Maitland-Warner Scholarship Applications Now Being Accepted!!

Are you or someone you know looking to further your nursing education? The Maitland-Warner Scholarship Fund can help with those education expenses. Applications are now being accepted!!

Each year, the John W. Maitland, Jr. – Joseph F. Warner Long Term Care Nurses Scholarship Fund awards scholarships to individuals seeking to pursue nursing degrees and employment in long term care in Illinois. The fund was created to honor Senator John W. Maitland, Jr., and Joseph F. Warner, two champions of long term care in Illinois. Senator Maitland is considered to have done more to advance the needs of the long term care profession and residents in the General Assembly than any other elected official in Illinois. Warner is credited with spending countless hours educating legislators and elected officials about long term care issues. A former IHCA board president, he truly valued the power of education.

And, we hope that our IHCA members will help us continue supporting long term care nurses by donating to the cause. We will be sending out a donation solicitation next week to all IHCA members, so please contribute if you can.

Applications for the 2019-2020 scholarships are now being accepted! Must be submitted by Friday, June 7, 2019 to be considered.

Click here to download printable forms.
Click here to submit application online.

Check Out Our New LTC Workforce Development Initiative!

Have you seen our new website—illinois.carefortheaging.org? 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. The site offers visitors a variety of information on career opportunities available in long term care in Illinois.
Additionally, 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. They will also be able to receive 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. Click here to view a flyer you can hang in your center or send to your local schools to promote the new site. Stay tuned for more information!

If you have any questions, please contact Ashley Caldwell (acaldwell@ihca.com).

**Updated Medicare Fraud and Abuse Prevention Materials**

CMS has materials to support providers’ efforts to prevent, detect and report suspected Medicare fraud and abuse. CMS has a poster that providers can print or incorporate into their Compliance and Ethics Program flyers that are posted in the buildings. This February, the agency updated its booklet summarizing many relevant fraud and abuse laws that are applicable to all federal health care programs, including both Medicare and Medicaid. Nursing centers are encouraged to review this material for the Phase 3 Requirements of Participation Compliance and Ethics Program.

**This article was posted on the AHCA/NCAL blog – www.longtermcareleader.com.**

**Study Claims Violence Against Long Term Care Staffers Has Been ‘Normalized’**

According to a new study by researchers at Stirling University and Windsor University in Canada, physical and verbal abuse against long term care workers have become, by and large, normalized.

Researchers conducted group interviews with nearly 60 long term care professionals from seven different facilities. In conducting these discussions, they found that violence is a “significant” risk factor in the profession and that many incidents go unreported for fear of punishments or retaliations.

Study authors believe the results of the study, which was funded by two healthcare worker unions, are important for providers, not just in the United States but in other country as well.

“The health and wellbeing of healthcare staff reflects the health of the system itself,” co-author James Brophy, Ph.D., an adjunct professor with the University of Windsor, said in a statement. “There is widespread recognition that the public healthcare system in Canada — as in other countries around the world — is facing a deepening crisis, with working and residential care conditions at breaking point.”

Violence in nursing homes is often caused by resident fear, confusion and agitation, the study found. Other underlying causes included understaffing, work being organized in a task-driven fashion, inappropriate resident placement and a lack of time for social and emotional care.

The study which was recently published in New Solutions, also identifies some of the common barriers to preventing workplace violence, such as insufficient training and resources, systematic underfunding, limited public awareness and a lack of recognition of the problem’s pervasiveness.

Additionally, a second and related poll of LTC workers estimated that nearly 90 percent of personal support workers and registered practical nurses experienced physical violence on the job.

Click here to view the full article from McKnight’s.

**A Parkinson’s ‘Pandemic’ is Coming and There Aren’t Enough Doctors to Deal With It**

A Florida Parkinson’s expert relates how five members of her family or close professional circle have been touched directly with a Parkinson’s disease diagnosis.
An Alabama health system reaches out for advice on dramatically increasing their Parkinson’s patient-care efforts. The reason? A powerful member of their leadership structure just received his Parkinson’s diagnosis. These examples suggest what a Parkinson’s “Pandemic” will look like, a term coined by a Parkinson’s panel earlier this year.

Only 50 neurologists are training in the U.S. to become top-shelf Parkinson’s specialists, movement disease specialists or MDS for short. That number barely touches the retirement rate of current specialists.

The mobility disease specialist crisis (my term) looks like this already: Large geographic areas are without any practicing MDS. An example is the almost two dozen counties constituting Central Georgia, where I live. Parkies like me must travel two to five hours to receive treatment from a specialist in Atlanta, Augusta, Jacksonville or Gainesville. Metro areas have seen a sharp reduction in practitioners who are expert in Parkinson’s and are treating Parkinson’s patients, such as San Antonio, which has gone from 20 to 3.

There are numerous disincentives to becoming an MDS. One is money. Insurers, led by Medicare, are not providing adequate reimbursement support, such as payment for long patient visits necessary for proper care. Long means more than 10 minutes.

Pharmaceutical companies are reducing their already inadequate support for developing new Parkinson’s medications.

Non-MDS neurologists, geriatric specialists and generalists are being forced to fill the void, but they must receive more training. Same goes for related, non-MD professionals, such as physician assistants and nurses.

Parkinson’s is an ultimately unknowable neuromuscular condition.

Even the numbers are approximations. One million cases in the U.S. Seven million worldwide. Fifty thousand new cases a year in the U.S. Second most-common neurological disorder after Alzheimer’s.

Healthcare consultant Kim Blasingame wrote in September that neurology professionals have sounded the supply-demand warning since 2013. She described what’s ahead this way: “The neurology workforce supply is constrained from many sides. Factors including government policy... demographic changes, failure to innovate, and changing clinician work/life balance expectations (that) are limiting growth in the supply of neurology patient care. But it is the convergence with another force — demand expansion — that is creating the perfect storm.”

