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Crisis In Care Video – Please Share Today!

As you may already have seen on our social media sites and in other association communications, IHCA is asking for your help in getting the word out about the need for the appropriate funding for skilled nursing centers. As the 2019 Illinois General Assembly legislative session draws to a close we need additional member involvement to help get our largest effort across the finish line. This year IHCA has been aggressively pursuing additional funding for skilled nursing centers, with targeted visits with legislative leaders and other decision makers in the legislature, a lobby day and legislative facility visits, among other activities.

We hope you will join us in these efforts by taking some time to make contact in a less traditional way with legislators - social media. IHCA has created this video as a way to show legislators in a straightforward way what the impact of the state’s failure to appropriately fund our skilled nursing centers has been. Additionally, we are providing a budget fact sheet that you can use when reaching out to your legislators and our IHCA Grassroots Manual for other useful information when lobbying your legislators. Contact your facility’s state Senator and Representative today!

Happy National Skilled Nursing Care Week 2019!

National Skilled Nursing Care Week (NSNCW) 2019 is coming to a close, but we hope that you are having a wonderful time celebrating! 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?

This year’s NSNCW is focused on living soulfully. Have you shown how you Live Soulfully yet!? Be sure to participate by sharing what you’re doing on social media using the hashtag #NSNCW.

IHCA would love to hear what you are doing this week. If there is anything you would like to share, feel free to send it to acaldwell@ihca.com. We might be able to highlight your center on our social media pages or in an upcoming issue of LTC Today magazine!
LTCNA Now Accepting 2019 Nursing Award Nominations!

LTCNA is now accepting nominations for the 2019 LTCNA Nursing Awards. The awards will be presented during Ovations: A Celebration of Long Term Care Nurses at the 69th Annual IHCA Convention & Expo in Springfield in September. If you have an outstanding CNA, RN, MDS Coordinator or DON, nominate them today!!

Click here to find out more and to access the nomination forms. If you have any questions, contact Debbie Jackson at djackson@ihca.com or 800-252-8988.

Just A Few Weeks Left 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!! Click here for more information.

Applications for the 2019-2020 scholarships 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. It also allows IHCA/ICAL and CDDACS member centers to access interest forms submitted by site visitors through the member portal (click here to register for the portal). Once 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, as well as set up alerts so you can receive email notifications when candidate interest forms meeting your criteria have been entered into the system.

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).

U.S. Heart Failure Rates Are Rising, Especially for Black Adults

According to new research discussed in a recent article from HealthDay News, the risk of dying early from heart failure-related causes started to rise in 2012 after years of decline and in spite of treatment advances. Additionally, the research noted, black men were especially hard hit by this troubling trend.

“These findings are really important for two reasons. The overall rise from 2012 is a consequence we’ve seen from the rising obesity and diabetes epidemics,” said senior study author Dr. Sadiya Khan, assistant professor in the department of medicine and preventive medicine in the division of cardiology at Northwestern University Feinberg School of Medicine in Chicago. "The second reason," she added, “is the rise in premature deaths of people under 65, especially among black men. This heart failure trend is another manifestation of the undertreatment of hypertension [high blood pressure].

As noted in the article, approximately 6 million people in the U.S. suffer heart failure, which occurs when the heart has trouble keeping up with the demands placed on it. A variety of conditions can cause weakness in the heart and make it less able to function properly and it can cause death in a number of different ways.
The study at Northwestern tracked heart-failure related deaths in the U.S. from 1999 through 2017. In 1999, the article noted, there were nearly 79 cardiovascular disease deaths from heart failure per 100,000 people. By 2012, that number was down to 54 deaths. In 2017, the number had jumped back up to 59 deaths from heart failure per every 100,000 people.

Additionally, the research showed that black men had a 16 percent higher rate of deaths from heart failure compared to white men and by 2017, that rate was 43 percent higher. The rates in black women were 35 and 54 percent higher in the same time periods, respectively. Among younger black individuals (ages 35 to 64) the differences were even more significant. When the researchers controlled the data based on age, they found that black people had a nearly tripled higher risk of dying due to heart failure.

Dr. Kahn said that prevention is crucial and that controlling blood pressure is key. She also noted that maintaining a healthy weight, getting screened for diabetes and quitting smoking are also important factors in preventing heart failure.

The findings were published May 6 in the Journal of the American College of Cardiology. For more information, click here to read the full article from HealthDay News.

**Morning Exercise Kick-Starts Seniors' Brains**

Want a quick brain boost? A morning session of exercise and short walks throughout the day provide a number of brain benefits for older adults, a new study says.

The findings show that people should avoid uninterrupted sitting to maintain good mental function throughout the day. The study also indicates that moderate-intensity exercise such as brisk walking should be encouraged to maintain brain health, according to researcher Michael Wheeler.

"Relatively simple changes to your daily routine could have a significant benefit to your cognitive health. [The study] also reveals that one day we may be able to do specific types of exercise to enhance specific cognitive skills such as memory or learning," Wheeler added. He's a physical activity researcher at the Baker Heart and Diabetes Institute and the University of Western Australia, both in Melbourne.

