ICAL’s Art for the Ages – We’re Looking for Artists!!

ICAL’s new Art for the Ages was created to recognize the unique talents of the seniors residing in our assisted and supportive living centers. Help us celebrate the talented individuals residing in our assisted living communities around the state by submitting your residents’ masterpieces.

Do you have a painter, sculptor, quilter, knitter or other type of artisan in your community? Art for the Ages will recognize your resident artists for their creative accomplishments and will help bring positive attention to your center.

About the Program:

- IHCA/ICAL will host a multi-media art show during the 68th Annual IHCA Convention & Expo. Additionally, an online gallery will be created on the IHCA/ICAL website where photos of the artwork will be displayed, along with a photo/biography of the artist.
- The program will be advertised on the IHCA/ICAL website and social media pages and in various IHCA publications.
- A press release will be distributed promoting the program.
- Entrants will be admitted into the convention for no charge to be a part of the show if they choose.
- Artists will receive a commemorative gift for their participation.

Entry Procedures:

- Complete and submit the following:
  - Entry Form
  - Release Form
  - Digital Photo of Artist
  - Digital Photo of Artwork
- Make Arrangements to deliver/retrieve artwork (You may submit a photo of the artwork if you cannot arrange for IHCA to get the actual piece.)
Advanced Practice Nurses Boost Nursing Home Care

According to new research, nursing centers hoping to provide the best possible care for their residents need to budget for staffing with advance practice registered nurses (APRNs) on a full-time basis.

The study, which appeared in the *Journal of the American Medical Directors Association*, found significant evidence that APRNs have a positive effect on improving outcomes for nursing home residents.

“Never before have there been such clear findings of the impact of APRNs on quality measures that are key to five-star ratings for all nursing homes in the country,” stated Marilyn Rantz, professor of nursing in the Sinclair School of Nursing at the University of Missouri. “Star ratings are used by consumers when they are trying to find the best quality of care for their loved ones.”

Since 2012, Rantz has been leading the Missouri Quality Initiative for Nursing Homes, a partnership between MU, Centers for Medicare and Medicaid Services, and state Medicaid groups that was initiated to improve care at nursing facilities in the St. Louis area. This effort has significantly reduced hospitalizations and lowered health care costs since its launch. In the latest study, researchers examined the specific impact APRNs had on quality measures used in nursing homes.

APRNs were embedded full time in 16 nursing homes that were participating in the nursing home initiative. They were expected to help the nursing home staff and leadership reduce unnecessary hospital and emergency room visits, improve resident health outcomes, and reduce overall health care spending. Researchers compared their efforts to 27 nursing homes that didn’t have full-time APRNs on staff.

Overall the nursing homes with APRNs had much better results in commonly used measures of quality of care, including fewer:

- Falls that led to major injury.
- Residents who experienced pressure ulcers and urinary tract infections.
- Residents who had a catheter left in their bladder, had to be physically restrained, or had lost too much weight.
- Residents who required assistance with physical activities or needed antipsychotic medication.

“We were really excited to see these results to help consumers and providers offer the best care for their residents,” Rantz says “Hiring APRNs is a common-sense solution as they keep residents healthier and reduce avoidable hospitalizations.”

Click here to view the complete article on Futurity.org.

New Quality-Improvement Project Focuses on Measuring What Matters to Patients

Are people with diabetes more concerned with lowering their A1C levels or walking to the corner market? Would they rather see improvement in BMI or be able to spend more time with family members?

The National Committee for Quality Assurance hopes to address such critical questions about motivation among medically complex patients, including the elderly, in a three-year demo with 800 participants.

The Person-Driven Outcome Measures project, aims to measure quality of care by evaluating how well health care organizations help individuals achieve results that matters to them. The idea is to reward patients for hitting personal goals as part of a larger shift to person-centered care.
NCQA will work with four organizations — MedStar Good Samaritan Hospital Center for Successful Aging in Baltimore, Priority Health of Michigan, Kaiser Permanente Northwest, and Community Health Plan of Washington — and 30 types of clinicians including social workers, nurse practitioners and registered nurses.

“Existing quality measures do not effectively evaluate what is most important to people, particularly older adults with complex care needs, and we hope to change that,” said Margaret E. O’Kane, NCQA president.

In a pilot study, NCQA developed and tested an approach to collect person-driven outcomes that uses a combination of individualized and standardized person-reported outcome measures to track goals of care over time. NCQA said individuals and providers who participated in the pilot found the person-driven outcome approach was feasible and added value to their care planning discussions.

Both the pilot and the larger, $2.1 million demo are supported by The John A. Hartford Foundation and The SCAN Foundation.

*This article was taken from McKnight's Long Term Care News.*

### 1 in 9 U.S. Adults Over 45 Reports Memory Problems

A recent U.S. government report shows that a large number of middle-aged Americans, one in nine, believe they are experiencing thinking declines. And, according to the U.S. Centers for Disease Control and Prevention (CDC), noticing a decline in your mental abilities (“cognitive decline”) is one of the earliest signs of impending Alzheimer’s disease or dementia.

