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Crisis In Care Video – Please Share Today! Last Chance to Get the Word Out!!

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!

Time is Running Out 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.
Nursing Awards – Submit Your Nominations Today!

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.

2019 IHCA Excellence Awards – Staff & Specialty Winners Announced!

The winners of the 2019 IHCA Staff & Specialty Awards were officially announced earlier this month during National Skilled Nursing Care Week. Facilities were notified of their winning nominees and then press releases were distributed to local media outlets the following week. IHCA would like to thank everyone who participated in this year’s Staff & Specialty Awards program and offer a big congratulations to this year’s winners!! Click here to view the list of all nominees.

2019 Award Winners:
- **Environmental Services Professional of the Year**: Buster Rosa, Lakeland Rehabilitation & Health Care Center
- **Housekeeping Professional of the Year**: John York, Sharon Healthcare Elms
- **Food Service Professional of the Year**: Wendy Johnson, Sharon Healthcare Pines
- **Business Office Professional of the Year**: Denise Blackledge, St. Vincent's Home
- **Activity Professional of the Year**: Crystal Risner, Lakeland Rehabilitation & Health Care Center
- **Social Service Professional of the Year**: Martha Handley, St. Vincent's Home
- **Administrator's Choice Award**: Dr. Timothy Horner, Hawthorne Inn of Danville
- **Administrator of the Year**: Shilpi Chona, The Grove of Evanston
- **Volunteer of the Year**: Patricia Cash, Hawthorne Inn of Danville
- **Communications Award**: Lakeland Through the Decades Video, Lakeland Rehabilitation & Health Care Center
- **Photograph of the Year**: Companionship Photo, Lakeland Rehabilitation & Health Care Center
- **Media Event of the Year**: Veteran's Day Luncheon, Manor Court of Princeton
- **Community Partnership of the Year**: Alpine Fireside Health Center & the Rockford Chapter of the Alzheimer’s Association
- **Innovative Program of the Year**: Forget-Me-Not Café, Willowbrook Memory Support Residences

Study Highlights Need for Differing Prevention Strategies for Hip, Non-Hip Lower-Extremity Fractures

Prior studies have examined the incidence, risk factors, and outcomes of hip fractures among nursing center residents, but little is known about non-hip lower-extremity fractures. A national study involving researchers from Hebrew SeniorLife and Brown University looked at lower extremity fractures among long-stay nursing center residents, and found differences that suggest prevention strategies should differ for hip and non-hip fractures.

The research team used national data to identify all long-stay nursing center residents aged 65 years or older who were enrolled in Medicare during a specific time period (2008 and 2009), and then looked at lower-extremity fractures for two years (as late as 2011). Compared with hip fracture residents, residents with non-hip fractures were more likely to be immobile, dependent in all activities of daily living, transferred mechanically, and to have diabetes.

These findings show that non-hip lower-extremity fractures often occur in severely functionally impaired residents, suggesting a different mechanism of injury than hip fractures. This highlights the need for distinct prevention strategies for hip and non-hip lower-extremity fractures.

Learn about research from AHCA’s research center at Brown: brown.edu/go/innovation.
Scientists Name New Dementia Disease for 85-Plus Population

A recent article from Provider magazine discussed a new dementia disease that has been puzzling scientists. According to the article, researchers have decided to call this disease—which is distinct from Alzheimer's but similar enough to cause confusion as to its origins and clinical characteristics—LATE.

A study featured in Brain: A Journal of Neurology, explained that LATE stands for “limbic-predominant age-related TDP-43 encephalopathy,” and noted that the name is fitting as the disease has appeared in the autopsies of those ages 85 years and up. The name was chosen by researchers from around the globe and it is estimated that LATE could affect as many as 25 percent of those in that 85+ years age range.

“This proteinopathy has been associated with substantial cognitive impairment that mimicked Alzheimer’s disease clinical syndrome in retrospective studies. Despite evidence from many sources attesting to the public health impact of age-related TDP-43 proteinopathy, there is as yet no consensus-based nomenclature. To address this problem, we propose new terminology: LATE,” the study said.

LATE resembles Alzheimer’s in that those with the disease have memory problems and dementia. The difference in diagnosis, stated the article, is the presence of the protein TDP-43 in those with LATE. Researchers hope that by publicizing the new name and other facts accumulated on LATE that clinicians will be able to recognize the disease more easily. Currently, the spread of TDP-43 and the damage it does can only be discovered in individuals after they are deceased.

Researchers said the advent of LATE is part of a broader recognition in the scientific community that Alzheimer’s is only one of multiple categories for causing cognitive impairment in the aged population.

“Recent studies have gathered rich clinical data from large groups of subjects across a spectrum of cognitive states, correlated these clinical findings with new pathological markers at autopsy, and then analyzed the data using powerful statistical methods. These studies have indicated that the diseases of aged human brains are complex,” the study said.

As noted in the article, a key characteristic of LATE is the fact it appears in the later stage of late life, with the presence of TDP-43 indicating “a novel disease mechanism in older adults.” The fact that there was no name for the disease until now left the condition without necessary study among investigators in the field of dementia research.

“The promotion of research and increasing awareness of this disease are the primary motivations for developing the new term LATE, and for the recommendations that follow,” researchers said.

Report authors said the next steps in developing more information on LATE will expand assessment tools, since the only methods now focus on the age of people and the year in which they were studied. “Researchers were unaware of TDP-43 proteinopathy prior to 2006, so studies prior to this time could not assess the specific impact of LATE,” the study said.

