IHCA’s 65th Annual Convention & Expo—Register Today!

Just One Week Left to Register and Save with Early Bird Rates!!

Check out the Preliminary Program to get information on this year’s event. **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

Early Bird registration ends next Friday, August 14, 2015. If you have any questions regarding registration, please contact Kelli Showalter at kshowalter@ihca.com or 800-252-8988.

Booths are Still Available, but Time is Running Out! Reserve Your Expo Space Today!

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.

Session Monitors Needed!!

Speaker monitors are needed for sessions during convention. It’s a super easy gig—monitors are responsible for introducing speakers and scanning attendee badges at the end of each session. If you are interested in helping us out and monitoring a session or two (or more!) please contact Kelli Showalter (800-252-8988 or kshowalter@ihca.com).

The Changing Face... of the IHCA Convention & Expo!!!

We strive each year to make our annual convention and expo a wonderful event for everyone involved. This year we have a few changes in store for our attendees:

- **Expo Hours:** The expo will be open on Tuesday 1:30 – 4:30 p.m. and Wednesday 11:30 a.m. – 1 p.m.
- **Lunch Hours and Location:** On Tuesday, immediately following the Opening General Session, box lunches will be available in Exhibit Hall D (located near the bottom of the escalators that lead up to the 400s). Seating will also
be available in this area. On Wednesday, lunch will be served during the expo hours in the main exhibit hall, as in previous years.

- IHCA is Going Paperless at Convention! Session handouts will NOT be printed this year. They will be made available online for all registrants prior to convention.

Check out the Convention section on www.ihca.com for more information!!

**Eye Drops Could Help Clear Cataracts Without Surgery**

New research has shown that eye drops containing a natural chemical, called lanosterol, could help seniors avoid cataract surgery. This enzyme-created compound prevents the clumping of proteins in the eye that can lead to obstructed vision. A six-week study done by researchers at the University of Colorado, San Diego, found that applying lanosterol eye drops to dogs with age-related cataracts decreased the lens cloudiness—reversing the course of the disease.

While researchers are pleased with the results of this study, many remain cautious regarding the effectiveness of the drops. It may be several more years before the drops are ready to be tested on humans.

“Not all cataracts are the same, and it is not a single disease,” stated University of California, Los Angeles ophthalmologist Joseph Horowitz.

**Federal Government Calls for More Scrutiny of Errors In Nursing Centers Involving Certain Blood Thinner**

Last month, CMS sent out a memo (S&C 15-47-NH) in response to the 2014 OIG report “Adverse Events in Skilled Nursing Facilities: National Incidence Among Medicare Beneficiaries.” In this report, the OIG found that one in three skilled nursing facility (SNF) residents were harmed by an adverse event or temporary harm event within the first 35 days of a SNF stay and 37 percent of the adverse events were related to medication. The report also pointed out that the second most frequent cause of medication related adverse events was excessive bleeding related to anticoagulant use causing harm ranging from hospitalization to death. An article from ProPublica backed this information up, specifically stating that “…from 2011 to 2014, at least 165 nursing home residents were hospitalized or died after errors involving Coumadin or its generic version, warfarin.”

In light of this, CMS has developed a Focused Survey on Medication Safety to monitor/oversee nursing home practice around high-risk and problem-prone medications, such as Coumadin. Pilot tests for this survey are underway. Additionally, CMS collaborated with the Agency for Healthcare Research & Quality (AHRQ) and the OIG to develop a tool to assist surveyors in this endeavor. The Adverse Drug Event Trigger Tool includes potentially preventable medication-related adverse events, risk factors, triggers and probes to assist surveyors in investigating actual and potential adverse events and evaluating whether systems are in place to prevent medication-related adverse events. CMS noted in the memo that use of this draft tool is not mandatory, but that it may help surveyors in assessing compliance around medication issues during standard and complaint surveys. Providers may also find it useful as a risk management tool. [Click here](#) to access the tool when it becomes available.

**Vitamin D Supplements Won’t Strengthen Women’s Bones As Previously Thought**

According to a recent study, high doses of vitamin D do not appear to help protect postmenopausal women from the dangers of osteoporosis. For this research, investigators studied 230 vitamin D deficient postmenopausal women under the age of 75, most of whom were white. They were divided into three groups: a high-dose vitamin D group, a low-dose vitamin D group; and a placebo pill group.

