**Happy Holidays!!**

The IHCA team would like to wish you all a safe and happy holiday season!

The IHCA office will be closed on December 26, 2016 and January 2, 2017.

Please note: Members Only will be taking a brief hiatus and will return after the first of the year! If you have any questions, please do not hesitate to contact us (acaldwell@ihca.com).

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**A New Year is Coming—It’s Time to Update Your Communications Preferences!**

Out with the old and in with the NEW! Update your communications preferences now!! New email lists will be pulled next month!

The New Year is almost upon us and starting on January 3, 2017, IHCA will be clearing out all of our old email lists and starting new ones from our membership database, using information provided by YOU through the new member portal! If you and your staff would like to continue receiving IHCA and/or The Center’s electronic newsletters, each of you MUST log into the member portal and update your communications preferences!!

How to update your preferences:
Go to the [IHCA website](#) and log in to the [Members Only section](#) (the new member portal) to update your communications preferences.

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**Additional Information**

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<th>I would like to receive the following IHCA publications via email:</th>
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<tr>
<td><img src="#" alt="IHCA News Brief (weekly/Monday morning)" /></td>
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<td><img src="#" alt="Members Only (biweekly/Thursday afternoon)" /></td>
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<td><img src="#" alt="Regulatory Beat (twice monthly/Tuesday afternoon)" /></td>
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<td><img src="#" alt="Clinical Solutions (monthly)" /></td>
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<td><img src="#" alt="IHCA PAC Newsletter" /></td>
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**SAVE CHANGES >>**
portal—you can always access the portal by clicking on Members Only in the top right corner of ihca.com) and update your Communications Preferences on your My Profile page. Click here to view the Member Portal fact sheet for instructions on how to log in, and other important information.

Once you have logged into your contact profile, simply scroll to the bottom and check the publications you want to receive (see picture above).

You will be able to update your communications preferences at any time, as we will use fresh lists from the database on a quarterly. Important Member Alerts and other association wide email blasts will continue to go to the appropriate member groups, using lists pulled when the messages are to be sent.

If you have any questions, please contact Ashley Caldwell via email at acaldwell@ihca.com or call 800-252-8988.

New Web Seminar Series Coming in 2017!!

Driving 5-Star & RoP Implementation Through a QAPI Approach
IHCA is collaborating with the AHCA affiliates of Ohio, Indiana, Kentucky, Missouri and Tennessee to bring you this exciting web seminar series.

Presented by Amie Martin, OTR/L, CHC, RAC-CT and Shelly Maffia, MSN, MBA, RN, LNHA, QCP, both of Proactive Medical Review & Consulting LLC, this web seminar series will cover a variety of topics to help long term care providers with their 5-star ratings and RoP implementation using a QAPI approach.

For a complete list of dates and topics, click here to view the informational flyer.

About the Speakers
Amie Martin is an Occupational Therapist with twenty years’ experience serving in long term care leadership and as a clinical program specialist. She is certified in health care compliance and has successfully partnered with providers to improve clinical outcomes, compliance programs, medical record documentation and to reduce error rates under medical review.

Shelly Maffia is a Registered Nurse and Nursing Home Administrator who has served in long term care leadership and consulting positions, including Director of Nursing, Administrator and Corporate Nurse Consultant. She earned the QAPI Certified Professional (QCP) credential from the American Association of Nurse Assessment Coordination (AANAC), which was established to promote the highest standards for QAPI program implementation in the long term care profession.

The fee for each session is $55 members/$110 non-members.

Join us January 11, 2017 for the first session of the series, Final Rule: Integrating Phase 2 New Requirements of Participation into Practice (Part 1)!! Click here to view the brochure for more information. Online registration is now available (click here)!

Brain Scans May Improve Dementia Diagnosis, Treatment

A new study by researchers at the Mayo Clinic shows that MRI brain scans can help doctors identify which individuals with certain cognitive issues (i.e. thinking and memory problems) may go on to develop dementia with Lewy bodies rather than Alzheimer’s disease.

