IHCA Members Awarded AHCA/NCAL Bronze Quality Award!

Earlier this week, AHCA/NCAL announced the 2018 recipients of the Bronze - Commitment to Quality Award. The AHCA/NCAL National Quality Award Program honors providers throughout the country that have demonstrated their commitment to delivering quality care for seniors and persons with disabilities.

“We are proud of these facilities and their dedication to quality,” said IHCA Executive Director Matt Hartman. “Earning this recognition is no easy task. Congratulations to the facilities and their staffs on this crowning achievement.”

Please join us in congratulating our IHCA member centers who received a Bronze award this year:

- Avantara Long Grove
- Avantara Park Ridge
- The Grove of Elmhurst
- The Grove Fox Valley
- The Grove of LaGrange Park
- Hickory Point Christian Village
- Hilltop Skilled Nursing and Rehabilitation Center
- Johnson Healthcare Center
- Southgate Nursing and Rehab
- Sunrise of Flossmoor
- Sunrise of Highland Park
- Sunrise of Naperville North
- Sunrise of Wilmette
- Warren Barr Lincoln Park
- Warren Barr South Loop

Maitland Warner Scholarship Applications Due Tomorrow! Last Chance to Submit!

Submit your application today! Deadline to submit is tomorrow!!

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.
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.

IHCA Now Accepting Nominations for the 2018 Excellence Award for LTC Centers

This year marks the 2nd year of our IHCA Excellence Award for Long Term Care Centers! This award is focused on the quality of care being administered to facility residents, as well as the various processes and procedures that are put in place to ensure our member centers are continuously working on quality improvement and resident-centered care. If your center is committed to providing the best care possible, and can offer qualifiable information showing steps you have taken to improve care and customer satisfaction, this award is for you!

Award winners will be announced at the 68th Annual IHCA Convention & Expo in Peoria in September. They will receive special recognition in association publications, as well as on our website and social media pages. Additionally, a press release will be sent out announcing the winners.

Are you ready to apply? Completed forms must be submitted to IHCA by June 29, 2018 to be considered.

Click here to submit your nomination online.
Click here to download the printable nomination form.

*Please note: If submitting your nomination online, you should be able to close the form and continue it at a later time. However, we suggest having your answers prepared before starting the online form to make the process easier.

If you have any questions, please contact Ashley Caldwell, acaldwell@ihca.com or 800-252-8988.

Nominations Now Being Accepted for the 2018 LTCNA Nursing Awards

Each year, the Long Term Care Nursing Association (LTCNA) recognizes the best of the best in the world of long term care nursing. The LTCNA Nursing Awards are presented at Ovations: A Celebration of Long Term Care Nurses at the annual IHCA Convention & Expo. Nominate your outstanding CNAs, RNs, MDS Coordinators and DONs today!

About the Program

- All nominees receive a certificate recognizing their achievement.
- Facilities are welcomed (and encouraged!!) to submit multiple nominations.
- Nominees receive a complimentary ticket to attend Ovations.
- Press releases will be sent to local media outlets announcing the winners!

Click here to submit your nominations online.
Click here to download the printable nomination forms.

Completed forms must be submitted by June 29, 2018 to be considered.
Loneliness Can Actually Hurt Your Heart - Here's Why

Research has shown that emotional and physical health are inextricably linked. While there are significant health benefits associated with love and friendship, there have also proven to be significant health risks associated with the opposite. A new study, recently published in the journal *Heart*, looked at the effects of social isolation and loneliness.

Researchers found that people who are socially isolated or lonely are more likely to have a heart attack or stroke, compared to people with strong personal networks. Social isolation, but not loneliness, also seems to increase the risk of death among people with a history of heart disease, the study says. The findings support several other studies that have come to similar conclusions.

“Having social support from significant others or from persons who are in a similar situation is good for your health, and socially isolated or lonely individuals might not have possibilities for this kind of support,” said first author Christian Hakulinen, a professor of psychology and logopedics at the University of Helsinki in Finland.

However, according to the article in *TIME*, there was one surprise in the results of the study. Suspecting that the effects of social isolation and loneliness might be compounded by other traits common among antisocial individuals, researchers set out to determine exactly how much risk could be blamed on social causes—an extra step few other studies have taken.

For the study, the researchers surveyed nearly 480,000 adults in the UK about their social lives, loneliness, medical histories and lifestyle habits. They also measured health metrics, such as height, weight, body mass index and grip strength. Participants were tracked for around 7 years.

According to the results, isolation and loneliness seemed to significantly raise a person’s risk of cardiovascular problems, compared to more social people. Isolation was associated with a 43 percent higher risk of first-time heart attack and a 39 percent higher risk of first-time stroke. Loneliness, meanwhile, was associated with a 49 percent higher risk of first-time heart attack and a 36 percent higher risk of first-time stroke.

After accounting for biological, health and socioeconomic factors, however, the numbers looked quite different: Isolation only seemed to bump the risk of heart attack and stroke by 7 percent and 6 percent, respectively, while loneliness raised heart attack and stroke risk by 6 percent and 4 percent.

“This indicates that most of the excess risk was attributable to known risk factors such as obesity, smoking, low education and pre-existing chronic illness,” Hakulinen says.

In the end, among people with preexisting heart issues, only the link between social isolation and mortality remained statistically significant after adjusting for other factors. Social isolation seemed to bump a person’s risk of death by 25 percent among those with a history of heart attack, and by 32 percent for those with a history of stroke. This suggests that while an empty social life may not cause heart problems, it could seriously affect your ability to recover from them, Hakulinen says.

To read more, click here to view the full article from *TIME*.

