

Nursing from the HEART

Celebrating 40 Years



2026
NYS ID/DD
Nurses Association

Annual Conference

 **October 5–7, 2026**

 **Embassy Suites Saratoga Springs**
Saratoga Springs, New York 12866

Join nurses from across New York State for three days of education, professional development, and collaboration focused on the unique healthcare needs of individuals with intellectual and developmental disabilities,

Explore timely topics including artificial intelligence, catatonia, Parkinson's disease, diabetes technology, trauma-informed care, respiratory conditions, urinary health, survey success, and more while earning contact hours.

Gain practical knowledge, innovative strategies, and valuable insights that can be applied immediately to support individuals with IDD and strengthen nursing practice.

CONFERENCE SNAPSHOT

-  16 Educational Sessions
-  Up to **13 Contact Hours** Available
-  Keynote Speaker Meg Soper
-  Exhibitor Passport Incentives
-  40th Anniversary Recognition
-  Designed for Nurses Supporting Individuals with Intellectual and Developmental Disabilities



Saratoga Springs
Education, Connection, and Growth



Message from the Conference Chair

Welcome to the 2026 NYS ID/DD Nurses Association Annual Conference, Nursing from the Heart.

I am so pleased to welcome you to Saratoga Springs as we gather for education, connection, and reflection during this special **40th Anniversary Year**. This conference is an opportunity to learn from experienced presenters, reconnect with colleagues, and strengthen the work that IDD nurses do every day.

For 40 years, NYSIDDDNA has brought nurses together to share knowledge, support one another, and advocate for quality care for individuals with intellectual and developmental disabilities. This year, we honor that history while also looking ahead to the future of IDD nursing. As part of this milestone year, we will take time to recognize where we have been, the nurses and leaders who helped shape this specialty, and the opportunities ahead for continued growth, education, and leadership in the field.

This year's conference continues our tradition of offering sessions designed to provide practical information, thoughtful discussion, and ideas that can be brought back to daily practice. Whether you are new to IDD nursing or have spent many years in this field, I hope you leave this conference with renewed energy, useful knowledge, and a deeper connection to the community of nurses who understand this work.

Thank you for being part of this milestone year. I am grateful you are here.

Warmly,
Linda Cultrara
Conference Chair

CONFERENCE MISSION:

NYS ID/DD Nurse Association is dedicated to promoting the professional development of nurses who support individuals with intellectual and developmental disabilities, empowering them to deliver informed, compassionate, and person-centered care.

CONFERENCE ATTENDEES:

- Nurses practicing in the field of intellectual and developmental disabilities.
- Licensed healthcare professionals working in IDD settings.
- Professionals committed to improving care and outcomes for individuals with IDD.

CONFERENCE PURPOSE:

- Timely, immersive education on the pressing issues shaping IDD care today.
- Learn from respected leaders and thought-provoking presenters.
- Creating space for nurses to pause, reflect, and grow in their practice.
- A welcoming space to connect, share, and grow with fellow colleagues from across the state.

CONFERENCE CREDIT:

- Nurses will have the opportunity to earn up to **10 contact hours** over two and a half days.
- To earn contact hours, participants must complete an evaluation for each attended session; certificates will be generated upon completion.

Registration Information

Register through X-CD Platform

xcdsystem.com/nysiddna/store

Scan to Register



Members: Use Existing Profile

Non-Members: Create a Profile

Conference Pricing

Early Bird Member through Aug. 31, 2026	\$395
Regular Member begins Sept. 1, 2026	\$425
Early Non-Member through Aug. 31, 2026	\$495
Regular Non-Member begins Sept. 1, 2026	\$525
Member One Day	\$225
Non-Member One Day	\$325

Planning Committee

Linda Cultrara - Conference Chairperson
Brittany Miske - Nurse Planner
Mary Jean Keegan
Pat Ruckel
Robert Peters
Sheila Thurman
Anne Campbell
Christy Canastra
Cindy Pross
Fred Wetzel
Karen Jarvis
Darlene Greco - Conference Planner



NYS ID/DD NURSES ASSOCIATION

40th Annual Conference

Nursing from the Heart

October 5-7, 2026 | Embassy Suites, Saratoga Springs, New York

DAY 1 | MONDAY

October 5, 2026

Schedule and session details are subject to change.

