U.S. Task Force Recommends Broader Screening for Type 2 Diabetes

An independent panel of experts, the U.S. Preventative Services Task Force, recently released recommendations that included broader screening for type 2 diabetes. This was the first update to the guidelines regarding blood sugar screening since 2008. The task force encouraged doctors to screen overweight and obese adults between 40 and 70 years old to check for abnormal blood sugar levels and type 2 diabetes and recommended using one of three inexpensive tests. Those who exhibit elevated blood sugar levels should then be referred to behavioral counseling that focuses on healthy eating and exercise habits.

According the guidelines, "as many as 86 million American adults have abnormal blood sugar levels," and without some sort of intervention and lifestyle changes, anywhere from 15 percent to 30 percent of them will develop type 2 diabetes within five years.

To help instill these lifestyle changes, the task force suggests programs that include multiple counseling sessions to promote a healthy diet and physical activities. "Programs need to teach you the skills and habits that will be long-lasting. Three months of change, and then back to what you were doing before isn't likely to be effective," said Dr. Michael Pignone, a member of the task force.

The good news? These lifestyle changes don’t have to come from expensive gyms or diet programs. Simple changes can make a big difference. Starting with a 10-minute walk can lead to bigger changes later! Click here for more.

CT Scans Are Better At Finding Clogged Arteries

According to a recent study, non-invasive CT scans are a much better way to find clogged arteries that can lead to a heart attack than the exercise stress tests that are the current norm. When the results of these tests were compared side-by-side, the results showed that CT angiograms correctly identified blockages in nine out of 10 people, while stress tests showed blockages just six out of ten times.

The most effective way of finding a blockage is an invasive procedure known as an angiography, where a catheter is threaded into the heart vessels. CT angiograms have recently emerged as another non-invasive option to these more expensive, riskier tests.

Researchers compared the two tests in a study that included 391 patients, ages 45 to 85, from countries around the world. Each participant went through a CT angiogram, a coronary angiography and an exercise stress test. When reviewing a subgroup of more than 100 high-risk patients, the accuracy of the angiograms was at 96 percent, compared to 80 percent for the stress tests. These results may put CT angiograms at the front of the line when it comes to testing for blocked arteries. Click here for more.
**Millennials Are More Willing to be Caregivers than Previous Generations**

A recent article from *The Washington Post* says that millennials are more willing to become family caregivers than the generations before them. Though a typical at-home caregiver is still a 50-something female taking care of her parents, it is estimated than more than 9.5 millions millennials are now providing this type of support. With nearly one-quarter of our nations family caregivers falling into the 18 to 24 age group, millennials are showing that they are willing to step up and help their loved ones. And, unlike older caregivers, who are mostly female, this new generation has an equal number men and women providing care.

Studies have revealed a number of reasons for this shift. Most millennials return home to live with their parents at some point and they are marrying later in life than earlier generations. This leaves them more time to spend with their parents and grandparents. Additionally, families have grown smaller over the years, meaning millennials have fewer siblings than their parents or grandparents, and giving them fewer people to take on the responsibilities of helping their loved ones. To read more about this shift in societal norms, click here to read the full article.

**Continuing Care Retirement Communities to be Rebranded**

*McKnight's Long Term Care News* reported this week that a new term has been chosen to replace “Continuing Care Retirement Community.” The new term, “Life Plan Community” was dubbed the best fit after a two-year naming process, according to the article. This process, conducted by LeadingAge, in partnership with Mather LifeWays, focused on rebranding CCRCs to improve their overall public perception for the upcoming generation of older adults.

To gauge what would be the best fit, they incorporated feedback from long term care professionals, community residents and members of the general public.

"It speaks a lot to how we are challenging language around aging," stated LeadingAge Vice President of Marketing Alishia Parkhill.

The next step in this process will be to encourage CCRC providers to begin transitioning to the new term and rebranding their communities. The hope is to have complete migration to the new term within five years.

**November Observances**

This week is National Memory Screening Week: The Alzheimer's Foundation of America (AFA) organizes this week-long observation in order to promote the importance of early detection and intervention for those concerned with memory loss and Alzheimer’s disease. Click here for more information.

