In This Issue:
- Time is Running Out to Apply for a Maitland-Warner Scholarship!!
- Manage Referrals, Referral Partners Through Technology
- Evaluation and Treatment of Depression May Reverse Memory and Cognitive Difficulties
- Prototype Could Simplify Getting Dressed with Dementia
- May/June 2018 Observances
- AHCA/NCAL Information
- IHCA PAC Information
- IHCA Information
- IHCA Member Spotlight – IHCA Preferred Vendors

Time is Running Out to Apply for a Maitland-Warner Scholarship!!

**Submit your application today! Deadline extended to Friday, June 8, 2018.**

*Do you know a nurse looking to further their education? The Maitland-Warner Scholarship can help! Each year, the fund awards scholarships to individuals seeking to pursue nursing degrees and employment in long term care in Illinois. [Click here to access a printable application.](#) [Click here to apply online.](#)*

Before you begin your application, please be aware that there are several additional materials that are required and must be uploaded before you can submit your application.

The following information/documentation must be attached below in order for your application to be considered:

- A copy of the letter of acceptance from the nursing school.
- Proof of completion of prerequisites for the LPN, RN or APN program (as applicable).
- Two (2) letters of recommendation, one by the facility/program Administrator and one by the Director of Nursing.
- LPN, RN and APN Scholarship Evaluation Form completed by the Director of Nursing or Administrator. ([Click here](#) to download the Evaluation Form)

***Deadline for submission of all materials is June 8, 2018.***

Manage Referrals, Referral Partners Through Technology

*In a recent article (see below) for Provider Magazine, Becky Capps, a senior product manager at MatrixCare, discussed managing referral relationships.*

In today’s evolving health care landscape, many organizations have one foot in “fee-for-service” and one foot in “value-based care.” To effectively straddle the volume versus value business models requires strong referral partner relationships, especially as an organization accepts more risk for an episode of care.

The more risk a company accepts, willingly or by Centers for Medicare & Medicaid Services (CMS) regulatory mandates, the more the playing field changes.
Outperforming one’s peers becomes more and more important to retain the referrals required to sustain the census level needed for an organization’s operational and financial goals.

As it seeks to employ technology to help solve some of the challenges associated with maintaining strong referral partner relationships, here are a few capabilities that should be at the top of the list:

- Having visibility into referral trends from referral sources to gain an understanding of the evolving relationship;
- Tracking relationship development and nurturing efforts to improve the number of appropriate referrals based on the organization’s care delivery services; and
- Streamlining the admissions process for screening referrals accepted under care.

Managing Relationships
As networks continue to narrow, the company’s current spreadsheet approach may not be adequate to the new tasks before it. But outperforming local peers requires technology that will allow it to not only track referrals to referral sources, but to also track collaboration with its health system, physician, and health plan partners to confirm that they are sending—and the company is accepting—the right patient profile for the organization’s capabilities.

Using paper folders and spreadsheets to manage referrals and referral source relationships and for basic task tracking is no longer enough. Solutions that provide visibility to and tracking of referrals from referral sources, including conversion rate tracking of referrals taken or not taken under care, become critical for monitoring and improving performance. When evaluating technology solutions for managing referral partner relationships, the following capabilities should be on the evaluation checklist:

- Ability to review health care provider referral partner profiles that include both historical referral trends and current referrals/admissions rates;
- Ability to assign responsibility for and track activities associated with developing and maintaining the referral partner relationships; and
- Ability to track referrals taken and not taken under care by a referral partner so that this information can be used in discussions to educate the referral partner on the organization’s capabilities.

To see what Capps had to say about determining if a referral is a good fit, demonstrating value to partners and selecting the right solution, [click here](#) to read the full article.

Evaluation and Treatment of Depression May Reverse Memory and Cognitive Difficulties
Measuring neuropsychiatric symptoms such as depression, anxiety, agitation and irritability can help predict who will develop mild cognitive impairment, and who will progress to dementia or revert back to normal cognition, according to a recent analysis from researchers at Boston University School of Medicine.

For their study, the research team tracked more than 6,700 individuals who were participating in longitudinal research studies at 34 Alzheimer’s Disease Centers around the U.S. All of these participants had received annual neurologic examinations and evaluations of their memory and cognitive functioning and any neuropsychiatric symptoms for a length of time between 2 and 12 years.

Researchers looked at whether or not individuals were shown to progress to MCI, a state in between normal cognition and Alzheimer's disease dementia, in which the individual has a subjective complaint of memory and other cognitive difficulties and performance on formal neuropsychological testing is abnormal for age, but these problems do not interfere with routine independent functioning. The majority of people with MCI have progressive memory and cognitive impairment, and eventually are unable to function independently with daily tasks.

They found that individuals with normal cognition were more likely to progress to MCI if they had more depression, anxiety and other mood symptoms. Similarly, those who progressed to MCI were more likely to develop dementia if they had more of these neuropsychiatric symptoms.

