Just One Day Left to Submit Your IHCA Award Nominations!!

*Deadline Extended!! You have until the end of business tomorrow to get your nominations in! Don’t miss out on this great opportunity to recognize your long term care peers!*

Each year, the IHCA Awards program recognizes dozens of hardworking, dedicated long term care professionals! Each nominee will be recognized in a variety of IHCA publications and will receive a certificate of recognition from the association. With a wide variety of categories (click here to view the list) to choose from, there is sure to be one that fits your fantastic team members! From environmental services to social services, food services to administration, and even volunteers, we’ve got you covered!

The awards will be presented at the 66th Annual Convention & Expo in Peoria. Volunteer and Staff Award winners will be announced at the Opening General Session on Tuesday, September 13 and the Nursing Awards will be given at the annual Ovations Breakfast on Wednesday, September 14. It is not required to attend convention to be nominated for an award.

Click here for more information. Click here to access the online nomination form. Click here to access the PDF nomination forms. **Please read the instructions carefully when filling out your nomination forms to ensure that you submit all required materials. If you have any questions, contact Ashley Caldwell (or Debbie Jackson for Nursing Award questions) at the IHCA office.

IDPH Safety Tips for Hot Weather

As temperatures soar here in Illinois, we are all scrambling to stay cool. The Illinois Department of Public Health recently released their tips for staying cool as the summer weather gets hotter and more humid each day. Click here to read the release.

*It’s important to keep our seniors cool* in hot weather. Older adults need to be more careful of overheating because their bodies don’t cope well with high temperatures and they’re also more likely to be dehydrated.

A recent University of Chicago Medical Center study found that 40 percent of heat-related deaths in the U.S. were among people over 65.

Seniors are more vulnerable to heat because:
Their bodies don’t adjust as well to sudden changes in temperature.
Chronic medical conditions can change their body responses to heat.
Prescription medicines can impair their body’s ability to regulate temperature or could actually prevent sweating.

Do you have procedures in place to keep your residents cool this summer? Are you amping up the hydration efforts with extra water passes and yummy treats like popsicles? Do you know the signs of heat stroke and hyperthermia? Take action today to help your residents to beat the heat!

New Drug Combines with Older Medication to Treat MRSA

Methicillin-resistant *Staphylococcus Aureus* infections are responsible for more than 19,000 deaths annually, and are responsible for $3 billion in health care costs each year. The threat of these infections, as well as other antibiotic-resistant infections, has become so critical that the World Health Organization predicts that some common infections and minor injuries could become life-threatening ordeals due to lack of available treatments that will kill the bacteria.

“Current standard-of-care drugs for the treatment of MRSA infections are limited,” said Daniel Pilch, associate professor of pharmacology at Rutgers University’s Robert Wood Johnson Medical School. “Furthermore, resistance to these drugs is on the rise, and their clinical effectiveness is likely to diminish in the future.”

Researchers may have found a new treatment for MRSA, however, according to a recent study. Scientists have found that a new drug, TXA709, can successfully treat MRSA in animals when combined with an antibiotic that has been on the market for almost 20 years. By combining the TXA709 with cefdinir, which has been used to treat a number of bacterial infections (including strep throat, pneumonia, bronchitis and more), the drug becomes more efficacious and less likely for MRSA to become resistant to the medication in the future.

The new drug kills the bacteria in a unique way that is unlike antibiotics currently on the market, inhibiting the function of a protein that is essential for bacteria to divide and survive. Combining it with cefdinir also allows a lower dosage of the TXA709 and decreases the potential for any drug-induced toxicity and other side effects.

“What is also good about this experimental treatment is that both drugs can be taken orally, which means they can be administered on an outpatient basis,” added Pilch. “All but two of the current antibiotics being used clinically to treat MRSA need to be administered intravenously.”

Phase I clinical trials on the new drug are expected to start in the spring. Click here to view more on this from *Futurity.org*.