Patient education and self-help efforts are growing, enormously.

In Tampa, an activist group of PD activists is developing a database of local treatment and support assistance. The work is led and funded by my nonprofit, Me Over PD (MOPD) foundation.

I explore those patient-led, care initiatives in my and my wife’s just published book “Counterpunch: Duking It Out With Parkinson’s.” It is available in paperback and eBook.

There is reason for hope, Parkinson’s patients’ and care partners’ lifeblood. The journey will be demanding, as always with the unwelcome Parkinson’s tenant in our brains.

**This article was written by Gil Thelen, Special to The Miami Herald.**

**FDA Approves New Osteoporosis Treatment**

Earlier this month, the U.S. Food and Drug Administration (FDA) announced the approval of a new osteoporosis treatment. Evenity, a type of injectable therapy known as a monoclonal antibody, helps build new bone by blocking the effect of a protein called sclerostin. The drug was developed by Amgen and is only meant for use against osteoporosis in women at a high risk of fracture.

“These are women with a history of osteoporotic fracture or multiple risk factors for fracture, or those who have failed or are intolerant to other osteoporosis therapies,” the FDA said in a news release.
The move to restrict use is needed, the FDA said, because the new drug does come with risks.

"Evenity may increase the risk of heart attack, stroke and cardiovascular death, so it's important to carefully select patients for this therapy, which includes avoiding use in patients who have had a heart attack or stroke within the previous year," said the FDA's Dr. Hylton Joffe. He directs the FDA's Center for Drug Evaluation and Research's Division of Bone, Reproductive and Urologic Products.

A dose of Evenity requires two injections—one following immediately after the other—given once a month, and the bone-forming effects of the therapy "wants after 12 doses, so more than 12 doses should not be used," said the FDA.

Even with its limitations, the drug does seem to be effective for some women. According to the HealthDay News article, in one trial of over 11,000 postmenopausal women with osteoporosis, a year of Evenity cut their odds for a spinal fracture by 73 percent compared to placebo, the FDA noted, and the benefit appeared to continue over two years.

Another trial, the FDA added, showed that taking Evenity for a year, then following that with a year of an older drug, alendronate (Fosamax) cut the risk of a new vertebral fracture in half, compared to two years of alendronate alone.

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

April 2019 Observances

April 22 is Earth Day: Earth Day Network has been celebrating Earth Day since 1970 in order to promote environmental citizenship and year-round progressive action worldwide. Visit www.earthday.org for more information.

April 24 is Administrative Professionals Day: Administrative professionals provide much needed support in long term care centers and other businesses every day. Take the opportunity on April 24 to show your administrative professionals how much they are appreciated. Click here for more information.

April 22-26 is Administrative Professionals Week: Since 1952, IAAP has honored office workers by sponsoring Administrative Professionals Week. Each year, administrative professionals are recognized for their skills and loyalty, attributes every office depends upon. Click here for more information.

April is National Cancer Control Month: This year, an estimated half million Americans will lose their lives to cancer, and three times that many will be diagnosed with this devastating illness. Cancer patients are parents and grandparents, children and cherished friends; the disease touches almost all of us and casts a shadow over families and communities across our Nation. During National Cancer Control Month this April, we remember those we have lost, support Americans fighting this disease, and recommit to progress toward effective cancer control. Click here to find out more.

April is Stress Awareness Month: Stress Awareness Month has been held every April since 1992. During this annual thirty-day period, health care professionals and health promotion experts across the country will join forces to increase public awareness about both the causes and cures for our modern stress epidemic.

AHCA/NCAL Information

2019 Congressional Briefing – Registration Now Open

Registration for the 2019 AHCA/NCAL Congressional Briefing is in full swing! Last year’s Congressional Briefing was the largest ever, and the event is expected to continue to grow.

This year’s Congressional Briefing is held on June 3 & 4 in Washington, D.C. The event allows attendees the chance to hear from some of the top voices in Washington, receive legislative briefing from professionals in the sector, network with their peers and meet with their legislators to advocate on behalf of the patients that they serve.

The Advanced Registration Deadline is May 6 and prospective attendees are encouraged to register as soon as possible. The Hyatt Regency Washington on Capitol Hill, where the Congressional Briefing is being held, is almost sold out, so please be sure to make a reservation at the hotel promptly.
The conference registration fee is complimentary to AHCA/NCAL Members and AHCA/ NCAL Associate Business Members, and their spouses, and is accepted on a first-come basis. For questions, please contact meetings@ahca.org, or call 202-842-4444.

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. 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 email 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 – Toolkit 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). Additionally, the 2019 Toolkit is now available online! It includes:
- Sample Press Release Template
- Sample Social Media Posts/Newsletter Content
- Sample Proclamation
- Sample Media Advisory
- Sample Letter to the Editor

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.
Registration for the 70th AHCA/NCAL Convention & Expo Is Now Open
From PDPM to changes in Five-Star to the new Rules of Participation, you’ll get concrete solutions and strategies that will make you feel like you have super powers:

- Extraordinary education sessions for SNF, AL, and post-acute care providers and staff. Earn CEs, network, and learn from your peers.
- Super speakers, like Opening Keynote Speaker Doris Kearns Goodwin, World-renowned Presidential Historian and Pulitzer Prize-winning Author.
- An out-of-this-world Expo Hall with hundreds of business partners providing demonstrations of the latest industry products and services.

Fill your toolbox with fresh ideas, inspiration, and action plans. Bring your staff and your family. There’s something for everyone.

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 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.

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

Latest IHCA VCast
In this week's episode, Matt Hartman and Ashley Snavely discuss legislative facility visits and their importance to the work IHCA is doing in the Capitol. 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!