Now Accepting Nominations for the Illinois Leaders Program—Class of 2017!

Last year, IHCA announced the inception of a new program—the IHCA Illinois Leaders program. The graduates from the inaugural class of Illinois Leaders will be recognized at the 66th Annual IHCA Convention and Expo in Peoria in September. IHCA is now accepting nominations for the 2017 class of Illinois Leaders—Click here for the program overview and application!

IHCA’s Illinois Leaders Program works to develop leaders within the Association and Illinois’ long term care profession. The program is modeled after the American Health Care Association’s Future Leaders, with an exclusive group of IHCA-member professionals chosen for their demonstrated leadership skills, support of the Association and an interest in pursuing leadership pathways to improve their personal and professional skills. Graduates of the Illinois Leaders Program will receive priority nomination for the AHCA Future Leaders program.

Throughout the year-long program, class members will be expected to study the required materials and participate in meetings, either in person or via telephone. For more information about the IHCA Illinois Leaders program, contact Debbie Jackson via email at djackson@ihca.com or by phone at 217-528-6455.

IHCA would also like to offer a big thank you to the sponsor of the 2017 class of the Illinois Leaders program, First Quality! First Quality Products, Inc., brand name Prevail®, manufactures a full-line of high quality disposable absorbent incontinence products and washcloths. Prevail® offers a complete line up of absorbent products featuring innovative technologies like Microclimate Care for skin health and wellness, and Dri-Fit™ for protection, comfort and skin health.

7 Things to Know About The AHCA/NCAL Quality Award Program

Winning an AHCA/NCAL Quality Award is a huge accomplishment! Several of our member facilities earned one this year, and we hope that more IHCA facilities will take part in this prestigious program. Below is an article about the program from AHCA’s blog—Long Term Care Leader:

There are a lot of things to know about the AHCA/NCAL National Quality Award Program. For instance, that it is based on the Baldrige Criteria for Performance Excellence and organizations that follow these criteria are more successful than national comparisons.
Below are seven things that you should know about the Quality Award Program.

1. Our research shows that Silver and Gold recipients have better outcomes in quality performance metrics, Five-Star ratings, and business outcomes. Check out the new Quality Award Fast Facts [here](#).
2. Applicants do not have to wait until the fall to start working on the Quality Award applications. In fact, organizations can always be working in implementing changes in their organization so that they can meet the demands of the criteria. Check out our [Why wait, start now!](#) blog post for more information on what you can do today to start or continue your Quality Award journey.
3. The Quality Award Program is not just for skilled nursing care centers; the criteria are equally applicable to assisted living communities. The criteria are designed to help any organization reach performance excellence by focusing on their strengths and addressing their opportunities for improvement. Still skeptical, just take a look at our 141 Bronze and 9 Silver assisted living Quality Award recipients from 2016.
4. Sometimes it takes a center more than one try to achieve an award level and that is okay! The Quality Award Program is a continuous performance improvement journey. So, an organization may have to take a break and address their opportunities for improvement after receiving one level of achievement before they proceed to the next level of recognition. This is all part of the journey so don’t get discouraged if you don’t get to the Gold in three years.
5. Application packets for the 2017 cycle will be published [here](#) on August 2nd, 2016. Stay tuned!
6. If you’ve a achieved a Bronze or Silver award, you have three years to apply for the next award level (Silver or Gold) before being designated as a “past recipient”! Be sure to check out the recertification policy [here](#).
7. Quality Award staff is always available and willing to respond to member questions. The best way to contact us is via email at qualityaward@ahca.org. We are here to help you join the ranks of the over 4,000 Quality Award recipients!

**Why Pain Can Go Untreated in People With Alzheimer's Disease**

Past research shows that individuals suffering from Alzheimer’s report pain less frequently, and receive less pain medication, compared to those who don’t have the disease. However, it has remained unclear why this happens—do they perceive less pain, are they unable to recognize it, can they not communicate how much pain they are feeling? Or is it some combination of these issues?