"Symptoms of confusion and memory loss are not a normal part of aging," said lead researcher Christopher Taylor, a CDC epidemiologist. "Adults with confusion or memory loss should talk to a health care professional who can evaluate their symptoms and discuss possible treatments, management of other co-occurring chronic health conditions, advance care planning, and caregiving needs.”

For the study, researchers used data from 2015 and 2016 Behavioral Risk Factor Surveillance System Surveys. They found that 11 percent of people ages 45 and older reported having mental decline, and that half of those people said they had limitations performing tasks. The results also showed that a greater percentage of individuals ages 75 and older reported cognitive decline, than those ages 45 to 74.

The CDC researchers also found that more than half of those reporting cognitive decline have difficulty doing everyday things like cooking, cleaning or taking medications.

Moreover, the study showed that only 45 percent of those who said they had memory or other mental issues had spoken about their condition with a doctor. Having a discussion about possible mental decline is vital, noted researchers, because it can be the first step in planning care options and can help patients manage their health care.

Additionally, one Alzheimer’s expert noted that these findings point to an even larger overall issue—this survey is an indicator of the burden that Alzheimer’s disease/dementia could pose in the future, and according to Matthew Baumgart, senior director of public policy at the Alzheimer’s Association, the results show what public health officials should start addressing now.

"This issue is not going away -- we are continuing on a path of a huge problem in the United States, and unless we do something, it's not going to be reversed," said Baumgart.

For more on this subject, click here to read the full article from HealthDay News.

### HealthDay News – Health Tip: Shingles 101

Shingles is a painful rash that is caused by the herpes zoster virus, the same one that causes chickenpox.

After triggering chickenpox, the virus may lay dormant inside the body and re-emerge as shingles, typically after a person reaches age 50.
Although there is no cure, shingles can be prevented and treated, the U.S. National Institute on Aging says.

The agency offers this information:

- Typical symptoms of shingles include burning, radiating pain, itching or tingling, headache, upset stomach and or blisters that most often develop on the waist and face.
- Healthy adults older than 50 should consider getting the shingles vaccine.
- Shingles is not typically contagious, but it can spread during the blister phase, so it's a good idea to keep the rash covered.
- Shingles tends to last 3-5 weeks.
- People tend to get shingles once in a lifetime, but it is possible to get it more than once.
- 1 in 3 people will develop shingles.

*This article was taken from HealthDay News.*

**Tools Released to Help Retain CNAs**

Straightaway Health Careers has debuted CNA Edge: SUPPORT, a suite of tools designed to help healthcare organizations and their managers motivate and retain their CNAs. Features include mentor guidelines and a check-in tool.

The check-in program sends three to five questions twice a week during the first 100 days of employment. Each question takes less than 30 seconds to complete. The questions use Morphii technology and are meant to gauge emotion types and responses to employee experiences.

"Using Morphii allows individuals to articulate their feelings — about their work, employer, and supervisors — organically, and in an engaging way that promotes mutual understanding. For SHC, Morphii will encourage higher response rates that glean valuable data about how new employees are feeling, while also informing risk associated with vacancies in their CNA workforce," says Julie Moreland, CEO of Vizbii International, which is Morphii's holding company.

*This article was taken from McKnight’s Long Term Care News.*

**August 2018 Observances**

**August 7 is National Night Out:** For more than 30 years, National Night Out has been observed in order to promote involvement in crime prevention activities, police-community partnerships, neighborhood camaraderie and to send a message to criminals that neighborhoods are organized and fighting back. For more information, visit natw.org.

**August is National Immunization Awareness Month:** This annual, month-long observation provides the opportunity to highlight the need for improving national immunization coverage levels. Activities focus on encouraging all people to protect their health by being immunized against infectious diseases. Visit www.nphic.org or www.cdc.gov for more information.

**AHCA/NCAL Information**

**69th AHCA/NCAL Convention & Expo – Advance Registration Now Through September 21**

The early bird registration deadline has passed. If you plan to attend the AHCA/NCAL Convention and Expo in San Diego, you can register and still get a great value. Advance Registration is now open through September 21. 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.

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

**2019 National Quality Award Application and Portal Launch**

The AHCA/NCAL Quality Award team is excited to announce that the brand-new National Quality Award Portal will launch tomorrow, August 2! The Portal allows applicants to do the following:
• Review the 2019 Quality Award Application Packets (Bronze, Silver and Gold)
• Submit an Intent-to-Apply payment
• Submit a 2019 Quality Award Application and application fee
• Review and complete a 2019 Quality Award Examiner application

If you are applying for a National Quality Award, please read through the entire application before starting the process. We encourage all centers to start the application process early, and to work continually throughout the coming months to ensure accurate and complete information is given. If you have any questions, please contact the Quality Award staff at qualityaward@ahca.org.

*Important Dates to Remember*
(All deadlines are at 8pm EST)

• November 8, 2018 - Intent-to-Apply Deadline
• November 29, 2018 – Examiner Application Deadline
• January 31, 2019 – Quality Award Application Deadline

For more information on the National Quality Award Program and the Examiner process please visit program website.

IHCA’s AHCA/NCAL Quality Award Workshops - For IHCA Members Only!
IHCA will be hosting Quality Award Workshops in October to help members with their applications.