Paramedics Often Left Out of the Loop on Nursing Home Calls

According to a new survey recently published in the *Emergency Medical Journal*, paramedics often receive little direction from nurses or medical records when handling end-of-life situations at nursing homes. The survey indicates that this lack of direction is mostly tied to a lack of clarity when it comes to residents’ wishes. According to survey respondents, records providing residents’ end-of-life preferences are not very common and are generally limited to resuscitation. Without records stating an individual’s wishes paramedics are forced to make decisions based on perceived preferences in cases where the patient is incapable of making a decision or communicating their wishes.

In the survey, paramedics spoke of various situations where staff or family members attempted to influence how an individual was treated. These types of instances contribute to the uncertainty among paramedics regarding how to treat patients in end-of-life situations.

The results of this survey, and the comments of paramedics that participate, show how truly important it is for long term care facilities to have clear records of residents’ preferences when it comes to end-of-life care decisions such as resuscitation and intubation.

For more on this survey, click here to read the complete article from *McKnight’s*. 
Parkinson’s Rates on the Rise Among American Men

Approximately 1 million people in the U.S. suffer from Parkinson’s disease. According to a recent study, the rates of Parkinson’s disease has been on the rise over the last three decades. According to researchers, Parkinson’s disease may be a much bigger issue than previously believed, particularly among men as results did not show the same rise in cases among women.

"I believe this will be the first of several reports in the United States to demonstrate what the Parkinson's Disease Foundation has come to realize -- that the number of people living with Parkinson's is dramatically undercounted," said one expert who reviewed the findings, James Beck. He is vice president of scientific affairs at the Parkinson's Disease Foundation.

For the study in question, a research team led by the May Clinic's Dr. Walter Rocca tracked long term data on people living in Olmsted County, Minnesota. In reviewing the data, they found that the rates of Parkinson’s disease practically doubled for men between 1996 and 2005, with the steepest increase happening in men over the age of 70. No similar results were found among women.

Prior studies have suggested that smoking might reduce the risk of Parkinson's disease, leading researchers to believe that the decline in smoking among American men over the past few decades may have something to do with these results. However, researchers are quick to point out that this theory is by no means a proven fact and more research will need to be done.

Click here for more information from HealthDay News.

More Seniors Saying No to Retirement

A new survey shows that nearly two-thirds of older Americans say they will continue to working rather than retire once they hit 65. And, not only do they plan to continue working, but many of them also plan to make changes to their career as well—either changing employers or switching to a new field entirely.

"Not only are older Americans going to work longer, but four in 10 respondents are planning to change career fields in the future, said survey author Trevor Tompson, director of the Associated Press-NORC Center for Public Affairs Research at the University of Chicago. “These results point to significant changes in the American workforce with impacts likely felt by workers and employers.”

In the years between 2003 and 2013, the number of older Americans (ages 65 and older) grew from nearly 36 million to almost 45 million, and that number is expected to continue to rise. For this study, researchers interviewed more than 1,000 working adults ages 50 and older. Results showed that many of them never planned to retire at all, let alone at age 65.

Approximately 25 percent of respondents had no plans to ever retire, including 33 percent of those earning $50,000 or less per year and 20 percent of those earning $100,000 or more per year. Additionally, 60 percent of of individuals ages 50 to 64 said they plan to work past the age of 65 and nearly half of those already 65 or older said they were already working or were planning to work.

The survey also showed that more than 40 percent of participants who had spent at least 20 years working for the same employer were more excited and less nervous about retiring than those who had not been with a single employer for as long. Many respondents who planned to keep working also noted that they intend to either switch fields or find a new employer in the future.

These results mean big changes coming to America’s work force. “The circumstances and future plans of older Americans must be well understood by decision-makers,” explained Tompson in a University of Chicago news release.

For more on this, click here to read the full article from HealthDay News.
LTCNA to Offer Training With New Simulation Mannequin

The Long Term Care Nurses Association (LTCNA) has purchased a simulation mannequin, Geri Manikin, and is offering competency testing for nurses in your facility! For the first year, LTCNA will offer a limited number of facility Charter Memberships.

The fee for the membership is $2,000 and the facility will receive 24 hours (4 6-hour days) of simulation time over the course of the year. Click here to access an informational flyer that can be used to "encourage" your facility decision maker to take advantage of this offering.

For more information contact Debbie Jackson at djackson@ihca.com or 800-252-8988.

