IHCA’s 67th Annual Convention & Expo – Celebrate Your Long Term Care Nurses

Join us at this year’s Ovations: A Celebration of Long Term Care Nurses! Each year, IHCA/LTCNA hosts the Ovations breakfast during the annual IHCA Convention & Expo to pay homage to the nursing professionals who care for your residents and help your facilities run smoothly each and every day. Their hard work and dedication deserves to be honored, so come celebrate with us!

During Ovations, the 2017 LTCNA Nursing Awards will be presented. All of this year’s nominees will be recognized and the winners will be announced. Additionally, prior to the awards ceremony, Kay Frances, “America’s Funniest Stressbuster,” will give a keynote address. Frances has shared her message “lighten up, stress less and take care of ourselves,” in more than 38 states and Canada for more than 25 years. You won’t want to miss this fantastic event!

Tickets are required to attend. Tickets can be purchased when registering for convention, or they can be purchased at the Registration Desk at convention.

Date/Time: Wednesday, September 13, 2017 – 7:30 a.m.
Location: Ballroom, Peoria Civic Center
Cost: $45 per ticket (LTCNA Nursing Award Nominees will receive a complimentary ticket to attend)

Thank you to our sponsor! IHCA and LTCNA would like to thank Forum Extended Care Services for sponsoring this year’s Ovations breakfast. Forum is an independent, privately-owned long term care pharmacy with locations in Northern and Central Illinois. They are one of the largest providers of pharmacy dispensing and consulting services in the state (for more information about Forum, see the member spotlight below).

Maitland-Warner Scholarship Winners Announced

Congratulations to this year’s John Maitland-Joseph F. Warner Long Term Care Nurses Scholarship Fund winners! Selected by the Maitland-Warner Board of Directors after a comprehensive application and interview process, each of the
2017 winners will receive up to $1,000 toward their nursing school tuition (paid directly to the school). The commitment shown by these individuals to the nursing profession and long term care is greatly appreciated!

- **Kelly Adams** | Pana, IL | Lake Land College | Shelbyville Manor
- **Krystal Bibbins** | Yorkville, IL | Illinois College of Nursing | Marklund
- **Michelle Corsaro** | Monmouth, IL | Carl Sanburg College | Community Care Center of Monmouth
- **Leigh Crane** | Nebo, IL | John Wood College | Eastside Health and Rehabilitation Center
- **Jamie Davison** | Canton, IL | Spoon River College | Renaissance Care Center
- **Victoria Dehlinger** | Olney, IL | Olney Central College | Ridgeview Care Center
- **Shylie Donoho** | Bluford, IL | Rend Lake College | Mt. Vernon Countryside Manor
- **Jessica Jones** | Seneca, IL | Illinois Valley Community College | Flanagan Rehabilitation and Health Care Center
- **Jennifer Lane** | Lake of IL, IL | McHenry County College | Marklund Wasmund Center
- **Mindi Lane** | Pana, IL | Lake Land College | Shelbyville Manor
- **Lashunda Morris** | Loves Park, IL | Rock Valley College | Wesley Willows
- **Desira Reimers** | Pittsfield, IL | John Wood College | Barry Community Care Center
- **Holly Stevens** | Centralia, IL | Kaskaskia College | Centralia Manor
- **Sharon Tracey** | Avon, IL | Carl Sanburg College | Courtyard Estates of Bushnell

If you are interested in donating to the Maitland-Warner Scholarship Fund to help long term care nursing professionals further their education, and their careers, please contact the IHCA office.

**Pay Rates for LTC Nurses, Nursing Directors and Administrators Up from Last Year**

According to the *Nursing Home Salary & Benefits Report 2017-2018*, released last week by the Hospital & Healthcare Compensation Service, salaries for registered nurses, directors of nursing and administrators in nursing homes have gone up since last year.

The report, published in cooperation with Leading Age, along with support from AHCA, also includes pay trends for occupational therapists, housekeeping, dietary, and other front line staff positions.

According to the report, salaries for nursing staff went up across the board—CNAs-less than 1.5 percent; LPNs-an average of 2.65 percent; RNs-3 percent. Additionally, the report also noted that the salaries for DONs saw a 2.64 percent increase and that executive directors and chief financial officers saw salary boosts of 2.46 and 2.09 percent respectively. Nursing home administrators’ salaries also went up by nearly 3 percent.

