A few weeks ago, IHCA made the switch to a new data management system/web server. This new system offers members more control over their member information and will help IHCA staff as well! If you have any questions, or need assistance using the new site, please contact Ashley Caldwell at the IHCA office (acaldwell@ihca.com | 217-528-6455).

- **Please Note: Some URLs/Links have changed!** When we switched the website from the old server to the new system, some of the URLs for our web pages and documents we have posted online have changed. If you cannot find something you are looking for on the website, please let us know and we’ll repost or send you the appropriate information.

- **Contact Types:** Every individual entered into the new system is assigned a member role—Primary, Affiliate or Rep. All contacts can access the Members Only section of the website, where you will find past issues of publications and questions of the week (in the Resource Center), as well as other useful member information. Additionally, every contact will have access to their own information listed under My Profile, and can update this information as needed. The Primary Contact for a facility, corporate office or associate member has the ability to update their organization information, add or delete contacts for their organization, access billing information and more. To get your username and password (which can be changed once you log in), go to www.ihca.com, click on Members Only at the top of the page, then click on Forgot Your Password and follow the steps.

- **Update Your Communications Preferences:** We want to know what publications you want to receive!! When you log into the Member Portal and view your profile information, you now have the ability to scroll down and select which of the electronic IHCA newsletters you would like to receive. We ask that sometime by the end of October you log in and update your preferences. We will be using the new system to update our contact lists.

- **Coming Soon!** There are several areas of the new system that we have not finalized and put into place just yet—like online event registration. Please be patient with us as we continue to work on the site and determine how we, and our members, can get the most out of the new system.
Convention is Almost Here!! Have You Registered?

The 66th Annual Convention & Expo is just over a week away! This year’s Quality Superhero themed event is sure to inspire long term care professionals to unleash their inner superhero. We’ve plan an action-packed event, with nearly 100 fantastic educational sessions, a fun-filled expo and various opportunities to get together with your fellow heroes and have a good time! For more information, check out the preliminary program. Click here to access the registration form.

Badges for those who have already registered will be mailed out today. They will be sent to the convention contact that was listed on the registration form. Don’t forget to bring your badges when you check in at convention!

There’s An App for That! Get the 2016 IHCA Convention & Expo App Today! The app for this year’s convention is now available on the Apple App Store and Google Play—simply search IHCA Convention 2016. Download the app to gain access to session descriptions and handouts, exhibitor information, event information and more. The app will allow you to download the handouts you need before convention even starts! We are still in the process of getting all of the materials uploaded, so please check back frequently for new information. Click here to view the user’s guide for downloading and using the app.

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.

As always, the IHCA office will be closed the week of convention, as all staff will be on site in Peoria. We will still have email access. If you have any questions before then, please contact the IHCA office – (217) 528-6455 or (800) 252-8988.

Sepsis: A ‘Race Against Time’ For Health Care Providers, According to the CDC

In a report published in Vital Signs at the end of last month, the CDC found that 7 out of 10 individuals with sepsis had either recently received health care services or were suffering from chronic illnesses that required frequent medical care. Nearly 80 percent of patients develop sepsis outside of the hospital setting.

According to the CDC, many clinicians are missing the signs. Health care providers play a “critical role” in recognizing the signs of sepsis early on, and protecting them from infections that can lead to it. This is even more vital in long term care, as adults ages 65 and older and those with chronic medical issues are more likely to get sepsis.

“When sepsis occurs, it should be treated as a medical emergency,” said CDC Director Tom Frieden, M.D. He urged families, doctors and nurses to watch and ask “could this be sepsis?” The CDC also urged providers to follow infection control requirements, educate patients and families about sepsis, to act fast if symptoms are identified and know the signs and symptoms of sepsis.

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

Geriatric ERs Reduce Stress, Medical Risks for Seniors

Emergency departments can often become war zones—doctors rushing around, machines beeping constantly, paramedics wheeling stretchers with sick and injured patients through the halls. Though unpleasant and frustrating for many patients who have to patiently wait their turn, these busy emergency rooms can be dangerous for elderly patients.
"When it gets packed, it’s overwhelming," stated Emmy Cassagnol, physician assistant at Mount Sinai Hospital in New York. "Our sickest patients are often our geriatric patients, and they get lost in the shuffle."

According to industry experts, seniors who go to traditional emergency rooms can often be subjected to numerous, and at times unnecessary, tests and procedures. They also stay longer and their diagnoses are less accurate than younger patients. Additionally, they are more frequently admitted to the hospital by ER doctors who are overwhelmed by the hustle of a busy emergency department.

Geriatric emergency rooms, which are becoming more common across the country, provide elderly patients with more expertise from physicians, nurses and others trained specifically to diagnose and care for that age group. The first one opened in 2008 in New Jersey, and now there are more than 100 nationwide. Mount Sinai opened their geriatric ER in 2012, as part of an effort to find a better way to treat elderly patients in our country. More are in the works in other states, including California, North Carolina, Connecticut and Texas.

