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Staff & Specialty Award Nominations Due Tomorrow!

This year, we’ve moved up the time line for our Staff & Specialty Awards. Nominations are due TOMORROW—April 14, 2017! Winners will be announced during National Nursing Home Week, May 14-20. For more about the program, please visit www.ihca.com/awards. To submit your nominations online for the categories listed below, click here. To download the printable nomination forms, click here. Some of the Rules & Procedures have changed, so please read them carefully before submitting your nominations.

Staff Awards
- Administrator
- Assisted/Supportive Living Director
- Administrator’s Choice Award
- Social Service Professional
- Activity Professional
- Business Office Professional
- Housekeeping Professional
- Food Service/Dietary Professional
- Environmental Services Professional

Specialty Awards
- Associate Member
- Community Partnership
- Innovative Program
- Media Event
- Communication
- Photograph
- Volunteer Award

Don’t miss out on this great opportunity to recognize your staff, coworkers, volunteers and specialty programming!! Submit your nominations today!

Admission & Visitation Policies Among Top Potential Legal Pitfalls in RoP

With the new Rules of Participation (RoP) Phase 2 coming our way in November, long term care providers have a great deal of preparation to do. According to legal experts, LTC providers should pay special attention to admissions, visitation and grievance policies when getting ready for the November 28 deadline.
In a recent article from McKnight’s, attorney Carol Rolf, senior partner at Rolf Goffman Martin Lang LLP, recommended that facilities examine their admission policies, particularly regarding incoming residents with substance abuse problems. Rolf also recommended that they pay special attention to their visitation policies. Providers have long been asked to have a 24/7 visitation policy, but the new rule allows more flexibility, said Rolf.

“There have been a number of issues that have arisen from the 24/7 policy,” she said. “If you say, ‘We are open 24/7,’ I would strongly urge you to look at this issue. The truth is we have a lot of dysfunctional families that can really cause havoc, and we need to have restrictions.”

“The clearer we are about these things, the better off we will be,” she added.

To read more about Rolf’s recommendations, click here to view the full article.

Wearable Device Could Buzz Feet to Prevent Falls

A prototype device created by a team of bioengineering students from Rice University in Houston, Texas could help individuals with impaired sensation in their feet avoid falls, according to an article from Futurity.org. What is currently a tangle of wires, sensors, circuits and motors could eventually become a simple powered insole that can fit into any shoe to provide additional tactile sensation in order to improve the wearer’s motor functions. This sensory feedback could help prevent falls and help keep people upright, which could be a lifesaver for seniors and/or individuals with diabetes who may have lost some of the ability to feel their extremities.

The idea came from a group of students, who call themselves team “All the Feels,” working on their capstone project at Rice’s Oshman Engineering Design Kitchen. They were challenged by Mehdi Razavi, director of electrophysiology clinical research at the Texas Heart Institute, to find a way to help his patients maintain their balance. The prototype was the team’s solution to this problem.

To start, the group divided the foot into four zones. Under each zone they placed a sensor, which measured the pressure on the foot and helped determine how much tactile sensation the wearer should feel. On top of each sensor they placed a tiny vibrating motor, similar to what is found inside of a cell phone. The four motor-sensor combinations under each foot operate with complete independence and were placed based on the areas of the foot that are most important for balance control. “How you respond to the vibrations shouldn’t be a conscious decision,” said team member Megan Kehoe. “Your nervous system should react instantaneously.”

The hope is that those who wear the device will be able to use the feedback eventually to adjust their stride automatically in order to navigate stairs, uneven terrain, etc.

“We’ve designed the system so it can be adjusted to the patient’s needs and degree of peripheral neuropathy,” said Kehoe.

“You’ll feel exactly where you’re applying pressure,” added Suzanne Wen. “The amount of vibration is proportional to the amount of pressure: If you apply a lot, you’ll feel a lot; if you apply just a little pressure, you get just a little vibration.”

To find out more about the device, click here to read the full article from Futurity.

Sedatives May Boost Pneumonia Risk in Alzheimer’s Patients

A new study has warned that sedatives, such as Valium or Xanax, could pose an increased risk for pneumonia in Alzheimer’s patients. This type of drug, benzodiazepines, are often given to Alzheimer’s sufferers over a long period of time. For the study, researchers from the Kuopio Research Center of Geriatric Care at the University of Eastern Finland reviewed data from nearly 50,000 individuals diagnosed with Alzheimer’s disease in Finland. The majority of these participants were women (two-thirds) and the average age was 80.

Results of the study showed that Alzheimer’s patients who took benzodiazepines were 30 percent more likely to develop pneumonia than those who weren’t given the sedatives. According to the researchers, the risk for pneumonia was highest in the first 30 days after starting the drugs. They also noted that their findings were consistent with previous studies.
"An increased risk of pneumonia is an important finding to consider in treatment of patients with Alzheimer disease. Pneumonia often leads to admission to hospital, and patients with dementia are at increased risk of death related to pneumonia," researcher Dr. Heidi Taipale and co-authors wrote.

