IHCA Excellence Award for Long Term Care Centers – Call for Nominations!

IHCA is seeking nominations for our new award—the IHCA Excellence Award for Long Term Care Centers. This new award was created so that members can be recognized for the care provided in their centers, the programs and processes put in place and the outcomes accomplished by the entire team. **This is your opportunity to bring recognition to your center and the staff who keep it running smoothly!**

Tell us about your facility, programs, staff, residents and more and get the recognition your center deserves! Submit your nomination today! For more information, click here. Nominations can be submitted online or by filling out the printable forms and sending them to the IHCA office via mail, email or fax. Some of the questions require lengthy answers so you may want to review the forms before filling out your nomination. Nominations must be received by next Friday, June 16, 2017 to be considered!

LTCNA Nursing Award Nominations Due Next Week!

Each year, the Long Term Care Nurses Association recognizes the outstanding work done by nursing staff in long term care centers every day by organizing the Annual LTCNA Nursing Awards. The Nursing Awards are presented at Ovations: A Celebration of Long Term Care Nurses at the annual IHCA Convention & Expo. Honor your exceptional CNAs, Nurses, MDS Coordinators and DONs by nominating them for an LTCNA Nursing Award today! Click here for more information. You may submit your nominations online by clicking here or you can access the printable PDF nomination forms here. **Please note that a letter of recommendation and a digital photo of the nominee is required with every nomination. Please be sure you have all of your materials ready before submitting your nominations. Deadline to submit your nominations is June 16, 2017!**
Maitland-Warner Nursing Scholarship Applications Due Tomorrow!

Last chance to submit an application for the Maitland-Warner Long Term Care Nurses Scholarship. Do you know a hard working nurse that could use some scholarship dollars to advance their education? The fund will be awarding scholarships of up to $1,000 for the 2017-2018 school year.

To qualify, an applicant:
- Must have completed the prerequisites for and be accepted into an RN or LPN program on a full-time or part-time basis.
- Must be working in an assisted living or long term care facility (either full-time or part-time).
- Must provide proof of satisfactory completion of the semester for which the scholarship is awarded.
- Should be willing to work as an RN or LPN in a long term care facility/program.

Click here to submit your application online (all items must be attached before you can submit) or Click here to download the printable application forms.

The Center’s ID/DD Symposium is Next Week—Sign Up Today!

Join us next Thursday, June 15, 2017 for the 2017 ID/DD Symposium! Each year IHCA and The Center for Developmental Disabilities Advocacy and Community Supports (The Center) present the annual ID/DD Symposium. This one-day symposium provides updates on hot topics for long term care professionals who provide care for the intellectually and developmentally disabled. Illinois nursing home administrators, licensed nurses and social workers will receive continuing education hours for attending. In addition, QIDPs have also been approved to receive continuing education hours for attending.

Click here for more information.

CMS Releases Advance Guidance for Emergency Preparedness Rule

Late last week CMS published an advanced copy of the interpretive guidance for their emergency preparedness rule for health care providers. The rule, as you may recall, was issued last September and will be implemented on November 15 of this year. Additional standards are being put in place for long term care providers under the new rule, including emergency and standby power systems and plans regarding missing residents that could be activated regardless of whether or not the center has activated its full emergency plan.

In the memo, S&C 17-29-ALL, published on June 2, 2017, CMS shared the advanced copy of Appendix Z of the State Operations Manual that pertains to emergency preparedness. CMS noted that this copy will “vary slightly” from the final version, and stressed that successful adoption of the new requirements will allow all types of health care providers “to better anticipate and plan for needs, rapidly respond as a facility, as well as integrate with local public health and emergency management agencies and healthcare coalitions’ response activities and rapidly recover following the disaster.”

To find out more about the advanced guidance, click here to read the full article from McKnight’s.

CDC Discovers That Legionnaires’ Disease Could Be Lurking in Plumbing Systems

According to the CDC, most of the country has seen cases of Legionnaires’ disease associated with health care facilities. And, a new analysis shows that while approximately 10 percent of people who get the disease die from it, that number bumps up significantly (to 25 percent) for individuals in health care facilities. The study included data from 21 different areas from around the country and identified more than 2,800 Legionella infections.

