New System and Updated Website Launch Monday!!

Our new content management system and revised website will launch this Monday, August 22. The new system from Timberlake Solutions will offer IHCA staff a new and improved way to handle our membership data, and will offer some great new features for our members too! The biggest change is the addition of our new Member Portal!

IHCA members will now have more access to their own member information. Each user will now have access to their own profile in our Member Portal. Members of the same organization will have their own unique log in, but will be linked together through their organizational profile. You will have access to the usual Members Only features—special member tools, past issues of publications and Questions of the Week—as well as your own member information, your committees, invoices and transactions, event registration (starting after convention) and CEs earned through IHCA…and more! The member portal will allow you to update your own contact information and electronic communications preferences. Additionally, Primary and Affiliate contacts will be able to update some information in your Organization Profile. Once it is up and running, if you have any questions at all, please contact Ashley Caldwell at the IHCA office.

Early Bird Registration Ends Tomorrow!! Register Now and Save $200!

The 66th Annual Convention & Expo is just a few weeks away! Don't miss out on Early Bird Registration rates. Register now and save $200! After tomorrow, facility registration rates will be going up. Don't miss out on this excellent opportunity!

IHCA or IHA member facility, corporate office or group of 2-4 DD 16 and under with same administrator: Early Bird - $795 | Late - $995
Non-member facility or corporate office (for 1-20 individuals): Early Bird $1,245 | Late: $1,445

Check out the Preliminary Program (click here) 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
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.

If you have any questions, please contact the IHCA office – (217) 528-6455 or (800) 252-8988.

**Feeding Tube Use Down 50 Percent in Nursing Home Residents with Dementia**

According to a recent study, the proportion of long term care residents suffering from advanced dementia who received feeding tubes dropped by 50 percent between 2000 and 2014.

For the study, researchers at Hebrew SeniorLife Institute for Aging Research, Brown University’s Center for Gerontology and Health Care Resaerch and University of Washington’s Cambia Palliative Care Center of Excellence evaluated more than 71,000 residents with advanced dementia in U.S. nursing homes. They noted that in 2000 almost 12 percent of long term care residents had tubes, and that this had dropped to 5.7 percent in 2014.

The researchers believe that the dramatic decline is reflective of expert opinion discouraging the use of feeding tubes. They wrote that, over the last two decades, "research has failed to demonstrate the benefits of tube feeding in patients with advanced dementia."

For more on this, click here to read the full article from McKnight’s Long Term Care News.

**Injected Drug May Help Fight Osteoporosis in Women**

An experimental injectable drug, currently in its phase 3 trial, appears to reduce the risk of bone fractures in postmenopausal women with osteoporosis better than what is currently on the market. According to the study results, the new drug, abaloparatide, which is being produced by Radius Health, has shown that fewer women using the new drug had spine fractures (0.58 percent) than those receiving the placebo (4.22 percent). The study also showed that abaloparatide users had fewer fractures than those using a similar drug currently on the market, teriparatide (0.84 percent). Additionally, researchers found that women taking abaloparatide also had fewer other types of fractures (2.7 percent) than those who got a placebo (4.7 percent) and slightly fewer than those on teriparatide (3.3 percent).

"If this gets approved, and there is no reason to think it won't," stated lead researcher Dr. Paul Miller of the Colorado Center for Bone Research, “this will be the second drug available for the treatment of high-risk osteoporosis."

Teriparatide, or Forteo, has been in use for the past 16 years, Dr. Miller said. Abaloparatide works differently from Forteo and improves bone density more than Forteo. However, both medications are synthetic peptides that help grow and strengthen bone. And, these two medications are the only two that increase bone quality, which is an important aspect of bone strength.

For the study, Miller and his associates randomly assigned nearly 2,500 postmenopausal women with osteoporosis to receive either abaloparatide, Forteo or a placebo for 18 months. The average age of the participants was 69. Of the nearly 2,000 women who completed the trial, it was found that increases in bone mineral density were greater with abaloparatide than placebo. Researchers also found that fewer cases of hypercalcemia (abnormally high levels of calcium in the blood) were seen in women taking the abaloparatide (3 percent) than those taking Forteo (6 percent). There were no other differences noted among the groups regarding other serious side effects.

For more information on this study, please click here to read the full article from HealthDay News.

**August 2016 Observances**

**August is National Immunization Awareness Month:** This month-long observance, organized by the National Public Health Information Coalition, gives our communities the opportunity to focus on the need for improving national immunization coverage levels. This month encourage all people to protect their health by being immunized against infectious diseases. For more information, click here.
**AHCA/NCAL Information**

**Register Today for the 67th Annual AHCA/NCAL Convention & Expo!**

Register before it's too late! The AHCA/NCAL 67th Annual Convention & Expo, October 16-19, in Nashville, TN 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!

**Less Than One Month Until National Assisted Living Week 2016**

National Assisted Living Week 2016 is coming soon—September 11-17! Visit [www.NALW.org](http://www.NALW.org) for ideas and other resources, including the [NALW Media Kit](#) and logo that can be used to advertise the celebration in your assisted living center. **Be sure to check out this year's planning guide.**
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**

**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.

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:**

- $35 through August 31
- $40 September 1 through Race Day (September 13)

**IHCA Association Information**

**Nominations Now Being Accepted 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. Click here for more information.

**LTCNA to Offer Training With New Simulation Mannequin**
The Long Term Care Nurses Association (LTCNA) has purchased a simulation mannequin, Geri Manikin, and is offering competency testing for nurses in your facility! For the first year, LTCNA will offer a limited number of facility Charter Memberships.

The fee for the membership is $2,000 and the facility will receive 24 hours (4 6-hour days) of simulation time over the course of the year. Click here to access an informational flyer that can be used to "encourage" your facility decision maker to take advantage of this offering. For more information contact Debbie Jackson at djackson@ihca.com or 800-252-8988.

**LTCNA Scholarship Application Now Available!**
Each year, LTCNA sponsors a nurse scholarship program offering up to two $1,000 scholarships. The 2016/2017 Scholarship Application is now available. To qualify for the scholarship:

1. You must be employed as an RN, LPN or Nurse Aide in a long term care facility/program in Illinois. If employed part-time, you must work at least 15 hours per week.
2. You must have at least one year of experience as an RN, LPN or Nurse Aide in a long term care facility/program.
3. You must be accepted in the clinical portion (3rd year) of a 4 year RN program; or be enrolled in an accredited RN program; or be accepted to an accredited graduate nursing program to earn an advanced nursing degree related to long term care.
4. You must submit proof of enrollment in nursing school.
5. You must be willing to practice as an RN in a long term care facility/program

Deadline for submission is December 30, 2016 and scholarships will be awarded in early 2017.

**IHCA Member Spotlight**
Interested in Seeing Your Company or Facility Featured in Our IHCA Member Spotlight?

IHCA is proud of our diverse membership and all of your successes and accomplishments. 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? If you would like to see your company or facility recognized in Members Only--Associate Members, Facilities, Corporations alike--contact acaldwell@ihca.com.