However, about one-third of the participants who progressed to MCI reverted back to normal cognition, and those participants had significantly lower neuropsychiatric symptoms and a greater reduction in depression symptoms.
The researchers reported evaluation and treatment of symptoms of depression may improve or maintain cognitive functioning in some older patients diagnosed with MCI.

“The implication is that successfully identifying and providing effective treatment for these neuropsychiatric symptoms, including depression, may potentially improve or maintain cognitive functioning in many older adults,” explained corresponding author Robert Stern, Ph.D., Clinical Core Director of the Boston University Alzheimer's Disease Center.

[Click here](#) to read the full article from *McKnight’s*.

**Prototype Could Simplify Getting Dressed with Dementia**

A “smart home” dresser prototype may help people with dementia dress themselves through automated assistance, enabling them to maintain independence and dignity while also providing their caregivers with a much-needed break.

People with dementia or other cognitive disorders have difficulty with everyday activities—such as bathing, dressing, eating, and cleaning—which in turn makes them increasingly dependent on caregivers. Dressing is one of the most common and stressful activities for both people with dementia and their caregivers because of the complexity of the task and lack of privacy. Research shows that adult children find it particularly challenging to help dress their parents, especially for different genders.

“Our goal is to provide assistance for people with dementia to help them age in place more gracefully, while ideally giving the caregiver a break as the person dresses—with the assurance that the system will alert them when the dressing process is completed or prompt them if intervention is needed,” said Winslow Burleson, associate professor at the New York University Rory Meyers College of Nursing, director of the NYU-X Lab and the study’s lead author.

The intent of the DRESS prototype, explained Burleson, is to integrate typical routines and humanized interactions, promote normalcy and safety and allow for customization to guide people with dementia through the dressing process. The prototype was created using input from caregiver focus groups. The system integrates automated tracking and recognition with guided assistance with the goal of helping a person with dementia get dressed without a caregiver in the room.

The DRESS prototype uses a combination of sensors and image recognition to track progress during the dressing process using barcodes on clothing to identify the type, location and orientation of a piece of clothing. A five-drawer dresser—topped with a tablet, camera and motion sensor—has one piece of clothing per drawer in an order that follows an individual’s dressing preferences. A skin conductance sensor that the user wears as a bracelet monitors their stress levels and related frustration.

The caregiver initiates the DRESS system (and then monitors progress) from an app. The person with dementia receives an audio prompt recorded in the caregiver’s voice to open the top drawer, which simultaneously lights up. The clothing in the drawers contains barcodes that the camera detects. If an item of clothing goes on correctly, the DRESS system prompts the person to move to the next step; if it detects an error or lack of activity, audio prompts offer correction and encouragement. If it detects ongoing issues or an increase in stress levels, the system can alert a caregiver that help is needed.

[Click here](#) to read the full article from Futurity.org.

**May/June 2018 Observances**

*May is National Employee Health and Fitness Month*: There is still time to celebrate Employee Health and Fitness Month with your staff! This observation was created to promote the benefits of a healthy lifestyle to employers and employees through worksite health promotion activities and environments. [Click here](#) for more information.

*May is National Mental Health Month*: For the remainder of this month, take the opportunity to educate yourself and others about mental health and wellness. [Click here](#) for more information.
May is Healthy Vision Month: Organized by the National Eye Institute, this observation was designed to elevate vision as a health priority in the U.S. For more information visit www.nei.nih.gov.

May is National American Stroke Month: For nearly 30 years, National Stroke Month has increased public awareness of stroke in an effort to conquer it. Click here for more information.

June 3 is Cancer Survivors Day: Each year this day provides an opportunity for all people living with a history of cancer to connect with each other, celebrate milestones and recognize those who have supported them along the way. Visit www.ncsd.org for more.

AHCA/NCAL Information

Call for Entries – 2018 AHCA Awards Program – Just a Few Weeks Left to Submit Your Nominations!

We are now accepting entries for the AHCA Awards Program. AHCA honors individuals who are committed to improving the quality of life for residents. The categories are as follows:

- Not for Profit Trustee of the Year
- Not for Profit Program of the Year
- Volunteer of the Year
  - Young Adult (Ages 13-19)
  - Adult
  - Group

Nominations packets are available on AHCA's website. In a change from previous years, Volunteer of the Year nominations may be submitted directly by centers in good standing with the state affiliate. The deadline to submit is June 8, 2018.

Please spread the word and take the time to submit a nomination. Honorees will be recognized at AHCA/NCAL's 69th Annual Convention and & Expo in San Diego.

Patient-Driven Payment Model (PDPM) Toolkit to be Launched at AHCA/NCAL Annual Convention

During its 69th Annual Convention & Expo, AHCA will present a 4-hour intensive session that addresses the new PDPM payment system from CMS. CMS has proposed that PDPM replace the current RUGs system in its entirety on October 1, 2019, moving away from reimbursement based on hours of service to a model built “to treat the needs of the whole patient.” You'll need to find out what that means for you and how to best prepare. Click here for more.

