Now Accepting Nominations for Officers of the IHCA Board of Directors

Every two years, in odd numbered years, IHCA members elect a new President, Vice President, Secretary and Treasurer as officers of the board (click here to view a description of the BOD Officer duties). These newly elected officers begin a new two year term at the conclusion of the Annual IHCA Convention and Expo and representatives may serve multiple terms.

If you would like to run for any of these positions or know someone that you would like to nominate, please click here to access the nomination form, fill it out and (one for each position) and return it to Gina Alex by fax at 217-528-0452 or by email at galex@ihca.com. These forms must be submitted no later than 10:00 a.m. on Friday, July 17, 2015.

Last Chance to Submit Nominations for IHCA Staff and Volunteer Awards!!!

Nominations are due TOMORROW!

This is your last chance to submit your nominations for the 2015 IHCA Awards Program. Honor your outstanding staff and volunteers (and facility programs) by nominating them for an IHCA Award—let us recognize their accomplishments for you!!

Click here to submit your nominations online. Click here to download the PDF forms to fill out and submit via email or fax.

A list of award nominees will appear in several IHCA publications, in convention materials and on our website. All nominees will receive a certificate recognizing their nomination. Winners will be announced during the 65th Annual IHCA Convention & Expo, September 14 – 17, 2015. Check out the Convention and Expo General Information page to find out more about our Annual Awards Program!

If you have any questions please contact Ashley Caldwell at acaldwell@ihca.com or call the IHCA office at (217) 528-6455 or 800-252-8988. Nursing award questions should be directed to Debbie Jackson at djackson@ihca.com.

Younger Postmenopausal Women May Not Additional Need Bone Density Test Until 65

A recent study by researchers at the University of North Carolina at Chapel Hill shows that a postmenopausal woman who is 50 and still receives “normal” readings on her bone density test may not need another test for 10, or in some cases up to 15, years. Regular testing is still recommended (and encouraged), however, for younger women who do show signs of bone loss as they are at high risk for a major fracture.
The study, which included more than 4,000 postmenopausal women from the U.S. between the ages of 50 and 64, focused on bone mineral density to assess the risk for fractures and osteoporosis in the participants. None of the participants were taking hormones, calcium or vitamin D supplements, nor had they reported any broken bones/fractures in their past.

According to the research team, among the women who showed no signs of osteoporosis, “it took nearly 13 years for just 1 percent of the youngest women, and almost eight years for 1 percent of the oldest women, to suffer a spinal fracture or broken hip.” They believe that, with the exception of any significant health issues, younger postmenopausal women with no signs of osteoporosis can go 10 to 15 years without further testing.

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

**Recovering Motor Function After a Stroke**

Recovering motor function after a stroke varies from person to person. Many begin recovering immediately and can show continuing improvement for up to six months afterwards. A recent study, however, looked at individuals who suffered from a stroke and were still experiencing persistent disability a year or more after they completed standard care. Physical therapy was found to be able to help these individuals in various ways.

“Often after stroke, people can recover normal function without intensive treatment, in response to normal protective physiological processes. Some people recover quite well and can function normally,” explained Janis Daly, professor of neurology at the University of Florida. “For this study, however, we enrolled people who had a stroke a year or more prior to our study participation, and who were still severely impaired. The magnitude of recovery we observed in our study is higher than any other studies that have been published so far, which supports the promise of longer treatment and more intensive treatment after stroke, even for those who are more severely impaired.”

One key area that was a focus of this study was the combining of regular motions—reaching for something nearby by both flexing the shoulder and extending the elbow at the same time, for example—which can be a major issue for some stroke patients.

Researchers developed an intensive physical therapy program to help patients regain movements of the shoulders, arms and hands, which they then administered to nearly 40 study participants. The regimen included five hours of rehabilitation per day, five days a week for 12 weeks and tested three different modes of rehabilitation—motor learning rehab, electrical stimulation rehab and robotics-assisted rehab. According to the research team, the recovery for all three groups was equal, with no significant differences between the groups. For more on this study, click here to read the full article.

**Rolling Robots With Computer Screens—Not Just for TV Anymore**

Suitable Technologies, a company in Palo Alto, CA, has been making good use of their BeamPro robots—and encouraging consumers to do so as well. These reasonably small rolling robots with a computer screen attached to the top allow people to remotely “beam” into various situations—work, their homes, parties and events, etc.