<table>
<thead>
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<th>Bronze Award Workshop</th>
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<td>October 17, 2018</td>
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Assisted Living Communities: Do You Know What Your Residents Think About You? [SURVEY]
The NCAL Customer Relations Committee seeks to better understand how assisted living providers are staying on top of resident and family member satisfaction. Please take no more than 5 minutes to complete this online survey.

TAKE THE SURVEY

Your feedback will help guide the NCAL Customer Relations Committee in developing valuable resources that can help assisted living providers enhance their customer experience.

The survey will remain open until Friday, August 17.

The Quality Initiative for Assisted Living includes a goal to increase customer satisfaction, so that at least 90% of residents and/or family members are satisfied with their assisted living experience. The Quality Initiative aims to meet this goal by March 2021. Find more on the customer satisfaction goal, including resources and provider stories.

Assisted Living: Get Ready for the AL Cost Calculator
Launching August 15, the AL Cost Calculator is a new member benefit that will help you put costs behind the care you provide. Get a sneak peek of the AL Cost Calculator at our live webinar event on ahcancaLED. You'll hear from the developers of the tool and see a live demo. Register now – space is limited!

Introducing the AL Cost Calculator | Wednesday, August 15 | 2:00 PM EDT | REGISTER

The AL Cost Calculator is a web-based, enhanced resident assessment tool that assesses how costs are allocated across residents. Better understand the needs of your residents, so you can put the right staff with the right skills in the right place and at the right time. Multi-facility companies can see their company’s costs across different buildings and over time. Learn more about the features and benefits.

The AL Cost Calculator will be available to NCAL member providers at no additional cost – it's included with your
Already interested? **NCAL members can pre-register for the tool right now.** Sign up to be ready to access the AL Cost Calculator come August 15.

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

Start preparing for the biggest week of the year for AL with the National Assisted Living Week® (NALW) **Planning Guide and Product Catalog.** This year’s planning guide contains creative activity ideas and spirited products to highlight this year’s theme, “Capture the Moment.” The theme reminds assisted living residents to seize the day while celebrating the past. And reminds staff to focus on the little, everyday interactions that deliver high quality care in America’s assisted living communities.

### Upcoming Webinars
- [International Dysphagia Diet Standardization Initiative (IDDSI)](#) | August 22, 2018 | 1:00 p.m. CST

### IHCA PAC Information

Just a few 2018 IHCA PAC events left! Don’t miss out on these great opportunities. 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/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.** You can register [HERE](#) for this year’s outing. Contact Kristin DiCenso with any questions.

#### Oksnevad 5K - September 11

Once again, the Oksnevad 5K will be held on the scenic Peoria riverfront. This year a 1-mile walk will be added for those who would enjoy a leisurely walk while supporting a good cause. To foster the Hollywood theme of this year’s convention, we are once again encouraging folks to dress up for the race as a character from your favorite movie! There will be prizes for best costume and best team costume. T-shirt sizes are preordered so participants will have first come first served privileges. As always, a portion of the proceeds will be donated to the Leukemia Foundation. You can register [HERE](#) for this year’s event. Pricing includes registration, goody bag and a sponsor t-shirt. **$35 per person.**

Sponsorships are now available for both convention events, and can be seen [here](#)! Questions regarding sponsorship and registration can be directed to Ashley Snively and Kristin DiCenso.

### IHCA Information

#### IHCA’s 69th Annual Convention & Expo

Join us September 10-13, 2018 in Peoria for **Lights...Camera...Action: Spotlight on Quality.** The Preliminary Program is now available [click here](#). In it you’ll find the agenda, session descriptions and registration forms for Convention, the annual IHCA PAC/The Center-PAC Golf Outing and the Oksnevad 5k Run/Walk. You can also register using our online system (a new system this year!) and save $50 [click here](#)!

**Interested in exhibiting?** Booths are still available. If you haven’t reserved your booth space, don’t miss out on this fantastic opportunity! [Click here](#) to view the prospectus!

#### 2019 IHCA Membership Directory & Buyers’ Guide

IHCA is excited to announce its continued partnership with E&M Consulting, Inc. to produce next year’s directory. E&M will be contacting members in the coming weeks about advertising opportunities in the 2019 directory. This gives you a chance to promote your business while supporting the association. If you have any questions or would like to advertise, please contact Tyler with E&M at 217-391-3719, 800-572-0011 or [tyler@emconsultinginc.com](mailto:tyler@emconsultinginc.com). Check out the [2019 Rate Card](#) for information on the available advertising opportunities or view them [online here](#).
**Latest IHCA VCast**

Last week’s [episode](#) had our own Matt Hartman providing an update on the status of Medicaid eligibility determination. This week's [episode](#) featured Ashley Snavely and Kristin discussing the PAC event taking place during the annual convention and expo in September. We hope to see you there! **VCast Online**: Past VCast emails, with all of the appropriate links, are now available in the IHCA Resource Center. To access the resource center, simply log in to the member portal and click on Resources.

**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 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**

**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](mailto:acaldwell@ihca.com) or give her a call today!

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