Researchers at Vanderbilt University School of Nursing conducted a study to try to find the answers. They studied pain response in two groups of older adults (65 and older)—one group composed of healthy individuals and the other made up of people who had been diagnosed with Alzheimer’s disease. They used psychophysical thermal stimulation in order to test for, and examine, self-reports of pain among the participants. Researchers noted that the participants with Alzheimer’s were all physically healthy, verbally communicative and able to provide a pain reading.

“We compared the perception threshold for three experimental heat pain intensities and the reports of unpleasantness associated with each,” stated Todd Monroe, an assistant professor at Vanderbilt University School of Nursing. “We found that participants with Alzheimer’s disease required higher temperatures to report sensing warmth, mild pain, and moderate pain than the other participants. “What we didn’t find,” he added, “was a difference between the two groups in reporting how unpleasant the sensations were at any level.”

Results showed that participants in both groups reported similar unpleasantness associated with mild and moderate pain, which is in opposition to a longstanding hypothesis that pain tolerance in people suffering from Alzheimer’s. While this study found that individuals with Alzheimer’s may have a reduced ability to detect pain, researches found no evidence that they are less distressed by pain or that pain becomes less unpleasant as the disease worsens, according to Monroe. He also noted that though further research is certainly necessary, health care providers should evaluate whether a patient with Alzheimer’s is in pain using a variety of methods to be sure.

“As people age, the risk of developing pain increases,” Monroe said, “and as the population of older adults continues to grow, so will the number of people diagnosed with Alzheimer’s disease. We need to find ways to improve pain care in people with all forms of dementia and help alleviate unnecessary suffering in this highly vulnerable population.”

For more on this topic, click [here](#) to read the full article from *Futurity.org*.

**Electronic Hand Hygiene Monitoring Makes Major Cut in MRSA Rates**

Recent research shows that the use of an electronic hand hygiene monitoring system decreased the rate of health care-acquired MRSA infections by more than 40 percent in one health system. Investigators at Greenville Health
System in Greenville, SC, used data collected by an electronic compliance system to track how workers adjusted to the World Health Organization’s (WHO) Five Moments hand hygiene guidelines (click here to view them). The results were positive. Data showed that compliance rates increased by more than 25 percent when the electronic monitoring system was used, and the health system's health care-associated MRSA infections dropped 42 percent. This decrease saved the provider nearly $434,000 in total care costs from July 2012 to March 2015.

“Integrating a validated technology capable of tracking WHO Five Moments behavior in our processes provided us with actionable feedback to drive staff behavior change that resulted in increased hand hygiene compliance and decreased infection rates,” said lead investigator J. William Kelly, M.D., an infectious disease specialist at GHS.

In addition, the study also assisted Greenville Health System to move away from a direct observation method of capturing hand hygiene behavior that omitted handwashing events that occurred in patient rooms.

“Studies show that health care workers behave differently when being observed, with one recent national study showing a threefold increase in hand-hygiene compliance when healthcare workers were observed as compared to when unobserved,” noted Connie Steed, MSN, RN, CIC, study co-author and director of infection prevention at GHS.

Click here to read the original article from McKnight’s.

Don’t Forget – The Illinois Department on Aging is Now Accepting Nominations for their Caregiver of the Year Award!

The Illinois Department on Aging is now accepting nominations for the 2016 Outstanding Caregiver Awards. The purpose of this award is to recognize a direct care worker over the age of 55, who has provided outstanding direct caregiving to seniors through an Illinois nursing facility; Illinois senior housing; the Illinois homecare industry; or Title III services.

Nominees are restricted to caregivers over the age of 55 working directly with seniors in within Illinois nursing facilities; Illinois senior housing; the Illinois homecare industry; or Title III services. The award can be given posthumously.

A candidate must be nominated by August 19, 2016 to be considered. For more information about the award and how to nominate an outstanding caregiver, click here.

July 2016 Observances

July 24 is National Parents’ Day: Started in 1994, National Parents’ Day was created as a day to honor all of the contributions parents make to their children’s lives. Celebrate with your parents, or you residents and their children! Visit www.parentsday.com for more.

AHCA/NCAL Information

Early Bird Registration for the 67th Annual AHCA/NCAL Convention & Expo Ends Tomorrow!

