to lead in advocacy and education for long term care professionals. Our dedication to our mission remains unwavering as we continue to drive progress and support those we serve.

We hope to see you there!

About IHCA

IHCA has been, and continues to be, a major voice for long term care in Illinois. IHCA provides our members with timely, reliable and concise information so that they can make sensible professional and business decisions. As an IHCA member, you are part of an elite group that can be proud of the many accomplishments achieved on behalf of the residents we all serve.

As rules and regulations change, and the types of residents and their care needs evolve, IHCA does whatever it takes to help you resolve problems and tackle complex issues. Our staff is here to support you, and we are continuously working to make your career in long term care better and more fulfilling.

In the 75 years since its inception, IHCA has evolved along with its members, with health care, with rules and regulations. Today we represent nearly 350 facilities and programs from throughout the continuum of care. Here are just some of the services we provide to our members:

Public Policy

Active involvement in legislative and regulatory initiatives and political activities is vital to our success. The Illinois Health Care Association/Illinois Center for Assisted Living (IHCA/ICAL) and The Center for Developmental Disabilities Advocacy and Community Supports (The Center) employ staff knowledgeable and experienced in advocating your position and achieving specific goals. IHCA/ICAL and The Center work diligently to offer comprehensive legislative, regulatory and political support.

Both IHCA/ICAL and The Center work within the legislative and regulatory arena to represent the best interests of our members, including tracking legislation, impacting the regulatory environment and organizing grassroots activities. In addition, they monitor the state's political climate, work to build relationships with state legislators and help to raise funds to support legislative candidates who support effective, adequately-funded, quality long term care and ID/DD initiatives. Whether lobbying legislators or working with state agencies on regulatory matters, your interests are well represented.

Education

IHCA offers a variety of educational opportunities for long term care professionals to expand their knowledge, skills and horizons. Each year, IHCA staff works with the Education, Convention and Trade Show Committee to put together an educational agenda, starting with identifying appropriate topics related to the issues impacting our profession. To ensure that our members, and other long term care professionals, have access to important information and the continuing education they need, seminars are offered face-to-face and/or virtually.

IHCA is approved as a sponsor of continuing education for nursing home administrators, licensed nurses, social workers, physical therapists and physical therapy assistants by the Illinois Department of Financial and Professional Regulation.

Publications and More

Communications

Keeping IHCA members up to date on the latest long term care news, trends, updates and developments is one of our primary goals. We accomplish this in several ways: *Weekly News Brief newsletter*, *Member Alert emails*, *Members Only newsletter*, *LTC Today magazine*, *Education Updates*, *LTCNA Newsletter* and our *association websites*. We want to make sure you are well-informed on the topics that matters most to you, your staff and your centers.

Social Media Platforms

Our social media platforms allow us to connect with members quickly to share breaking long term care news, member stories, highlights, videos, upcoming events and so much more! Make sure you stay in the know by following us on:



Visit Our Websites!

www.ihca.com – Our association website is another opportunity for our members to find the information they need. The site contains extensive information about the association, member benefits, valuable links to outside resources and access to key “members only” materials.

www.cddacs.org – The Center’s website provides information specific to providers who serve the intellectually and developmentally disabled community and is the go-to resource hub for our ID/DD members.

Annual Convention and Expo

IHCA hosts one of the state’s largest annual convention and expos for long term care professionals. This much-anticipated event features educational sessions covering a wide range of pertinent topics, as well as exhibits demonstrating the latest technology and services in the profession. Continuing education credits are offered for administrators, social workers, licensed nurses, certified dietary managers, physical therapists and qualified intellectual disabilities professionals. For those disciplines not preapproved for continuing education credit, IHCA staff will provide any needed assistance to help you submit for approval to the appropriate crediting institution or organization. In addition to offering educational advantages, this highly anticipated convention and expo also offers entertainment and social events to give you plenty of opportunities for networking and having fun.

Help Us Spread the Word!

We encourage our members to share their pride with others who could benefit from a proactive, long term care association. Please let us know their names and phone numbers so we can contact them or ask them to give us a call. We would love to explain the benefits of IHCA to them. We encourage you to support IHCA and take an active role in the association’s activities so you may continue making a difference in long term care.

Schedule

Monday, September 8

| | |
|-----------------------|--------------------------------------|
| 9:00 a.m. – 5:00 p.m. | Alzheimer's & Dementia Care Training |
| 4:00 – 8:00 p.m. | Convention Registration Desk Open |

Tuesday, September 9

| | |
|------------------------|---|
| 7:00 a.m. – 5:00 p.m. | Convention Registration Desk Open |
| 8:00 – 10:00 a.m. | Opening General Session |
| 10:15 – 11:15 a.m. | Associate Member/Attendee Panel Session |
| 10:15 – 11:15 a.m. | Select Educational Sessions |
| 11:15 a.m. – 1:30 p.m. | Lunch |
| 1:30 – 2:30 p.m. | Educational Sessions |
| 2:45 – 3:45 p.m. | Educational Sessions |
| 4:00 – 5:00 p.m. | Educational Sessions |
| 5:00 – 6:30 p.m. | Exhibitor VIP Party |
| 6:30 – 9:00 p.m. | Convention Kickoff Party |

Wednesday, September 10

| | |
|------------------------|-----------------------------------|
| 7:00 a.m. – 5:30 p.m. | Convention Registration Desk Open |
| 8:00 – 9:00 a.m. | Educational Sessions |
| 9:15 – 10:15 a.m. | Educational Sessions |
| 10:30 – 11:30 a.m. | Educational Sessions |
| 11:30 a.m. – 2:00 p.m. | Expo/Lunch |
| 2:00 – 3:00 p.m. | Educational Sessions |
| 3:15 – 4:15 p.m. | Educational Sessions |
| 4:30 – 5:30 p.m. | Educational Sessions |

Schedule at a Glance

Meetings

Wednesday

IHCA Annual Business Meeting
| NF/AL Constituency Meeting
2:00 – 3:00 p.m.

