The 65th Annual IHCA Convention & Expo Will Be Here Before You Know It!!
The Preliminary Program is Now Available Online and Registration is Open!

Check out the Preliminary Program for this year’s Convention and Expo to get information on all of your favorite convention activities (the golf outing, 5K Run/Walk, Annual IHCA Awards, Convention Kickoff Party, expo exhibits and more!) as well as descriptions of the sessions that will be offered.

**Please note:** Due to a systems upgrade we will be unable to offer online registration for convention this year. All registrations will have to be submitted using the form available in the Preliminary Program and sent to IHCA via mail or fax. In light of this inconvenience we will be offering the online rates for anyone who registers:

- **Early Bird:** $795 member/$1,245 non-member
- **Late:** $995 member/$1,445 non-member

If you have any questions regarding registration, please contact Kelli Showalter at kshowalter@ihca.com or 800-252-8988.

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 tomorrow, **July 10, 2015** in order to be included in the Convention Program Book.

Now Accepting Nominations for The Center’s ID/DD Constituency Committee

The Center is now accepting nominations for members to serve a two-year term on the ID/DD Constituency Committee. In odd numbered years, you can submit a nomination for yourself or know someone that you would like to nominate to run for one of the positions. Please fill out the nomination form (click here—one for each position) and return it to Gina Alex by fax at 217-528-6455 or by email at galex@ihca.com. The forms must be submitted not later than 10:00 a.m. on Monday, July 20, 2015.

The newly elected committee will take office for a two-year term at the conclusion of The Center's 2015 Annual Business Meeting that will take place during the IHCA Annual Convention and Expo in Peoria, IL.

Should you have any questions please contact The Center's office at 217-528-0452.
The 2015 White House Conference on Aging Starts Monday

Starting Monday, July 13, the 2015 White House Conference on Aging (WHCOA)—an event that happens once in a decade—will begin in Washington, D.C. This event is an opportunity to recognize the importance of key programs, like Medicare, Medicaid, Social Security and the Older Americans Act. The conference also aims to look ahead to the issues that will help shape the landscape for older Americans for the next decade.

The WHCOA will begin with remarks from President Obama and will include panel discussions on key issues, such as caregiving, health aging and financial security. You may watch this event online or find a viewing party in your area. Click here to view the discussion guide for more information. You can also participate in the discussion on Twitter with the hashtag #WHCOA, and AHCA/NCAL will be live tweeting throughout the event so be sure to follow @ahcanical.

Elderly Heart Patients Could Benefit from an Implanted Defibrillator

Many older heart patients could benefit from an implanted defibrillator following a heart attack, but do not get one, according to a recent study led by a cardiology fellow at Duke University School of Medicine, Dr. Sean Pokorney. The research team collected information on more than 10,000 heart attack patients (average age of 78) with reduced heart function who were listed in a national cardiovascular data registry. The data showed that fewer than one in 10 older heart attack survivors has a defibrillator implanted.

These small, battery-powered devices sit under the skin in the chest and are set to shock the heart to restore a normal rhythm when it detects an irregular heart beat or if the heart stops altogether. The research team found that those who received the defibrillators had a one-third lower risk of death after two years than those who didn’t get the devices.

As stated in the HealthDay News article, heart doctors believe that many heart attack survivors, but not all, could benefit from such a device. These implants could be particularly helpful for patients with large amounts of heart damage/weak hearts. However, thus far clinical trials for the devices have focused on individuals mostly in their 60s, and it has yet to be established the benefits of the defibrillators for adults past that age. Additionally, there is a 40-day waiting period after an attack in order to be eligible for an implanted defibrillator and the cost ($25,000 to $30,000) can be a barrier.

In spite of all of this doctors are encouraged by the results they have seen in patients with the implanted defibrillators. “Too few eligible elderly patients are receiving primary prevention implanted defibrillators to prevent sudden death after a heart attack,” said Dr. Robert Hauser, a senior consulting cardiologist at the Minneapolis Heart Institute at Abbott Northwestern Hospital. “We need strategies to identify elderly patients at risk so they may decide whether or not to undergo a defibrillator implantation.”