In an article recently posted on Time magazine’s website, seven ways that these robots could change lives were examined—including improving elder care. Suitable Technologies notes that some customers have purchased the robots to stay better connected to their aging loved ones. Remote access to the robots makes it easy for children to check in on their elderly parents and since they can control the machine from afar, there is no need for seniors to worry about turning them on or keeping them charged. This aspect also creates more potential for interaction than with a typical computer screen or phone, which can help ease some of the feelings of isolation that many seniors experience.

This technology is still fairly new and the robots are not cheap to obtain. However, as the technology improves and the costs go down, the possibilities of what these robots could do in the health care industry could greatly expand. To read more about these BeamPro robots, click here to read the piece from Time magazine.
July 2015 Observances

July 4 is Independence Day!! The IHCA Office will be closed on July 3, 2015 in observance of Independence Day.

July is UV Safety Month: The skin is the body's largest organ. It protects against heat, sunlight, injury and infection. Yet, some of us don't consider the necessity of protecting our skin. With the hot summer sun beating down on us during this time of year, it is important to learn about how best to protect not only yourself, but your residents as well. Click here for more.

AHCA/NCAL Information

AHCA/NCAL Named One of the Top Workplaces in Washington, DC by the Washington Post
The Washington Post named the 16th top small workplace in Washington, DC and #1 among trade associations in its Top Workplaces for 2015. The Post’s Top Workplaces program was launched in 2006 and is designed to recognize organizations with greater than 50 employees who succeed in out-performing their peers in key areas of employment and employee satisfaction. Click here for more information.

Just a Few More Weeks for Early Bird Registration for 66th Annual AHCA/NCAL Convention & Expo!
They say things in Texas are bigger and better. ACHA/NCAL’s 66th Annual Convention & Expo is shaping up to be just that! Experience historic and beautiful San Antonio—the food, the landmarks and the fun of this Texas-sized destination, while you network, learn and enjoy yourself at this must-attend event.

Early Bird Registration ends July 17, so make your reservations today! Visit our official Convention & Expo website for event times, speakers and all the important information. Click here to register!

June Webinars
AHCA/NCAL offers webinars on a variety of important topics. June webinars include:

- Just Say “No” to Drugs and “Yes” to Successful Behavior Management
  Friday, June 26, 2015 – 12:00 p.m. CDT
- What Does the Supreme Court ACA Decision Mean for AHCA/NCAL Members?
  Tuesday, June 30, 2015 – 3:00 p.m. CDT

IHCA PAC Information

IHCA PAC Associate & Individual Member Monthly Giveaway Promotion
June Raffle - Four (4) Tickets to a Cubs Game!
Summer is here and so is baseball season! A couple months ago we gave the Cardinals fans a chance to bid on tickets and now it’s your turn Cub fans. Can you outbid what the Cardinals fans did back in February?! Get out those sunglasses, grab a couple of friends and make your way to a Cubs game for a good time. The raffle opened yesterday, June 2 and ends June 30.

Here’s how it works: You pay $35 per chance to win! Enter as many times as you want for a better chance. Keep in mind that each monthly drawing you participate in will also place your name in the Grand Prize Drawing at the 65th Annual Convention and Expo in September. Administrators: print off this flyer and hang it on your employee bulletin board to encourage all to play! Click here to fill out the entry form and return it with your entry fee ($35/chance to win!) or contact Nicole Edwards for a paperless sign up. All proceeds will go to the IHCA PAC.

This month’s raffle was brought to you by AdvaCare. For more than 18 years, AdvaCare Systems has been “Providing Solutions for Your Specialty Needs.” Throughout the Midwest, they have attained a reputation for superior customer service, cost-effective products and immediate response times.

What makes them so successful at AdvaCare Systems is the people they employ. Their corporate culture is based on a shared passion for unity tied directly to commitment, dedication and teamwork. By placing the customer first in their decision making process, they have effectively created a dynamic environment for providing outstanding patient care. Visit their website for more information.
Summer Baseball Game
This summer, IHCA will again be hosting a Cardinals vs. Cubs baseball fundraising event. After the very cold but successful event last year, IHCA PAC is offering another opportunity to take in a game featuring baseball’s best rivalry, do some networking with other long term care professionals, and get out of the office! A day at the ballpark offers the chance to connect with other long term care professionals and conduct business in a relaxed atmosphere. The game will be held Wednesday, July 8 in Chicago, with a scheduled game time of 7:00 p.m. (Doors open at 6:15). We will be utilizing a center field rooftop with great amenities and no blocked view!! Your purchase price of $200 guarantees you a seat and a variety of drink and meal options. We hope you’ll take advantage of the opportunity to support the association and enjoy a ballgame!