The Center's Annual Business
Meeting | ID/DD Constituency
Meeting
3:15 – 4:15 p.m.

Registration Desk Open

Monday

4:00 – 8:00 p.m.

Tuesday

7:00 a.m. – 5:00 p.m.

Wednesday

7:00 a.m. – 5:30 p.m.

Exhibitor Move In

Tuesday

7:00 a.m. – 5:00 p.m.

Wednesday

7:00 – 10:00 a.m.

Expo

Wednesday

Riverfront Grand Ballroom
11:30 a.m. – 2:00 p.m.

Lunch

Tuesday

Hotel Atrium
11:30 a.m. – 1:30 p.m.

Wednesday

Riverfront Grand Ballroom –
Expo Floor
11:30 a.m. – 2:00 p.m.

Activities

Tuesday

Exhibitor VIP Party
5:00 – 6:30 p.m.

Convention Kickoff Party
6:30 – 9:00 p.m.

Educational Sessions

Tuesday

10:15 – 11:15 a.m. (select
breakout sessions only)
1:30 – 2:30 p.m.
2:45 – 3:45 p.m.
4:00 – 5:00 p.m.

Wednesday

8:00 – 9:00 a.m.
9:15 – 10:15 a.m.
10:30 – 11:30 a.m.
2:00 – 3:00 p.m.
3:15 – 4:15 p.m.
4:30 – 5:30 p.m.

Special Sessions/Events

Monday

Alzheimer's & Dementia
Training
9:00 a.m. – 5:00 p.m.

Tuesday

Opening General Session
8:00 – 10:00 a.m.

Associate Member/
Attendee Panel Session
10:15 – 11:15 a.m.



Special Sessions & Events

Alzheimer's and Dementia Training

Monday, September 8, 9:00 a.m. – 5:00 p.m.

***A separate registration is required to attend this session. Participants are not required to attend Convention, but individuals who are registered for Convention qualify for a discounted rate. Class size limited to 50! Books will be ordered prior to convention so if you register, please be sure you attend.**

Diana Mayfield, CADDCT, of Mayfield Health Care Seminars will lead this full day program. Alzheimer's and Dementia Training is a pre-requisite for anyone who would like to be a certified dementia practitioner with the National Council of Certified Dementia Practitioners. This program is interactive and covers the following topics: Introduction to dementia and Alzheimer's disease, communications, feelings and repetitive issues, activities, spiritual needs, sexuality and end of life. **Participants must stay the entire day to receive certification for the seminar and application to NCCDP.**

Note: This session should satisfy IDPH requirements for training for certified Alzheimer's Units.

Opening General Session

Tuesday, September 10, 8:00 – 10:00 a.m. (***NEW TIME!**)

Join us at Opening General Session to celebrate long term care, past and present, and get excited for the future! After opening remarks and the presentation of the IHCA Excellence Awards, the LTCNA Nursing Awards, and the Voice of Senior Care Awards, attendees will hear a special keynote address from one of Magnet Culture's spectacular speakers.



GenZ keynoter, Alayna Thomas, equips leaders to make the necessary adjustments to keep today's multigenerational workforce intact. Highly credentialed and a wise-beyond-her-years GenZer, Alayna already has experience as an HR Director, her Master's in Management, and a Senior Certified Professional designation from the Society for Human Resource Management (SHRM-SCP).

Finding and maintaining strong, talented staff and leaders is an issue long term care providers have faced for many years. The team at Magnet Culture understands this struggle and is ready to help! Their proven framework has transformed teams across various industries. They have been the authority in assisting organizations to regain control and build a thriving workforce since their founding in 2012. This year's Opening General Session will feature a presentation that everyone will relate to - **It's Not About Birth Year: The Evolution of Employees from A to GenZ.**

Instead of fueling the "us versus them" fire on your team, it's time to explore the "why" behind the unique mindsets of our multigenerational workforce. Understand how Baby Boomers, GenX, Millennials, and GenZ were raised differently and the impact of their upbringing on the employer-employee relationship. We will also dispel myths about younger workers' perceived lack of professionalism and work ethic.

Magnet Culture's award-winning generational lens provides valuable insights to navigate key challenges and opportunities presented by today's new workforce. It's time to create a workplace that more effectively manages multi-generational teams, as one-size leadership styles no longer fit all.

And... later in the afternoon, the keynote speaker will continue the retention discussion with a special breakout session. Turn to page 13 for more information on that session.

IHCA Excellence Awards

Prior to the keynote address, the winners of the IHCA Excellence Awards will be announced.

Thank you to our 2025 IHCA Excellence Award Sponsor WorkShare IL.



LTCNA Nursing Awards

New for 2025! The winners of the LTCNA Nursing Awards will be announced during Opening General Session.

Thank you to our 2025 LTCNA Nursing Awards Sponsor, Marsh McLennan Agency.



Voice of Senior Care Awards

The Voice of Senior Care Award recipients will also be recognized during Opening General Session. This award pays tribute to Illinois Legislators who have championed long term care issues.

Thank you to our Voice of Senior Care Awards sponsor, HPSI Purchasing Services, Inc.



Thank you to our Opening General Session sponsor, Medline Industries, LP.



Associate Member/Attendee Panel Session

Tuesday, September 9, 10:15 – 11:15 a.m.

IHCA is bringing back our Associate Member panel session once again in 2025. Hosted by the IHCA Associate & Individual Member Constituency Committee, this special session brings vendors together with attendees who own and operate long term care centers to discuss hot topics currently affecting the sector. The session will feature a panel of IHCA Associate Members from varying areas of long term care to help facilitate productive discussion that will benefit everyone who attends. Bring your questions and your input and together we'll work toward finding the answers.

Exhibitor VIP Party

Tuesday, September 9, 5:00 – 6:30 p.m.

New for 2025! Attendees are invited to join Exhibitors for a special evening reception in the Atrium at the Embassy Suites in East Peoria. Get away from the hustle and bustle of the Expo floor and spend some time talking with vendors about ways you can work together for the benefit of the residents you serve.

