IHCA Constituency Committee Elections – Voting Deadline is Tomorrow!

Every two years (even years), the Illinois Health Care Association’s constituencies conduct elections in an effort to fill the constituency representation to appropriate steering committees. The candidate lists and ballots have been sent out for the Nursing Facility, Assisted Living and Associate/Individual Constituencies. Ballots must be returned to Gina Alex by fax (217-528-0452) or email (galex@ihca.com) no later than Friday, August 31, 2018. The representatives to each committee will be installed at the 68th Annual IHCA Convention & Expo in September.

IHCA’s 68th Annual Convention & Expo – Just Over A Week Away!

Convention is almost here! Just over a week until Lights… Camera… Action: Spotlight on Quality. Don’t miss this fantastic event! See below for details.

Registration: You can still register for convention! Check out the Convention page on our website for more information.

Attendee Name Badges/Convention Materials: Name badges for those individuals who registered prior to the August 27 deadline are being mailed. If you receive your name badge prior to arrival at convention you may pick up your convention packet when you arrive. *Please note: To receive your convention bag/materials, you must show your name badge, so bring it with you! If you do not receive your name badge via mail prior to convention, you will need to pick up your name badge and packet at the Registration Desk when you arrive.

Exhibitor Name Badges/Check In: All exhibitors will receive their name badge and other convention materials when they check in onsite. If you need to register your booth personnel to get your name badges, and/or reserve additional equipment, order audio/visual equipment or order lead retrieval, visit our Convention Exhibitor page online.

Annual PAC Golf Outing: Only a few spots left for the Annual PAC Convention Golf Outing! Please contact Kristin DiCenso at kdicenso@ihca.com to register. The IHCA PAC/The Center-PAC Golf Outing will once again be held at WeaverRidge Golf Club in Peoria on Monday, September 10, 2018. Kick off your convention experience with a gorgeous
day of golf and help raise money for a great cause. We hope to see you there! Registration opens at 10 am on September 10, lunch will be served at 11 am, shotgun start at 11:30 am. $150 per person/$560 per foursome.

**Oksnevad Run/Walk:** Our fastest growing IHCA PAC event, this year’s Oksnevad Run/Walk will take place on Tuesday, September 11, 2018. As always, a portion of the proceeds will be donated to the Leukemia Foundation. **Want to participate but don’t want to run?** This year we have added a 1 mile walk option! Now you can join in on the fun, donate to a worthy cause and take it easy as you enjoy the Peoria Riverfront. Ready to register? Click here to register online. **$35 per participant.** Questions? Contact Ashley Snavely.

**New for This Year – IHCA Board & Staff Meet & Mingle:** Be sure to drop by the Board & Staff Meet & Mingle to chat with us! We’ll see you Wednesday, September 12, 5 – 7 pm in the Cheminee Room at the Peoria Marriott Pere Marquette. **Thank you to our sponsor for this event, Medline Industries!**

**Capture the Moment! Celebrate National Assisted Living Week, September 9 – 15, 2018**

“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.

The theme also aims to remind assisted living staff that often the little, everyday interactions with residents can deliver high quality, person-centered care. Assisted living communities across the country are encouraged to organize activities and events during NALW that help residents celebrate their past while also enjoying the present.

In the announcement of the theme, NCAL Executive Director Scott Tittle said, “We want this year’s National Assisted Living Week to help overcome the stigma that older adults in assisted living communities, and other settings for that matter, don’t have a purpose in life anymore. No matter your age, we should all be living life to its fullest. Assisted living caregivers help seniors realize this by supporting them with everyday tasks, while maximizing their independence and honoring their individuality.” For more information, click here. To view this year’s planning guide, click here.

Have something fun or unique planned for your residents? Let IHCA/ICAL know and we may feature you in a future publication or on our website/social media pages! Contact Ashley Caldwell.

**Seniors Healthier When Medical Care is Coordinated**

According to an article posted this week by Reuters, as America’s population ages, experts are exploring how best to keep older people with multiple chronic illnesses healthy. Coordination between physicians may be key, a new study suggests.

For the study, researchers looked at 25 earlier studies including more than 12,500 patients. They found that the coordination of care for older adults with multiple conditions resulted in improved health. The individuals in the study had combinations of conditions such as heart failure and obstructive lung disease, arthritis and depression, diabetes and depression or diabetes and cardiovascular disease.

