If You Wish to Keep Receiving this Publication – Update Your Communications Preferences Today!!

For the past several months, IHCA has been asking our members to log into the new member portal and update their communications preferences. In order to continue receiving this publication, and other IHCA publications, you must log in to the Member Portal and update your communications preferences by selecting which ones you want to receive. If you have not done this by Friday, March 3, 2017 you will no longer receive IHCA publications via email—even if you have previously requested to be added to an email list.

As of today, just over 17 percent of the IHCA member contacts listed in our new database had selected which electronic publications they would like to receive. Starting in March, IHCA will no longer use our previous email lists—we will instead be using our database to create up-to-date lists periodically. Update your communications preferences today!!

If you have any questions, or need assistance, please contact Ashley Caldwell.

2016 IHCA Annual Report is Now Available Online

The 2016 Illinois Health Care Association (IHCA) Annual Report is now available online. Last year was a busy year for IHCA and you can read all about our association happenings in 2016 in the annual report.

We appreciate the support of all of our members and look forward to continuing our important work on behalf of Illinois’s elderly and intellectually and developmentally disabled in 2017. If you have any questions regarding the contents of this report, please feel free to contact the IHCA office.

Click here to view the 2016 Annual Report.
**New Drug May Act As Weapon Against C. Diff Superbug**

A new drug recently approved by the FDA is being used to combat *Clostridium difficile*, a potentially fatal “superbug” that has become a menace in U.S. hospitals. It is not uncommon for *C. diff*, a gut infection that can make people seriously ill with symptoms ranging from diarrhea to life-threatening inflammation of the colon, to return after treatment with antibiotics. This drug resistance has made it a major problem.

According to the CDC, nearly a half million individuals were diagnosed with *C. diff* in the U.S in 2011, and an estimated 29,000 of those patients died within a month. The CDC also noted that most infections happen within a hospital setting and that *C. diff* has become the most common hospital-acquired infection nationwide. The bacteria that causes *C. diff* can contaminate hospital surfaces and equipment, allowing it to be spread to other patients.

When antibiotics are used to treat *C. diff*, good bacteria found in the gut can also be killed. Adding to the treatment issues, *C. diff* produces spores that can survive the antibiotics. Once the medication leaves the system, the spores can spring back to life and create illness-causing toxins.

The new drug, unlike medications used in the past, is not an antibiotic—and it was not meant to be used alone to fight the infection. Additionally, it has not been approved for all cases of *C. diff*. Thus far it has only been approved for patients with a “high risk” of a recurrence.

Zinplava is a lab-generated “monoclonal” antibody that was designed specifically to neutralize one of the *C. diff* toxins and keep it from damaging the colon lining. Used in conjunction with standard antibiotics it has been found to cut the risk of a recurrent *C. diff* infection by nearly 40 percent.

To find out more about this new treatment option, [click here](#) to read the full article from HealthDay News (via Medline Plus).

**High-Need Patients May Be Missing Out on Help with ADLs**

According to a report issued at the end of 2016, *The Playbook: Better Care for People with Complex Needs*, many of the high-needs patients in the U.S. who require help with activities of daily living (ADLs) do not have enough support. The report was the result of the collaboration between five separate foundations—The Commonwealth Fund, The John A. Hartford Foundation, Peterson Center on Healthcare, the Robert Wood Johnson Foundation and The SCAN Foundation—in order to accelerate health system transformation and improve the health outcomes and the daily lives of Americans with complex health care needs.

A nationwide survey of patients with complex medical needs was used to prepare the report. This survey included over 3,000 participants, 1805 of which were high-need. Results of the survey showed that 57 percent of respondents have trouble with ADLs, such as eating, bathing and dressing. Of that group, 62 percent reported that they rarely (or never) have someone to help them complete their ADLs. Additionally, approximately 75 percent of high-need participants that noted they did receive help, stated that it came from a family member.

According to an article from McKnight’s, the “report’s findings also showed that patient-centered communication and access to care helped high-need patients avoid emergency department visits, as well as emotional distress.”

“Redesigning care for patients with complex needs, especially disadvantaged older people who interact frequently with our medical system, will alleviate suffering, decrease costs, and send a message that we are serious about health equity,” said Terry Fulmer, president of the John A. Hartford Foundation, one of the organizations behind the *Playbook*.

For more information, [click here](#) to read the full article from McKnight’s, or check out the *Playbook*.