Convention Kickoff Party

Tuesday, September 9, 6:30 – 9:00 p.m.

We're celebrating 75 years of IHCA and another Convention & Expo! Join us on the other side of the river on the Embassy Suites' outdoor patio for this year's Convention Kickoff Party. Kick back, relax, enjoy good food and music with old friends and new acquaintances.

Music will be provided by HealthDirect Pharmacy Services.



Continuing Education

Tracks

For your convenience, sessions are organized in educational tracks distributed throughout the convention. However, it is not mandatory to stay within a specific discipline – you are welcome to attend any session.

| <u>Code</u> | <u>Reference</u> |
|-------------|---------------------------|
| ACT | Activities |
| ADM | Administrators/Owners |
| AL | Assisted Living |
| BIZ | Business and Front Office |
| DIET | Dietary |
| MULTI | Multi-Disciplinary |
| NUR | Nursing |
| DD | ID/DD Services |
| SS | Social Services |
| SUP | Department Supervisors |
| THER | Therapies |

Continuing Education Information

Continuing education credits have been submitted for approval for the following disciplines:

- Nursing Home Administrators
- Licensed Nurses
- Licensed Social Workers
- Certified Dietary Managers
- Physical Therapists/
Physical Therapy Assistants
- QIDPs

Individuals seeking approval for all other professional licenses or certifications must file independently with their licensing or certification body. IHCA staff will provide any needed assistance to help you with the process.

The Expo

IHCA has once again scheduled a first-class, informative convention and expo for long term care professionals! Meet with state and national providers of goods and services and learn about the latest developments to help you provide the highest quality, most cost-effective care possible.

This year's event will feature a new Exhibitor VIP Party on Tuesday, September 9, where attendees can mingle with exhibitors in a fun, relaxed atmosphere away from the Expo floor. The following day, attendees can visit with Exhibitors at their booths during the regular Expo hours.

A complimentary lunch will be served in the pre-function space outside of the Expo on Wednesday, September 10. Tables will be available for attendees to sit and enjoy their lunch in the hospitality area on the Expo floor.

Exhibitor VIP Party

Tuesday, September 9

5:00 – 6:30 p.m. | Hotel Atrium

Expo Hours

Wednesday, September 10

11:30 a.m. – 2:00 p.m. | Riverfront Grand Ballroom
Complimentary Lunch Served

MON.
9/8/25

Sessions

Monday, September 8, 2025

9:00 am – 5:00 pm

Alzheimer's and Dementia Training

Track: MULTI

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Note: This session should satisfy IDPH requirements for training for certified Alzheimer's Units.

Tuesday, September 9, 2025

6:00 – 9:00 am

Breakfast Available

A complimentary breakfast will be available for guests of the Embassy Suites in the mornings before sessions start in the hotel Atrium.

8:00 – 10:00 am (*NEW TIME!)

Opening General Session

Track: MULTI

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10:15 – 11:15 am

Associate Member/Attendee Panel Session

Track: MULTI, ADM

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Using Pharmacogenomics to Inform Depression Treatment in a Long Term Care Setting

Brittney McLaughlin | Myriad Genetics

Track: NUR, DD, SS, MULTI

The purpose of this presentation is to advise attendees on how to utilize pharmacogenomics data to better inform treatment decisions in mental health and how this can be applied in the long term care setting. It focuses on defining pharmacogenomics, highlighting specific genes that are significant in processing psychotropic medications and how a patient's pharmacogenomic results lead to different clinical considerations. A patient case will be discussed to exemplify how these pieces of information come together in creating a medication treatment plan.

11:15 am – 1:30 pm

Lunch Break

A complimentary lunch will be served in the hotel Atrium on TUESDAY ONLY. Lunch will be available in the Expo on Wednesday.

1:30 – 2:30 pm

Creative and Meaningful Education: Building Nursing Competencies

Lisa Thomson, BA, LNHA, HSE, CMT | Pathway Health Services

Track: NUR, SUP

Education can be fun and rewarding for the adult learner when it is organized, meaningful, and presented in a way that sticks! Adult learners need to hear it, see it, and do it. Successful outcomes come from good education. This session will provide the participant with workable strategies for creating a simple but meaningful education session for staff members working in post-acute care.

TUE.
9/9/25

Anatomy of a Resident Contract: Legal Issues to Reduce Your Liability

Neville Bilimoria, JD | Duane Morris LLP

Track: ADM, AL, BIZ

Resident contracts for long term care providers are increasingly becoming more important in this age of plaintiff lawsuits and increased liability for facilities. Providers need to understand the important aspects of these resident contracts to be able to explain them to residents and families, and to make sure their contracts are legally sound. Revisions to arbitration clauses, among others, are also necessary in light of recent legal updates to maximize enforceability, and to comply with federal and state requirements. Making sure your resident contract meets legal and regulatory requirements is key to reducing your liability and streamlining your operations.

Wellness in Action: Lifestyle Strategies to Promote Independence and Satisfaction in Adults with Developmental Disabilities

Linda Riccio, OT/L, FAOTA | Transitional Care Management

Track: DD, NUR, THER

This session introduces a practical, interdisciplinary approach to wellness and lifestyle management for adults with developmental disabilities. Using the Enhancing Health & Wellbeing program, attendees will explore how to apply engaging, client-centered education on food, nutrition, stress, and daily living to promote greater independence in ADLs and improve overall satisfaction. Strategies will include functional wellness programming that supports behavioral goals, health literacy, and self-advocacy, tailored for individuals with diverse cognitive and functional abilities. Attendees will leave with tools to implement meaningful, occupation-based routines that improve outcomes and enhance quality of life.

Living on a Prayer!

Denise Spihlman, LCSW, MSW, PRSD, CDP | Outcome Services of Illinois

Track: SS

Attention all you social service staff out there—are you hanging by a thread? Are you living on a prayer? Are you finding you are running yourself ragged day in and day out? What does it mean to work in social service? Are you doing what you thought you would be doing in this position? How can we do more of what we signed up for? How can we make a difference each day? Give our presenter 60 minutes to talk about not just what the regulations say but what your heart is asking for. There is more to this position than meeting regulations. Let's try to bring some joy back into your work.

