Membership Renewals – Last Chance to Update Member Information for Directory!

This is the last chance to update your membership information in our database before work is finalized on the 2019 directory. Member information will be sent to the publisher next week. Please review your facility/company information and respond to let us know of any changes. If there are no changes, please indicate that in a reply to Ashley Caldwell (acaldwell@ihca.com).

We thank you for your assistance in keeping our records up-to-date. It helps ensure that association information is getting to the correct person/place and that the appropriate people have access to our IHCA Member Portal. This information will also be published in the 2019 IHCA Membership & Directory & Buyers’ Guide so please be sure we have the correct information by the deadline.

IHCA Standing Committees – Submit Your Commitment Form Today!

With 2018 winding down it is time again to fill our standing committees for the coming year. If you would like to serve on a 2019 IHCA Standing Committee or Task Force Group (see list below) please fill out the commitment form and return it to IHCA prior to Monday, November 26.

IHCA Committees & Task Force Groups
- Administration/Finance and Operations Committee
- Awards Task Force (IHCA Excellence Awards)
- Education, Convention & Trade Show Committee
- IHCA PAC (Political Action Committee)
- Legal Committee
- Public Policy Committee

*Please note: If you are currently serving on an IHCA Committee, be sure to submit a form to indicate your commitment to continue serving. By submitting this form, you are indicating your commitment to attend four to six meetings a year, in person or by telephone conference call depending on the committee. If you sign up to serve on a committee, and then miss more than two meetings in a row, you will be removed from the committee. In an effort to create diverse and widespread representation, appointments to specific committees may be limited to one participant per center, program or organization.
Providers Likely Asking the Wrong Questions to Screen for Alzheimer’s, New Study

Providers can improve screening questions to more accurately detect patients who may be at risk for developing Alzheimer’s disease and other aging-related problems, according to a new study published in the journal *The Gerontologist*.

Researchers from Penn State found that the two most common problems with the wording of questions used to detect those with memory loss were vagueness and an assumption that their behavior or experience is always the same.

Additionally, the questions could be confusing or trigger emotional responses, which may result in individuals who answer the same questions differently, and for different reasons.

The goal of screening patients is to detect memory loss as early as possible, in order to improve treatments and lower overall costs. Jacqueline Mogle, assistant professor at Penn State, said creating good questions is important not only for screening patients early for the disease, but also so researchers can ask good questions when studying these populations.

“When we ask people questions, we assume that they see the questions the same way we do,” Mogle said. “However, that clearly isn’t the case. What we might see as a straightforward question — like, ‘Do you have problems with your memory?’ — may mean something very different for older adults. Right now, it isn’t clear how they are deciding to answer the question.”

Nikki Hill, assistant professor of nursing at Penn State, said the results will help clinicians and researchers ask better questions and better interpret patient responses.

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

For more details about this study, click here to view a different article from Futurity.org.

Parkinson’s Patients Can Have a Normal Life Span

Previously, it was generally believed that Parkinson’s disease, a progressive neurological disorder, did not affect life expectancy. Some recent studies have shown that those suffering from the disease have somewhat shorter life spans, however, a new study from the American Academy of Neurology has shown that if thinking skills are not affected, a person with Parkinson’s can still live a normal life span.

“This is good news for many people with Parkinson’s and their families,” said study author Dr. David Backstrom, from Umea University in Sweden.

Backstrom’s team looked at 182 patients newly diagnosed with Parkinson’s disease or other types of parkinsonism. The study patients were followed for nearly 14 years. They tested the patients’ mental abilities (thinking and memory skills) at the start of the study period and then annually as the study continued. More than 100 patients died during the study.

Results showed that those who had mild cognitive impairment at the start of the study were more than twice as likely to die during the follow-up period than those who did not have memory or thinking issues.

The average age of participants at the study’s start was approximately 71 years old. The expected survival for individuals without cognitive impairment was nearly 12 years, compared to just over 8 years for those with some impairment.

In all, 54 percent of people with Parkinson’s died during the study period, compared with 89 percent of those with progressive supranuclear palsy and 92 percent of those with multiple system atrophy, according to the report.

The study authors explained that the expected survival was six years for people with progressive supranuclear palsy and multiple system atrophy.
Backstrom and his team pointed out that other factors that appeared early in the disease were associated with a shorter life span. They included brief episodes where people were unable to walk or lost their sense of smell.

One limitation of the study was that only five autopsies were performed to confirm the diagnoses and according to the researchers it is possible some people were misdiagnosed.

The study was published online October 31 in Neurology. To read the full article from HealthDay News, click here.

December 2018 Observances

**December 1 is World AIDS Day:** Each year on December 1, World AIDS Day is held in order to spread awareness of the disease, show support for people living with HIV and AIDS and to commemorate those who have died. The first one was held in 1988. Click here for more.