According to the article in HealthDay News, Lewy bodies are abnormal clusters of protein that develop inside nerve cells. Lewy body dementia is the second most common form of degenerative dementia following Alzheimer’s disease. Lewy body disease may include confusion, alertness that can vary from day to day, rigidity, visual hallucinations and acting out...
dreams, sometimes violently. Additionally, people with Lewy body dementia may also have movement abnormalities like those seen in Parkinson's disease, explained Dr. Gisele Wolf-Klein, director of geriatric education at Northwell Health in Great Neck, N.Y. *Note: Lewy body dementia can only truly be diagnosed with absolute certainty after a patient has died and an autopsy is performed.*

"However, it is important for physicians to differentiate the type of dementia because Lewy body disease symptoms do not respond well to the antipsychotic drugs often used in Alzheimer patients," Dr. Wolk-Klein stated. "More than half of Lewy body disease patients can have serious side effects resulting in acute confusion, delusions and hallucinations, and sudden change in consciousness."

The study, led by Dr. Kejal Kantarci, a radiologist at the Mayo Clinic, began in 2005 and involved 160 participants with mild cognitive impairment. They each had an MRI brain scan to measure the size of their hippocampus. Following the initial scan participants had annual evaluations for an average of two years. In studying the results, researchers found that 61 of the participants had developed Alzheimer's disease and 20 of the individuals had progressed to probable dementia with Lewy bodies.

Kantarci and her team explained that scans from individuals who eventually developed Lewy body dementia showed a lack of shrinkage in the hippocampus, which is a specific portion of the brain that relates to memory. They also noted that someone whose hippocampus stayed the same size was nearly six times more likely to develop Lewy body dementia than someone whose hippocampus was found to shrink in size.

"Identifying people with mild cognitive impairment at risk for dementia with Lewy bodies is critical for early interventions with the potential treatments emerging in the field," stated Kantarci, who went on to add that some patients with Lewy body dementia have been known to respond well to come Alzheimer's drugs.

For more on this study, click here to view the full article from *HealthDay News.*

**Fat Discovery Could Ease Inflammation for Diabetics**

Inflammation is a key reason why many individuals who suffer from diabetes experience heart attacks, strokes, kidney problems and other complications. A recent finding identifies a possible trigger of chronic inflammation.

According to researchers, too much fat in the diet promotes insulin resistance by inciting chronic inflammation. However, they recently discovered that in mice when certain immune cells can’t manufacture fat, the mice don’t develop diabetes and inflammation, even when consuming a high-fat diet.

"The number of people with diabetes has quadrupled worldwide over the last 20 years," stated senior investigator Clay F. Semenkovich, professor and director of the division of endocrinology, metabolism, and lipid research at the Washington University School of Medicine in St. Louis. "We have made modest progress in making it less likely for some people with diabetes to have heart attacks and strokes. However, those receiving optimal therapy are still much more likely to die from complications driven by chronic inflammation that is, at least in part, generated by these immune cells.”

But, he went on to explain, by blocking the production of fat inside those cells, it could be possible to prevent inflammation in people with diabetes, as well as other conditions like arthritis and cancer, where chronic inflammation plays a role. The possible impact of this discovery could be huge.

As part of their study, researchers created genetically altered mice that could not make the enzyme for fatty acid synthase (FAS) in immune cells known as macrophages. They found that without the enzyme, the mice were not able to synthesize fatty acids, which is a normal part of cell metabolism. Additionally, researchers found that if macrophages could not synthesize fat from within, the external membranes of those cells could not respond to fat from outside the cells. That prevented the cells from contributing to inflammation.
Researchers went on to note that eliminating inflammation altogether is not the answer to preventing diabetic complications, because it is also vital for clearing inflammation actually serves some other purposes—like clearing out infectious pathogens from the body and helping wounds heal.