Taipale's team also noted that the benefits and risks of these medications, including pneumonia, should be carefully weighed before prescribing them to someone with Alzheimer's disease.

For more information on the study, click here to read the full article from HealthDay News.

Can a Daily Cup of Tea Shield us from Dementia?

According to a recent study of nearly 1,000 Chinese seniors, drinking tea can reduce the risk of cognitive impairment by 50 percent. The benefits are even greater (up to 86 percent) for those who have a genetic risk for Alzheimer's disease.

According to Feng Lei, assistant professor of psychological medicine at the National University of Singapore's Yong Loo Lin School of Medicine, even though the study only included Chinese participants, the findings "have important implications for dementia prevention. Despite high quality drug trials, effective pharmacological therapy for neurocognitive disorders such as dementia remains elusive and current prevention strategies are far from satisfactory."

For the study, researchers collected data from participants on the amount of tea they drank from 2003 to 2005, as well as lifestyle, medical conditions and physical and social activities. They then assessed participants on their cognitive functioning every two years until 2010 to see what changes may have occurred.

Feng explained that the long term benefits of drinking tea are due to the bioactive compounds in the leaves—such as catechins, theaflavins, thearubigins and L-theanine. "These compounds exhibit anti-inflammatory and antioxidant potential and other bioactive properties that may protect the brain from vascular damage and neurodegeneration," he said. "Our understanding of the detailed biological mechanisms is still very limited so we do need more research to find out definitive answers."

For more information, click here to read the full article from Futurity.org.

Seniors Don’t Need an App to Get a Lyft

Transportation can often be a problem for seniors who no longer drive, but still maintain a fairly high level of independence. Residents in Assisted Living and Supportive Living facilities could have a safe and convenient way to get where they need to go—by catching a Lyft.

Lyft, a ride-sharing company found in cities around the country, has recently begun testing out the senior market as a possible way to expand their business, starting in Phoenix, AZ. "As we have evolved as a company, we believe it translates very well into health care and to that segment of our business," said Dan Trigub, who heads up Lyft's elder mobility initiative. "And certainly for our elder population."

According to Trigub, making his company's app work for a population that doesn't always have a smartphone has its challenges. To make this work, Lyft and other ride-sharing companies have entered into partnerships with senior living communities. All residents have to do to get a ride is call the front desk and it will be arranged for them.

"We've had 30 percent of the residents in the pilot community take a ride through Lyft," added Andrew Smith, the director of strategy and innovation at Brookdale, a national assisted living chain. He said at first, his company was unsure its residents would be comfortable with this type of service. But initial results are showing otherwise, as 50 percent of those residents are repeat riders.
With the aging population expanding in the next decade, the demand for flexible and reliable transportation options is likely to grow and this option seems to be a success.

To find out more, click here to read the full article from the Marketplace newsletter.

April 2017 Observances

April 22 is Earth Day: For more than 45 years, Earth Day Network (EDN) has promoted environmental citizenship and year-round progressive action worldwide. Earth Day 2017’s Campaign is Environmental & Climate Literacy. Education is the foundation for progress and we need to build a global citizenry fluent in the concepts of climate change and aware of its unprecedented threat to our planet. Visit www.earthday.org for more information.

April 23-29 is National Volunteer Week: Volunteers can have a major impact on your long term care center and the lives of your residents. During National Volunteer Week, take the opportunity to thank your volunteers, and to inspire and encourage members of your local community to volunteer their time! Visit www.handsonnetwork.org for more.

April 23-29 is Administrative Professionals Week: Administrative Professionals Week celebrates and sheds light on administrative professionals’ devoted, valued work. There are more than 22 million administrative and office support professionals working in the United States. Check out the International Association of Administrative Professionals’ website for more.

April is National Occupational Therapy Month: Each year, National Occupational Therapy Month is celebrated to promote occupational therapy and to show what therapists and therapy assistants can do. Visit www.promoteot.org for more information.

April is Stress Awareness Month: Every April, health care professionals and health promotion experts across the country join forces to increase public awareness about both the causes and cures for our modern stress epidemic. Check out the official Stress Awareness Month 2017 site for more information.

AHCA/NCAL Information

Registration for the 68th Annual AHCA/NCAL Convention & Expo in Las Vegas is Now Open

The excitement surrounding this outstanding event has been building for several months, and the time is now! Register today! Join AHCA/NCAL at the Mandalay Bay, October 15-18, for the event that promises to stack the chips in your favor. They have a great line up of speakers, networking events, plus a two-day Expo! Click here for more information.