Handling Conflict with Confidence and Competence

Dee Mayfield, CDP, CADDCT | Mayfield Health Care Seminars

Track: MULTI, ADM, SUP

In any leadership role, you may be put in the position of having to step in and diffuse a conflict between staff members. Stopping the conflict incident is a step in the right direction, but it may not fully resolve the issue at hand. Every conflict that a leader steps into becomes a teaching moment as well as a de-escalation. Join presenter Dee Mayfield for this special interactive session that will help leaders at any level learn how to help their staff and peers handle conflict in a more positive manner before those conflicts turn toxic.

**Please note: Individuals who anticipate attending this session are welcome to send suggested conflict scenarios to cover to the presenter at dementia.seminar@yahoo.com - Subject: 2025 IHCA.*

2:45 – 3:45 pm

Factors Affecting Wound Healing

Dionie Bibat, MNS, RN, ET, CWOCN | Medline LP

Track: NUR

Join skin and wound care expert Dionie Bibat, Senior Manager Clinical Solutions for Medline Industries, as she discusses the various factors that affect wound healing in long term care. Ms. Bibat will review the phases of wound healing, symptoms of infection and interventions for proper wound healing, ensuring that attendees leave well-versed in what can affect the wound healing process.

Take Root & Grow: How Great Teams Influence Their Staff to Stay

Alayna Thomas, MS, PHR | Magnet Culture

Track: MULTI, ADM, SUP

Amidst the continued challenges of attracting and retaining talent, leaders are grappling with disengaged employees who no longer respond positively to traditional management styles. The former one-size-fits-all leadership approach has become ineffective as today's team members each require a personalized care plan instead. This demands more time and attention from already overloaded leaders, who have the most influence on whether people stay or go.

Join us to explore the new Employee Retention Ecosystem™, a holistic approach to retention that finally clarifies the roles of executives, leaders, and staff in reducing turnover. This session will dive specifically into leaders' responsibilities and identify actions they can take to own their role in creating a workplace where everyone thrives!

Building Adaptive Skills: Coping Skills

Samantha Butler, MA, BCBA | Visions, LLC

Emily Kalaman, MA, BCBA | Visions, LLC

Track: DD, MULTI

This session will focus on a wide variety of areas to help build adaptive skills in how we cope, or manage, emotions. The presenters will discuss and share strategies for teaching different self-regulation and coping skills when working with individuals diagnosed with developmental disabilities.

Making AI Work for Nursing Home Administrators

Gerald Stanley | Imavex, LLC

Track: ADM, BIZ, MULTI

AI is changing how nursing homes operate. It can help administrators cut costs, reduce paperwork, create efficiencies, and improve care. This session will explain what AI is, and how AI-powered tools can improve staffing, billing, compliance, and resident care planning. Attendees will learn about the various ways AI can be used make their jobs easier.

The Facility Assessment: Your Blueprint for Improving Care Outcomes

Kathy Derleth, RN, BSN | Real Time Medical Systems

Track: MULTI, ADM, NUR

As of August 8, 2024, CMS requires long term care facilities to conduct a comprehensive Facility Assessment, evaluating staffing, equipment, services, and resident needs. Additional 2024 guidelines mandate assessments of diseases, conditions, acuity, and functional limitations to inform staffing decisions. Surveyors now verify compliance with required assessment components.

This session will outline a framework for conducting assessments that meet CMS regulations, address care gaps, and improve quality. Attendees will explore how live data analytics can evaluate resident populations, identify specialty care needs, and enhance person-centered care—ensuring regulatory compliance, better outcomes, and stronger facility performance.

4:00 – 5:00 pm**Skilled Nursing Facility – A New Era (MDS, VBP, QRP and More!)**

Colleen Toebe, MSN, CWCN, RAC-MTA, RAC-MT, DNS MT | Pathway Health Services

Track: NUR, ADM

The continued revisions to the MDS include structural data redesign, standardized patient assessment elements, social determinants of health, and additional focus on reducing preventable hospitalizations. The session will provide strategies to operationalize the ongoing changes and review the changes to the Five-Star Rating Program, Quality Reporting Program, Quality Measures, Value-Based Purchasing, as well as the implications if an expansion of the quality reporting program, all requiring MDS and UB04 submission for all SNF patients regardless of payer.

TUE.
9/9/25

What's Hot In Employment Law? Stay Out of the Fire and Comply with Legal Updates for 2025 and Beyond

Jennifer Long, JD | Duane Morris LLP

Track: ADM, AL, BIZ

Have you updated your policies and procedures to comply with 2025 changes to state and federal employment laws? The new federal administration has rolled out countless changes in its first months – how do they impact your employment practices? What are the other “hot” topics for HR legal compliance? Learn what is new for 2025 and beyond in federal, state, and local law and regulations governing employee relations. Ensure you are prepared to legally deal with employees and applicants in the constantly changing context of labor and employment laws.

Optimal Health and Wellness as an Operating Paradigm for Services and Support for Persons with Intellectual/Developmental Disabilities (I/DD)

Dave Jaques, PhD, BCBA | Visions, LLC

Ann Ramey, LCSW, BCBA | Visions, LLC

Track: DD, MULTI

Persons with Intellectual and/or Developmental Disabilities have received services and support through the lens of various paradigms or frameworks over the course of time. Within the last 75 years, these have included what have been described as the medical model (often in institutions), normalization and active treatment, person-centered planning/services, community inclusion, and the neurodiversity movement.

This presentation will commence with a brief review of these service models or paradigms. From there, an alternative paradigm, which will be referred to as one of “optimal health and wellness,” will be introduced and described. The presentation will attempt to at least ‘plant the seeds’ for others to consider adopting this paradigm.

