On Friday, November 30, 2018, all nine NC AHECs will host eight concurrent conferences for nurses serving rural North Carolina. Two statewide broadcast keynote addresses will link all the regions together. Each AHEC will offer additional live, on-site presentations that focus on regional topics. Nurses will have the opportunity to connect with colleagues in their region.

Sessions at the Greenville site focus on “Dementia Friendly” hospitals and communities, human trafficking in rural settings, and managing your stress with laughter yoga.
### AGENDA

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00 – 8:45 am</td>
<td>Registration and Light Breakfast</td>
</tr>
<tr>
<td>8:45 – 9:00 am</td>
<td>Local Welcome &amp; Overview</td>
</tr>
<tr>
<td></td>
<td>Robin Schaefer, DNP, CRNA, NEA-BC, FACHE</td>
</tr>
<tr>
<td>9:00 - 9:15 am</td>
<td>NC AHEC Welcome &amp; Greetings</td>
</tr>
<tr>
<td></td>
<td>Karen Stallings, MEd, RN, FAAN</td>
</tr>
<tr>
<td>9:15 – 10:45 am</td>
<td>Healthy Nurse, Healthy Nation</td>
</tr>
<tr>
<td></td>
<td>Ernest Grant, PhD, RN, FAAN</td>
</tr>
<tr>
<td></td>
<td>Building a Culture of Health for Nurses</td>
</tr>
<tr>
<td></td>
<td>Connie Mele, MSN, RN, PMHCNS-BC, LCAS, CARN-AP, NE-BC, FIAAN</td>
</tr>
<tr>
<td>10:45 am – 11:00 am</td>
<td>Break</td>
</tr>
<tr>
<td>11:00 am – 12:00 pm</td>
<td>Dementia Friendly Hospital and Community</td>
</tr>
<tr>
<td></td>
<td>Marcia Bryant, MSN, RN, NE-BC and the Outer Banks Dementia Friendly Team</td>
</tr>
<tr>
<td>12:00 pm - 1:00 pm</td>
<td>Lunch (provided)</td>
</tr>
<tr>
<td>1:00 – 2:30 pm</td>
<td>Rural Nursing Can Make a Difference: Preventing Suicide in North Carolina</td>
</tr>
<tr>
<td></td>
<td>Jodi Flick, ACSW, LCSW</td>
</tr>
<tr>
<td>2:30 – 2:45 pm</td>
<td>Break</td>
</tr>
<tr>
<td>2:45 – 3:30 pm</td>
<td>Human Trafficking: Not Just an Urban Problem</td>
</tr>
<tr>
<td></td>
<td>Pam Strickland, BSBA</td>
</tr>
<tr>
<td>3:30 – 4:15 pm</td>
<td>Laughter Yoga</td>
</tr>
<tr>
<td></td>
<td>Tamyra Jovel, MSW</td>
</tr>
<tr>
<td>4:15 - 4:30 pm</td>
<td>Wrap-Up &amp; Evaluation</td>
</tr>
</tbody>
</table>

### STATEWIDE PRESENTERS

- **Ernest Grant, PhD, RN, FAAN**  
  Vice President & President-Elect  
  American Nurses Association

- **Connie Mele, MSN, RN, PMHCNS-BC, LCAS, CARN-AP, NE-BC, FIAAN**  
  Consultant & Behavioral Health Therapist

- **Jodi Flick, ACSW, LCSW**  
  Clinical Associate Professor & Education Specialist  
  UNC-Chapel Hill School of Social Work

### LOCAL PRESENTERS

- **The Outer Banks Hospital:**  
  Marcia Bryant, MSN, RN, NE-BC - Vice President, Clinical Operations  
  Kelly Divita - Manager, Experience & Volunteer Services  
  Lisa McGaha, MHA, BSN, RN - Director, Inpatient Services  
  Catherine Pfendler, RN II - Emergency Dept.

- **Pam Strickland, BSBA**  
  Founder, Eastern North Carolina Stop Human Trafficking Now

- **Tamyra Jovel, MSW**  
  Family Caregiver Resource Specialist  
  Mid East Commission Area Agency on Aging
TARGET AUDIENCE

All registered nurses and licensed practical nurses living in or providing care to rural eastern North Carolina.

OBJECTIVES

Upon completion of this educational activity, the participant will be able to:

- Discuss the importance of the Healthy Nurse, Healthy Nation initiative and how it is leading the way to better health.
- Identify effective strategies to promote culture of health for nurses in yourself, agency, and community.
- Identify effective ways to help prevent suicide.
- Describe the development of a dementia friendly hospital and community in a rural setting.
- Discuss what rural nurses need to know about human trafficking.
- Practice using laughter yoga as a way to reduce stress and restore energy.

CREDIT

Nurses: 6.0 CNE Hours
The Eastern AHEC Department of Nursing and Allied Health Education is approved with distinction as an approved provider of continuing nursing education by the North Carolina Nurses Association, an accredited approver by the American Nurses Credentialing Centers Commission on Accreditation.

Other Professionals: 6.0 Contact Hours
All other participants will receive 6.0 Eastern AHEC Contact Hours.

AMERICANS WITH DISABILITIES ACT

Individuals requesting accommodation under the Americans with Disabilities Act (ADA) should contact the Department of Disability Support Services at (252) 737-1016 (V/TTY) at least five business days prior to the program.

REGISTRATION

The registration fee is $55.00 and includes administrative costs, educational materials, light breakfast and lunch.

Registration available at www.easternahec.net.

By attending this event, I acknowledge that Eastern AHEC staff and/or their designees, including news media, may take general (not close-up) photos or videos of this event for marketing/publicity purposes, and I further allow my likeness to be used in this manner. If I do not wish to appear in these photos or videos, I understand that it is my responsibility to notify Eastern AHEC staff so my preference can be met.

CANCELLATION POLICY

To be eligible for a refund, cancellations MUST be emailed to easternahec@ecu.edu at least one week in advance of the activity.

No refunds will be given for cancellations less than one week prior to activity.

For continuing professional development activities canceled more than one week prior to continuing professional development activity:

- A $35.00 cancellation fee will be deducted from the refund, OR
- The registrant may elect to apply the full amount toward a future Eastern AHEC continuing professional development activity being held within one year, OR
- Substitutions are welcome; advance notification encouraged.

HANDOUTS, EVALUATION & CERTIFICATES

Handouts will be available at the conference. They will also be available online. One week prior to the program, registrants will receive a confirmation email with instructions to access handouts along with other program information.

A link to the evaluation will be emailed after the program. Once the evaluation is completed, your certificate will be available.

Please bring a sweater or light jacket to ensure your comfort.

PLANNING COMMITTEE

Laura Bliley, MSN, RN
Assistant Director of Nursing & Allied Health Education Eastern Area Health Education Center

Saralyn Gillikin, DNP, MSN, RN-BC, NEA-C
Director of Nursing, Continuing Education Administrator South East Area Health Education Center

Krista Horne, MSN, RN
Director of Patient Care Services, Education Vidant Duplin Hospital

Donna Roberson, PhD, FNP-BC
Executive Director of Program Evaluation East Carolina University College of Nursing

Robin Schaefer, DNP, CRNA, NEA-BC, FACHE
Assistant Vice President, Nursing Services CarolinaEast Health System

Megan Simpson, MSN, ACNS-BC, RN-BC
Education Nurse Specialist Vidant Medical Center