**Dementia Joins Ranks of Top Global Killers With No Drug in Sight**

According to *Bloomberg News*, numbers [recently released](#) the World Health Organization (WHO) show that Alzheimer’s disease/dementia has unseated AIDS as one of the world’s top 10 killers, and though there are treatment options available, drugmakers are still struggling for better ways to control symptoms or to find a cure.
Alzheimer's disease, along with other forms of dementia, caused the deaths of more than 1.5 million people in 2015. This staggering figure is more than twice what was recorded in 2000. Alzheimer's disease/dementia was not even in the list of WHO's Top 10 Causes of Death Globally in 2000. Fifteen years later, in 2015, it has taken over the number seven spot formerly held by HIV/AIDS. Experts attribute this to new therapies and treatment options that have helped decrease deaths from HIV/AIDS from 1.5 million down to 1.1 million in the same 15 year period.

The WHO’s most recent fact sheet shows that more than 47 million people around the world suffer from dementia, with 7.7 million new cases being diagnosed each year. It is one of the biggest causes of disability and loss of independence among the elderly worldwide, and the WHO estimates that the number of cases will probably reach 75 million by 2030.

As noted in the article (click here to read it in its entirety), drugmakers are still grappling to get a true understanding of Alzheimer's disease and other types of dementia. Companies like Merck & Co. and Eli Lilly & Co. have attempted dementia studies, and have been forced to abandon the projects. More than 100 experimental treatments have tried and failed to slow the condition, but research continues.

“We are making slow progress,” said Shekhar Saxena, director of the WHO’s department of mental health and substance abuse, when calling for more public money to be directed toward developing treatments. “I am less optimistic than I would like to be.”

February 2017 Observances

**February is American Hearth Month:** Heart disease is the leading killer for both men women in the U.S. Take the opportunity this month to educate yourself and those around you about heart disease—the symptoms, treatments and prevention strategies. For more information, visit the American Heart Association's website (www.heart.org).

**February is National Senior Independence Month:** This celebration was created to help seniors remain in control of their daily lives. During this observation seniors are encouraged to take a close look at their current living situation and evaluate their surroundings to determine if adjustments should be made for a safer, better lifestyle.

**February is AMD/Low Vision Awareness Month:** Vision loss is an important issue not only in long term care. Age-related macular degeneration is the leading cause of vision loss today—affecting more than 2 million Americans ages 50 and older. This month is an excellent time to take the opportunity to learn more about vision aids and other innovative tools that can be utilized to help combat vision loss. For more information, click here.

**February is National Cancer Prevention Month:** This month-long observation allows us all to learn how to reduce our cancer risk. Did you know that eating healthy and moving more can help you reduce your cancer risk? The American Institute for Cancer Research has put together a 30 Day Cancer Prevention Checklist to help you eat smarter and be more active. To access the checklist, or for more information, visit www.aicr.org.

AHCA/NCAL Information

**AHCA/NCAL Enters New Partnership Aimed at Supporting Workforce Development for Aging Population**

Americans aged 65 will nearly double to 88 million between now and 2050. It is estimated that 70 percent will require some form of long term care. Because of this surge, the Bureau of Labor Statistics estimates that the country will need an
additional 1.1 million paid caregivers to care for this population. A workforce development strategy to recruit, develop, and retain talented caregivers has been challenging.

According to a recent announcement, AHCA is joining forces with the Nursing Department at Bethel University and Academic Partners to create a new online program to help alleviate current and forthcoming long term care workforce challenges. The program utilizes the How to Be a Nurse Assistant curriculum in an online format that can be used with nursing students as a baseline course. With the expertise of Academic Partners, this online technology combined with a high quality curriculum is now available online.

AHCA is excited about the new blended Certified Nurse Assistant (CNA) online program and the potential solutions it offers for the workforce challenges in the profession, specifically the need for more certified nurse assistants. More than 20 AHCA state affiliates are already working to advance the program, moving it through the state by state approval process. And there is still an opportunity for many more states to take advantage of this new offering. This partnership hopes the new blended online CNA program will help ease the workforce challenges in the long term care profession, specifically the need for more CNAs. 

Click here to find out more.

Early Registration for the 2nd Annual AHCA/NCAL Quality Summit Extended to Tomorrow! Register and Save $50

2nd Annual AHCA/NCAL Quality Summit
Where Excellence Has No Limits

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 for the 2017 AHCA Independent Owner Leadership Conference Ends Tomorrow!

Join your senior level colleagues in sunny Orlando, Florida to meet and discuss the latest issues that matter to you. This year’s conference focuses on Surviving and Thriving as an Independent Owner. You’ll learn innovative strategies and ideas to help you with the challenges of managing staff and patients, and explore different approaches for dealing with new laws and regulation. Discover the best practices in change management and get inspired to raise the quality of care you provide. Early Registration Deadline has been extended to tomorrow, February 17, 2017. Click here for more information.