November 14 is World Diabetes Day: The International Diabetes Foundation (IDF) and the World Health Organization (WHO) created World Diabetes Day more than 20 years ago in response to growing concerns about diabetes. The goal of is for the World Diabetes Day campaign to be the global driver to promote the importance of taking coordinated and concerted actions to confront diabetes as a critical global health issue. Click here for more.

November is National Family Caregivers Month: More and more Americans are caring for a loved one at home. The Caregiver Action Network has organized this month-long celebration of family caregivers to bring awareness to this selfless choice. The theme for National Family Caregivers Month 2015 is “Respite–Care for Caregivers.” Respite is the key to your own well-being—it protects your own health, strengthens family relationships, prevents burn-out and allows your loved one to stay at home up to three times longer. Click here for more.

**AHCA/NCAL Information**

AHCA/NCAL to Host Inaugural Quality Summit

The AHCA Quality Symposium and the NCAL Spring Conference have joined forces to become one mighty summit—The AHCA/NCAL Inaugural Quality Summit: Where Excellence Has No Limits! With three keynote speakers, three days to network with like-minded long term care professionals and three days of targeted education for SNF and AL providers on quality improvement, performance excellence, and much more, this is sure to be a can't miss event!! This event is scheduled for February 9-11, 2016 in San Antonio, Texas and registration is now open! Click here for more.
The Call for Posters for the Quality Summit is Now Open!
Excellence Has No Limits: Tell Us How You Did It. AHCA/NCAL is currently accepting Poster Session proposals for the Inaugural Quality Summit in San Antonio, TX. Poster Sessions are excellent forums for communicating interventions, new models of service delivery or innovative research projects. They provide a fun, interactive learning experience. This will be your opportunity to shine and share all of the great things you've done at your center. Click here for more information.

CoreQ is Now Available on LTC TrendTracker
The new AHCA/NCAL customer satisfaction measure, the CoreQ, is now available to upload in LTC TrendTracker. AHCA/NCAL has developed this short customer satisfaction questionnaire in order to have a satisfaction quality measure for use as part of the AHCA/NCAL Quality Initiative. This questionnaire has been independently tested as a valid and reliable measure of customer satisfaction across long term care providers. No other measure like this exists and AHCA/NCAL is pleased to share this with our members. Check out TrendTracker today!

The AHCA/NCAL Gero Nurse Prep Program Is On Sale Through the End of the Year
Save $100 on each training spot through December 31 by entering promo code GNPFALL15 (all caps) when registering. Gero Nurse Prep is a smart and effective use of training dollars. This unique program prepares nurses for the American Nurses Credentialing Center board certification test in gerontological nursing. Gero Nurse Prep Alums have a 96% pass rate on the ANCC gerontological nursing certification exam. Check out the AHCA/NCAL Gero Nurse Prep program and try a free demo today!

AHCA/NCAL’s New Online Learning Management System
AHCA/NCAL recently launched ahcancalED, the Association's new online Learning Management System (LMS), which was created resource to support members who do not have time to develop the newest in-service training. Best of all, this service is free for AHCA/NCAL members! Teams of member experts from around the country worked with AHCA/NCAL staff to create the content, which will be continuously updated to keep the site fresh and dynamic. Click here for more information.

IHCA PAC Information
Chicago Blackhawks vs. St. Louis Blues
Our hockey fundraiser yesterday was a huge success and a good time was had by all! Thank you to everyone who attended the game and took part in this great event. And, one more time, a huge thank you goes out to our sponsors of this event (see below). Thank you all for supporting our PAC!!

IHCA Association Information
Associate & Individual Constituency Committee Meeting—Rescheduled
The Associate & Individual Constituency Committee meeting originally scheduled for Wednesday, November 11, 2015 has been moved to November 18, 2015. The meeting will take place at 10 a.m. at the Crowne Plaza during the INHAA conference. If you have any questions, please contact Kelli Showalter.

