Another Successful Convention & Expo In the Books!

Last week’s annual convention and expo in Peoria went off without a hitch! The weather was gorgeous for the golf outing, 5k (click here to view the complete list of race participants and their times!) and Party on the Riverfront. The sessions went well and the expo was filled with fantastic products and services from our vendors. IHCA would like to offer a huge thank you to everyone who made our event go so smoothly—our sponsors, our exhibitors, speakers, attendees and all of the staff who worked hard behind the scenes!

In addition, we’d like to congratulate all of our award winners:

**Golf Outing – Winning Foursome:** Jack Walker
Ron Wilson
Jack Crock
Tom Steil

**5k Winners:** Overall Winner - BJ Flock
Top Male - Roger Theilman
Top Female - Brookly Becke

**IHCA Staff and Volunteer Award Winners:**
Environmental Services Professional - Robert Hanke, Continental Nursing & Rehabilitation Center
Housekeeping Professional - Adriene Wickline, Roseville Rehabilitation & Healthcare Center
Food Service/Dietary Professional - Susan Mareth, Medina Nursing Center
Business Office Professional - Megan Landis, St. Vincent's Home
Activity Professional - Judy Tharp, Jerseyville Manor
Social Service Professional - Mari Laswell, Arcola Health Care Center
Administrator's Choice Award - Dr. Jeffrey Parks, Helia Healthcare of Energy
Administrator - Lisa Miller, Hawthorne Inn of Danville
Associate Member - Advacare Systems
Photograph - Puppy Love, Carlyle Healthcare Center
Media Event - Walk for Ryan, Manor Court of Princeton
Community Partnership - Liberty Village People, Parkway Manor
Innovative Program - Medina Nursing Home Angels, Medina Nursing Center
Volunteer - Jasmine Climer, Hancock County Senior Services

**IHCA/LTCNA Nursing Award Winners:**
Direct Support Person - Clei Fuller, Apostolic Christian Timber Ridge
Nursing Assistant - Kim Leloup, Hawthorne Inn of Danville
COPD Deaths Down for Most Americans

A new government report shows that fewer Americans are dying from chronic obstructive pulmonary disease (COPD), a progressive disease that makes it hard to breathe. COPD can cause coughing that produces large amounts of mucus, wheezing, shortness of breath, chest tightness and other symptoms. The leading cause of COPD is smoking, with other factors such as long term exposure to air pollution, chemical fumes or dust also contributing to the problem.

According to the U.S. Centers for Disease Control and Prevention (CDC), there was a 12 percent overall drop in deaths from COPD from 2000 to 2014. Industry experts point to the declining number of individuals, both men and women, who are currently smokers in the U.S. However, the study authors also noted that there were a few populations that didn’t see a decline—african american women and the middle aged.

For the study, the research team reviewed data collected by the National Vital Statistics System between 2000 and 2014. When broken down by age, race, gender and other factors, the data was a bit all over the place. For example, men saw a 23 percent drop in their mortality rate, but women only saw a 4 percent drop. Women between 65 and 84 saw a 16 percent drop, but the mortality rate for those between 45 and 64 actually went up by 24 percent. Though there was a great deal of speculation as the reason for these, and other, disparities in the numbers, the overall drop in mortalities due to COPD is a positive outcome, and something that will hopefully be built on over time. It also shows that more individualized health care may help some patients.

"This report further highlights the need to consider sex as part of individualized medicine," said Michelle Mielke, an associate professor and epidemiologist with the May Clinic. "Indeed, future research should continue to stratify by sex when considering [the] risk of COPD-related mortality."

To read the full article from HealthDay News, click here.

Pneumonia's Fight for Iron Makes it Even More Dangerous

A recent study by researchers at the University of Michigan Medical School shows that as the immune system fights pneumonia, the outcome of that battle may hinge on a microscopic arms race over iron. Scientists believe they have figured out how the race for iron actually increases the risk we face from one of our most dangerous microscopic challengers—Klebsiella pneumoniae.

According to the researchers, K. pneumoniae has already discovered how to overcome our best defenses, which can include powerful antibiotics. K. pneumoniae is the third-most-common cause of infections that arise in hospital patients. It causes pneumonia, urinary tract infections, would infections bloodstream infections. In addition, in its most drug resistant forms it is considered one of the carbapenem resistant Enterobacteriacae (CRE).

The research team at the University of Michigan Medical School, led by Michael Bachman, tested to see what happens when the bacteria send out tiny iron-scavenging molecules, known as siderophores. These molecules have proven to be a way for bacteria to gather iron, which helps the bacteria grow and reproduce. It does so by attaching to the iron and stealing it from us. The tests showed that siderophores from K. pneumoniae are hundreds of times more powerful at grabbing iron than the proteins produced by our bodies, and our bodies’ defense systems cannot neutralize these siderophores. Bachman and his team also showed that the siderophores do much more than steal our iron. K. pneumoniae actually uses the molecules to help them invade the rest of the body beyond their original entry point and bring on inflammation caused by our own immune systems.
These findings could help in the search for drugs to fight “superbugs” that are resistant to antibiotics. The research could also be used to develop strategies to prevent the bacteria from sending out siderophores in the first place—or to use the siderophores to bring antibiotics back into bacterial cells. Or, it may even be possible to create a vaccine based on siderophores to teach the immune system to attack them as invaders.

“This work provides us with motivation to target the production of siderophores, rather than just the uptake of them,” stated Bachman. “Now that we know that the bacteria cause cellular stress just by secreting them, we may be able to prevent these effects if we neutralize them.”

For more information on this, click here to view the full article from Futurity.org.

