Last Chance to Sign Up for IHCA/ICAL’s AL/SLF Directors Certificate Program!

IHCA/ICAL’s certificate created program to assist AL/SLF Directors in their operations is starting soon!! The kickoff session is scheduled for April 18 in Bloomington. The rest of the program will take place over the course of 7 months and feature face-to-face sessions, as well as web seminars. The program totals approximately 20 clock hours of continuing education and will conclude with a luncheon/graduation. Time is running out so sign up today!! Click here for more information.

Check Out Our New LTC Workforce Development Initiative!

IHCA has joined a group of fellow AHCA/NCAL state affiliates in a workforce development initiative that we hope will prove to be a fantastic resource for our member centers. Illinois.carefortheaging.org, offers site visitors a variety of information on career opportunities available in long term care in Illinois. Individuals interested in positions in SNFs, AL/SLF communities and ID/DD facilities and programs can find data on education and experience requirements, average salaries and career advancement in the profession, and, they can submit an interest form which will allow them to be linked up with association members through the member portal.

IHCA/ICAL and CDDACS member centers can use the site’s member portal to access interest forms submitted by site visitors (click here to register for the portal). Once your registration has been accepted by the site administrator and you have logged in you will be able to search through submissions, and filter and export them by various search criteria, including zip codes, level of education, career area of interest and more. Additionally, by using the member portal, recruiters in participating member facilities will now be able to receive instant notifications via email about candidate interest form submissions that meet their criteria.

We will be promoting this new resource, on our website and social media, and hope you will join us in this effort. Additionally, we are working some promotional materials to share with local schools and universities. Stay tuned for these pieces!

If you have any questions, please contact Ashley Caldwell (acaldwell@ihca.com).
Blue Light Breaks Down MRSA’s Defenses

Rather than wasting precious time to find which medicine will best treat MRSA, doctors could soon use a new method to disarm the superbug: Light therapy.

Methicillin-resistant Staphylococcus aureus (MRSA), a bacterium that causes infection in various parts of the body can dodge many common antibiotics. Although most MRSA infections aren’t serious, some can be life-threatening, sometimes resulting in amputation of the infected appendage.

Exposing the bug to blue light can render it defenseless against antiseptics as mild as hydrogen peroxide, according to a new study in Advanced Science.

“This new tool can treat any superficial wound infected with MRSA, which are typically very difficult to treat,” says Mohamed Seleem, a professor of microbiology at Purdue University’s College of Veterinary Medicine. “The device itself is very small and easy to use. We’re hoping that in the next few years, anyone could carry it around in their purse.’

Compared with a Neutrogena light therapy mask for acne, the new device is much more portable and sensible. It looks like a small box with a hole for light to come through, which contains the light to the wound.

Some bacteria, including certain strains of staph, produce pigments, which have to do with the organism’s ability to damage the host. Knowing how to reduce the pigment, might also reduce the organism’s activity in the body, a practice known as photobleaching.

“When you bleach something in the wash machine, you’re extracting the color using chemicals. What we’re doing here is similar, but we’re using blue light,” says Seleem, who researches antimicrobial resistance and infectious disease.

After achieving promising results in vitro, researchers exposed mice with MRSA-infected wounds to different wavelengths of light. The infections responded especially well to light in the blue region, and combined with a low-concentration hydrogen peroxide, reduced significantly.

The technology is patented through Purdue’s Office of Technology Commercialization. Ji-Xin Cheng, a professor of biomedical engineering at Boston University, is working to arrange clinical trials. The W.M. Keck Foundation supported the work.

Source: Purdue University | Original Study DOI: 10.1002/advs.201900030

*This article was published on Futurity.org.

Extra Calcium Safe for the Aging Eye

In a recent HealthDay News article, researchers at the US National Eye Institute found that contradictory to previous research the results of a new study showed that adding calcium to your diet will not raise your risk of age-related macular degeneration (AMD). AMD is the leading cause of vision loss and blindness in the US in individuals aged 65 and older.

For the study, the team analyzed data from nearly 5,000 people who were followed for an average of 10 years as part of a study on age-related eye disease, none of which had AMD at the start of the study. As the participants aged, those with the highest intake of calcium, from their diet or supplements, actually had a lower risk for developing late-stage AMD than those with the lowest calcium intake.

