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National Skilled Nursing Care Week 2019!

National Skilled Nursing Care Week (NSNCW) 2019 is just around the corner!! What are you doing for yourself and others every day? What makes you happy? How are you contributing to your happiness and the happiness of others?

Every day, skilled nursing centers assist our seniors and people with disabilities in living their happiest and best lives. Whether it’s planting, cooking, reading or listening to music, these centers pay it forward by helping individuals find their own happiness to improve quality of life.

This year NSNCW will focus on living soulfully. This week will celebrate skilled nursing centers, and their residents and staff, by showcasing how they achieve happy minds and healthy souls. Show us how you Live Soulfully! Be sure to participate by sharing what you’re doing on social media using the hashtag #NSNCW.

Click here to download additional graphics. Click here to download the 2019 NSNCW Planning Guide and Product Catalog and click here to download the NSNCW 2019 Toolkit. Visit the AHCA Bookstore to order today.

Celebrate National Nurses Week! May 6-12, 2019!

In 1993, the American Nurses Association introduced a national week-long celebration for the nursing profession.

National Nurses Week is a time for everyone – individuals, employers, other health care professionals, community leaders and nurses – to recognize the vast contributions and positive impact of America’s 4 million registered nurses. Each year, the celebration ends on May 12, Florence Nightingale’s birthday.

Click here for more information.
Just Over A Month to Submit Your Maitland-Warner Scholarship Applications

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.

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).

Biometric Information Privacy Act

In 2014 the Illinois General Assembly passed the Biometric Information Privacy Act. Since then we have seen cases of enterprising trial lawyers using the act to bring suit against providers. IHCA General Counsel Duane Morris has developed this document as guidance for members in dealing with claims made against them on the Biometrics Information Privacy Act.

Sleep Deprivation and Pain

Despite the fact that my search for column inspiration took place at 3 a.m., I chose the topic of sleep deprivation because residents regularly tell me about their own sleep disturbances. They also discuss their pain.

Though their aches often keep them up at night, a January 2019 article in the New York Times, “Why It Hurts to Lose Sleep,” suggests that there’s a more complicated relationship between sleep and pain.
Author Benedict Carey described research finding “that a single night of sleep deprivation reduced a person’s pain threshold by more than 15 percent.” In addition, “small deviations in the average amount of sleep from one day to another predicted the level of overall pain felt the next day.” Staying up all night — which has been known to happen in the long-term care setting — increased pain sensitivity by 15% to 30%.

This interaction between sleep and physical discomfort is particularly relevant to those of us working in eldercare. Increased use of pain medications not only raises pharmacy costs, but can lead to a host of other problems, including constipation, daytime drowsiness, increased fall risk, the possibility of addiction, medication interactions, breathing problems and more. Each of these complications can, in turn, lead to further difficulties.

Perhaps the silver lining in these significant complications will be that more attention is paid to sleep disturbances in long-term care.

I suspect that the shift-based nature of nursing care makes it easier to discount this issue. If an elder with disrupted sleep were at home keeping their caregivers awake, it would be a major problem for the family. In the nursing home, the nighttime care providers are already up, the daytime workers arrive to work rested and the administrative staff members aren’t around to directly observe the effects of unsettled sleep. It’s the residents who must contend with the mid-night disruptions of their peers.

One loud, agitated resident can awaken most of his or her neighbors. If, as this research suggests, all of those people feel discomfort more intently the next day, this could increase their requests for pain medications. Their fatigue might reduce their progress in rehab and increase their likelihood of irritability. This outbreak of insomnia, pain and aggravation should be attended to as much as scabies or lice.

While adequate pain medication is essential for restful slumber, the Times article suggests that we may be able reduce their need for meds by finding additional ways of improving sleep. The authors of the studies suggest that hospitals hand out earplugs and sleep masks like the airlines do.

I’ve written before about sleep disturbances. The sleep hygiene suggestions from that column bear repeating.