TIME	PROGRAM / ACTIVITY
7:00 AM	Registration and Exhibitor Networking Commercial exhibitors participate Begin the conference with registration and time to connect with exhibitors and fellow attendees.
8:15-9:30 AM	Swallowing Disorders in Individuals with ID/DD Steve Asofsky, APACS An overview of swallowing concerns, warning signs, and practical strategies that support safer eating and drinking for people with intellectual and developmental disabilities.
9:30-10:00 AM	Meet & Greet, Exhibitor Engagement and Networking 30-minute exhibitor engagement period Enjoy light refreshments, socialize with fellow attendees, engage with exhibitors, explore available resources, and collect Exhibitor Passport entries before the next session.
10:00-11:15 AM	Pressure Injury Prevention and Management Robin Nielsen Review risk factors, prevention practices, early identification, and treatment considerations for pressure injuries across care settings.
11:15-11:45 AM	Exhibitor Engagement and Networking / Session Changeover 30-minute exhibitor engagement period A scheduled half hour to visit exhibitors, continue collecting Exhibitor Passport entries, network with colleagues, and transition to the next session.
11:45 AM-12:45 PM	Lunch Conference attendees Lunch will be served before the afternoon keynote. Please review your meal selection before service begins.
12:45-2:00 PM	Keynote: Resilience, Balance and Professional Well-Being Meg Soper An engaging keynote focused on sustaining resilience, maintaining perspective, and protecting personal well-being in demanding professional roles.
2:00-2:30 PM	Exhibitor Engagement and Networking / Session Changeover 30-minute exhibitor engagement period Take this opportunity to revisit exhibitors, continue completing your Exhibitor Passport, and transition to the next session.
2:30-3:45 PM	Concurrent Sessions - Choose One Brittany Miske Common Respiratory Conditions: Recognition and response to frequently encountered respiratory concerns. Anne Campbell Urinary Health in IDD: Recurrent UTI and bladder cancer screening considerations.
3:45-4:00 PM	Session Changeover and Exhibitor Engagement 15-minute transition period Time to transition to the next session, briefly connect with exhibitors, and collect an additional Exhibitor Passport entry.
4:00-5:15 PM	Parkinson's Disease Awareness Justin Machia, PharmD, MBA, BCGP Explore common signs, progression, medication considerations, and supportive approaches for individuals living with Parkinson's disease.

Separately Sponsored Non-CE Educational Dinner

A separately sponsored educational dinner will be offered following today's conference sessions. This dinner is not part of the NYS ID/DD Nurses Association continuing-education activity, and no nursing contact hours will be awarded. Advance registration is required. Visit the conference website for details and separate registration.

DAY 2 | TUESDAY

October 6, 2026

Schedule and session details are subject to change.

TIME	PROGRAM / ACTIVITY
8:00-9:00 AM	Exhibitor Engagement and Networking 60-minute exhibitor engagement period Begin the day by visiting exhibitors, exploring resources, networking with colleagues, and continuing to complete your Exhibitor Passport.
9:00-10:15 AM	Catatonia in IDD and Autism Spectrum Disorder Michael Cummings Examine how catatonia may present in people with ID/DD and autism, why it can be overlooked, and the importance of timely recognition, evaluation, and treatment.
10:15-10:45 AM	Exhibitor Engagement and Networking / Session Changeover 30-minute exhibitor engagement period A scheduled half hour to visit exhibitors, continue collecting Exhibitor Passport entries, network with colleagues, and transition to the next session.
10:45 AM-12:00 PM	Concurrent Sessions - Choose One New York State Justice Center Spotlight on Prevention: Best Practices for Effective Medical Care Toolkit. Amara May Alzheimer's Association: Information and considerations related to dementia and intellectual and developmental disabilities.
12:00-1:30 PM	Lunch Conference attendees Lunch will be served before the afternoon program resumes. Please review your meal selection before service begins.
1:30-2:00 PM	Exhibitor Engagement and Networking / Session Changeover 30-minute exhibitor engagement period A scheduled half hour to visit exhibitors, explore resources, continue collecting Exhibitor Passport entries, and transition to the afternoon concurrent sessions.
2:00-3:15 PM	Concurrent Sessions - Choose One Melissa Ackernecht Trauma Experience: Understanding trauma and its effects on care and support. Harsh Kothari, PharmD Epilepsy and Seizure Treatment Tailored to Individuals with IDD: Clinical and medication considerations.
3:15-3:30 PM	Session Changeover and Exhibitor Engagement 15-minute transition period Time to transition to the next session, briefly reconnect with exhibitors, and collect an additional Exhibitor Passport entry.
3:30-4:45 PM	OPWDD Hot Topics New York State Office for People With Developmental Disabilities Updates and discussion of current issues, priorities, and developments affecting services and nursing practice in the ID/DD system.
4:45-5:45 PM	Cocktail and Social Hour Open to conference attendees and exhibitors Relax, continue conversations, and connect with colleagues and exhibitors at the close of the day.