“Although the findings suggest that high calcium intake may be protective, the jury is still out on whether people should alter their calcium intake to prevent the onset or progression of AMD,” said lead investigator Dr. Emily Chew, director of the division of epidemiology and clinical applications and deputy clinical director at the eye institute.

The apparent protective effect of calcium could be due to other factors, noted Chew, like people who have a high calcium intake may be more likely to also eat a healthier diet, exercise and take prescribed medications, all of which could also lower AMD risk.
It’s Past Time that You Stopped Baby Talking Your Residents

In a moment of frustration, I’m sure it can happen to almost anyone in this field. Unable to connect with an elderly resident — who may have dementia or other cognitive issues — you resort to a simpler speech structure, talking more slowly and using smaller words. “Sweetie.” “Darling.” “Honey.” Baby talk, if you will.

It seems harmless at the time, but such “elderspeak,” as they call it, can be truly harmful to older adults. As Yale researcher and expert in this topic, Becca Levy says, such speech is often received as condescending and disrespectful, and can be damaging to their mental health. For some, it “sends a message that the [person] is incompetent, and begins a negative downward spiral for older adults who react with decreased self-esteem, depression and withdrawal,” she says.

This issue is, of course, nothing new for the long-term care field, but some of the industry’s brightest are seeking innovative ways to try and address elderspeak using today’s technology.

The University of Kansas School of Nursing, for one, is working on a pilot program related to the eradication of elderspeak. They’re now exploring whether an in-person training that’s been deployed to reduce this harmful language can be successfully adapted into an online format so that anyone, anywhere can reap the benefits of such classes.

LeadingAge LTSS Center @UMass Boston is helping KU researchers with this endeavor over the next few months, serving as consultants on the project, officials announced recently. Early results have shown that this online web tool, referred to as CHATO, has been as effective as its in-person counterpart. But now, they’re working to test its usefulness on an even larger sample of 120 nursing homes.

CHATO uses real videos from SNFs, helping to reinforce with caregivers the negative effects of using elderspeak. Typical sessions encourage providers to step into seniors’ shoes to better understand the impacts of one’s words.

According to the announcement, nursing home employees participating in the pilot can complete CHATO training in three one-hour sessions, which cover topics such as the components of effective communication with older adults, and proven strategies to adopt more “person-centered” methods of relating to elders.

For its part, LeadingAge’s LTSS Center is helping to create an implementation guide and training manual for the 120 nursing home participants. It’s also developing a plan to evaluate the pilot’s outcomes, and design a larger research study to evaluate the impacts of CHATO.

"We often find that people go through training and frequently do not know how to put what they've learned in class into practice," says Natasha Bryant, managing director and senior research associate with the LeadingAge LTSS Center. “Our goal is to help people learn new ways to communicate with the people they’re interacting with and caring for every day.” In the meantime, before all of these learnings hit the street, it’s wise to curb the baby talk next time you’re struggling to connect with an elder. It seems like a small switch in the grander scheme of things, but could translate in big differences to the happiness and well-being of a nursing home’s residents.

*This article was printed in McKnight’s.*

Health Tip: Hearing Loss Prevention

About 1 in 3 Americans between the ages of 65 and 74 has hearing loss. And about half of those over 75 have trouble hearing.

Though age-related hearing loss is difficult to prevent, noise-induced hearing loss can be minimized. People should actively reduce exposure to loud noise, the U.S. National Institute on Deafness and Other Communication Disorders says. The agency encourages people to be aware of damaging noises such as loud music, firearms, snowmobiles, lawn mowers and leaf blowers. Among the institute’s suggestions are:

- Avoid loud noises.
• Reduce the amount of time exposed to loud noises.
• Protect ears with earplugs or earmuffs.

April 2019 Observances

April 7 is World Health Day: Organized by the World Health Organization, World Health Day is celebrated each year to mobilize action around a specific health topic of concern to people all over the world. The tagline for World Health Day is 2019: Health for all – everyone, everywhere. Visit www.who.int for more information.