“Legionnaires’ disease in health care facilities is widespread, deadly and preventable,” said CDC Acting Director Dr. Anne Schuchat during a press briefing on Tuesday.
Despite the CDC’s efforts to get health care facilities to develop effective water management programs, more is needed to protect patients from this deadly bacteria, she said.

**Legionnaires’ disease** is a severe lung infection caused by breathing in small droplets of water that contain *Legionella* bacteria. The CDC has noted that individuals over the age of 50, current or former smokers and other individuals with chronic diseases or a weakened immune system are at higher risk for contracting the disease. They also noted that *Legionella* bacteria grows well in building water systems that are not adequately managed and where disinfectant levels are low, water is stagnant or water temperatures are warm. Legionnaires’ is a major cost in health care facilities, where most of the reported cases are found.

Proper water management, according to Schuchat, could have prevented four out of five of the Legionnaires’ disease outbreaks. To help manage this issue, CMS alerted health care facilities ([S&C 17-30-ALL](#)) that they are now expected to develop and adhere to policies and procedures to reduce the risk of *Legionella* and other waterborne germs and that the procedures will be part of future inspections.

For more on this issue, check out the full articles from [HealthDay](#) and [MedPage Today](#).

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**FDA Commissioner Establishes Opioid Policy Steering Committee**

U.S. Food and Drug Administration Commissioner Scott Gottlieb announced recently that he has established an Opioid Policy Steering Committee. The committee will be composed of some of the agency’s most senior career leaders, and its mission is to develop ways that the agency can decrease the severity of the opioid crisis currently present in our country.

Deaths caused by opioids have quadrupled since 1999. In 2015 there were more than 33,000 deaths involving opioid drugs, with more than 22,000 of those from prescription medications.

“Patients must be prescribed opioids only for durations of treatment that closely match their clinical circumstances and that don’t expose them unnecessarily to prolonged use, which increases the risk of opioid addiction,” stated Gottlieb in the [FDA Voice](#). “Moreover, as FDA does in other contexts in our regulatory portfolio, we need to consider the broader public health implications of opioid use. We need to consider both the individual and the societal consequences.”

According to Gottlieb, committee members will begin their efforts by exploring how to answer three questions: whether mandatory education for healthcare professionals who have the capability to prescribe opioids is needed; whether extra risk management steps for opioid prescription need to be taken; and whether a change to the current FDA framework used to assess the risk of abuse and misuse during the drug review process is needed.

Moving forward, Gottlieb will be asking not only the committee, but other FDA employees and members of the public for their input.

“Working together,” he said, “we need to do all we can to get ahead of this crisis.”

[Click here](#) to read more on this issue from *McKnight’s*.

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**Is Too Much Sleep an Early Sign of Dementia?**

According to a new study, getting more than nine hours of sleep on a regular basis may be an early sign of the onset of dementia or Alzheimer’s disease for individuals over the age of 65.

For the study, researchers from the University of Boston reviewed data from the Framingham Heart Study, the longest-running epidemiological study in the country, which began in 1948. They looked at data from more than 2,450 study participants who had responded to questions about their sleep patterns during regular medical exams. In examining the responses, as well as the information from follow-up exams over a 10-year period, researchers found that individuals over the age of 65 who consistently sleep more than nine hours a night had twice the risk of developing dementia and/or Alzheimer’s diseases within 10 years, in comparison to...
Those who slept less than nine hours each night.

Researchers believe that the results of the study suggest that longer sleep sessions may be a symptom of the brain changes that occur with dementia, rather than a cause. And, while family members/caregivers should not feel they need to intervene by waking the patients up, it can help them plan ahead to obtain services and support.

The study also raised questions about how sleep may impact Alzheimer's. Sudha Seshadri, professor of neurology at Boston University School of Medicine and leader of the research team, noted that not only is sleeping for long periods of time a possible sign of depression, but that researchers also suspect that longer sleeping time may be activating certain biological processes that could remove amyloid proteins from the brain.

