Nominations Now Being Accepted for IHCA’s Staff & Specialty Awards!

Do you have an activity professional, dietary manager, business office professional or administrator that you think deserves to be recognized for their hard work? The Annual IHCA Excellence Awards Program (formerly the Annual IHCA Awards) recognizes the outstanding work going on in long term care centers around Illinois every day. Recognizing your staff members and volunteers who have proven to be an invaluable resource to your center’s team is an excellent way to show your appreciation. The IHCA Staff & Specialty Awards gives members the chance to do that. Additionally, you can submit nominations for your center’s innovative programs, communications and community outreach projects. *Note: If you have CNAs, nurses, DONs or MDS Coordinators you would like to nominate for an award, please do so by nominating them for an LTCNA Nursing Award. More details about that program available later in the year.

Award nominations must be received by Friday, March 22, 2019 to be considered. Awards will be presented to the winners in their facilities during National Skilled Nursing Care Week (NSNCW), May 12-18, 2019.

For more information, click here. To download the PDF nomination forms, click here. To submit nominations online, click here.

Take Action! Raise Awareness about Careers in the Field of Aging

Careers in Aging Week | March 3-9, 2019 | #careersinaging19

People are living longer, and populations are aging worldwide. The demand for professionals with expertise in long term care is growing rapidly. The U.S. will need between 5.7 million and 6.5 million nurses, nurse aides, home health and personal care workers to care for the 27 million Americans who will require long term care by 2050. Careers in Aging Week (CIAW), created by the Gerontological Society of America (GSA), is dedicated to bringing greater awareness and visibility to the wide-ranging career opportunities in long term care. During the first full week of March, CIAW is observed annually by businesses, clinics, coalitions, organizations, universities, colleges and other parties across the world.

HOW CAN YOU GET INVOLVED?
• **Participate on social media.** Share how you’re celebrating and showcasing careers in aging on social media using the hashtag #CareersInAging19.
  - Share your selfie! Snap a photo of your office, your facility, your clinic, your business or your classroom.
  - Describe your career in aging using #CareersInAging19.
  - During CIAW, AHCA/NCAL will share resources, graphics, and more on social media. Spread the word by retweeting them on Twitter or sharing their posts on Facebook.

• **Watch “The Information and Tools You Need to Promote Careers in Aging” video.** This video, created in partnership with AHCA/NCAL, Argentum, LeadingAge and GSA, shares a variety of ideas on how to participate. Watch it here.

• **Attend AHCA’s kick-off webinar.** On March 4, hear from caregivers across the country share their story and answer questions about why they work in long term care. Learn about the different roles, opportunities and benefits that come with a career in aging. Registration coming soon!

• **Celebrate your staff.** Host a party to celebrate/thank your staff members, and invite families of staff, residents and their family members. Recognize your staff for accomplishments, like tenure or outstanding customer service.

• **Open your doors to the community.** Host a facility tour for local students, parents and teachers to showcase the day to day operations as a long term care professional.

• **And more!**

For more information, click here.

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**2019 NSNCW Guide & Catalog Now Available!**

The 2019 National Skilled Nursing Care Week (NSNCW), May 12-18, 2019 will be here before you know it! The Planning Guide/Product Catalog is now available online (click here).

Start planning now! Browse through the guide to get ideas about NSNCW events and activities and check out the great selection of Live Soulfully themed products available this year.

Promotional graphics and the new guide are available now for download at ahcancal.org/NSNCW.

Use social media to share your great ideas for NSNCW and to see what other centers are planning for this special week. Use the hashtag #NSNCW and like us on the NSNCW Facebook page here.

We look forward to NSNCW and celebrating the work you do every day.

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**Do Not Harm – The Ethics of Hand Hygiene**

Think for a moment about a conversation that you have had that left you unsettled. Maybe it was the content of the conversation, the subject matter questioning the very essence of the values of the organization or you as an individual. Medical and business ethics have traditionally been kept separate but with the emergence of technology, innovation and consumer demand the merging of ethical principles have occurred.

When a conversation leaves you unsettled, it typically means that a personal principle or value has been confronted and you are trying to reconcile the content. In health care we see this happen every day.

Take, for example, the challenge of hand hygiene. Healthcare acquired infections now have financial penalties that have created the business case for hand hygiene education and monitoring programs. Yet there are ethical elements that are very often missed as leaders try to address employee and organizational performance.