New Survey Guidelines: Leveraging Therapy for Non-Pharmacological Pain Management

Linda Riccio, OT/L, FAOTA | Transitional Care Management

Track: MULTI, NUR, THER, ADM

This session will provide an in-depth overview of the new survey guidelines related to acute and chronic pain, highlighting their definitions and implications for compliance and resident care. Attendees will explore how therapy-based approaches, including physical, occupational, and other rehabilitative therapies, can serve as effective non-pharmacological interventions for managing pain. The presentation will also offer practical strategies for integrating therapy into pain management programs to align with survey requirements while improving resident outcomes. Participants will leave with actionable insights and tools to enhance their pain management practices, ensuring both regulatory compliance and optimal resident care.

5:00 – 6:30 pm

Exhibitor VIP Party

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6:30 – 9:00 pm

Convention Kickoff Party

We're celebrating 75 years of IHCA and another Convention & Expo! This year's opening night party will still be on the riverfront, just on the other side! When you're done mingling with exhibitors at the VIP Party inside, head outside to the patio area at the Embassy Suites for this year's Convention Kickoff Party. Kick back, relax, enjoy good food and music with old friends and new acquaintances.



*Music will be provided by
HealthDirect Pharmacy Services.*

Wednesday, September 10, 2025

6:00 – 9:00 am

Breakfast Available

A complimentary breakfast will be available for guests of the Embassy Suites in the mornings in the hotel Atrium.

8:00 – 9:00 am

Basics of Antibiotic Stewardship in Long Term Care

Jerry Bucholc, PharmD, BCGP | Omnicare

Track: NUR

Antibiotic Stewardship has become increasingly important in long term care for a variety of reasons. During this session, presenter Jerry Bucholc will give attendees an overview of why antibiotic stewardship is so important, as well as the elements of a proper antibiotic stewardship program and strategies that can be used in a program for long term care centers.

Illinois Medicaid Unpacked: Legal, Regulatory & Staffing Insights

Ashley Snavelly | IHCA, President & CEO

Matt Werner | M. Werner Consulting

Track: ADM, BIZ

This session will present a comprehensive look at the state of the state of Medicaid in Illinois. Ashley and Matt will discuss recent and pending statutory, regulatory, and legal changes to the Medicaid program and offer feedback on how best to maneuver the various obstacles interwoven into the Illinois Medicaid system. They will also give an overview of potential future changes to Medicaid in Illinois.

IDDSI Implementation and Hands-On Testing: Tips and Tricks

John Holahan, BS, MBA | SimplyThick, LLC

Track: DIET, THER, NUR, MULTI

Implementation of the International Dysphagia Diet Standardisation Initiative (IDDSI) is a hot topic. Join our presenter as he discusses IDDSI implementation and shares many of the frequently asked questions he has encountered as he has worked with IDDSI. Additionally, Mr. Holahan will cover how the testing methods used are what really sets IDDSI apart from any previous dysphagia diet. Hands-on testing is the best way to learn. Come learn about it and try the testing methods.

9:15 – 10:15 am

Behavior-Focused Care Planning: Tailoring Solutions for Residents

Carey Patton, RN, RAC-CT, RAC-CTA | Synergy Care Inc.

Track: NUR, SS, MULTI

In this session, participants will explore the essential components of behavior-focused care planning and its significance in developing effective, individualized care plans for residents. We will discuss the federal regulations for comprehensive care planning, and how these regulations ensure that care plans meet the unique needs of each resident. Learn how to create a person-centered care plan that respects individual preferences while addressing behaviors that may impact quality of life. Attendees will be introduced to practical methods for setting targeted behavior goals and implementing approaches designed to modify or manage challenging behaviors. This session will emphasize the importance of collaboration, evidence-based strategies, and continuous assessment to deliver the highest standard of care, enhancing both resident satisfaction and overall care outcomes.

Embracing Continuous Improvement: A Strategic Path to Organizational Excellence

Julie Karafa, CRCR, CSPR, RAC-CT | Wipfli

Track: ADM, AL, BIZ, MULTI

Discover innovative strategies to drive quality improvement initiatives even with limited financial and human resources. Learn how to effectively manage resistance from staff and management, overcome communication barriers, and implement new procedures or technology seamlessly. Explore best practices to sustain improvements and maintain momentum, ensuring that your quality initiatives continue to thrive long after the initial excitement fades.

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Navigating Rights, Guardianship, and the Settings Rule

Leanne Mull, MHA | Blue Tower Solutions, Inc.

Track: DD

It is hard to believe that we are now several years out from the implementation of the Home and Community Based Services Final Rule, yet here we are. As the Illinois system continues to move forward to meet requirements that chronic underfunding has made feel impossible, there are bright spots across the state and country that show full implementation is possible. By basing all of our work on the fact that the people we support have rights and part of our job is to ensure that those rights are protected and understood, we can make the changes necessary for people with disabilities to have the best lives possible.

In this session, presenter Leanne Mull will talk about the settings rule, the scope of guardianship in Illinois, and ways to educate and support people to exercise their rights in their daily lives.

Improving Your Safety and Health Program

Brian Bothast | OSHA

Track: MULTI, ADM, BIZ, ENV

This session will address OSHA's Safe and Sound program and methods for improving existing safety and health programs. Mr. Bothast will also address common OSHA violations in the industry and provide an update on OSHA requirements.

10:30 – 11:30 am

From Care to Courtroom

Mollie Werwas, JD | Airdo Werwas, LLC

Alyssa Lane, JD | Airdo Werwas, LLC

Track: NUR, AL, ADM

Nurse depositions play a pivotal role in the outcome of legal cases involving long term care facilities. This session provides aging services leaders and clinical staff with practical insights to prepare for depositions, emphasizing accurate documentation, effective communication, and sound clinical practices. Participants will learn to identify common pitfalls, such as inconsistent or incomplete charting, and explore strategies for presenting credible testimony that demonstrates high-quality care. Using real-world scenarios, the session equips attendees to mitigate legal risks while fostering a culture of accountability and compliance.