Registration Open for the 69th AHCA/NCAL Convention & Expo

Registration is now open for the 69th Annual AHCA/NCAL Convention & Expo. This year's event will be held in San Diego, October 7-10. Join your colleagues from around the country for unbeatable networking, spectacular speakers, on-target education sessions, and a show-stopping Expo Hall filled with solutions to your toughest challenges. You'll also find lots of opportunities to soak in the sun and charm of your surroundings.

Register for convention, and bring a colleague! Earn CEUs, discuss the latest challenges, get inspired, and make important new connections in the field. Four full days designed to help you achieve your toughest goals and improve the quality of care you provide in your centers and communities.

Don't forget to include a ticket to NCAL Day on Sunday, October 7 with your registration package, to complete your assisted living education experience.

Check out this year’s website for online registration and complete event details.

NCAL Announces 2018 NALW Theme – Capture the Moment

The National Center for Assisted Living (NCAL) today revealed “Capture the Moment” as 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 local communities to celebrate the individuals served in assisted living and learn more about this sector of long term
Upcoming Webinars

- International Dysphagia Diet Standardization Initiative (IDDSI) | August 22, 2018 | 1:00 p.m. CST
- LTC Trend Tracker℠ 101 | June 21, 2018 | 1:00 p.m. CST

IHCA PAC Information

Dates for the 2018 IHCA PAC events have been announced! IHCA PAC annually puts on a number of fundraising events to promote our political efforts. We are now looking for sponsors (and participants!) for this year's outings. Please mark your calendar for the following 2018 IHCA PAC events:

**IHCA PAC Annual Baseball Outing - July 20**
An event that quickly became a crowd favorite, 2018 marks the 6th 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 2016 World Champion Chicago Cubs and perennial favorite St. Louis Cardinals. Pricing is all inclusive. Click here for the sign up form. $250 per person

**IHCA PAC/The Center-PAC Golf Outing - September 10**
For the flagship IHCA PAC event, we plan to return once again to beautiful WeaverRidge Golf Club 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 11**
The fastest growing IHCA PAC event, the Oksnevad 5K returns for its sixth iteration. We will once again be racing on the Peoria Riverwalk. Pricing includes registration, goody bag and a sponsor t-shirt. $35 per person

IHCA Information

**IHCA’s CE Central is Now Available Online**
Starting with the 2017 IHCA Convention and our 2018 educational sessions, IHCA will now offer the ability to access their continuing education certificates online! To access CE Central, go to www.ihca.com/education and click on the CE Central link. Once there, simply enter your first and last name into the system to retrieve your information.

**MCO Web Seminars for IHCA Members – BCBS Presentations Now Available**
IHCA recently hosted free web seminars with MCOs involved in HealthChoice Illinois. As Illinois’ Medicaid program moves completely into Managed Care, you will need to learn how each organization operates and what is expected of you as providers.

Below are links to the presentation materials:

- BCBS Provider Orientation
- BCBS - LTC and SLF Additional Information
- Meridian Presentation
- Meridian Prior Authorization Form
- Molina Presentation

**Infection Preventionist Specialized Training (IPCO)**
The most frequently cited F-Tag in standard nursing facility health inspection surveys under the new survey process is F880 – Infection Prevention & Control. AHCA has designed an important educational tool to support infection prevention and control programs. Their Infection Preventionist Specialized Training (IPCO) program was created to prepare individuals to effectively implement and manage an Infection Prevention & Control program in skilled nursing centers.
The training course registration fee is $450 for IHCA. There are no refunds and no transfers. Payment and registration must be made online in ahcancaLED. Group discounts are available for purchases of 25 or more IPCO registrations. The IPCO course can be accessed here.

**LTCNA Offering Core Competency 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 Preferred Vendors**
IHCA members enjoy exclusivity within the Association. Our IHCA Preferred Vendors are an elite group of Associate Member companies who offer members specialty products or services that are not widely accessible, or they answer specific, special needs of the IHCA membership. For more information about our vendors below, click here.

**Accurate Biometrics | Fingerprinting Services**
Will Peterson
500 Park Boulevard, Suite 1260
Itasca, IL 60143
708-887-9258
wpeterson@accuratebiometrics.com
www.accuratebiometrics.com

**CE Solutions | Continuing Education/Staff Training**
1111 W. San Marnan Drive
Waterloo, IA 50701
866-650-3400
CESolutions@vgm.com
www.discovercesolutions.com

**HPSI | Group Purchasing**
Rick Leskovisek
3058 Clevenger, P.O. Box 50
Franklin, IL 62638
217-720-9248
rick@meshpsi.com
www.hpsionline.com

**NRC Health | Performance Measurement and Improvement**
Rich Kortum
1245 Q Street
Lincoln, NE 68508
402-475-2525
rkortum@nrchealth.com
www.nrchealth.com

**Prescription Cost Management | Prescription Cost Savings Service (using current pharmacy providers)**
Edsar B. Calaguas
PO Box 199
Ankeny, IN 50021
515-329-0458
edsar@rxcostmanagement.com
www.rxcostmanagement.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.