There are seven ethical principles typically utilized in healthcare settings:
  - Respect for people, understanding the sacredness of humanity
  - Autonomy, informed then personal choice
  - Beneficence, doing good, or acting for someone’s good
• Nonmaleficence, “Do no harm”, to act in the best interest
• Justice, concept of what is fair
• Fidelity, acting in a manner of trustworthy, maintaining and honoring commitments
• Veracity, truth-telling, grounded in respect and autonomy.

Healthcare providers struggle to reconcile the ethical consideration that the very tools of healing that are called by ethical standards to do no harm, actually harm. I know this personally as I am a nurse who contracted a healthcare-acquired infection.

My lack of hand hygiene harmed me. I always thought of hand hygiene as an action to protect others. I did not give consideration that hand hygiene was an action to do no harm to myself. That my actions needed to be not only one of trust for those I was caring for, but one of trust in my actions to be one of caring for myself.

Engaging in an ethical dialogue has to be done with authentic intent by leaders. Expressing concern about not only doing no harm for those under care, but also the caregivers will open the discussion beyond rules of hand hygiene to the ethics of hand hygiene. Helping care providers to see that they also have an ethical commitment to themselves must be a leadership imperative to advance safe healthcare for all.

Martie Moore, RN, MAOM, CPHQ, is the chief nursing officer at Medline Industries Inc. and a corporate advisory council member for the National Pressure Ulcer Advisory Panel.

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

Why Older Adults Should Eat More Protein (And Not Overdo Protein Shakes)

According to a recent article from Kaiser Health News, a growing consensus among scientists says that older adults need to eat more protein-rich foods when losing weight, dealing with a chronic or acute illness, or facing a hospitalization. This is important, they noted, because during these stressful periods aging bodies process protein less efficiently and need more of it to maintain key physiological functions, like muscle mass, bone health and strength.

Even healthy seniors, the article added, need more protein than when they were younger to help maintain muscle mass. However, nearly one-third of older adults don't consume an adequate amount due to issues like reduced appetite, dental problems, impaired taste, difficulty swallowing and limited financial resources. This, combined with a tendency to become more sedentary, puts many at risk for deteriorating muscles, compromised mobility, slower recovery from illness and loss of independence.

Impact on functioning. Kaiser pointed to several studies that showed a correlation between protein consumption and functioning. One 2018 study that included nearly 3,000 participants found that those who ate protein were 30 percent less likely to become functionally impaired than those who ate the least amount. Additionally, another study of nearly 2,000 older adults showed that individuals who consumed the least amount of protein were almost twice as likely to have difficulty walking or climbing steps as those who ate the most.

"While eating an adequate amount of protein is not going to prevent age-associated loss of muscle altogether, not eating enough protein can be an exacerbating factor that causes older adults to lose muscle faster," said Wayne Campbell, a professor of nutrition science at Purdue University.

Protein in all forms is fine. Animal protein contains all nine essential amino acids that our bodies need; plant protein doesn't. If you're a vegetarian, “it just takes more work to balance all the amino acids in your diet” by eating a variety of foods, said Denise Houston, associate professor of gerontology and geriatric medicine at Wake Forest School of Medicine in North Carolina. Otherwise, “I would typically recommend having some animal protein in your diet.” As long as red meat is lean and you don’t eat it too often, “that’s OK,” Houston said.

Supplements. What about powdered or liquid protein supplements?
“The first line of defense should always be real food,” said Samantha Gallo, assistant director of clinical nutrition at Mount Sinai Hospital in New York. “But if someone isn’t able to consume a turkey sandwich and would rather sip a protein shake during the day, we’ll try that.”

However, older adults should not routinely drink protein shakes instead of meals, Gallo cautioned, adding: “That’s a bad idea that can actually result in reduced protein and calorie intake over the long term.”

To find out more about this topic, including general recommended intake amounts, and how illnesses can affect those recommendations, click here to read the full article from Kaiser Health News.

February 2019 Observances

**February is National Senior Independence Month:** This celebration was established to help seniors remain in control of their daily lives by encouraging them to take the opportunity to evaluate their current living situation and determine whether or not adjustments could be made to create a better lifestyle.