Several drugs that inhibit fatty acid synthase are currently in development, according to Semenkovich, which will hopefully be used to treat cancer as well as diabetes. Researchers are also looking at different strategies, which could potentially allow for chronic inflammation to be blocked, without eliminating the ability of macrophages to fight infection.

For more information on this, click here to read the full article posted on Futurity.org.

AHCA/NCAL Information

Quality Award Application Deadline Quickly Approaching

The application portal for the 2017 Quality Award Program cycle is now open. Applications and payments are due by January 26, 2017 at 8:00 p.m. Eastern Standard Time. Applications and payments must be submitted using the online application and payment portals. Late applications will not be accepted for any reason. Payments are only accepted online via credit card.

Please Note:

- A successful application submission will immediately generate a confirmation email. The confirmation email is the only proof of submission that will be accepted after the deadline. If you do not receive a confirmation email, contact Quality Award staff.
- Submit only one application-only the first version of the application will be accepted.
- Exceptions will not be made for applicants who fail to submit their application by the deadline.

To learn more about the National Quality Award Program please click here. If you have questions, please email qualityaward@ahca.org.

Registration for the 2017 AHCA/NCAL Quality Summit is Now Open

As you strive to reach your quality goals, AHCA/NCAL wants to give you a leg up. The Quality Summit is designed to help you on your journey, bringing excellent speakers, key topics, and all your long term and post-acute care colleagues together in one place.

Join AHCA/NCAL in Orlando, Florida, March 6-8, 2017, for an engaging and exciting opportunity you won’t find anywhere else. Enjoy three days of education sessions designed to help you gain fresh perspectives and strategies for the challenges you strive to meet. Online registration is easy and you can make your housing reservation at the same time. Early registration ends February 3.

Issue Brief: Strategies for Change - A Collaborative Journey to Transform Advanced Illness Care

Nine million Americans will be more than 85 years old by 2030, and many will suffer from substantial disability and chronic conditions. Advanced illness care ensures that all individuals, regardless of age and demographics, receive coordinated care that addresses their specific and highly personal needs, preferences, values and goals.

National Quality Partners’ (NQP) new issue brief, Strategies for Change – A Collaborative Journey to Transform Advanced Illness Care, highlights six key preferences of person-centered care, provides snapshots of organizations that have embraced one or more of these key areas, and pinpoints opportunities to use measurement to transform advanced illness care. The brief was developed by NQP’s Advanced Illness Care Action Team and included AHCA quality experts. The issue brief aims to empower individuals with advanced illness, their family members, and caregivers to lead decisions about their care and to help physicians and other health care providers better navigate end-of-life conversations with their patients.

Click here to download the publication.
IHCA Association Information

LTCNA Now Offering Training With 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 Preferred Vendor – NRC Health

My InnerView by National Research Corporation is now NRC Health! National Research Corporation recently announced a new corporate brand name and identity: NRC Health. The company’s new brand promise enables health care organizations to know those they care for with greater clarity, immediacy, and depth to achieve human understanding.

NRC Health has been committed to helping health care organizations illuminate and improve the moments that matter to patients, residents, physicians, nurses and staff for 35 years. Their empathetic heritage, proprietary methods and holistic approach enable partners to better understand the people they care for, and in turn, design experiences that inspire loyalty and trust.

In 2015, IHCA chose NRC Health as one of their preferred vendor companies, providing association members with a unique opportunity to improve the quality of care they offer, increase partnerships with hospitals and health systems, improve care transitions, and expand their understanding of health care across the continuum.

NRC Health assists long term care centers by providing educational resources, action plan templates, and easy-to-use prescriptive reporting tools. In addition, they offer access to a dedicated team that will help guide clients throughout the improvement process, in order to help reach strategic goals and objectives.

Learn more about NRC Health at http://www.nrchealth.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.