Upcoming Webinar
- “BEST PRACTICE” Standards for Nutrition in Long Term Care | May 11, 2017 | 2:00 p.m. (ET)

IHCA PAC Information

2017 IHCA PAC Events

The IHCA and CDDACS PAC have a number of fundraising events every year to promote our political efforts and raise dollars. Please mark your calendar for the following 2017 IHCA PAC events:

Southern Illinois Golf Outing – April 21

IHCA's 3rd Annual Southern Illinois Golf Outing will be held at Stonewolf Golf Course in Fairview Heights, IL (near St. Louis). Last year’s outing had 34 participants and took place on a beautiful spring day in Southern Illinois. The 2017 outing will be at the same venue, and prices include greens fees, golf, lunch, drinks and a reception after the outing. $100/$375 per foursome. Click here to view the registration form for more information. Thank you to ONR for once again being a title sponsor for this event!
IHCA PAC Annual Baseball Outing - July 21
An event that quickly became a crowd favorite, 2017 marks the 5th annual IHCA PAC baseball outing at Wrigley Field in Chicago. Per tradition, we will be hosting our event at one of the famous Wrigley Rooftops, 3619 Sheffield Ave., for a contest between the World Champion Chicago Cubs and perennial favorite St. Louis Cardinals. Pricing is all inclusive. $250/per person.

Fall Golf Outing - September 11
For the flagship IHCA PAC event, we return once again to beautiful WeaverRidge in Peoria for our fall golf outing. Consistently ranked one of the best courses in the Midwest, this is a round of golf not to be missed. Pricing includes greens fees, golf, lunch and drinks. $150 per person/$575 per foursome.

Oksnevad 5K - September 12
The fastest growing IHCA PAC event, the Oksnevad 5K returns for its fifth year in 2017. For the third time, we will be running on the Peoria Riverwalk. Pricing includes registration, runner’s goody bag and a sponsor t-shirt. $30 per person.

Please contact Kristin DiCenso at kdicenso@ihca.com or Matt Hartman mhartman@ihca.com to register or sponsor any of these events.

IHCA Association Information

IHCA Membership Directory & Buyer’s Guide
You should have received, or should be receiving soon, your copy of the 2017 IHCA Membership Directory & Buyers’ Guide in the mail. An electronic version will be available soon and will be accessible in the Resource Center in the Members Only section of ihca.com. If you did not receive your hard copy, or need additional copies, please contact Ashley Caldwell (acaldwell@ihca.com).

Interested in exhibiting at the 20th Annual Resources for Success Expo?
The 20th Annual /IHCA-LTCNA Resources for Success nursing conference is scheduled for March 29 & 30, 2017 at the Northfield Inn, Suites and Conference Center in Springfield. The expo will take place on Wednesday, March 29, 12:15 – 1:30 p.m. As an exhibitor, you will have access to an expected audience of 100 decision makers from the long term care and assisted living professions. This unique and intimate expo gets you face to face with DONs, ADONs, nurse supervisors, corporate nursing staff and even a few administrators.

Click here to view the expo prospectus.

New! IHCA Has Started a Workforce Development Task Force
Started as a sub-committee of IHCA’s Public Policy Committee, the new Workforce Development Task Force will focus on key member issues relating to our profession’s workforce. Tom Annarella, Valley Hi Nursing and Rehab, will be chairing this new committee. If you are interested in serving on the task force, please let us know!

IHCA Awards Program
Awards: Big changes are coming to the IHCA Annual Awards Program this year! You will be receiving an overview of what’s new, what’s changing and how to submit your nominations soon! Who will you nominate this year?!

Awards Task Force: IHCA is looking for volunteers to help choose this year’s IHCA Award winners. As in years past, the Task Force will be responsible for reading through the nomination forms (any recognizable information about a nominee is blacked out so this is a completely blind process) and choosing the winners.

Starting this year, the Task Force will have some additional duties as well. More information on that to come.

If you are interested in serving on the IHCA Awards Task Force, please contact Ashley Caldwell (acaldwell@ihca.com).

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.

IHCA Member Spotlight
Calling IHCA Members – We Want to Feature Your Company Here!!!
Are you looking for a way to reach our members? Well, this is a great way to do just that! Our Member Spotlight gives our members a space to let us know what their company (or facility) is all about! (And to brag a little too if you want to!) Your Company Information could be seen here in an issue later this year!!

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?

Ready to sign up for a member spotlight?! Contact Ashley Caldwell! Email acaldwell@ihca.com or give her a call today!