Seshadri and her fellow researchers are already preparing for an additional study for Neurology, regarding sleep cycles of a subgroup of the Framingham Heart Study.

“The question is, what is the pattern of sleep that is associated with increased risk of dementia?” said Seshadri. “We know it is more hours, but what is happening in the extra hours? Are they in stage 1 sleep, rapid eye movement (REM) sleep, slow-wave sleep? Details like that can help us understand the precise biology.”

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

June 2017 Observances

**June 12-18, 2017 is National Men’s Health Week/June is Men’s Health Month:** To heighten awareness of preventable health problems, Men’s Health Month is celebrated each June and includes screenings, health fairs and other education/outreach activities. National Men’s Health Week/Men’s Health Month gives health care providers, policy makers and other concerned individuals the opportunity to encourage men and boys to seek regular medical advice and early treatment for disease and injury. Click here for more information.

**June 15-22 is National Nursing Assistants Week:** This year marks the 44th annual National Nursing Assistants Week. In today's long term care environment, a spotlight is often shined on the care being provided to the elderly and disabled residents in LTC centers, as well as the individuals providing that care. National Nursing Assistants Week offers the opportunity to showcase the outstanding work our CNAs are doing each and every day! Click here for more information.

AHCA/NCAL Information

AHCA/NCAL 2016 Annual Reports
NCAL Report – Persistent Progress.

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

If you are interested in attending, IHCA will be providing several AHCA/NCAL Convention scholarships that will help cover the cost of registration, transportation, lodging, etc. of up to $1,500 per scholarship winner. Click here for more information and to download the application.

AHCA/NCAL Awards Program
Through the Volunteer of the Year (VOY), ID/DD Hero of the Year, Not for Profit (NFP) Program of the Year and NFP Trustee awards programs, the American Health Care Association and the National Center for Assisted Living (AHCA/NCAL) honor those individuals who are dedicated to improving the quality of lives of residents and their surrounding communities. The deadline for AHCA receipt of all
nominations is Friday, June 9, 2017. Click here for information on the AHCA Awards. Click here for information about the NCAL Awards.

**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.

**IHCA PAC Information**

**2017 IHCA PAC Events**
The IHCA and CDDACS PAC have several other fundraising events this year to promote our political efforts and raise dollars. Please mark your calendar for the following 2017 IHCA PAC events:

**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 kdicense@ihca.com or Matt Hartman mhartman@ihca.com to register or sponsor any of these events.

**IHCA Information**

**Elections for IHCA Board Officers**
In accordance with the IHCA Bylaws, every two years (odd-numbered years), IHCA members elect a new President, Vice President, Secretary, and Treasurer as officers of the board. You should already have received your official election notice. If you are interested in running, or know someone you would like to nominate, please review the position descriptions and complete the electronic nomination form by clicking here! The deadline for nominations is Friday, June 30, 2017. If you have any questions, please contact Gina Alex or David Voepel.

**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 or 800-252-8988.

IHCA Member Spotlight

IHCA Associate Member – RXPERTS Pharmacy Chicago

RXPERTS Pharmacy is Chicago’s premier LTC pharmacy, providing pharmacy and clinical services to SNFs, ICFs, ALFs, and other facilities. Their patented technology allows them to print the resident's photo on the RX label, POS, MAR and many other forms. They offer a wide array of customizable services that their customers can choose from, including a variety of eMAR programs and remote dispensing systems.

RXPERTSLink, their secure web portal, provides many online tools that include: a pre-admission cost calculator, electronic invoices, medication and resident profiles, and a full portfolio of reports, all accessible from the convenience of your laptop, PC, or iPad.

Their knowledgeable staff is available 24/7/365; RXPERTS offers extremely competitive pricing, and unparalleled pharmacy services.

Visit www.rxpertspharmacy.com for more information, or call Zack Ruben (847.209.1212) to schedule a facility visit.

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.