The report included data from 1,970 long term care facilities, with more than 175,600 cumulative employees who contributed data. Nearly 80 percent of facilities who took part reported that they were for-profit entities.

For more information about the report, or to order your own copy, click here.

**Can Daily Crossword Protect You from Dementia?**

Doing a crossword puzzle every day may help you keep your brain sharp as you age, according to a recent article from HealthDay News. According to the article, a British study of people ages 50 and older found that the more often the participants did word puzzles, the higher they scored on attention, reasoning and memory tests. The study included more than 17,000 healthy individuals, who were asked how often they did crosswords and other puzzles, and were also asked to complete online tests of metal function.

"We found direct relationships between the frequency of word puzzle use and the speed and accuracy of performance on nine cognitive tasks assessing a range of aspects of function including attention, reasoning and memory," said researcher Keith Wesnes, professor of cognitive neuroscience at the University of Exeter in England.
The results weren’t that surprising to some dementia experts. “We know that keeping an active mind can help to reduce decline in thinking skills,” said Dr. Doug Brown, director of research at the Alzheimer’s Society in the U.K. However, he added a note of caution that though the new study does reveal a link between word puzzles and memory/thinking skills, we still can’t say definitively that doing these types of puzzles regularly will improve skills. There is still more research to be done to see if there are benefits to people who take up word puzzles.

To find out more on this topic, click here to read the full article.

'Reja Bien!': The Effects of Colored Plates in Memory Care Dining

In a McKnight’s blog post last month, Makaria Psiliteli, MA, MT-BC, LCAT and Debora Levin, MPH, RD, CDM from the Hebrew Home at Riverdale discussed a study that focused on whether or not using red plates instead of white would make a difference in the eating habits of individuals with cognitive issues like Alzheimer’s disease.

Alzheimer’s disease, and other memory impairments, can have a profound effect on a person’s well-being. Taking this into consideration, Psiliteli and Levin wanted to focus on one key aspect of resident life on a memory care neighborhood, the dining experience. Dining is an important part of a resident’s daily routine, and much of the day’s activities revolve around the preparation, service and enjoyment of meals.

Through a grant from New York State Senator Jeffrey Klein’s office, they were able to adapt the “red plate study” for their memory care neighborhood. The “red plate study” was conducted at Boston University in 2004 and was designed to assess whether older adults with Alzheimer’s would increase their meal consumption when using red plates over the typical white plates. The color contrast was thought to make the foods stand out more visibly for residents with visual impairment, and the color red has been noted to stimulate appetite. The study found that older adults eating from red plates ate 25 percent more than those dining from the white ones.

The Hebrew Home, where Psiliteli and Levin work, is a kosher organization that already used different plates for meat and dairy meals, so some adjustments were made to the original study to make the concept work for their residents. The pair chose red plates for meat meals and blue plates for dairy meals, with contrasting placemats. The center’s staff then conducted an informal survey to determine the impact of using colored plates on one of their memory care neighborhoods. They looked at a variety of psychosocial factors, along with meal intake and resident weights.

Psiliteli and Levin found that 60 percent of residents showed an improvement in meal intake, while 87 percent presented with brightened affect and increased socialization during meals. The duo posited that in addition to visual contrast benefits, the blue and red dishes helped create a more person-centered, home-like environment for our residents. Their comments were positive: “Pretty Plates,” “Beautiful,” and “I love the color.” They also observed the excitement of the positive aesthetic change amongst nursing and dining staff.

To read the full blog post, click here.

August 2017 Observances

August is National Immunization Awareness Month: This month-long observance, organized by the National Public Health Information Coalition, gives our communities the opportunity to focus on the need for improving national immunization coverage levels. This month encourage all people to protect their health by being immunized against infectious diseases. For more information, click here.

AHCA/NCAL Information

Register Today for the 68th Annual AHCA/NCAL Convention & Expo in Las Vegas

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.
National Assisted Living Week – Planning Guide Now Available!
“Family is Forever” is this year’s theme for National Assisted Living Week®, the annual, national observance that 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. To access the planning guide and product catalog for this year’s NAWL, click here!