From 2010 to 2013, these women followed their specified regimen and ultimately, the overall vitamin D level across all three groups was pegged at about 21 nanograms per millimeter, with the high-dose group seeing levels as high as 30 nanograms per millimeter. However, despite these differences tests showed no major advantages for the high-dose group over the low-dose and no-dose groups in regards to spine health, total bone mineral density, overall muscle mass or physical mobility.

Essentially, this study has proven that vitamin D supplementation does not offer additional protection against osteoporosis. Researchers don’t believe this study will be seen as the definitive word on vitamin D, they do believe that taking vitamin D for bone health is not necessary. [Click here](#) to read the full article from HealthDay News.
Researchers have recently identified some of the key changes that happen in aging brains that can lead to increased risk for Alzheimer’s disease. After the age of 65, according to an article on Futurity.org, the risk doubles every five years. The article also notes that at least 40 percent of people ages 85 and older are supposedly living with the disease.

A study from Washington University School of Medicine in St. Louis, Missouri has shown that changes regarding amyloid beta 42, a main ingredient of Alzheimer’s brain plaques, can up the risk for developing the condition. This protein, a natural byproduct of brain activity, is normally cleared from the brain before it can clump together to form dangerous plaques. For an average individual in their 30s, this process generally takes about four hours. Older brains, however, have shown to take much longer—more than 10 hours for individuals in their 80s. The slowing down of this “taking the trash out” process causes the Alzheimer’s plaques to build up.

Researchers tested more than 100 volunteers for the study, with ages ranging from 60 to nearly 90. Around half of the subjects already had signs of Alzheimer’s disease. Each of the participants were given detailed mental and physical evaluations. A new technology known as stable isotope-linked kinetics (SILK) was used to monitor the subjects’ production and clearance amyloid beta 42 and other proteins.

Scientists believe that there are four possible ways that the brain disposes of amyloid beta—by moving it into the spine, pushing it across the blood-brain barrier, breaking it down/absorbing it with other plaques or depositing it into plaques. In the subjects who had evidence of plaques, researchers saw that the amyloid beta 42 appeared to be more likely “to drop out of the fluid that bathes the brain and clump together into plaques.”

“Through additional studies like this,” stated Randall J. Bateman, a neurology professor at Washington University School of Medicine, “we’re hoping to identify which of the first three channels for amyloid beta disposal are slowing down as the brain ages. That may help us in our efforts to develop new treatments.”

A new study by the CDC shows that one out of every five adults in the United States is living with some sort of disability. The most common functional disability type, according to the CDC report, was a mobility limitation—defined as serious difficulty walking or climbing stairs—reported by one in eight adults. This was followed by disability in thinking and/or memory, independent living, vision and self-care. Many of these are common to seniors. The report also noted that the highest percentages of people with disabilities are generally found in the Southern states, and that non-Hispanic black and Hispanic adults are more likely than non-Hispanic white adults to have a disability.

The CDC explained that for the past 25 years the Americans with Disabilities Act (ADA) has made a positive difference in the lives of individuals with disabilities. They are committed to protecting the health and well-being of people with disabilities throughout their lives, and will continue to work with state-based disability and health programs to reduce health disparities faced by people with disabilities.

Scientists have discovered a possible new class of antibiotics inspired by sugar molecule production by bacteria, according to recent research done by a group of scientists overseas. The group included researchers from the University of Queensland’s Centre for Superbug Solutions, the University of Warwick, Academia Sinica in Taiwan and Ghent University in Belgium. According to Matt Cooper, one of the team members, bacteria were less likely to become resistant to an antibiotic based on a modified version of their own sugar.
“Bacteria have cell walls similar to the walls of a bring house,” explained Cooper, “except instead of mortar the walls are held together by sugar polymers.”

Cooper went on to explain that the team found that when they added a modified sugar molecules, the linking process came to a halt, destroying the wall and killing the bacteria. Other drugs, such as penicillin and vancomycin, have aimed at destroying the cell wall in the past but in a different way. This new discovery will allow scientists to build on the sugar core in a variety of ways and to create drugs that will stop a key part of the cell wall linking process. Click here to view the full article from Futurity.org.