- Set the expectation that employees are working in the residents’ homes and should be mindful of their slumber. This includes talking in calm, hushed tones and turning off unnecessary lights after nighttime care.
- Limit fluids in the evening, provide toileting before bedtime and offer swift, calm and prepared mid-night care that increases the likelihood that residents can go back to sleep.
- Communicate between shifts so that the elders who have gotten up earliest get to bed soonest if they desire.
- Prioritize pain management, particularly if it’s interfering with sleep.
- Refer residents experiencing sleep difficulty due to anxiety or depression to the consulting psychologist.
- Attend to agitated residents immediately so that they don’t wake their neighbors.
- Find peaceful nighttime pursuits for elders with dementia-related sleep disturbance such as magazines, drawing or music on headsets.
- Replace noisy medical equipment such as oxygen machines with quieter models.
- Select roommates with attention to sleep habits and nighttime needs.
- Create a policy for quiet hours after, say, 10 p.m. and require low volumes or headsets for electronics after that.
- Train teams to collaborate between shifts so that they identify and assist residents who are asleep during the day and up at night to re-establish regular sleep patterns.

As with many challenges in long-term care, one trouble often leads to another. This occurs not just in individuals but also in the impact that each resident has upon peers and staff. Attending to pain/sleep interactions can pay off not just in decreased pharmacy costs and reduced medication side effects of a single resident, it can also halt a unit-wide outbreak.

Eleanor Feldman Barbera, Ph.D., author of The Savvy Resident’s Guide, is an Award of Excellence winner in the Blog Content category of the APEX Awards for Publication Excellence program. She also is the Gold Medalist in the Blog-How To/Tips/Service category of the American Society of Business Publication Editors Midwest Regional competition. A speaker and consultant with over 20 years of experience as a psychologist in long-term care, she maintains her own award-winning website at MyBetterNursingHome.com.

*This article was taken from McKnight’s Long Term Care News.*
Sticky Patch Reduces Damage After Heart Attack

A new patch, developed by researchers from Brown University, may help reduce the stretching of heart muscle that often occurs after a heart attack. They made the patch from a water-based hydrogel material using computer simulations of heart function in order to fine tune the material’s mechanical properties.

According to the article posted on Futurity.org, a study with rats showed that the patch was effective in preventing left ventricle remodeling—a stretching of the heart muscle that’s common after a heart attack and can reduce the function of the heart’s main pumping chamber. Additionally, the research showed that the computer-optimized patch outperformed patches whose mechanical properties had been selected on an ad hoc basis.

“Part of the reason that it’s hard for the heart to recover after a heart attack is that it has to keep pumping,” said Huajian Gao, a professor of engineering at Brown University and coauthor of the paper. “The idea here is to provide mechanical support for damaged tissue, which hopefully gives it a chance to heal.”

Research has been done in the past to see if mechanical patches could be effective, according to the research team, but not on what the optimum mechanical properties of such a patch might be. Consequently, the thickness and stiffness of potential patches varies widely, and getting those properties right, Gao explains, is important.

“If the material is too hard or stiff, then you could confine the movement of the heart so that it can’t expand to the volume it needs to,” he stated. “But if the material is too soft, then it won’t provide enough support. So we needed some mechanical principles to guide us.”

To develop those principles the researchers developed a computer model of a beating heart, which captured the mechanical dynamics of both the heart and the patch when fixed to the heart’s exterior. The model had two key components, explained graduate student Yue Liu who led the modeling work, one part was the model of normal heart function, to which they could apply the patch to see how it influenced that function; the second part was to model how the heart remodels after myocardial infarction, to see how much support was needed to prevent that process.

With those properties in hand, the team turned to the biomaterials lab of Lei Yang, a PhD graduate who is now a professor at Soochow University and Hebei University of Technology in China. Yang and his team developed a hydrogel material made from food-sourced starch that could match the properties from the model.

The key to the material is that it is viscoelastic—it combines fluid and solid properties. Additionally, it is cheap and easy to make, and the experiment showed that it non-toxic.