Tickets to the game are now available! Interested parties can contact Matt Hartman or via telephone at 217-528-6455.

IHCA Association Information

Get Featured in LTC Today!!

The Fall/Winter 2015 issue of LTC Today magazine is in the works and we want to hear from you!! Do you have an innovative new program, an extraordinary member story or a facility success to share? We would love to feature you in our next issue! Contact Ashley Caldwell if you are interested.

We are also always open to member contributions for the magazine. If you would like to contribute an article on an important issue in long term care, contact Ashley today!

Are You Interested in Exhibiting at the 2015 IHCA Convention & Expo in September!?

Booths are still available for the expo in Peoria this September. Visit the Exhibitor Information page on www.ihca.com for information about the expo as well as a link to the Prospectus. This show is an excellent opportunity to mingle with your peers, make contact with potential clients and touch base with current customers!

Contact Kelli Showalter (800-252-8988 or kshowalter@ihca.com) if you have questions or need assistance with your booth. If you are planning to exhibit, please get your contract in to Kelli by July 10, 2015 in order to be included in the Convention Program Book.

Upcoming IHCA Education Sessions!!
We have several exciting sessions planned for the second half of 2015. Check out these great educational offerings:

I Want My Stars Back!
July 1, 2015 – Crowne Plaza, Springfield
July 2, 2015 – Hilton, Lisle/Naperville

The Five-Star Quality Rating Program has become a part of how nursing facilities are evaluated by residents, families, payers and even financial institutions. In addition, MCOs, ACOs and discharge planners are utilizing this information to determine who they want to align with. This workshop will describe the 2015 changes in the Nursing Home Five-Star system, how payroll data will be submitted and how facilities can respond to those changes. A demonstration of how AHCA’s LTC Trend Tracker can assist you will be included. Click here to view the session brochure.

Count Down to ICD-10- Making Sure Your Coders are Ready
Tuesday, July 21, 2015—Holiday Inn & Suites, East Peoria
Wednesday, July 22, 2015—Hyatt, Lisle
Tuesday, July 28, 2015—Hawthorn Suites by Wyndham, Champaign
Wednesday, July 29, 2015—Rend Lake Resort, Whittington
Thursday, July 30, 2015—Northfield Inn & Suites, Springfield

Less than five months until the transition to ICD-10 is here. Is your facility preparing like it is Y2K all over again? Come join us as we expand on the basics and apply the coding conventions and guidelines to real-life scenarios. There will also be helpful hints on documentation and querying physicians so coders will feel comfortable with their coding
abilities, as well as communication with billers and providers. We will also assess where the facility is in the transition process and what steps to take going forward. Click here to view the session brochure.

***Please note: Attendees will need to bring their 2015 ICD-10 CM Coding books to the session.

Save the date!!
IHCA 65th Annual Convention and Expo
Sept. 14 - 17 – Peoria Civic Center

AANAC MDS Certification by Becky LaBarge
Oct. 13 - 15 – Thelma Keller Convention Center, Effingham

Leadership Summit
Oct. 21 – Thelma Keller Convention Center, Effingham
Oct. 22 – The Chateau, Bloomington

IHCA Member Spotlight
IHCA Associate Member – ONR, Inc.
Since 1988, ONR, Inc. has been a leader in in providing contract rehabilitation services. Company founder Jill Capela, a Speech Language Pathologist, recognized a need in the health care industry and set out to create a company of physical, occupational and speech therapists dedicated to enhancing patients' quality of life through a progressive therapeutic approach. Since its inception more than 25 years ago, ONR has grown to provide services to more than 200 customers in an eight state region.

Over the years, ONR’s dedicated staff and outgoing team of leaders has proven to be truly committed to building positive, collaborative relationships with their clients and to staying on the cutting edge of rehabilitation services. They are dedicated to staying up-to-date on the ever-evolving health care environment and keeping up with technology trends and innovations in order to provide top quality service to their customers.

Their leading-edge information systems go far beyond simply collecting data on treatments and labor hours—providing an integrated platform for all aspects of patient care; from resident intake through billing. As a partner in long term care, ONR can assist facilities with MDS 3.0 and RUGS IV. They have proven systems and documentation processes, including:

- triple check billing audits
- monthly clinical audits
- technical/qualitative audits
- electronic management software for treatment and documentation based on MDS 3.0/RUGS IV

For more information, please visit ONR on the web at: http://www.onr-inc.com/

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.

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