2017-2018 AHCA Elections and Solicitation for Candidates

The 2017-2018 election cycle has officially opened for AHCA members in good standing interested in running for the AHCA Board of Governors. The AHCA elections are for three officer positions (Chair, Vice Chair, Secretary/Treasurer), one Independent Owner Representative, one Regional Multi-facility Representative and two At-large Representatives. AHCA members interested in running for an AHCA Board position may obtain the necessary candidacy materials online. Applicants must complete and electronically submit the AHCA candidacy materials by close of business on May 22, 2017. Candidates will submit completed materials via email to Christy Sharp. The AHCA elections will take place during the second Council of States meeting at the AHCA/NCAL 68th Annual Convention & Expo. Once the application phase has ended, the AHCA/NCAL Credentialing Committee will hold an in-person meeting to conduct a certification process for each candidate. Once certification occurs, AHCA will announce the slate of candidates to the membership. If you have further questions, contact Christy Sharp.

Register Today for the AHCA/NCAL Congressional Briefing

Join AHCA/NCAL in Washington, D.C. on June 5 & 6 as they take your concerns directly to the Hill. You'll be able to hear the latest on what's happening in Washington, meet with your Members of Congress IN PERSON and share ideas with your colleagues. You'll also enjoy terrific guest speakers. This year's keynote is Fox News Channel Anchor Bret Baier. Plus, many more special guests will drop by. Check CB.ahcancal.org over the next few weeks to see updates on the events
happening during the briefing. The conference registration fee is complimentary to AHCA/NCAL Members and AHCA/NCAL Associate Business Members, and their spouses, and is accepted on a first-come basis.

Register now and make your hotel reservations. **Advanced Registration Deadline: May 8, 2017**

**National Nursing Home Week**
Governor Rauner signed a proclamation last week (click here) proclaiming May 14-20 as National Nursing Home Week® (NNHW). This year’s theme is The Spirit of America! This is all about your center’s spirit and sense of community for residents, volunteers and staff alike. Acts of kindness, generosity and compassion from proud veterans, immigrants and hardworking people of different faiths fill every center. Don’t miss the opportunity to celebrate! Order products online or by phone, 800-321-0343. For planning resources and other information check out the official NNHW website.

**National Assisted Living Week**
The National Center for Assisted Living (NCAL) revealed yesterday that “Family is Forever” is this year’s theme for National Assisted Living Week®. The annual, national observance provides a unique opportunity for residents, their loved ones, staff, volunteers, and surrounding communities to celebrate the individuals served in assisted living and learn more about this sector of long term care. For more info about NALW, click here.

**Upcoming Webinars**
- [Webinar: Strategies for Antipsychotic Drug Reduction](#) | April 26, 2017 | 3:00 p.m. EDT

**IHCA PAC Information**

**2017 IHCA PAC Events**
The IHCA and CDDACCS 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 – Sign Up Today!**
  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](mailto:kdicenso@ihca.com) or Matt Hartman [mhartman@ihca.com](mailto:mhartman@ihca.com) to register or sponsor any of these events.
IHCA Association Information

**Have You Reserved Your Booth for the Annual Convention & Expo in September??**

Now’s the time to get on board! The 67th Annual IHCA Convention & Expo, September 11-14, 2017, is a great way to connect with long term care owners, managers, administrators, nurses and more!

If you’re interested in exhibiting, visit the [exhibitor page](#) on our website or [click here](#) to view the Convention Expo Prospectus.

**LTCNA Simulation Education for Nurses! Now Offering A La Carte Sessions!**

LTCNA is now offering a la carte competency training sessions with their simulation mannequin, Geri Manikin! Get your nurses the training they need right in your center! The cost will be dependent on the amount of time spent in the center. Charter Memberships are also still available for centers. The fee for the membership is $2,000 and the center will receive 24 hours (4 6-hour days) of simulation time over the course of the year. For more information contact Debbie Jackson at [djackson@ihca.com](mailto:djackson@ihca.com) or 800-252-8988.

**IHCA Member Spotlight**

**IHCA Associate Member – Pathway Health Services**

To effectively compete in today’s dynamic health care environment, post-acute care providers need a partner who understands the key challenges. Since 1997, Pathway Health has kept a pulse on industry clinical, regulatory, quality and reimbursement trends, in order to guide our clients on the right path to success.

At Pathway Health, we pride ourselves on employing professionals with real-world experience. We engage clinical and operational experts to lead our clients in achieving the next level of quality performance.

Our regulatory and quality consultation services help organizations mitigate risk, while identifying opportunities for improvement. Assisting providers in their ability to realize financial stability and quality performance in the complex reimbursement environment is our passion. You can be certain that Pathway Health has the resources and expertise to meet your needs and help you stay on course. Pathway is pleased to announce our full complement of Requirements of Participation services, education and resources – designed with leaders in mind. For further information on how Pathway can assist you and your organization, contact us at [consult@pathwayhealth.com](mailto:consult@pathwayhealth.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](mailto:acaldwell@ihca.com).