**August Observances**

**Next Week is National Health Center Week:** National Health Center Week (NHCW)—August 9-14, 2015—is organized each year by the National Association of Community Health Centers. For more than 30 years, NHCW has been celebrated to recognize the services and contributions of health centers, which provide various services, including providing access to affordable, high quality, cost effective health care to medically vulnerable and underserved people throughout the United States. Click here for more information.

**This Month is National Immunization Awareness Month:** This month-long observance provides an opportunity to highlight the importance of immunizations and to shine a light on the need for improving national immunization coverage levels. While immunizations have significantly reduced the incidence of many serious infectious diseases, vaccination rates for some diseases are not meeting national public health goals. And, it is important to remember that immunizations aren’t just for children—they are needed throughout our lifetime. Click here for more information.

**This Month is National Medic Alert Awareness Month:** Medical IDs provide for a quick recognition of medical conditions, allergies, medications or treatment wishes in an emergency; this leads to faster and more effective medical treatment. Organized by the MedicAlert Foundation, a non-profit organization founded more than 60 years ago, this month-long observance is a great time to raise awareness about the life-saving benefits of these identification tags. Click here to find out more.

**AHCA/NCAL Information**

**Introducing Fast Facts!**

AHCA just launched Fast Facts, a series of short, topical research briefs on various issues in long term care. Their first Fast Facts (click here to view it) characterizes the demographics, payment information, staff characteristics and economic impact of skilled nursing care centers.

Why will this be useful?

1. It provides a visual overview of the SNCC industry. This can be helpful when speaking with legislators, reporters, etc.
2. It’s available online—you can direct anyone to the page via the URL. This is useful when populating websites, social media and other communication vehicles.
3. More Fast Facts are coming. AHCA is working on future Fast Facts about the AHCA/NCAL Quality Awards and clinical characteristics of skilled nursing residents.

**The National Quality Forum (NQF) Endorsed Measures Developed by AHCA and NASL**

AHCA/NCAL recently announced that the National Quality Forum (NQF) has endorsed two measures developed by AHCA and the National Association for the Support of Long Term Care (NASL) to assess improvement in self-care and mobility outcomes for patients admitted from a hospital to a skilled nursing care center (SNCC) for therapy services. These measures align with what CMS is requiring long term care to implement through the IMPACT Act of 2014. They also support AHCA’s multi-year initiative to improve quality care in SNCCs. Click here to read the press release from AHCA.

**2015 National Assisted Living Week®**

This year’s theme, suggested by NCAL members, is “Nourishing Life: Mind, Body, Spirit.”

This theme celebrates the countless ways assisted living caregivers nurture the whole resident. Communities across the country work each and every day to ensure that the lives of their residents are fully nourished in each and every way.
Conversely, residents nourish the lives of team members and volunteers by, with the support of loved ones, sharing their inspiring lives. For more information, click here.

**IHCA PAC Information**

**IHCA PAC/The Center-PAC Golf Outing and 3rd Annual Holgeir Oksnevad 5k Run/Walk**

The time has come! The annual PAC golf outing will be held at WeaverRidge Golf Club on Monday, September 14, with an 11:30 a.m. shotgun start. Lunch is available before the outing starts, and beverages, prizes and awards are also included. The golf outing is a great event to kick off convention experience -- it’s a day of fun, sun and drinks before three days of top notch speakers, educational sessions and unparalleled peer-to-peer networking opportunities at the 65th Annual IHCA Convention and Expo. Fill out the registration form and send to Ashley Snavely to reserve your foursome today!

We have a few more sponsorship opportunities available. Fill out the sponsorship form and contact Ashley today before it’s too late.

**Golf Sponsorships Available**

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The 3rd Annual Holgeir Oksnevad 5k Run/Walk has been moved to Tuesday, September 15 after education sessions. This year the race will take place on the beautiful Peoria Riverfront! That’s right, flat as a pancake. The price is $25 per participant and includes an Oksnevad t-shirt that will help you continue your 5k training far after convention. The design can be seen to the right! The shirt will be a Nike dry fit race shirt available in both men’s and women’s sizes. Women should size up from last year’s shirt race shirt and specify if you would like a men’s or women’s shirt. You must sign up before August 21 to guarantee a shirt so fill out the registration form NOW!!!!

**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.