This presentation explores the critical role of nurse depositions in legal cases involving long term care facilities. Attendees will learn strategies to improve documentation practices, prepare for depositions effectively, and present testimony that reflects high standards of care.

Put the Brakes on Frivolous Litigation

Logan Essig, LNHA | Informed Medical

Track: ADM, AL, BIZ, MULTI

SNF and ALF providers are repeatedly being sued across Illinois. This session offers senior care leaders transformative insight into why this is happening and what they can do to reduce these attacks. Learn how to effectively address the most common adverse outcomes, manage family expectations, and implement thorough documentation practices that align with regulatory standards. Attendees will leave with tools to improve outcomes, build trust, defend their care, and reduce the likelihood of litigation.

Empathy: How it Can Support Us to Support the People Receiving Services

Leanne Mull, MHA | Blue Tower Solutions, Inc.

Track: DD, SS, MULTI

The definition of empathy is the ability to understand and share the feelings of another. When we look at the work that we do with an empathetic lens we can change our way of working with the people with disabilities we support and with those who directly support them. In this session we will learn about empathy and how to create a culture shift within our direct work environment, in a residential setting, within day services, in the community and as an organization. By understanding the experiences of the people we support, and the people who directly support them we have an opportunity to make a difference in countless lives.

Wellness in Nature

Tessa Hobbs-Curley, MA, LCPC | University of Illinois Extension

Cheri Burcham, MA | University of Illinois Extension

Track: ACT, MULTI, THER, SS

Research increasingly shows that spending time in nature can benefit mental and physical well-being. The study results have been so overwhelmingly positive, that there are health care providers in some countries that prescribe getting outside and in nature to their patients – and insurance covers the cost! From creating a sensory experience while growing vegetables and fruits in a garden, to hiking and exploring a forest preserve, even a short amount of time spent in nature can improve overall health. Join our educators as they share the actual health benefits of being present in nature and answer the question of exactly why does being in nature areas affect our health. Also, discover a wide variety of simple activities to foster experiences in the natural world.

11:30 am – 2:00 pm

Expo/Lunch

Enjoy a complimentary lunch and browse the expo to see the latest products and services from our vendors. Lunch will be available just outside of the ballroom where the Expo will be held. Seating will be available in the Hospitality Area of the expo floor.

As you make your way around the expo floor, please take a moment to express a huge THANK YOU to our exhibitors for participating in this year's convention and for supporting the long term care profession!

2:00 – 3:00 pm

From Data Collection to Impact: Leveraging MDS and Updated Surveyor Guidance for Patient-Centered Excellence

Sabrena McCarley, MBA-SL, OTR/L, CLIPP, RAC-CT, QCP, FAOTA, RAC-CTA | Transitional Care Management

Track: NUR, ADM, MULTI

Navigating the dual challenges of ongoing MDS updates and the CMS 2025 Revised Surveyor Guidance requires SNFs to adapt their workflows, improve staff training, and foster interdisciplinary team collaboration. This session addresses these challenges, offering actionable strategies and best practices for aligning MDS processes with updated surveyor guidelines.

IHCA Annual Business Meeting, NF/AL Constituency Meeting and Regulatory Update

Track: ADM, AL, MULTI

Responding to Records Requests from Families, Lawyers, and Litigation

Mollie Werwas, JD | Airdo Werwas, LLC

Alyssa Lane, JD | Airdo Werwas, LLC

Michael Airdo, JD | Airdo Werwas, LLC

Track: ADM, AL, MULTI

Nursing home administrators frequently receive records requests from families, attorneys, and regulatory agencies, each carrying unique legal and compliance considerations. Failing to respond appropriately can lead to liability exposure, regulatory scrutiny, and potential litigation. This session will equip attendees with a clear understanding of medical records—what is included, what is not—and the legal distinctions between standard medical records requests, subpoenas, and specialized requests, such as IDPH surveys.

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Administrators will learn best practices for handling these requests efficiently while safeguarding resident privacy and protecting their facility from unnecessary risk. The session will also discuss facility obligations for producing records in litigation, and tips for working with defense counsel to respond to written discovery. Presenters will also offer best practices and considerations when responding to unique requests, such as demands to review surveillance footage; to provide incident reports, and navigating similar requests from families. This session equips nursing home administrators with practical guidance on handling records requests from families, attorneys, and regulatory agencies. Attendees will learn to distinguish between various types of requests, including medical records disclosures, subpoenas, and regulatory inquiries, while implementing best practices to ensure compliance, protect resident privacy, and reduce legal exposure.

Understanding SNF Consolidated Billing

Amanda Wetzell | Consolidated Billing Services, Inc

Track: ADM, BIZ

This session takes a deep dive into CMS Consolidated Billing Policy starting from the basics and into the more complicated parts of guidance. Our speaker will cover all of the exclusions, different types of fee schedules, where and how to locate them, as well as give real life examples of common billing errors to look out for, avoid, and manage if encountered.

3:15 - 4:15 pm

Nutrition: Supporting Wounds from the Inside Out

Sara LeBrun-Blashka, MS | Medtrition

Track: NUR, DIET

Understanding the clinical nutrition needs of wound residents and how to implement nutrition to reduce healing time and cost is vital to providing quality care. This session will review the science of wound healing from the inside out. The presenter will dive into studies showing how wound-specific oral nutrition can save on high costs to long term care centers and help residents heal quickly.

The Untold Secrets to Optimizing Your Senior Care Workforce

Brandon Tappan, LNFA | ShiftKey

Ryon Stewart | ShiftKey

Track: ADM, BIZ, SUP, MULTI

It's no secret that the ever-evolving demands and desires of today's workforce, combined with the workforce shortage, have challenged the senior care industry. It's time to shift the paradigm by revamping workforce strategies and moving to a modern approach that will support your organization's growth. Join us to explore the data behind the shifting dynamics of the senior care workforce, the impact on the industry, and innovative practices to help your workforce succeed above the rest.