Scientists will also focus on how many different possible Alzheimer’s-like diseases are present in any one individual.

Check out the full Provider article here. Read the study at https://academic.oup.com/brain.

Out in Front: Program Puts Residents Back in the Bike Seat

Last week, residents at a Wisconsin nursing home got a long-awaited taste of spring, perched in the front seat of a trishaw as a pilot pedaled them around the grounds.

Grace Lutheran Communities – River Pines purchased the three-wheeled, motor-assist trishaw last year but had to wait for the winter thaw before rounding up riders.

“They were pleasantly surprised by the experience,” administrator Jennifer Cohen told McKnight’s after the maiden voyage. “They can connect with the outdoors again, being outside and feeling the wind in their hair.”
Though some residents were apprehensive about climbing aboard, a crowd soon gathered. Passengers can board alone or with a friend, and the vehicle is accessible to “virtually anybody.” The community has 50 skilled nursing residents and a 40-bed short-term rehab unit.

“Folks who use a wheelchair, they may need some help getting in, but once they’re in, there are seat belts to keep them safe,” Cohen said.

Resident Mary Dominski told Eau Claire’s WQOW that she had a “wonderful” first ride.

“I was very impressed by its comfort, and the vision is great from all sides and up into the sky,” she said. “I thought it would be tunnel vision but it wasn’t. It’s really great.”

Cohen said Grace Lutheran covered the cost of the trishaw, typically priced at $14,000 to $15,000, with two grants: one from Wisconsin’s civil monetary penalty fund and the other from the local Park Family Foundation.

The community’s effort was inspired in part by Denmark’s Cycling Without Age movement, which promotes rickshaw riding as a way for seniors to enjoy their environment and connect with others. The ride’s close confines allow for easy conversation.

River Pines’ trishaw rides will be piloted at most times by volunteers, with staff providing training and scheduling support. The campus includes paved paths that make for ideal riding locations, Cohen said.

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

June 2019 Observances

**June 2 is Cancer Survivors Day:** Cancer has touched so many of our lives, whether you are a cancer survivor yourself, or you know someone who has survived cancer. This day provides us all an opportunity for all people living with a history of cancer to connect with each other, celebrate milestones and recognized those who have supported them along the way. Visit [www.ncsd.org](http://www.ncsd.org) for more information.

**June 8 is Family Health & Fitness Day:** This special day was created to promote the importance of parks and recreation in keeping communities healthy. For 2019, the theme is “Get Fit” with Parks and Recreation and the National Recreation and Park Association challenges us all to “Get Fit” by doing a minute of jumping jacks (regular or modified) with family and/or friends at a local park or recreation center. [Click here](#) for more.

**June 13 is National Career Nursing Assistants’ Day:** Each year this special day is set aside to recognize the hardworking nursing assistants who dedicate their lives to the well-being of others. Long term care nursing assistants are a key part of providing care for our residents, so be sure to show them you care! [Click here](#) for more information.

**June 10-16 is National Men’s Health Week/June is Men’s Health Month:** Organized by the Men’s Health Network, these special observances are celebrated each year to heighten the awareness of preventable health problems and to encourage early detection and treatment of disease among men and boys. Visit [www.menshealthmonth.org](http://www.menshealthmonth.org) for more.

AHCA/NCAL Information

**Time is Running Out – Submit Your AHCA Award Nominations Today!**

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 Nomination Due Date Quickly Approaching
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. Nominations must be submitted by June 7, 2019!

New LTC Trend Tracker Report
LTC Trend Tracker has a new and improved report that gives AHCA/NCAL members a dynamic look inside the data that LTC Trend Tracker has to offer! The new SNF Quality Measures Report includes data from Discharge to Community, Quality Metrics, Five-Star, and so much more. Members can customize the report to show metrics that are of their specific interest, drill down to center-level data for each metric, and also customize the timeframe for the data they are viewing. This dynamic report is the first of many modern enhancements coming to LTC Trend Tracker, so stay tuned for updates!

Have additional questions about how to utilize this new feature? Feel free to reach out to the LTC Trend Tracker team at help@ltctrendtracker.com!

National Assisted Living Week 2019 – September 8-14
“A Spark of Creativity” is this year’s theme for National Assisted Living Week, which hopes to inspire residents to tap into their creative side, whether through the arts or beyond.

Specifically, residents should explore art therapy as it can offer many benefits to older adults, such as improving cognitive and sensory-motor functions, fostering self-esteem and self-awareness, cultivating emotional resilience, enhancing social skills, and reducing and resolving conflicts and distress, according to the American Art Therapy Association.

Additionally, the theme aims to inspire assisted living staff to get creative in order to further person-centered care to residents. Staff at all levels are encouraged to offer ideas that could help improve each resident’s quality of life. Assisted living communities across the country should organize activities and events throughout NALW that relate to the theme.

More information coming soon!

AHCA/NCAL Convention & Expo – Preliminary Program Now Available and Registration is Open
The AHCA/NCAL Preliminary Program is now available. You can download a copy or review it online. Watch your mailboxes this week for a copy. Get an overview of the exciting education sessions, guest speakers, networking events and Expo Hall. 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**

**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 ([link 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](mailto:acaldwell@ihca.com)).

**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 ([link 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, Bill Bell gives an update on the most recent LTC Advisory Board Meeting. 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!