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DAY 3 | WEDNESDAY

October 7, 2026

Schedule and session details are subject to change.

TIME	PROGRAM / ACTIVITY
7:00-8:00 AM	Nonprofit Exhibitor Networking Approved nonprofit, community and public-agency exhibitors participate Begin the final day by meeting representatives whose programs and resources support individuals with ID/DD.
8:00-8:30 AM	Nurse Honor Guard Capital Region Nurses Honor Guard
8:30-8:45 AM	Session Changeover and Nonprofit Exhibitor Engagement 15-minute transition period Time to transition to the general session and briefly connect with nonprofit, community, and public-agency exhibitors.
8:45-10:00 AM	Looking Back, Moving Forward: 40 Years of Nursing from the Heart 40th anniversary general session Reflect on the association's history and accomplishments while considering the future of ID/DD nursing, leadership, and advocacy.
10:00-10:15 AM	Session Changeover and Nonprofit Exhibitor Engagement 15-minute transition period Connect with nonprofit exhibitors to learn about their programs and resources, and transition to the selected concurrent session.
10:15-11:30 AM	Concurrent Sessions - Choose One Adam Kessler Diabetes Technology: Continuous glucose monitoring and automated insulin delivery systems. Kelly VanAppledorn Levels of Care and the Importance of Tailored Support for Neurodivergent Individuals
11:30-11:45 AM	Session Changeover and Nonprofit Exhibitor Engagement 15-minute transition period Connect with nonprofit exhibitors to learn about their programs and resources, and transition to the closing presentation.
11:45 AM-12:45 PM	Artificial Intelligence in ID/DD Nursing Practice Professor Jennifer Manganello Explore realistic uses of artificial intelligence in nursing practice, including potential benefits, limitations, privacy concerns, and responsible implementation.
12:45-12:55 PM	Membership-Table Raffle and Conference Closing Final announcements and sponsor recognition Conclude the 40th Annual Conference with the attendee raffle, final announcements, and recognition of conference supporters. You must be present to win.

Disclosure Statement

None of the planners or presenters for this educational activity have relevant financial relationships with ineligible companies to disclose except for the following speakers: **Justin Machia, PharmD, MBA, BCGP, employee of Acadia Pharmaceuticals, and Harsh Kothari, PharmD, President and owner of Capital Regional Pharmacy Services.** All of these relevant financial relationships have been mitigated before this activity.

This nursing continuing professional development activity is pending approval by the Montana Nurses Association, an accredited approver with distinction by the American Nurses Credentialing Center's Commission on Accreditation.

Commercial Support Disclosure

This educational activity has received commercial support from Jazz Pharmaceuticals, Neurocrine Biosciences, and Acadia Pharmaceuticals.

NYS ID/DD NURSES ASSOCIATION
Thank You to Our 2026 Conference Sponsors
Celebrating the partners who help make our 40th Annual Conference possible

This conference would not be possible without the generous support of our sponsors and exhibitors. Please visit their displays, explore their resources, ask questions, participate in the Exhibitor Passport, and thank them for supporting the ID/DD nursing community.

GOLD SPONSORS



SPECIAL RECOGNITION



Upstate Pharmacy
40th Anniversary pins & attendee lunch totes



Parkview Health Services
Attendee tote bags

SEPARATELY SPONSORED EDUCATIONAL DINNERS



Indicate your interest during conference registration. Program information and separate registration details will be sent directly to interested attendees.

2026 Conference Exhibitors

Explore resources • Build connections • Complete your Exhibitor Passport

Our exhibitors bring valuable programs, products, services, and resources to the ID/DD community. Take time to visit every display, ask questions, and discover new ways to support your work.

 Positioned for Better Health		 a subsidiary of SK biopharmaceuticals	 NIAGARA FALLS
 iCareManager		 You Deserve <i>Brave Science</i> ®	
			
			
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VISIT
CONNECT
DISCOVER

This conference would not be possible without the generous support of our sponsors and exhibitors. Please visit their displays, participate in the Exhibitor Passport, and thank them for supporting the NYS ID/DD Nurses Association and the ID/DD nursing community.

WEDNESDAY-ONLY

Nonprofit & Community Partners

Programs • Resources • Connections for individuals with ID/DD and those who support them



CONNECT WITH OUR COMMUNITY

Meet organizations supporting people with ID/DD, their families, and professionals. Explore resources and visit the NYS ID/DD Nurses Association table for membership and upcoming opportunities.



STATEWIDE PEER ASSISTANCE FOR NURSES • NYSNA
SUPPORT, ADVOCACY, EDUCATION



Developmental Disabilities
Nurses Association



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OCTOBER 5-7, 2026



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