More testing is required, the researchers say, but the initial results are promising for eventual use in human clinical trials. “It remains to be seen if it will work in humans, but it’s very promising,” said Gao. “We don’t see any reason right now that it wouldn’t work.”

For more information, click here to read the full article from Futurity.org.

High Schoolers Help to Preserve LTC Residents’ Precious Memories

A seniors advocacy group is hoping to preserve the memories of lonely older adults, and it’s deploying an army of high school teens to aid in the effort.

The Ontario-based Senior Wish Association recently launched what it’s calling the “Memories Project.” It pairs residents at long-term care facilities with local high school students to create books filled with their life stories.

Older adults are a treasure trove of recipes, jokes and memories, and the association is hoping to stop those tidbits from disappearing forever.

“We aren’t talking to each other as much anymore and so much knowledge is being lost,” Lucille Dalziel, communications director for Senior Wish Association, told Barrie Today.
Teens will work to compile old mementoes, such as photos and letters, into binders, which can be supplemented by family members. They've assembled about 30 books so far. The Memories Project has already started in South Barrie and Innisfil and will expand over the summer across most of Simcoe County, which is just north of the Greater Toronto Area.

*This article was taken from McKnight's Long Term Care News.*

## May 2019 Observances

**May 12-18 is National Hospital Week:** Since 1921 National Hospital Week has celebrated the history, technology and dedicated professionals that these facilities run smoothly. Visit [www.aha.org](http://www.aha.org) for more information.

**May 13-19 is National Women's Health Week:** Organized by the U.S. Department of Health and Human Services' Office on Women's Health, National Women's Health week was created to raise awareness about manageable steps women can take to improve their health. [Click here](http://www.aha.org) for more.

**May is Better Hearing and Speech Month:** This annual observation provides the opportunity to raise awareness about communication disorders and to promote treatment that can improve the quality of life for those who experience problems with speaking, understanding or hearing. [Click here](http://www.aha.org) for more information.

**May is Employee Health and Fitness Month:** Employee Health and Fitness Month was created to promote the benefits of a healthy lifestyle to employers and their employees through worksite health promotion activities and environments. [Click here](http://www.aha.org) to find out more.

**May is Older Americans Month:** For more than 50 years, May has been celebrated as Older Americans Month in order to appreciate and celebrate the vitality and aspirations of older adults and their contributions to our communities. Visit [www.aoa.gov](http://www.aoa.gov) for more information.

**May is National Mental Health Month:** This month, take the time to educate yourself and others about mental health and wellness. Visit [www.mentalhealthamerica.net](http://www.mentalhealthamerica.net) for more.

## 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](mailto:meetings@ahca.org). 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](mailto: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](http://www.ahca.org). 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 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.

**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.

**IHCA Information**

**IHCA Associate Membership Dues**
IHCA Associate Membership Dues have been invoiced several times since the end of 2018. You may recall we have switched over to calendar year billing, rather than by anniversary date, for our associate memberships. If you have not paid your membership dues, or are unsure, please contact the IHCA office.
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 Preferred Vendor CE Solutions Offers Free Webinar
How to improve venous wound management with adjustable Velcro compression webinar session reviews the physiology of proper vein function and the etiological breakdown of vein disease. The focus of the topic is to consider the disease behind a leg ulcer and the vital role that compression plays in wound healing, wound prevention, and decreasing the frequency of recurrence. Participants will learn which compression types best stimulate venous return and how adjustable Velcro compression devices can improve consistency of compression on a limb. Click here to register.

IHCA Member Phigenics Sponsoring 2019 Smart Water Leadership Summit
Facility leaders and infection prevention professionals—you can now sign up for the 2019 Smart Water Leadership Summit. Join fellow long term care professionals in Oak Brook, May 13 & 14, to gain and share essential insights about developing enterprise water and Legionella risk management programs. Click here to view more.

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 gave an update on Managed Care and highlighted issues addressed in bi-weekly meetings with HFS and all HealthChoice Illinois MCOs. 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!