**December 2-8 is National Influenza Vaccination Week:** This national observance was established in order to highlight the importance of continuing influenza vaccination. Visit www.cdc.gov for more information.

**December 3-7 is National Hand Washing Awareness Week:** Proper handwashing is one of the most important things you can do to avoid getting sick. For more about this observance, visit www.henrythehand.com.

AHCA/NCAL Information

**National Quality Awards**
The AHCA/NCAL National Quality Award Program provides a pathway for providers of long term and post-acute care services to journey towards performance excellence. The program is based on the core values and criteria of the Baldrige Performance Excellence Program.

**How do I get started?**
1. Download and review the application packet for your respective award level
   - Check out our self-assessments at the Silver and Gold level to see if you’re ready to apply!
2. Log into the Quality Award Portal
3. Submit a payment for your center in the Quality Award Portal

**Key Upcoming 2019 Quality Award Program Dates**
- January 31, 2019: Bronze, Silver and Gold final application deadline

All deadlines are at 8 p.m. Eastern Time and late submissions are not accepted for any reason. If you have any questions, please feel free to contact the AHCA/NCAL Quality Award team at qualityaward@ahca.org.

**70th Annual Convention & Expo - Call for Presentations**
AHCA/NCAL will hold its 70th Annual Convention and Expo at The Orange County Convention Center, Orlando, FL. As a long term care professional, you understand the trends, issues and challenges facing our profession. Now is your chance to share ideas that reflect your success stories and professional insight, as well as ideas and programs that enhance the long term and post-acute care service delivery. We are particularly interested in proposals that reflect and will help support providers in achieving the AHCA Quality Initiative goals the Quality Initiative for Assisted Living and Advancing the Core Values of the Baldrige Performance Excellence Criteria. Click here to submit your proposal by the deadline of November 30, 2018.

**AHCA/NCAL Quality Summit: Registration Now Open**
AHCA/NCAL 2019 Quality Summit – Disrupt to Lead. Innovate to Succeed. Calling all out-of-the box, visionary, and why not thinkers. Join other long term and post-acute quality practitioners in Tampa, FL, March 18-20, for the AHCA/NCAL Quality Summit. You can lend your voice to the conversation around what it takes to disrupt the status-quo in order to move forward with new ideas in patient-centered care and operational excellence (OR delivering solutions for quality care). Online registration is now open. The registration deadline is March 5, 2019.
Registration Open for the 2019 Independent Owner (IO) Leadership Conference

The AHCA/NCAL Independent Owner (IO) Leadership Conference is a unique opportunity for you and your peers. Taking place in beautiful Tampa, FL immediately following the Quality Summit, it’s a great way to learn something new and gain insights into some of your toughest challenges. Register online today. The registration deadline is March 5, 2019.

The IO Conference immediately follows the 2019 Quality Summit and takes place at the same location. Register for both and save $50!

AL Cost Calculator

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 Information

IHCA Has New Remittance Address for Dues
IHCA recently changed financial institutions. If you would like to send your dues payments to our lock box, please use the following address:

IHCA
PO Box 6248
Decatur, IL 62524-6248

IHCA Member Facility Annual Dues
Each year IHCA offers our member centers the option of paying annual dues in one lump sum rather than being invoiced for monthly payments. Annual Dues invoices for 2019 will going out next month. Members who choose to pay annually will receive a 5 percent discount if their dues are paid by February 15, 2019.

Our publishing partner, E&M Consulting, will be wrapping up the sales for the 2019 IHCA Membership Directory & Buyers’ Guide soon. 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.

LTC Today Magazine – Advertising Opportunities for 2019
Are you in the process of reviewing your marketing plan for 2019? The 2019 issues of the LTC Today magazine offer multiple opportunities to promote your company, product or service to long term care providers! Click here to view the 2019 Media Kit for more information. To purchase an ad online, click here.

Issue and Distribution Information
- LTC Today is distributed semi-annually to all Illinois Health Care Association members in Illinois and other interested parties
- The magazine averages 1,000+ clicks per issue and includes clickable links to direct readers to your website.
- Each issue is hosted online through IHCA’s website.

If you have any questions or are interested in advertising, contact Tyler Gilboe at 800-572-0011 or email him at tyler@emconsultinginc.com.
Latest IHCA VCast
This week’s episode focused on the IHCA Illinois Leaders Program. 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.

CE Certificates from IHCA Educational Events Available in CE Central
Attendees can now access their Continuing Education Certificates from the 68th Annual IHCA Convention & Expo through CE Central (click here). Additionally, certificates are also available for all of our past 2018 educational sessions, as well as the 2017 convention. 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.

LTCNA Scholarship Application Now Available!
The Long Term Care Nurses Association will award up to two scholarships in the amount of $1,000.00 each in 2018 for RNs, LPNs and Nurse Aides to further their careers in nursing. Application deadline is December 31, 2018. Click here to view the application.

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 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!