June 2016 Observances

June is Cataract Awareness Month: Cataract is the leading cause of blindness in our country. More than 24 million Americans, ages 40 and older, are currently living with cataract. Take some time this month to learn about cataract—the signs and treatment. Click here for more.

June is National Safety Month: Each year, the National Safety Council organizes this month-long observance in order to educate and influence behaviors around leading causes of preventable injury and death. Safety within our centers is always a top priority. Take a minute sometime this month to check out the National Safety Council’s website for more information on National Safety Month. You may find some useful information!

AHCA/NCAL Information

Social Media Guidance

AHCA has developed a social media guidance document, which offers critical information (including a template social media policy) to help providers ensure that social media is used correctly. (Please note you will need to log in using an AHCA username and password to view this document.) Social media has become a major issue in recent years. With the wide range of social media platforms available, it is very important that long term care providers know the best ways to use them to communicate with their residents, families and community members and how to avoid breaches in resident privacy and other legal issues. Please contact Dianne De La Mare with any questions.

And, don’t forget, IHCA is offering a webinar NEXT WEEK on this topic. Sign up for Texts, Posts and Tweets: Managing Media Use and Privacy in Nursing Facilities today! Click here to view brochure.

The Early Bird Deadline to Register for the 67th Annual AHCA/NCAL Convention & Expo is Fast Approaching!

Early Bird registration ends July 22! Register before it’s too late! Great entertainment, friendly people and unforgettable experiences—all of this describes Nashville, Tennessee, known as Music City USA. It also describes the AHCA/NCAL 67th Annual Convention & Expo, to be held in Nashville, October 16-19. This is the gathering place for long term and post-acute care professionals, where leaders in the field gather to share ideas, learn about new techniques and services, network, and have fun. Educational sessions are designed to help you provide for your residents in the most efficient and effective way; keynote talks will inspire you; visits to the Expo Hall will expose you to the very latest in products and services for your business; and networking events will help you make new friends. Make your plans now to attend - we’ll give you lots to sing about! Click here for more information! Click here to view the preliminary program!

National Assisted Living Week 2016 – Planning guide Now Available!

There’s still plenty of time to plan your center’s National Assisted Living Week in September! Visit www.NALW.org for ideas and other resources, including the NALW logo that can be used to advertise the celebration in your assisted living center. Be sure to check out this year’s planning guide, which is now available online! This year’s theme is: Keep Connected, which recognizes the increasing opportunity technology can offer to enhance the care and overall experience in assisted living communities. The annual, national observance provides a unique opportunity for residents, their
loved ones, staff, volunteers and surrounding communities to celebrate the individuals served in assisted living and learn more about this sector of the long term care profession.

**Upcoming Webinars**

- **Payroll-Based Journal Reporting: Staffing Strategies for Success**
  July 13, 2016 – 1:00 p.m. CDT
- **AHCA/NCAL Quality Award Program and Member Recruitment and Retention**
  July 19, 2016 – 1:00 p.m. CDT

**IHCA PAC Information**

**Cardinals Raffle Winner!**

*And the winner is… Emily Dykstra from Regency Care of Sterling!*

Congratulations to Emily for winning the raffle for four (4) premium tickets to see the Cardinals take on the Brewers at Bush Stadium on July 2, compliments of our friends at HPSI!

**Learn and Earn; Then Take a Break on the Lake!**

Next month IHCA PAC is offering a new opportunity—earn CEUs at an educational session at Duane Morris in Chicago, then board the Spirit of Chicago for a cruise on Lake Michigan! IHCA last held a Lake Michigan Cruise in 2008, and we thought it was time to give it another go! Join us on July 22, 2016 for education, networking and good times in the Windy City!

**Education Sessions – Noon – 3 p.m.:**

- Neville Bilimoria will present a session on HIPAA
- Al Litwiller will present a session on Proper Documentation

**Lake Michigan Cocktail Cruise – 4 – 6 p.m:**

- Board the Spirit of Chicago at Navy Pier
- Cocktails and hors d’oeuvres included

[Click here to view the brochure.](#) Cost: $125. You can also choose to participate in just the educational sessions, just the cruise, or both! Contact Kristin DiCenso for more information: [kdicenso@ihca.com](mailto:kdicenso@ihca.com).