Most Seniors Unlikely to Fully Recover from Hip Fractures

Approximately 300,000 older Americans are hospitalized and have surgery due to hip fractures each year. Of these hip fracture patients, 50 percent will never be as physically active and independent as they were before the injury. And, the odds are even worse for the very old and those with dementia or other ailments, according to lead researcher Victoria Tan of the University of California.

In order to make an informed study of how well older adults recover from a hip fracture, researchers compared the physical condition and ability of more than 700 adults over the age of 65 before and after the fracture. The information was harvested from the Health and Retirement Study (HRS)—a nationally representative longitudinal study that measures changes in health and economic circumstances of Americans as they age. The functional recovery of the participants was measured based on how they were able to independently take care of themselves after the injury. Daily tasks such as bathing, dressing, eating and more were taken into consideration.

Tang believes it is essential to be aware of expected outcomes after a hip fracture, so that patients, their families and caregivers can set realistic expectations and are able to meet additional the additional needs of the patient once they return home.

"Ascertainment of the patient's values and goals of care is critical at this juncture in order to optimize quality of life and assist in future medical decision making," said Tang, who called for more frank discussions about the matter.

To find out more, click here to read the full article from Journal of General Internal Medicine.

September 2016 Observances

September 24 is National Family Health & Fitness Day: This year marks the 20th Annual Family Health & Fitness Day. This special celebration was started to increase good health awareness and promote family involvement in physical activity. Family-related health and fitness events will be held at local organizations such as health clubs, schools, houses of worship, park districts, hospitals, YMCAs/YWCAs, malls and other community locations. Local events will include walking activities, low-impact exercises, health screenings, demonstrations, games, open houses and health information workshops. Click here for a fact sheet or visit www.fitnessday.com for more information.

September 26-30 is National Health Information and Technology Week: Information and technology pay a critical role in today's health care. This week-long celebration was created to raise national awareness of the health IT community. Participants are encouraged to leverage the opportunity to help the collective cause by recognizing the value of health IT. Click here for more information.

September is National Cholesterol Education Month: Too much cholesterol in the blood is one of the main risk factors for heart disease and stroke, two of the leading causes of death in the U.S. This month presents an excellent opportunity to learn more about these risks and to pass that knowledge on. Visit www.nhlbi.nih.gov for more information.
**September is Healthy Aging Month:** Healthy Aging® Month is an annual observance designed to focus national attention on the positive aspects of growing older. The mission of Healthy Aging® Month is to encourage local level Healthy Aging® events that pro-mote taking personal responsibility for one’s health… be it physically, socially, mentally or financially. Click here to find out more.

**AHCA/NCAL Information**

**2017 Quality Award Application Packets Now Available and the Intent to Apply is Now Open!!**

Submit your Intent to Apply today! Though not mandatory, the intent to apply has a number of associated benefits: The overall application fee is reduced up to $700—a $200 savings for Bronze applicants, a $400 savings for Silver, and $700 savings for Gold; and applicants will receive regular emails from Quality Award staff with deadline reminders, tips on applying for the award, and links to exclusive educational webinars.

Award application packets for the 2017 year are now available on the Bronze, Silver and Gold Quality Award web pages. In addition to the applications, AHCA/NCAL members can also download the 2017 program calendar and submission checklist. Members are encouraged to use this time to review the application materials completely as there have been significant changes to the program’s survey eligibility requirements. The new policy can be found in Chapter 3: Application Policies and Eligibility of each application packet.

Additionally, for Silver and Gold applicants there is a new requirement for results in Category 7. Silver and Gold applicants will be required to report on 10 measures within their application. Assisted living only applicants may report alternatives to these required results. It is necessary for AL providers to report at least two results.

And be sure to access the 2017 Bronze Criteria Series and the 2017 Silver Criteria Series on the ahcancalED website. As always, feel free to email any questions to Quality Award staff at qualityaward@ahca.org.

**Important Dates to Remember**
- November 17 - Intent to Apply Deadline
- December 1 - Applications are accepted online
- January 26, 2017 - Application Deadline

**AHCA Answers to 5 of the most common PBJ Questions**

The deadline for nursing centers to gather and submit Payroll-Based Journal (PBJ) data for the first mandatory quarter, July 2016 – October 2016, is November 14, 2016. As providers are busy doing this, they are running into system nuances that are bringing up the following five most common questions. Click here to read the Long Term Care Leader blog post containing the answers to the five questions listed below:

1. Should time for paid breaks be excluded from PBJ reporting?
2. How should a fraction of time be reported? For instance, someone working 7 hours and fifteen minutes?
3. Can time be reported for duties done off-site?
4. Can hours for therapy be reported regardless of payer?
5. How often does the password need to be reset to access the PBJ portal? Also, how long does the procedure to reset the password take?

If you have any questions on PBJ, please reach out to AHCA staff at staffdatacollection@ahca.org.
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.

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.

New Member Portal – Have You Logged in Yet?!

IHCA recently 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! 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 login information: Each individual contact listed in the new system will have their own unique username and password. To log in to the member portal, click on “Members Only” at the top of the homepage, click on “Forgot your password?” and then enter the email address IHCA has on file for you. Your information will be sent to you. You can then log in and update any information you choose. The Primary Contact for each organization can add/update information for the other contacts listed with the company.
- 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.

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 (four 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**

**IHCA 2016 Expo Exhibitors**
A major component of our annual convention and expo is, of course, our expo. Without our wonderful exhibitors, we would not be able to put on this event each year. They come from all over, set up their booths and offer information on the newest services and technology, and how providers can give their residents top quality care in an efficient and cost effective manner. They participate in programs and giveaways and look forward to speaking to their clients (and potential clients!) on the expo floor.

We at IHCA want to say thank you to all of our vendors for your hard work and participation!

Click here to view a complete list of this year’s IHCA Expo Exhibitors.

**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.