Medicare Expands Pre-Approval Program for Power Wheelchairs

A Medicare demonstration that requires health care providers to request pre-approval before prescribing medical devices such as powered wheelchairs will get new life this fall. More than 30 items were added to a 6-year-old program focused on pre-approvals for power wheelchairs and other mobility devices, according to a June 1 notice from CMS.

The decision follows a May report from the Government Accountability Office encouraging the continuation — or expansion — of such pre-approvals.

The demonstration started in California, Florida, Illinois, Michigan, New York, North Carolina and Texas, which were chosen because they had a history of high improper payments and fraud. In 2014, CMS expanded the program to include Pennsylvania, Ohio, Louisiana, Missouri, Washington, New Jersey, Maryland, Indiana, Kentucky, Georgia, Tennessee and Arizona. In all, the GAO estimated the demos had saved the government about $1.9 billion.
It had been set to expire on August 31. Instead, the CMS notice declares pre-approval requirements go nationwide for all named devices on September 1.

The national rollout will differ slightly. Items on the Required Prior Authorization List require prior authorization as a condition of payment. Without it, claims will be denied. Under the demo, requesting prior authorization had been optional, with claims submitted without prior authorization subject to prepayment review and a 25 percent reduction.

Click here to read the article from McKnight’s.

Can Exercise Help Curb Dementia? One Study Says No

A recent study suggests that moderate or even rigorous exercise won’t slow mental decline in older people with dementia, which runs counter to prior research that showed how exercise could help the aging brain. The results of this study showed that people with early dementia were able to follow an exercise regimen and boost their physical fitness, but that did not translate into “improvements in cognitive impairment, activities in daily living, behavior, or health-related quality of life.”

British researchers at the University of Oxford tracked outcomes for nearly 500 people, averaging 77 years of age, who had been diagnosed with mild or moderate dementia and were enrolled in aerobic exercise and strength training regimens. Their overall fitness level was assessed with the study began, and then 329 of the volunteers were assigned to a supervised exercise and support program while 165 patients continued to receive their usual care.

Researchers assessed participants’ adherence to their assigned regimen again at 6 and 12 months. They also looked at the progression of the participants’ dementia, as well as the number of falls they sustained and their overall quality of life.

During the study, all of the participants continued to experience mental decline and while those in the exercise group became more physically fit, their dementia scores were actually slightly worse than the patients who received their usual care. Additionally, there was no difference in the number of falls or quality of life among the groups, according to the research team.

However, two U.S. experts in brain health believe that the study had flaws, and exercise may still help people with early dementia.

"The design of the study was not ideal, and the conclusion that all fitness interventions do not alter rates of decline in people with dementia is not supported," said Dr. Jeremy Koppel, an Alzheimer's researcher at the Feinstein Institute for Medical Research in Manhasset, N.Y.

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

June 2018 Observances

June 10 is National Career Nursing Assistants’ Day: This special observance was created to recognize nursing assistants who dedicate their lives to the well-being of others for more than five years, showing a long term commitment to their patients/residents. For more information, click here.

June 12-18 is National Men’s Health Week/June is Men’s Health Month: Each year, Men’s Health Week/Men’s Health Month are celebrated to heighten awareness of preventable health problems and encourage early detection and treatment of disease among men and boys. For more information, visit www.menshealthmonth.org.

June 15-22 is National Nursing Assistants Week: This year marks the 40th Annual National Nursing Assistants Week. This yearly observance acts as an excellent opportunity to honor the hard work and dedication of the nursing assistants who help provide care to long term care residents each day. Click here for more information.
AHCA/NCAL Information

Call for Entries – 2018 AHCA Awards Program – Deadline Extended!
Just a few days left to submit entries for the AHCA Awards Program. AHCA honors individuals who are committed to improving the quality of life for residents.

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 15, 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.

NCAL Awards Program: 2018 Nominations due TOMORROW!
Know of an outstanding assisted living nurse or administrator? Last year, did your community create the best National Assisted Living Week® programming based on the "Family is Forever" theme? Or maybe there is an unlicensed caregiver or someone in the dietary, housekeeping or maintenance department who goes above and beyond the call of duty? If you answered yes, then check out NCAL’s 2018 Awards Program. This program gives awards in four categories:

- Administrator of the Year
- Nurse of the Year
- Noble Caregiver in Assisted Living
- National Assisted Living Week Programming

You must have all components of your application before you can submit a nomination online. To nominate, the following items are required:

- Administrator and Nurse of the Year nominations - Must have essays and resumes
- Noble Caregiver in Assisted Living nominations - Must have essays
- National Assisted Living Week Programming nominations - Must have essay, calendar and pictures.

Recipients (and one guest) receive a FREE trip to AHCA/NCAL’s 69th Annual Convention & Expo in San Diego, CA, October 7-10, 2018. Each will be honored in front of their peers during NCAL Day and the Closing General Session of the Convention.

For more information and to submit a nomination, please visit http://www.ncal.org/awards. Completed nominations must be submitted no later than Friday, June 8, 2018.

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.

**2018 NALW – Capture the Moment – September 9-15**

“Capture the Moment” is this year’s theme for National Assisted Living Week, which hopes to inspire residents to realize their dreams and seize the day. Simultaneously, the theme also supports reflection, as residents may look back on the pivotal moments in their lives. With the theme’s word play referencing photography, residents may refer to pictures or videos from their past. Visit the [NALW page](#) for more information and to access this year’s graphics.

**Upcoming Webinars**
- [LTC Trend Tracker℠ 101](#) | June 21, 2018 | 1:00 p.m. CST
- [International Dysphagia Diet Standardization Initiative (IDDSI)](#) | August 22, 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](http://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.

**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 à la carte competency training sessions with their simulation mannequin, Geri Manikin! Get your nurses the training they need right in your center! The
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 djiangon@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 a future issue!!

Has your company recently celebrated a milestone? 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!