**IHCA Association Information**

**IHCA Constituency Committee Elections**

Every two years, on the even-numbered years, IHCA constituencies must conduct elections per the IHCA Bylaws in order to fill the constituency representation. Since 2016 is an even-numbered year, this will begin the process of electing members to each constituency committee. Any full member in good standing can be nominated (self-nominations are welcome) for election to the appropriate constituency committee.

- [Click here](#) to submit a nomination for the Associate/Individual/Student/Honorary Member Constituency Steering Committee
- [Click here](#) to submit a nomination for the Assisted Living Constituency Steering Committee
- [Click here](#) to submit a nomination for the Nursing Facility Constituency Steering Committee

The deadline for nomination is July 1, 2016.

**Election of The CDDACS Board Officers**

In accordance with The Center’s Bylaws, every two years, on the even-numbered years, an election must be conducted in order to fill the CDDACS Board Officer positions. Any full member of The Center in good standing can be nominated (self-nominations are welcome) for election as an Officer on the CDDACS Board of Directors. Once all of the nominations are received, an election will be held by all CDDACS members.
The CDDACS Board of Directors will be composed of the following members per The Center’s Bylaws:

- CDDACS President (elected by all CDDACS members; serves on IHCA Board)
- CDDACS Vice President (elected by all CDDACS members; serves as alternate on the IHCA Board)
- CDDACS Secretary/Treasurer (elected by all CDDACS members)

Please review the position descriptions and complete your nomination by clicking here! The deadline for nomination is July 5, 2016.

**Reserve Your Booth Space for the 66th Annual Convention & Expo!**

Are you looking for a way to touch base with long term care professionals? Do you want access to facility decision makers? Exhibiting at our annual expo is a great way to do just that!! Reserve your space today for the annual show in September (click here to view the prospectus, or visit our Exhibitor Information page for more information)! If you have any questions, please contact Kelli Showalter.

**IHCA Member Spotlight**

**IHCA Associate Member – Litwiller Consulting LLC**

Al Litwiller of Litwiller Consulting is a long-standing IHCA member. He has a B.S. in Education, a Masters in Health Administration (M.H.A) and he offers a wealth of knowledge and experience to his clients. For years Litwiller has dedicated himself to the long term care profession—acting as educator, regulator, nursing home administrator and consultant.

Litwiller Consulting LLC was formed as a result of high demand for quality training—that was also convenient and affordable—that Litwiller witnessed over the years. Using his background in the profession and his experience as an instructor, Litwiller has put together a repertoire of educational sessions on a number of today’s pertinent issues—Infection Control, Documentation Regulations, Leadership & Supervision and Medication Pass Guidelines just to name a few. His staff training program is based on three primary components: staff training before surveys, directed in-services after surveys and general topics for continuing education. He is readily available to answer customer questions and will work with you to create a customized training program that meets your needs.

In the last 25 years he has provided more than 3,500 educational sessions and in-services on key long term care issues to more than 100,000 long term care employees. He has spoken at past IHCA Convention and Trade Shows and has provided other educational sessions for IHCA as well. These sessions have always been well-received!

For more information, please visit www.litwillerconsulting.com.

**Interested in Seeing Your Company or Facility Featured in Our IHCA Member Spotlight?**

IHCA is proud of our diverse membership and all of your successes and accomplishments. We are always looking for members to feature, either here or in our other publications (like LTC Today magazine!). Has your company recently celebrated a milestone? Accomplished a goal? Undergone a major change? Do you have positive stories or news to share? Would you just like to get your name out there among your fellow IHCA members? If you would like to see your company or facility recognized in Members Only--Associate Members, Facilities, Corporations alike--contact Ashley Caldwell.

Illinois Health Care Association | info@ihca.com | www.ihca.com
1029 S. Fourth Street
Springfield, IL 62703
(800) 252-8988 | (217) 528-6455 | Fax: (217) 528-0452

Confidentiality Notice: This electronic mail transmission is privileged and confidential and is intended only for the review of the party to whom it is addressed. If you have received this transmission in error, please immediately return it to the sender. Unintended transmission shall not constitute waiver of this or any other privilege.