IHCA’s 2018 Annual Report Now Available Online

As with most years in our profession, 2018 was a busy one—full of ups and downs and plenty of change. With major issues like Phase 2 of the Requirements of Participation and Medicaid Pendings Eligibility Determinations, the 2018 election cycle and changes within the association—it was a busy year for IHCA. The IHCA Board and staff worked diligently to stay on top of these issues and keep the organization moving along smoothly.

We hope you will read through the 2018 Annual Report for more information on what each department was up to throughout the year.

Click here to access the report.

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.
A new analysis finds that the staffing crisis plaguing entry levels of long-term care is trickling upward to impact nursing leaders.

New study results show that staffing shortages are damaging nurse leaders' job satisfaction rates, hastening burnout among the top ranks. The American Association of Directors of Nursing Services released results of its 2019 study on nursing directors on Monday.

About 75% of respondents cited staffing shortages as their top challenge, and 63% said they do not have adequate staff to properly care for residents. Those shortages are forcing nurse leaders to the frontlines, with about 66% saying they are routinely providing direct resident care. Balancing work and personal life is important to nurse leaders, but such interruptions to their work routines are causing problems, they reported.

“Work-life balance is a challenge,” said Amy Stewart, R.N., vice president of curriculum development for the affiliated American Association of Post-Acute Care Nursing. “And when you look at that, you also see that work-life balance is interrupted by the fact that they are being pulled into the role of caregiver.”

Stewart urged nursing leaders to invest more in both education and training, to better engage nurses, and to turn more attention toward encouraging certified nurse aides to further their careers and take up bigger roles in SNFs.

“If you’re an RN with an associate’s degree, you have leadership opportunities in long-term care. But where do we get those RNs? We need to start looking at CNAs who want more responsibilities and are demonstrating leadership qualities, and possibly invest in those CNAs to become nurses and carry on the torch” Stewart told McKnight’s.

AADNS gathered its information from about 15,000 directors of nursing working in the long-term care field. It also includes DON/DNS salary comparisons, along with staff turnover rates and trends. The 2019 AADNS Director of Nursing Services Work Study and Salary Report is available for purchase here.

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

**What Illness Lands the Most Seniors in the ER?**

According to a HealthDay News article published earlier this year, complications from diabetes is the most common cause for seniors who frequently find themselves in the ER.

Additionally, the authors of the study—which was published in the January 28 issue of the Annals of Emergency Medicine—noted that these chronically ill patients remain hospitalized longer and require more treatment and resources.

“Efforts to improve care for vulnerable older Americans should focus on enhancing delivery and decreasing utilization,” said lead author Dr. Edward Castillo, an associate adjunct professor in the department of emergency medicine at the University of California, San Diego. "Older patients are more likely to have multiple chronic conditions, which makes emergency care increasingly complex. A better understanding of older patients opens the door for interventions in and beyond the emergency department [ED]."

For the study, researchers examined 2014 data on California seniors that were defined as frequent users, meaning that they visit the ED six times or more that year. Results showed that the most common conditions that took participants to the ED were diabetes (26 percent), chronic pulmonary disease (21.5 percent), kidney disease (19 percent), congestive heart failure (16 percent) and peripheral vascular disease (15 percent).

The study results also showed that compared to less frequent ED users, frequent users were more likely to have been admitted/transferred (86 percent vs. 44.6 percent) and to discontinue care (8 percent vs. 2 percent). They were also shown to be more likely to have more than one health problem. Additionally, 20 percent of them visited three or more hospitals during the study year.
"This study shows that there are opportunities for cost savings and more targeted preventive efforts across the care continuum for older patients," said study co-author Kelly Ko, director of clinical research at West Health, a nonprofit medical research organization. "We can do more to help seniors stay healthier and potentially limit the number of times they have to visit the emergency department."

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

**Health Tip: Anti-Aging Skin Suggestions**

(HealthDay News) -- As we age, so does our skin. With that comes wrinkles and age spots.