Early Bird registration ends tomorrow, July 22! Register before it’s too late! Great entertainment, friendly people and unforgettable experiences—all of this describes Nashville, Tennessee, known as Music City USA. It also describes the AHCA/NCAL 67th Annual Convention & Expo, to be held in Nashville, October 16-19. This is the gathering place for long term and post-acute care professionals, where leaders in the field gather to share ideas, learn about new techniques and services, network, and have fun. Educational sessions are designed to help you provide for your residents in the most efficient and effective way; keynote talks will inspire you; visits to the Expo Hall will expose you to the very latest in products and services for your business; and networking events will help you make new friends. Make your plans now to attend - we'll give you lots to sing about! Click here for more information! Click here to view the preliminary program!
Call for Presentations for the 2017 Independent Owner Leadership Conference is Open!

The AHCA/NCAL2017 Independent Owner Leadership Conference is for independent owners (IOs) and not for profit operators of 10 or fewer long term care facilities. The conference can also serve as a national forum to share professional knowledge, insights, programs and ideas that enhance the long term care provider model.

AHCA/NCAL invites you to submit a conference proposal for consideration. Proposals should be geared toward individuals who own or operate 10 or fewer for profit or not for profit long term care facilities. Click here for more information. Proposals should be submitted by Wednesday, August 17 to ionfpconference@ahca.org.

National Assisted Living Week 2016

Visit www.NALW.org for ideas and other resources, including the NALW logo that can be used to advertise the celebration in your assisted living center. Be sure to check out this year's planning guide, which is now available online! This year’s theme is: Keep Connected, which recognizes the increasing opportunity technology can offer to enhance the care and overall experience in assisted living communities. The annual, national observance provides a unique opportunity for residents, their loved ones, staff, volunteers and surrounding communities to celebrate the individuals served in assisted living and learn more about this sector of the long term care profession.

IHCA PAC Information

Support IHCA PAC!!! Learn and Earn; Then Take a Break on the Lake! – LAST CHANCE!!

IHCA PAC is offering a new opportunity TOMORROW—earn CEs at an educational session at Duane Morris in Chicago, then board the Spirit of Chicago for a cruise on Lake Michigan! IHCA last held a Lake Michigan Cruise in 2008, and we thought it was time to give it another go! Join us tomorrow, July 22, 2016 for education, networking and good times in the Windy City!

Education Sessions – Noon – 3 p.m.:
- Neville Bilimoria will present a session on HIPAA
- Al Litwiller will present a session on Proper Documentation

Lake Michigan Cocktail Cruise – 4 – 6 p.m:
- Board the Spirit of Chicago at Navy Pier
- Cocktails and hors d’oeuvres included

Click here to view the brochure. Cost: $125. You can also choose to participate in just the educational sessions, just the cruise, or both! Contact Kristin DiCenso for more information: kdicenso@ihca.com.

IHCA PAC 4th Annual Cardinals vs. Cubs Baseball Outing

Join us Friday, August 12 for the annual IHCA PAC baseball outing. This year’s outing will be held at the 3643 Sheffield Rooftop venue, one of the premier Wrigley Rooftop properties. As in past years the event is all inclusive, with costs covering admission, food and beverages. Tickets are priced at $225. In addition, we have a limited number of sponsorship opportunities available. This has become one of our most popular fundraising events, and has sold out each year, so be sure to sign up soon! You can register here. To register, or if you have any questions, please reach out to Matt Hartman or Kristin Dicenso. Thanks to our chief sponsor of the outing, Advacare!

IHCA PAC/The Center-PAC Golf Outing

It’s almost here! The PAC golf outing will be held at the annual IHCA convention in September. Tee off with us at WeaverRidge Golf Club on Monday, September 12, with an 11:30 a.m. shotgun start. Lunch, beverages and awards are included with the 18 holes of golf. The outing is a great way to kick off convention while enjoying a round of golf with your fellow long term care providers. This is one of IHCA’s biggest events and you are sure to have a good time! To register, fill out the registration form (you can also register for the Oksnevad 5K on this form—more info below) and send to Kristin Dicenso.
Oksnevad 5k Registration Open!!!