**February is American Heart Month:** This month, take the opportunity to educate yourself, and others, about the symptoms, treatment and prevention of heart disease, which is the leading cause of death for both men and women in the U.S. Click here for more information.

**February is AMD/Low Vision Awareness Month:** Age-related macular degeneration affects more than 2 million Americans age 50 and older. This month, learn about vision aids and other innovative tools that can help to combat vision loss. Visit www.preventblindness.org for more information.

**February is National Cancer Prevention Month:** Organized by the American Institute for Cancer Research, this month-long observation provides the opportunity to focus on ways we can decrease our cancer risk through nutrition and physical activity. Click here for more information.

AHCA/NCAL Information

**AHCA/NCAL Quality Summit: Housing Deadline Approaching**

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.

**2019 Independent Owner (IO) Leadership Conference: Housing Deadline Approaching**

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 PAC Information

We have already started scheduling our IHCA PAC events 2019! Don’t miss out on these great opportunities!! We are now looking for sponsors (and participants!) for this year’s outings. Please mark your calendar for the following 2019 IHCA PAC events:

IHCA PAC Southern Illinois Golf Outing
The first event out of the gate is the annual Southern Illinois Golf Outing, on April 19, 2019. This is a great chance to dust off your clubs early in the season and get out on the course with your long term care colleagues. Once again this year we are hosting the outing at Stonewolf Golf Course in the Fairview Heights. Pricing includes golf, lunch, drinks on the course and an appetizer reception afterwards. You can contact Kristin DiCenso to sign up or sponsor or you can access the registration/sponsorship forms HERE.

IHCA PAC Baseball Outing
We are returning to Chicago May 3 for an event that has become a sellout each year, our 7th Annual IHCA PAC Cardinals vs. Cubs Baseball Outing. We have kept the all-inclusive pricing the same again this year, with your $250 buying you a ticket to the game, and all the food and drinks you can handle. This year we are hosting at the fantastic 3617 Sheffield Rooftop. Tickets and sponsorship opportunities are available now, but they tend to run out quick, so don’t wait too long to get yours! You can contact Kristin DiCenso to sign up or sponsor you can access the registration/sponsorship form HERE.

IHCA Information

FALSE IHCA Invoice Email Notifications
It has come to our attention several IHCA members have received emails appearing to be from IHCA staff members, with an attachment labeled as an unpaid invoice. These are scam emails. Please be aware, while it may display as coming from an IHCA staff member, but they are not generated from the IHCA server. Please do not open any attachments on these emails, and immediately report them as spam/phishing attempts. If you question about an invoice, please call the IHCA office.

22nd Annual Resources for Success – Save the Date – March 27 & 28
LTCNA is now accepting registrations for the 22nd Annual Resources for Success nursing conference. Join us March 27 & 28 at the Northfield Inn, Suites & Conference Center in Springfield for sessions on topics ranging from legislative and regulatory updates from IHCA’s public policy staff to the new PDPM and more. Day 2 will feature keynote speaker Cheryl Boldt discussing how nursing leaders can thrive through changes in health care.

Interested in exhibiting at the Resources for Success Expo? A select group of vendors will be chosen for this intimate show. Sign up today for your chance to meet key nursing staff from various Illinois facilities.

To view the brochure or the expo prospectus for this event, click here.

IHCA Public Policy Forum 2019 – March 27, 2019
Join us for this year’s event next month! IHCA policy staff and consultants will provide an overview of IHCA’s policy and political agenda for 2019, review potential opposition initiatives that we may face, discuss the possibilities of what is in store for our sector in any potential state budget and provide an open discussion on the various policy concerns facing the long term care profession. After the forum concludes, members will head to the Capitol to lobby their local legislators and the day will end with a reception at the Inn at 835. Mark your calendars now! Click here to view the brochure.

Expo Prospectus for the 2019 Convention & Expo is Now Available!
IHCA is already well into working on this year’s event. Interested in exhibiting at this year’s expo? Check out the prospectus (click here) for more information and to access the exhibitor contract. Contact IHCA’s Expo Manager Kelli Showalter at kshowalter@ihca.com.

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:
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.

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
In this week’s episode, Ashley Snavely and Greg Cox laid out what the Governor’s proposed budget looks like and what that means to providers. 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 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!