The Center's Annual Business Meeting and ID/DD Constituency Meeting

Track: DD

Discover the Road Leading to Your Professional Passion

Tiffany Karlin | Wipfli LLP

Track: MULTI

When your actions and beliefs match your values, life is usually good—you're satisfied and content. This is the primary reason identifying your values is so important. Values exist, whether you recognize them or not. Yet, your leadership impact will be much more confident and stronger when you know and acknowledge your values and when you make plans and decisions that honor them.

4:30 - 5:30 pm

Psychotropic Medications: But What if They Are Needed?

Michelle Stuercke, RN, BSN, MSN, ND, LNHA, QCP | Transitional Care Management

Track: NUR, MULTI

The changes in regulations early this year require an entirely new approach to the use and management of psychotropic medications. This session will review the documentation requirements for the use of psychotropic medications as well as tips on how to manage resident behaviors to ensure the lowest dosage.

Unlocking Success: Navigating Managed Care for Enhanced Clinical and Operational Performance

Deepti Bajaj, DPT | QRM

Track: ADM, AL, BIZ

Join this session for key takeaways on successfully navigating the world of Managed Care. From contracting through admissions, care provision, and billing, the presenter will be sharing keys to unlock success for enhanced clinical outcomes and operational success.

ID/DD Regulatory Update

Track DD

The Impact of Teamwork on Revenue Cycle Performance

Felicia Adams | Forvis Mazars

Malissa Fields | Forvis Mazars

Track: BIZ, ADM, MULTI

In this presentation, the presenter will explore the critical components of the skilled nursing revenue cycle and identify strategies to improve compliance and collections. This session will focus on the importance of interdisciplinary teamwork and the implementation of best practices to optimize accounts receivable performance.

Convention Venue

This year's event will be held exclusively at the Embassy Suites by Hilton East Peoria Riverfront Hotel & Conference Center. Make your reservations today to secure your accommodations and enjoy the convenience of walking right next door to get from your hotel to the conference center. A complimentary breakfast is included for Embassy Suites guests.

Embassy Suites by Hilton East Peoria Riverfront Hotel & Conference Center
100 Conference Center Drive | East Peoria, IL 61611 | 309.694.0200

Click [HERE](#) to make your reservation online. | Group Code: 90R.

Deadline to make reservations is August 24, 2025.

Self-parking is available on-site.

Please Note:

- You can call the hotel directly to make reservations if you prefer.
- Make sure to mention the Illinois Health Care Association or use Group Code 90R to get the special room rate.
- Room availability is limited. Make reservations early.

Rooms may become available as cancellations are made. Call periodically, especially after September 1, to check availability.

*****Please Note: Opening General Session begins at 8:00 am this year. Please leave yourself enough time to check in at the Registration Desk before Opening Session starts. Ballroom doors will not open until 7:45 am.***

If you will be arriving Monday evening, drop by the registration desk and check in early!

IHCA Registration Desk Hours

Monday, September 8 4:00 – 8:00 p.m.

Tuesday, September 9 7:00 a.m. – 5:00 p.m.

Wednesday, September 10 7:00 a.m. – 5:30 p.m.

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2025 Expo Exhibitors

As of July 1, 2025

- Accurate Biometrics
- Ameren Illinois Energy Efficiency Program
- Aria Care Partners
- BioTech X-ray, Inc.
- CE Solutions/VGM Education
- Concept Rehab
- Consolidated Billing Services, INC
- Consensus Healthcare
- Critical Care Pharmacy
- Elevate Therapy Consulting Group
- ESHYFT
- FGМК, LLC
- Focal Point Care
- Forum Extended Care Services
- Green Tree Pharmacy
- Gerio Primary Care
- GuideStar Eldercare
- Healthcare Services Group
- HealthDirect Pharmacy
- Herzing University
- HPS - Group Purchasing Organization
- HPSI Purchasing Services, Inc.
- iCareManager
- IDES/Workshare IL
- Illinois Nursing Home Admin Assoc.
- Infinium Pharmacy
- MAC RX
- Marsh McLennan Agency
- Martin Bros. Distributing
- Master's Transportation
- MatrixCare
- McKesson Medical-Surgical
- Medline Industries, LP
- Medtrition
- Nutrition That Works, LLC
- Oregon Healthcare Pharmacy Services, INC.
- OSF HealthCare
- Ovitsky Vision Care
- Pathway Health
- Performance Foodservice
- PharMerica
- PharmScript of IL, LLC
- Plymouth Management Services
- PointClickCare
- Reliant Rehabilitation
- Simplythick
- Southern Bus & Mobility
- Synergy Care
- Thompson Electronics
- Wipfli LLP

2025 Convention Sponsors

As of July 1, 2025

Convention Advertisers & Sponsors

- Accurate Biometrics
- FGМК, LLC
- HealthDirect Pharmacy
- HPSI Purchasing Services, Inc.
- MAC RX
- Marsh McLennan Agency
- Medline Industries, LP
- IDES/WorkShare IL
- Consolidated Billing Services, Inc
- Duane Morris LLP
- Forvis Mazars, LLP
- Imavex, LLC
- Informed Medical
- MatrixCare
- Medtrition
- Myriad Genetics
- Omnicare
- OSHA
- QRM
- Real Time Medical Systems
- ShiftKey
- Synergy Care Inc.
- Transitional Care Management

Session Sponsors



75TH ANNUAL CONVENTION & EXPO SEPTEMBER 8-10, 2025

EMBASSY SUITES BY HILTON
EAST PEORIA RIVERFRONT HOTEL & CONFERENCE CENTER

EAST PEORIA, IL

[CLICK HERE
TO REGISTER](#)

Registration Information

The IHCA Convention and Expo offers the most cost-effective way to educate and motivate your staff. This year, IHCA is introducing new registration options to allow more flexibility for long term care professionals to attend to earn the continuing education credits they need and learn about the latest products and services that can help them in their daily operations.

All registrations include access to any educational sessions they wish to attend, the expo, complimentary lunches on Tuesday and Wednesday, and entrance to Convention events.