At present, noted researchers, more than 60 percent of older Americans have multiple chronic conditions. Many of those receive care from a variety of specialists who don’t communicate with one another.

“To address the challenges faced by our rapidly aging population, we need to focus on a more patient-oriented and holistic strategy that targets management of patients with common disease combinations, such as diabetes and depression, rather than treating one disease at a time,” said study leader Monika Kastner, a health services researcher at the University of Toronto, Canada, and research chair at North York General Hospital.
Care coordination, explained Kastner, can be defined as efforts by health care professionals to facilitate and coordinate appropriate, timely and efficient delivery of health care services for a patient.

Study participants were, on average 67 years old. One area where coordination made a big difference was in those that had a chronic physical condition along with depression—like those with depression and diabetes who saw improvements in both depressive symptoms and blood sugar levels when they received coordinated care.

The new article “takes us in the right direction,” said Michael Wolf, associate vice chair of research in the department of medicine at Northwestern University’s Feinberg School of Medicine in Chicago, who has personal experience with one problem that is common when care is fragmented—overlapping medications. However, he noted, there is not currently any template to show health care providers how to accomplish coordinated care with the system set up the way it is.

There are a number of reasons why patients rarely get coordinated care, according to Dr. Alicia Arbaje, director of translational care research in the division of geriatric medicine and gerontology at Johns Hopkins University in Baltimore, Maryland. At the top on the list is the way practitioners are reimbursed, she explained. And beyond that, “we haven’t caught up in our training of physicians to learn how to work with other providers or even as a team,” she added. “Also, we don’t have a culture of accountability. In the culture we have, once a patient is out of the hospital, that patient is now someone else’s responsibility. And the same is true outside the hospital.”

In addition, patients often assume that their doctors are all on the same page, Arbaje said. “I think some levers could get moved if there was some outrage from the public,” she added. “People asking why isn’t care done this way.”

For more details on this topic, click here to read the full article from Reuters.

Program Combats Ageism by Having Students Live with Seniors

A program started between Quinnipiac University and Masonicare at Ashlar Village in Connecticut has been doing wonders for breaking down generational stereotypes. The Masonicare-Quinnipiac University Students in Residence Program was created to help do away with those stereotypes, combat ageism and introduce students to the possibility of careers working with the elderly.

Though there are a number of intergenerational programs out there today, not many of them actually have the participants living together like the Masonicare-Quinnipiac program. For students—like Victoria Kozar, who took part in the program her senior year in 2016-2017—the program opens up a whole new world.

Kozar said she and the other students get just as much, if not more, from the program through living history lessons. Several of the women at the center, she said, had distinguished careers in science and medicine, breaking down barriers that she is now able to walk through. All of them, she said, are happy to share their stories and expertise.

Residents of the community benefit from the program as well. Not only do the students commit to assisting at the center in exchange for housing, but the residents enjoy spending time with students on a regular basis. “It’s nice to have someone come in who’s young, who is vibrant, who smiles, who talks to us,” said 85-year-old resident Clarisse Miessau. “That’s what they have done for us.”

To find out more about this outstanding program, click here to read the full article from the AP.

More Rehab Doesn’t Mean Better Outcomes After Hip Fracture

A new study shows that more care may not translate into better long term health after a hip fracture hospitalization, according to an article recently posted on Futurity.

The study of more than 300,000 Medicare patients who completed rehabilitation therapy after hip fractures shows that patients covered under Medicare’s fee-for-service plan spent an average of 31 days in nursing homes following hip fracture hospitalization. In contrast, those covered under Medicare Advantage spent 25 days in nursing homes.
Researchers hypothesized that those who had received more care would fare better after their release. In reality, the opposite happened. Despite significantly fewer days of care, patients covered under Medicare Advantage saw slightly better health outcomes after release.

The study emerges as an increasing number of elderly Americans are opting for the newer Medicare Advantage plan, which offers coverage through private insurance companies that Medicare has vetted.

The traditional fee-for-service plan allows enrollees to choose any physician they want, and Medicare is billed on a per-treatment basis. Medicare Advantage enrollees, on the other hand, must choose doctors from within a restricted network, and insurance companies send health providers fixed reimbursement amounts to cover their members’ care.