Senior ERs are designed to be more quiet and calm, and staff collaborate closely to not only treat the patients’ immediate health concerns, but to help reduce the risk of confusion, pressure ulcers and over-medication. These specialty ERs have the potential to lower health care costs and to reduce hospitalizations among the elderly.

To read more on this, click here to read the full article from Kaiser Health News.

**Study: Contacts May Be Used to Deliver Glaucoma Medication**

A new type of contact lens has been designed to gradually deliver medication to the eye, according to a recent report. Researchers developed the contact lens so that it could be used to help individuals who have a hard time using eye drops to treat conditions like glaucoma.

The study showed that these drug-dispensing lenses were able to effectively lower the eye pressure in monkeys with glaucoma at least as much as the standard eye drops currently used to treat the disease.

"This promising delivery system removes the burden of administration from the patient and ensures consistent delivery of medication to the eye, eliminating the ongoing concern of patient compliance with dosing," said study co-author Dr. Janet Serle in a news release from the Massachusetts Eye and Ear Infirmary. Serle is a glaucoma specialist at Icahn School of Medicine at Mount Sinai in New York City.

The drug is stored in the contacts’ outer edges, leaving the center clear. The lenses offer the possibilities of a glaucoma treatment that is not only easier for some people to use, but could be more effective and, thanks to the design, won’t interfere with a user’s vision. More research is needed to confirm the recent findings, particularly because animal research is not always a perfect indicator. Study authors plan to test the safety and effectiveness of the drug-dispensing lenses on people in the near future.

Click here to read more from HealthDay News.

**September 2016 Observances**

**September 11 is National Grandparents Day:** For nearly 40 years, this day of recognition has been celebrated to honor both paternal and maternal grandparents. Visit www.grandparents-day.com for more information.

**September 11-17 is Environmental Services and Housekeeping Week:** The members of the Environmental Services and Housekeeping team play a huge role in the day-to-day life in your centers. Show them you appreciate their efforts by celebrating Environmental Services and Housekeeping week. Click here for more information.
**September 11-17 is National Assisted Living Week:** For more than 20 years, the National Center for Assisted Living (NCAL) has been organizing National Assisted Living Week (NALW) to celebrate the residents who live in assisted living communities. See the AHCA/NCAL Information below for more information or visit [www.NALW.org](http://www.NALW.org).

**September is National Preparedness Month:** Organized by the Federal Emergency Management Agency (FEMA), this month-long observation was initiated in order to educate the public about how to prepare for emergencies, including national disasters, mass casualties, biological and chemical threats and more. Is your facility prepared in the case of an emergency? Do you have the appropriate plans in place? Visit [www.fema.gov](http://www.fema.gov) for more information.

**AHCA/NCAL Information**

**National Assisted Living Week 2016 is Right Around the Corner!**

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. If you have any photos or stories from your NAWL celebrations, we at IHCA would love to see them. Send them to Ashley Caldwell (acaldwell@ihca.com).

**AHCA/NCAL Strikes Agreement with Motion Picture Licensing Corporation**

Member facilities can receive discount on Umbrella License through December 31. “Movie Night” is a time-honored tradition at assisted living communities or skilled nursing centers—an expected social activity for many residents. This week, AHCA/NCAL announced a formal agreement with the Motion Picture Licensing Corporation (MPLC) to help long term and post-acute care providers continue to offer this cherished event while adhering to federal copyright laws.

Motion picture showings within senior living and health care communities have always required a public performance license in accordance with the U.S. Copyright Act. As a result, AHCA/NCAL (and all other leading industry associations including, LeadingAge, National Association of Activity Professional [NAAP], American Senior Housing Association [ASHA], and Argentum) has entered into a new agreement with MPLC.

The 2016 Agreement better educates members on the need for copyright compliance when motion pictures and other audiovisual programs are shown in senior living and health care communities. To find out more about this agreement, [click here](http://www.ahcancal.org/faces).

**NCAL’s Faces of Assisted Living is Now Accepting Submissions!**

Honor the individuals residing and working in assisted living communities by sharing those everyday moments or special occasions. Now and through October 31, send NCAL your photos for their Faces of Assisted Living project.

This online effort was created to recognize the unique individuals residing in assisted living. New this year–NCAL will now also accept photos and stories of staff members. When you submit a photo, tell us a little more about the staff pictured: How did they get into assisted living? Why do they like their job? What resident do they remember most?

Submitted photos with completed image release forms may be featured on AHCA/NCAL’s Facebook and Twitter accounts and in future publications. Follow the submissions with the hashtag #FacesofAL.

Learn how to submit your photo(s) and check out photos from previous years at [www.ahcancal.org/faces](http://www.ahcancal.org/faces).
Register Today for the 67th Annual AHCA/NCAL Convention & Expo!

Advance Registration for the AHCA/NCAL 67th Annual Convention & Expo in Nashville, TN ends September 21. Register before it’s too late! The Gaylord Opryland Resort and additional convention hotels have sold out! But, AHCA/NCAL has reserved extra rooms at the brand new Westin Nashville. Act fast!! This event 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. Click here for more information! Click here to view the preliminary program!

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.

Register for the Oksnevad 5K Before It’s Too Late!!!
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:
$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.