2016 IHCA Membership Renewals
It’s that time of year again! Each year, we send out our annual renewal forms to our facility members so that we can update our files and ensure that the correct facility information will be listed in our Membership Directory & Buyers’ Guide. Second Notice Renewal Forms are due back next Friday, November 13. Please review these forms, make any necessary changes, sign and date at the bottom and return to IHCA via fax (217-528-0452) or email (tparmenter@ihca.com). If your form is correct, please indicate that by checking yes at the top of the form, sign and date it at the bottom, and return to us.
If you do not return these forms, the information currently on file will be used in next year’s directory. If you have any questions, please contact Ashley Caldwell or Gina Alex. Associate and Individual Members may send any changes to their member data to Ashley Caldwell.

**Interested in Serving on an IHCA Standing Committee? Sign up or Renew Your Commitment Today!!**

IHCA Standing Committees are tasked with the responsibility of reviewing the policy of all IHCA functions and play a key role in how our association works. If you are interested in serving on one of our standing committees (Administration/Finance & Operations Committee; Awards Task Force; Education, Convention & Trade Show Committee; IHCA PAC; Legal Committee; and Public Policy Committee), submit your commitment form today! Please click here to submit the online commitment form or here to view the PDF version that can be returned via fax or email. Even if you are currently serving on one of these committees, we ask that you submit a form to indicate your continuing interest in participating. If you have any questions, please contact Gina Alex.

**IHCA’s New Development Director Wants to Meet You!!**

Kristin DiCenso, IHCA’s new Development Director, is hitting the road to get to know our members! If you would like her to visit your facility, want to learn more about how to make the most of your membership or discover how to get more involved with IHCA, please email Kristin at kdicenso@ihca.com or call 217-527-3609.

**Two Weeks Left to Correct Your CE Certificate from the 65th Annual Convention & Expo**

Attendees: Please carefully review your certificate when you receive it. If there are errors or other issues with your certificate, please contact Kelli Showalter via email (kshowalter@ihca.com) before November 21, 2015. If you have any questions, please contact Kelli.

**Do You Have Any Photos You Would Like to Share?**

IHCA is always looking for photos from our members to use in association publications (like the upcoming 2016 IHCA Membership Directory & Buyers’ Guide, the Annual Report and more!). Do you have any photos that depict life in your facility that you would like to share? If so, contact Ashley Caldwell. Each photo must be accompanied by a signed release form for any residents in the picture.

**IHCA Member Spotlight**

**IHCA Associate Member/Preferred Vendor – eHealth Data Solutions**

eHDS empowers post-acute providers with web-based quality and risk management solutions including CareWatch, UBWatch, RiskWatch and CWConnect. Across the nation, thousands login, review millions of tips to tighten assessments, improve quality, optimize revenue and mitigate risk—day in and day out. Backed by a powerful team of experts with decades of experience, you gain so much more than just software. You gain a partner committed to your success…for life.

- CareWatch® is an internet-based resource that helps improve resident assessment data accuracy and enhance care plans. Using the MDS, it highlights trends within the community and for each individual resident. A unique series of clinical watch pages assists nursing staff with every aspect of the RAI process: improves MDS data consistency, conducts more thorough assessments, monitors quality, and supports continuous improvement plans. This dynamic process prepares customers for survey, helps obtain correct reimbursement, lowers cost, and enhances resident quality of life.

- UBWatch® detects and reveals unintended billing patterns which can lead to suspended claims, CMS audits, government demand for repayments, False Claim Act issues, under/over billing, and other missed opportunities which may result in lower revenue.

- RiskWatch® is a web-based program which drives evidence-based management and provides continuous improvement by providing a rich source of insight into root cause between clinical conditions, adverse events, remediation, reimbursement, and resident quality of life.

- CW Connect™ securely transfers electronic health information between providers in multiple health care settings, especially acute care transfers to post-acute care. Transition of care documents such as discharge instructions are exchanged between hospitals and the long-term care environment.
eHDS continues to be a great partner resource for IHCA members by providing co-sponsored webinars with IHCA, participating in the annual IHCA Convention and Trade Show, and presenting education sessions for the association. eHDS has been honored as IHCA Associate Member of the Year, both for their excellent products and constant willingness to work with customers to optimize their results and help whenever issues arise.

**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. We are always looking for members to feature, either here or in our other publications (like *LTC Today* magazine!). 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 [Ashley Caldwell](mailto:ashley.caldwell@ihca.com).