“The results suggest that for hip fracture patients who are otherwise healthy, longer lengths of stay in skilled nursing facilities may not translate to better outcomes,” said senior author Vincent Mor, a professor of health services, policy and practice at Brown University. “We don’t know whether 15 days, 20 days, or 25 days of care in a skilled nursing facility is optimal—but we do know that Medicare fee-for-service patients are getting more therapy for more days, and there’s no difference in benefit.”

The study’s findings indicate that patients who are covered under the traditional Medicare fee-for-service plan may receive inefficient treatment. The data suggest that it may be possible for nursing homes to order shorter courses of rehabilitation without compromising health—which would save time for patients and money for Medicare, the researchers say.

For the study, the researchers gathered data from more than 200,000 traditional Medicare patients and more than 75,000 Medicare Advantage patients who were hospitalized for hip fractures and then transferred to nursing homes between 2011 and 2015. They measured each patient’s length of stay in days and in total minutes of rehabilitation therapy. Then, they followed patients after release to monitor whether they’d been successfully discharged within 100 days of admission to the nursing home, whether they’d been re-hospitalized within 30 days, or whether anyone had died within a month of release.

The study's results build on previous research linking fewer minutes of care and better outcomes to the Medicare Advantage plan, said Mor.

“There is reasonably good evidence to suggest that for every full day fee-for-service patients spend in the hospital, Medicare Advantage patients undergoing the same treatment spend a little bit less than a day in the hospital and have similar or better outcomes.”

The study, which appears in PLOS Medicine, is part of a long-term project funded by National Institute on Aging grants that examines how American nursing homes and long term care have changed in the last several decades.

To find out more, click here to read the full article from Futurity.

**September 2018 Observances**

**September 9 is National Grandparents Day:** Spearheaded by Generations United, Grandparents Day was created to honor both paternal and maternal grandparents. This year’s theme is Immigration, was chosen to emphasize how this country’s changing age and race demographics are our greatest assets. Do something grand this year to celebrate the grandparents in your life! [Click here](#) for more information.

**September 9 – 15 is National Assisted Living Week:** For more than 20 years, National Assisted Living Week has provided a unique opportunity for residents, families, staff, volunteers and surrounding communities to come together and organize events that honor assisted living residents. [Click here](#) for more information (or see article above).

**September 9 – 15 is National Healthcare Environmental Services & Housekeeping Week:** This weeklong observance was created Let your dedicated environmental services team know you appreciate how hard they work all year long to make your facility shine.
September 16 – 22 is National Rehabilitation Awareness Week: National Rehabilitation Awareness Week, organized by the National Rehabilitation Awareness Foundation (NRAF), was created to educate the public about the benefits and impact of rehab. The mission of NRAF is to educate, develop programs that aim to increase opportunities for the nearly fifty million Americans with disabilities and help those who are disabled live up to their fullest potential.

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.

Quality Award Portal - How To
Join the AHCA/NCAL Quality Award Team on September 11, from 1-2pm ET for a live webinar covering the basics of the brand-new Quality Award Portal! The Portal was designed for both Quality Award applicants and Examiners as an online platform to work on Quality Award applications. This webinar will cover several actions on the site, including:

- Logging into the site
- Requesting access to your center/corporation
- Making a payment
- Submitting a Quality Award Application
- Submitting a Quality Award Examiner application

If you have additional questions, please raise them during the webinar. To register for the webinar, click here. This webinar is open to SNF and AL members.

*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.

Bronze Award Workshop
October 17, 2018
Brochure | Register Online

Silver Award Workshop
October 18, 2018
Brochure | Register Online

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.

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 membership.

IHCA PAC Information

IHCA PAC annually puts on a number of fundraising events to promote our political efforts.

IHCA PAC/The Center-PAC Golf Outing - September 10
There are still a few spots left for this year’s outing at WeaverRidge Golf Club in Peoria. 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.** Contact Kristin DiCenso with any questions or to register.

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. 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.**

Questions regarding sponsorship and registration can be directed to Ashley Snavely and Kristin DiCenso.

IHCA Information

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. 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 featured Bill Bell talking about the top F-Tags cited by IDPH under the new survey processes. This week, Matt and Debbie discussed the upcoming IHCA Convention & Expo. **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 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!