Note: The early registration deadline is August 8, 2025.

Group Registrations

Facility: Long term care facilities may pay a single fee to register a group of individuals. Registrants must be facility staff to qualify. Corporate office employees cannot register under a facility name. Facilities can select either a small-group registration (up to 10 individuals) or a large-group registration (11-20 individuals). There is a \$50 charge for each additional person after the first 20.

ID/DD 16-bed and under facility: IHCA member ID/DD 16-bed and under facilities may pay a single fee to register a group of individuals from a group of two to four facilities that have the same administrator/resident services director. They can select either a small-group registration (up to 10 individuals) or a large-group registration (11-20 individuals). There is a \$50 charge for each additional person after the first 20.

Corporate office: IHCA member and non-member multi-facility corporate offices may pay a single fee to register a group of individuals. Registrants must be corporate office staff to qualify. Facility employees cannot register under a corporate office name. Corporate offices can select either a small-group registration (up to 10 individuals) or a large-group registration (11-20 individuals). There is a \$50 charge for each additional person after the first 20.

Individual Registration: New for this year! Individuals can register on their own for the entire event. There is no longer a one-day registration option.

Exhibitor: Registration for up to five (5) booth personnel are included with a booth reservation. Exhibitors will need to register their personnel for their badges through the online registration system.



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Registration Fees

| Type | Early (before Aug. 8) | Late (after Aug. 8) |
|---|-----------------------|---------------------|
| IHCA/LTCNA Member Individual | \$350 | \$375 |
| Non-Member Individual | \$550 | \$650 |
| IHCA Member Facility/Corporate Office Small Group - up to 10 individuals | \$795 | \$995 |
| Non-Member Facility/Corporate Office Small Group - up to 10 individuals | \$1,305 | \$1,505 |
| IHCA Member Facility/Corporate Office Large Group - 11-20 individuals | \$945 | \$1,145 |
| Non-Member Facility/Corporate Office Large Group - 11-20 individuals | \$1,405 | \$1,605 |

Become an IHCA member and register at the member rate! Call 800.252.8988 to request membership information.

Payment: Full payment of the registration fees must accompany the registration form.

Name Badges and Convention Packets: Attendees will retrieve their name badges by visiting one of the self-serve badge printing stations located at the Convention Registration Desk. To print their badges, attendees will find their name at one of the stations by searching by for their last name. Convention materials will be available at the registration desk once attendees have printed their badges. ***Each attendee is responsible for printing their own badge and picking up their own convention materials.***

***Please Note:** Opening General Session has been moved to 8 a.m. on Tuesday morning. The registration desk will be open 4:00 – 8:00 p.m. on Monday, September 8. It will open at 7:00 a.m. on Tuesday, September 9. Please allow yourself time to retrieve your badge prior to the start of Opening General Session to track your CEs.

Cancellations: There will be no refunds after August 15, 2025. A 10 percent service fee applies to all refunds.

Professional Conduct: Professional ideas and information are exchanged most effectively at the IHCA Convention and Expo in an atmosphere free of abuse or harassment and characterized by courtesy and respect. To that end, the Association expects all delegates to conduct themselves in a manner that establishes an atmosphere free from discriminatory practices and sexual harassment.

Need Assistance? Contact the Illinois Health Care Association at 800.252.8988 or 217.528.6455.



75TH ANNUAL CONVENTION & EXPO
SEPTEMBER 8-10, 2025

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EAST PEORIA, IL

Facility or Corporate Office _____

Contact Person _____ Email _____

Address _____

City _____ State _____ Zip _____

Please select your registration type below:

Registration Type

☐ IHCA Member Individual

Early

\$350 each

Late

\$375 each

Number of Individual Registrations: _____

☐ Non-Member Individual

\$550 each

\$650 each

Number of Individual Registrations: _____

☐ IHCA Member Facility/Corporate Office/Group of
2-4 DD 16 and Under with Same Administrator
SMALL GROUP

\$795

\$995

☐ Non-Member Facility/Corporate Office
SMALL GROUP

\$1,305

\$1,505

☐ IHCA Member Facility/Corporate Office/Group of
2-4 DD 16 and Under with Same Administrator
LARGE GROUP

\$945

\$1,145

☐ Non-Member Facility/Corporate Office
LARGE GROUP

\$1,405

\$1,605

TOTAL REGISTRATION FEES \$ _____

Payment Info: ☐ Pay by Check or ☐ Pay by Credit Card – ☐ Visa ☐ MasterCard ☐ AMEX ☐ Discover

Credit Card Number _____ Exp. Date _____ Security Code _____

Name on Card _____

Billing Address _____

City _____ State _____ Zip _____

Signature _____ Date _____

For Association Use:

| AMOUNT | CC/CK# | MEMBER STATUS | DATE |
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75TH ANNUAL CONVENTION & EXPO
SEPTEMBER 8-10, 2025

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EAST PEORIA, IL

1. Print the name of each registrant as it should appear on their name badge.
2. List the title of each registrant as it should appear on name badge (required).
3. Provide an email address for each registrant (IMPORTANT for CE notification). A UNIQUE email address is REQUIRED for each individual.
4. This form should be copied if registering more than 20 individuals.

See example below

| REGISTRANT NAME | TITLE | REGISTRANT EMAIL |
|------------------------------|----------------------|-------------------------------|
| Sample: <i>Ima Caregiver</i> | <i>Administrator</i> | <i>imacaregiver@email.com</i> |
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If any registrant has special dietary requirements or needs special aids or services identified in the Americans with Disabilities Act, please indicate here and a representative of the IHCA Education Department will contact you.

☐ Yes, please contact ☐ None required

Note: The early registration deadline is August 8. A 10% service fee applies to all refunds. NO refunds after August 15.

MAIL COMPLETED FORM AND CHECK PAYABLE TO IHCA TO: IHCA | 1029 S. 4TH ST | SPRINGFIELD, IL 62703

EMAIL TO: ACALDWELL@IHCA.COM

FAX TO: 217.528.0452