While wrinkle creams, eye serums and other products can diminish signs of aging, the most effective anti-aging plan begins with healthy skin habits, the American Academy of Dermatology says.

The academy offers this advice:
- Protect your skin from the sun by seeking shade, covering your skin and wearing sunscreen every day.
- Never use a tanning bed.
- Apply moisturizer daily.
- Wash your face twice a day with a mild cleanser and warm water.
- Quit smoking.
- Eat healthier foods.
- Get plenty of sleep.

Last Updated: Feb 12, 2019

Click here to view the article on HealthDay News.

**March 2019 Observances**

*March 20 is World Oral Health Day (WOHD):* Organized by the World Dental Foundation, WOHD is celebrated to highlight the benefits of a healthy mouth. It also promotes worldwide awareness of issues surrounding oral health and the importance of maintaining oral health. Click here for more.

*March 10-16 is National Patient Safety Awareness Week:* This weeklong observance was created to promote the importance of being involved in one’s own health care. During this week, the Institute for Healthcare Improvement seeks to advance important discussions locally and globally, and inspire action to improve the safety of the health care system – for patients and the workforce. Visit www.npsf.org for more information.

*March 10-16 is National Pulmonary Rehabilitation Week:* This observance highlights the role of pulmonary rehabilitation in enhancing the quality of life of individuals with lung disease. Click here for more.

*March 11-15 is Long Term Care Administrators Week:* For 25 years the American College of Health Care Administrators (ACHCA) has sponsored this weeklong observance each March. This week celebrates the important role that administrators play in providing leadership for the delivery of quality, resident-centered care and a supportive work environment. Visit www.achca.org for more information.

*March is National Social Work Month:* Each March the National Association of Social Workers (NASW) celebrates National Social Work Month to recognize the important contributions of social work professionals. Visit www.naswdc.org for more information.

**AHCA/NCAL Information**

*Complete the Survey: State of Seniors Housing 2019*  
NCAL is teaming up, once again, with the American Seniors Housing Association (ASHA), National Investment Center for Seniors Housing & Care (NIC), LeadingAge, and Argentum to issue The State of Seniors Housing, a report on the
financial performance data for seniors housing communities. We need your participation in order to provide a representative picture of the industry.

Please download the 2019 State of Seniors Housing Survey (Excel format) and submit completed surveys to colleen.blumenthal@healthtrust.com by close of business Monday, March 18, 2019. Questions about the survey should be directed to Colleen Blumenthal of HealthTrust, LLC at (941) 363-7502 or at her email address noted above.

Properties Eligible for Inclusion in Survey
Properties eligible for inclusion in the State of Seniors Housing sample include the following:
- For-profit or not-for-profit communities
- Communities where the majority of units provide Independent Living, including Active Adult
- Communities where the majority of units provide Assisted Living services
- Communities where the majority of units provide Memory Care
- Life Plan Communities/Continuing care retirement communities

Please do not complete surveys for properties where rates are subsidized, such as Sec. 202 elderly housing. For more information, click here to read the article from the AHCA/NCAL Blog, www.longtermcareleader.com.

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.

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.

Upcoming Webinar
- Trauma-Informed Care Providing Mental Health Services in Long Term Care | April 24, 2019 | 1:00 pm CST

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 or 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.

Last Chance to Register for LTCNA’s New DON Certificate Program!
LTCNA is offering an extensive certificate program to assist Directors of Nursing and other nurse managers in their operations. This program will take place over the course of about 8 months and feature face-to-face sessions, as well as web seminars. The program will total 20-22 clock hours of continuing education and participants will receive a framed certificate of completion for display. Deadline to register is this Friday, March 8. For more information, click here to view the program application.

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:

IHCA
PO Box 6248
Decatur, IL 62524-6248
**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, Legislative Director Ashley Snavely reminds everyone about the upcoming IHCA Public Policy Forum on March 27, 2019. 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!