Upcoming Webinars:
- Section 232 Mortgage Insurance Program for Residential Care Facilities | September 21, 2017 | 2:00 p.m. (EDT)

IHCA PAC Information

2017 IHCA PAC Events – Sign Up Today!
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:

Fall Golf Outing - September 11 / $150 Individual/$560 Foursome
It’s almost here! The PAC golf outing will be held at the annual IHCA convention in September. Tee off with us at WeaverRidge Golf Club on Monday, September 11, with a noon shotgun start. Lunch, beverages and awards are included with the 18 holes of golf. The outing is a great way to kick off convention while enjoying a round of golf with your fellow long term care providers. This is one of IHCA’s biggest events and you are sure to have a good time! To register, fill out the registration form (you can also register for the Oksnevad 5K on this form -- more info below) and send to Kristin DiCenso. If you would like to register online, click here.

Oksnevad 5K - September 12 / $35 (through 8/31) / $40 (9/1 through 9/12)
Registration for the 5th Annual Oksnevad 5k is open! The race will be returning to the Peoria river front this year. You will receive a swag bag and a special Oksnevad 5K shirt with registration. If you plan to participate, sign up now (click here for registration form), as prices will go up the longer you wait! T-shirt sizes are preordered so participants will have first come first served privileges. To register for just the 5K, fill out the registration form and return it to Ashley Snavely!!! The proceeds of the race will help raise important IHCA PAC dollars and a portion of the proceeds will be donated to the Leukemia Foundation for research.

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

IHCA Information

IHCA Offering RoP Phase 2 Training – Last Chance to Attend
Just two more opportunities to attend the the interactive workshop IHCA put together that will help you prepare to make the necessary changes to comply with the new RoP Phase 2, which has a deadline of this November. Topics to be covered include an overview of the rule, person-centered care and care planning, discharge planning, infection control as well as tips and tools developed by AHCA to help you successfully implement new policies and procedures that are now required. To view the complete brochure, click here or you may register online by clicking on the links for the locations listed below. We hope to see you there!
- August 10—Aviston Countryside Manor, 450 W. 1st St., Aviston Register Online-Aviston
- August 11—Franklin Hospital, 201 Bailey Lane, Benton Register Online-Benton

Infection Preventionist Specialized Training (IPCO) Now Available!
IHCA has partnered with AHCA to bring you a new quality improvement resource that will meet the new Infection Preventionist specialized training requirement finalized by CMS in the Requirements of Participation (RoP) for long term care centers. The Infection Preventionist Specialized Training (IPCO) course provides specialized training for healthcare professionals who seek to serve as Infection Preventionists. Through this course, individuals will be specially trained to effectively implement and manage an Infection Prevention and Control Program at their nursing center.

IHCA and AHCA are committed to ensuring nursing centers are fully prepared to meet the rigors of the new RoP requirements. This course is an online, self-study program with 23 hours of training. It includes online lectures, case
studies and interactive components taught by an array of experts from around the country. To learn more, see the Infection Preventionist Specialized Training (IPCO) slides. To register, just click here.

Calling IHCA Exhibitors—Have You Reserved Your Booth for the 2017 Expo?!
IHCA’s 67th Annual IHCA Convention & Expo will be here before you know it! This event, September 11-14, 2017 in Peoria, is a great way to connect with long term care owners, managers, administrators, nurses and more!

With three days of educational sessions, great speakers, a two-day expo and plenty of opportunities to mingle with your colleagues, peers and prospective buyers… you don’t want to miss this year’s convention!

If you’re interested in exhibiting, visit our exhibitor page or click here to view the Convention Expo Prospectus. If you have any questions, please contact Kelli Showalter at kshowalter@ihca.com.

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 – Forum Extended Care Services

For more than 40 years, Forum Extended Care Services has provided the highest quality pharmacy services for the entire continuum of long term care. With locations in Northern and Central Illinois, Forum has the stability, experience, and capabilities to compete with the nationwide chains, but with the responsiveness and detail-orientation you’d expect from a small, local provider.

Run by local health care professionals, their personalized attention to your facility’s specific needs makes all the difference. Accredited and open 24/7/365, Forum combines unmatched accuracy and state-of-the-art technology with customized solutions that are tailored to each client’s unique needs. For superior service, delivered your way, contact Forum at (800) 447-7108 or visit them at www.forumpharmacy.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.