The study included more than 65 Australian men and women, aged 55 to 80.

The researchers examined how moderate-intensity exercise on a treadmill in the morning with and without 3-minute walking breaks during an 8-hour day of extended sitting affected different kinds of mental function.

Decision-making throughout the day was improved when the participants did the morning exercise session, compared with uninterrupted sitting, according to the study.

It also found that the morning bout of exercise combined with a number of short light-intensity walking breaks throughout the day led to improvements in short-term memory, compared with uninterrupted sitting.

The findings show that different types of physical activity can improve specific areas of mental function, according to the study.

A key player in the exercise-linked brain benefits is a protein called brain-derived neurotropic growth factor, which is important in the survival and growth of information-transmitting neurons in the brain, the researchers said.

They found that levels of this protein were elevated when participants did either just the morning exercise or the morning exercise and short walking breaks throughout the day, compared with prolonged sitting.

"With an aging population which is looking to live healthier for longer, these studies are critical to people enjoying a productive and satisfying quality of life," Wheeler said in a Baker news release.

The study was published April 29 in the British Journal of Sports Medicine.

SOURCE: Baker Heart and Diabetes Institute, news release, April 29, 2019
Nursing Home Uses Nostalgic Field Trips to Trigger Memories

A Louisiana nursing home operator is taking its residents on trips down memory lane, hoping they'll spark them to remember their past.

CCI's Magnolia Estates in Lafayette, LA, most recently paid a visit to Russo Park, home of the Ragin' Cajuns baseball team. Juris East — an 86-year-old resident who suffers from advanced dementia — has struggled to recall day-to-day happenings. But slipping on a baseball jersey and playing catch at the ballpark awakened something in him.

“He was just in awe when we got there, especially because the park has been redone and it's so beautiful now,” Kori LeCompte, director of marketing for CCI, told the *Acadiana Advocate*. “He looked like a 14-year-old out there, just going around and throwing the ball. It was like he didn't have a worry in the world, and he could just be in that moment.”

CCI and Magnolia Estates are planning further trips to help jog residents' memories, including visits to the drive-in movie theater and lunch at a local diner. The trips have been just as important for family members. Juris East's son, Kobe, was overcome with emotion when he saw pictures of his dad at the ballpark, bringing back memories of his teenage years playing at the same stadium.

“We went to ball games as kids. That's why this is so important to us,” he said.

May 2019 Observances

**May 30 is National Senior Health and Fitness Day:** This year marks the 25th Annual National Senior Health and Fitness Day. This observance is celebrated each year to help keep older Americans healthy and fit. Visit [www.fitnessday.com/senior](http://www.fitnessday.com/senior) for more information.

**May is Healthy Vision Month:** Organized by the National Eye Institute, Healthy Vision Month was designed to elevate vision as a health priority in the U.S. Click here for more.

**May is National Stroke Awareness Month:** For 30 years, the National Stroke Association has organized this observance to increase public awareness of stroke in an effort to overcome it. Click here for more information.

**May is National Osteoporosis Awareness and Prevention Month:** Each year, the National Osteoporosis Foundation organizes National Osteoporosis Month to bring national attention to the disease and encourage men and women to be aware of the importance of bone health. Click here to find out more.

**May is National High Blood Pressure Education Month:** Nearly one-third of Americans have high blood pressure. To spread awareness of the condition and how people can prevent it, the National Heart, Lung and Blood Institute (NHLBI) hosts this monthlong observation each year. Visit [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov) for more.

**May is National Melanoma/Skin Cancer Awareness Month:** More than 2 million people are diagnosed with skin cancer each year. This month take the time to educate yourself and others about the importance of prevention, early detection and treatment of skin cancer. Visit [www.skincancer.org](http://www.skincancer.org) for more information.
NCAL Announces National Assisted Living Week Theme for 2019

“A Spark of Creativity” will be the theme for National Assisted Living Week, set for Sept. 8 to 14 this year, the National Center for Assisted Living announced recently.

NCAL encourages residents to use the week to explore art therapy, which the American Art Therapy Association says has the potential to improve cognitive and sensory-motor functions, foster self-esteem and self-awareness, cultivate emotional resilience, enhance social skills, and reduce and resolve conflicts and distress.

The theme also aims to inspire assisted living staff members to get creative in furthering person-centered care with residents.

In the coming months, NCAL will issue a planning guide and products centered on ways to celebrate the theme at www.NALW.org.

2019 Congressional Briefing

The 2019 AHCA/NCAL Congressional Briefing is just a few week’s away! Last year’s Congressional Briefing was the largest ever, and the event is expected to continue to grow.

This year’s briefing is 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 has passed. 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 – Time is Running Out to Submit Candidacy Materials!

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.

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

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](mailto: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 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 introduced the ‘Crisis in Care’ video and asked members to share it on their social media pages and with their legislators. Check it out and share with others! 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!