Arthritis Drug May Also Be Effective for Treating Blood Cancers

Myeloproliferative neoplasms (MPN), often diagnosed in individuals in their 50s and 60s, cause an overproduction of blood cells, which results in night sweats, itching and tiredness. At present, treatment for this issue is limited to aspirin, removal of excess blood and mild chemotherapy. A drug was recently developed to treat the problem (Ruxolitinib), though it has not yet been approved by the National Institute for Health and Care Excellence (NICE) and it costs more than $62,000 per patient per year.

However, a recent study done in the UK shows that a common arthritis drug, Methotrexate (MTX), could also be an effective way to help patients with blood cancers with these symptoms, and at a fraction of the cost of Ruxolitinib. For this study scientists used cells from a fruit fly to screen for small molecules that suppress the signaling pathway central to the development of MPNs in humans. Further testing then confirmed this in humans, even those carrying the mutated gene responsible for MPNs.

MTX is commonly used in low doses to treat inflammatory diseases, like rheumatoid arthritis and psoriasis and has limited side effects. The repurposing of this drug could provide thousands of patients with an alternate treatment option at huge savings (a year’s course of low-dose MTX costs less than $50). And, MTX is listed as an ‘essential medicine’ by the World Health Organization, so it is a well understood medication and can be used throughout the developing world.

“We have the potential to revolutionize the treatment of this group of chronic diseases—a breakthrough that may ultimately represent a new treatment option able to bring relief to both patients and health funders,” said Martin Zeidler of the biomedical science department at University of Sheffield.
“Finding new uses for existing drugs is a great way to speed up improvements in treatment, as these drugs will have previously been through safety tests,” added Nell Barrie, senior science information manager at Cancer Research UK. “Methotrexate is already used as a chemotherapy drug for several types of cancer, and this early research shows that at much lower doses it could have the potential to help treat certain blood disorders.”

**Trans Fats from Foods May Cause Memory Problems**

In addition to causing chaos with your cholesterol levels trans fats may also affect your memory, according to a new study. Researchers from the University of California, San Diego School of Medicine evaluated data from 645 healthy men who were asked to complete a dietary survey and take part in a memory test.

The test involved a set of 104 cards, each with a word printed on them. The men were asked to say whether the word was new or had been previously shown to them. The results showed that younger men who ate high levels of trans fats performed more poorly than those who ate lower levels of trans fat—recalling on average 12 to 21 fewer words. Overall, men 45 and younger recalled 86 words on average, but this number dropped by .76 words for each additional gram of trans fat consumed daily.

"It's a pretty sizeable relationship," stated Dr. Beatrice Galomb. "This adds to a body of evidence that trans fats are not something that people should be sticking in their mouth."

Galomb also said that trans fat is an “anti-food” that increases levels of “bad” LDL cholesterol while at the same time decreasing the levels of “good” HDL cholesterol. These fats also increase inflammation and interfere with hormone production, which, according to an article in *HealthDay News*, may explain the association between trans fats and memory.

**July 2015 Observances**

*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**

*2015 Silver Quality Award Winners Announced*  
AHCA/NCAL announced the names of the 126 long term and post-acute care organizations that have earned a 2015 Silver - Achievement in Quality Award. The award is one of three distinct awards possible through the AHCA/NCAL National Quality Award Program, which honors select centers across the nation that serve as models of excellence in providing high-quality long term and post-acute care. A full list of the recipients is available on the [AHCA/NCAL website](#).

**Early Bird Registration for 66th Annual AHCA/NCAL Convention & Expo Ends Next Friday!**  
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!

**IHCA PAC Information**

*IHCA PAC Associate & Individual Member Monthly Giveaway Promotion*  
**June Raffle – Winner!!** Neil Glein from Burgess Square in Westmont is the winner of the June PAC raffle! Neil won four tickets to a Cubs baseball game!! Thank you to all who participated this month's drawing and for supporting our PAC. Thank you to AdvaCare for your generous sponsorship of the June raffle. **Want to be the next IHCA Associate or Individual Member that donates a prize to the IHCA PAC?** As a sponsor you will see a feature on your company in the IHCA PAC Newsletter as well as receive a weekly mention in the IHCA *News Brief* that whole month! Contact Ashley Snavely for more details.
IHCA Association Information

**Just Over a Week Left to Submit Your 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.

**Are You Ready for ICD-10? Join Us for Our Upcoming Seminar to Make Sure You and Your Staff are Good to Go!**

*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**

**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](mailto:acaldwell@ihca.com).