April 16 is the 10th Annual National Healthcare Decisions Day: National Healthcare Decisions Day exists to inspire, educate and empower the public and providers about the importance of advance care planning. Visit www.nhdd.org for more.

April 1-7 is National Public Health Week: Celebrated since 1995, National Public Health Week encourages communities around the country to recognize the contributions of public health and highlight issues that are important to improving our nation. Click here for more.

April 7-13 is National Volunteer Week: Organized by the Hands On Network, National Volunteer Week was created to encourage people to seek out imaginative ways to engage in their communities. Click here to find out more.

April is National Occupational Therapy Month: This monthlong observance was created to promote occupational therapists, occupational therapy assistants and students in practice, education, research and science. Click here for more information.

April is National Parkinson’s Awareness Month: National Parkinson’s Awareness Month was created to raise awareness of the symptoms and treatments of Parkinson’s disease. Click here for more information.

AHCA/NCAL Information

2019-2020 AHCA Elections and Solicitation for Candidates
The 2019-2020 election cycle has officially opened for AHCA members in good standing interested in running for the AHCA Board of Governors. The AHCA elections are for three officer positions (Chair, Vice Chair, Secretary/Treasurer), one Independent Owner Representative, one Regional Multifacility Representative and two At-large Representatives. AHCA members interested in running for an AHCA Board position may obtain the necessary candidacy materials online. Applicants must complete and electronically submit the AHCA candidacy materials by close of business on May 20, 2019. Candidates will submit completed materials by sending an e-mail to Christy Herle.

The AHCA elections will take place during the second Council of States meeting at the AHCA/NCAL 70th Annual Convention & Expo, October 13 - 16 in Orlando, FL. Once the application phase has ended, the AHCA/NCAL Credentialing Committee will hold an in-person meeting to conduct a certification process for each candidate. Once certification occurs, AHCA will announce the slate of candidates to the membership. If you have further questions, contact Christy Herle.

AHCA Award Nominations Now Open!
We are now accepting entries for the AHCA Awards Program. AHCA honors individuals who are committed to improving the quality of life for residents. Categories include:

• Not for Profit Trustee of the Year
• Not for Profit Program of the Year
• Volunteer of the Year – Young Adult (Ages 13-19), Adult and Group

Nominations packets are available on AHCA’s website now through June 7, 2019. We encourage AHCA members take the time to submit a nomination to recognize those making a difference in the long term care industry. Honorees will be recognized at AHCA/NCAL’s 70th Annual Convention and Expo in Orlando this October.
NCAL Award Program Now Accepting Nominations
Know an outstanding assisted living nurse or executive director? Last year, did your community create the best National Assisted Living Week® programming based on the “Capture the Moment” theme? Or maybe there is an unlicensed caregiver or someone in the dietary, housekeeping, or maintenance departments who goes above and beyond the call of duty? If you answered yes, then check out NCAL’s 2019 Awards Program. This program gives awards in four categories:

- Administrator of the Year
- Nurse of the Year
- Noble Caregiver in Assisted Living
- National Assisted Living Week Programming

Click here to find out more.

2019 NSNCW Guide & Catalog
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
- The Stars are Changing - What Will Happen to Your Five-Star Rating? | April 8, 2019 | 12:00 pm CST
- So You Think You Might Want to Run for the AHCA or NCAL Board: Everything You Want to Know but Are Afraid to Ask | April 12, 2019 | 12:00 pm CST
- 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 you can access the registration/sponsorship form HERE.

IHCA Information

PDPM Training
Did you miss the first round of our PDPM Training? We’re giving you another chance! This session will not only address the facility ramifications due to the change, but also discuss how accurate ICD-10 coding will be crucial to your success. This full day workshop will start with diagnosis coding, work through PDPM including a case study, and end with participants having a plan to implement in their facilities. These new sessions are scheduled for August 6 in Bloomington and August 7 in Mt. Vernon. Check the seminars page on our website for more information as it becomes available.

2018 IHCA Annual Report
The 2018 IHCA Annual Report is available online. We hope you will read through the 2018 Annual Report for more information on what each of our departments was up to throughout the year. Please feel free to contact us with any questions or suggestions for the future. Click here to access the report.

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.

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 thanks everyone who participated in our 2019 Public Policy Forum. 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!