Registration for the 4th Annual Oksnevad 5k is open! The race will be returning to the Peoria RiverFront this year where clear course markings will guide you through the run with a special hydration station halfway through. Everyone will receive a swag bag and a special Oksnevad 5k shirt with registration. The shirt was designed to continue the IHCA convention theme—Quality Superheroes! Dressing as your favorite superhero for the race is encouraged! If you plan to participate, sign up now as prices will go up the longer you wait!! T-shirt sizes are preordered this year so participants will have first come first served privileges. To register for just the 5K, fill out the registration form and return it to Ashley Snavely to register today!!!

The proceeds of the race will help raise important IHCA PAC dollars and 15 percent will be donated to the Leukemia Foundation for research.

Cost to Participate:
$30 through July 30
$35 through August 31
$40 September 1 through Race Day (September 13)

IHCA Association Information

IHCA Constituency Steering Committee Elections – Don’t Forget to Vote!

Every two years (even years), IHCA’s constituencies conduct elections in an effort to fill the constituency representation to appropriate steering committees. The Vice Presidents elected by the constituency will represent you on the IHCA board of directors. Please take a moment to review the appropriate constituency candidate information below and vote for your candidates by faxing or emailing your ballot with your company name/coversheet to Gina Alex at 217/528-0452 or galex@ihca.com no later than next Friday, July 29, 2016.

- Nursing Facility Constituency Steering Committee Candidates & Ballot
- Assisted Living Constituency Steering Committee Candidates & Ballot
- Associate & Individual Constituency Steering Committee Candidates & Ballot

The representatives you elect will be installed for a two-year term during the IHCA Annual Convention and Expo, September 12-15, in Peoria. Please contact Gina Alex if you have any questions.

CDDACS Board Officer Elections – Don’t Forget to Vote!

Additionally, every two years (even years), The Center for Developmental Disabilities Advocacy and Community Supports (The Center) conducts an election in an effort to fill the CDDACS Board Office positions. The Board Officers elected by the CDDACS members will represent you on the IHCA board of directors. CDDACS members: please take a look at the candidate information and then submit your votes using the included ballot. You may submit your votes by faxing or emailing your ballot with your company name/coversheet to Gina Alex at 217/528-0452 or galex@ihca.com no later than Friday, July 29, 2016.

The Officers you elect will be installed for a two-year term at during the IHCA Annual Convention and Expo at the CDDACS Constituency Meeting that will be held on Wednesday, September 14, 2016 in room 401.

Registration for the 66th Annual IHCA Convention & Expo – September 12-15, 2016 – is Open!

Check out the Preliminary Program (click here) to see what’s in store! The Preliminary Program offers a wealth of information about our biggest event! Check it out to see descriptions of this year’s educational sessions, details regarding our special events (like the Party on the Riverfront (formerly the Kickoff Party), the Golf Outing and the Oksnevad 5K), bios for our keynote speakers and more! To register, complete the registration form found at the back of the program and send it along with your payment to: IHCA, 1029 S. 4th St., Springfield, IL 62703

If you have any questions, please contact the IHCA office – (217) 528-6455 or (800) 252-8988.
Time is Running out to Reserve a Booth for the Expo! Get Your Space Today! Are you looking for a way to touch base with long term care professionals? Do you want access to facility decision makers? Exhibiting at our annual expo is a great way to do just that!! Don’t miss out on your chance to be a part of this excellent event! Reserve your space today for the annual show in September (click here to view the prospectus, or visit our Exhibitor Information page for more information)! If you have any questions, please contact Kelli Showalter.

IHCA Member Spotlight

Calling IHCA Members – We Want to Feature Your Company Here!!!
Are you looking for a way to reach our members? Well, this is a great way to do just that! Our Member Spotlight gives our members a space to let us know what their company (or facility) is all about! (And to brag a little too if you want to!) Your Company Information could be seen here in an issue later this year!!

Has your company recently celebrated a milestone? Accomplished a goal? Undergone a major change? Do you have positive stories or news to share? Would you just like to get your name out there among your fellow IHCA members?

Ready to sign up for a member spotlight?! Contact Ashley Caldwell! Email acaldwell@ihca.com or give her a call today!