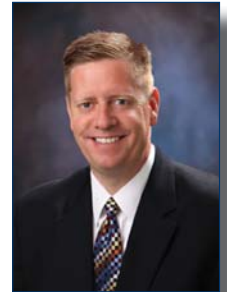


A Busy Month...A Successful Month

Having just returned from our 67th Annual Convention and Expo I can honestly say that October brought us many successes. From the Annual American Health Care Association/National Center for Assisted Living Convention in San Antonio early in the month to our own just last week, there was much to be celebrated.

Our month began with a concerted effort helping Bartley Healthcare President and CEO, Phil Scalo, in his campaign to be elected as the AHCA Board of Governors' Independent Owner Representative in a contested race. Phil has long been active on the national level with independent owners (those owning fewer than 10 facilities) and most recently served as

co-chair of the AHCA/NCAL Independent Owners Council. Add to that the wealth of experience he brought in myriad aspects of the profession, as well as his law background, and he was certainly the ideal candidate. I am happy to report that the election results came out overwhelmingly in his favor and he now represents independent owners nationwide.



Jon Dolan
President/CEO

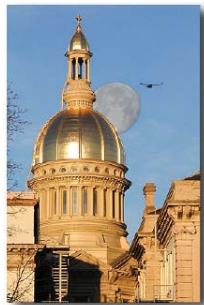
In a separate election, we were very pleased to see Michele Hughes of Brookdale Senior Living re-elected as an At-Large National Center for Assisted Living Board member, joining Steve Heaney of Brandywine Senior Living on that Board once again. HCANJ is very proud to have members representing the profession at the national level and we congratulate them all on their accomplishments and hard work on our behalf.

In addition, HCANJ members were in the spotlight as winners of some of the national awards sponsored by AHCA/NCAL. In our last issue we congratulated our Bronze Award winners, NCAL Assisted Living Week Programming Award, and AHCA Volunteer of the Year, all of whom accepted their awards in San Antonio.

It was certainly a big month for HCANJ members on the national front!

No sooner did we return from San Antonio than it was time to gear up for our own convention and geared-up we were! Our new venue, Harrah's Atlantic City, offered us a bright new environment in their brand new conference center. By and large, both vendors and attendees were very pleased with the change.

We kicked off our first day with our Annual Awards Program during which we honor those who bring so much to so many. Elsewhere in this issue, you will find an article about each of those award winners. It is always truly inspiring to hear their stories and wonderful to have an opportunity to thank them for all they do to enhance quality of life in New Jersey's long term care facilities.



News from the State House

HCANJ focuses on Medicaid application delays and MLTSS As Assembly elections take center stage

Until the political campaign signs recently started going up, you might not have realized that there is an election in progress. Leading the ticket this year for the first time since 1999 are all 80 seats in the New Jersey General Assembly. The State Senate does not appear on the ballot until 2017 when a new governor will also be chosen.

For now, voter turnout is expected to be light. Only 31 percent of all registered voters cast a ballot in 1999. With so few expected to head to the polls again this year, both parties will place a premium on their get-out-the-vote operations. Democrats now control the lower house 47 to 32 with one Democratic seat vacancy. Republicans would need a net gain of nine seats to wrestle away the majority. With only a handful of districts in play, political pundits see that as unlikely.

So, with members of the General Assembly in campaign mode, do not expect that house to convene prior to the November 3 election. The Senate, meanwhile, has held

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Health Care Update

is published monthly by the
Health Care Association
of New Jersey

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Camera-ready advertising is accepted for Health Care Update. Deadline for submission is the 15th of the month prior to publication. Rates: Full Page \$500, Half Page (horizontal or vertical) \$300, Quarter Page \$175.

As a Membership service, classified advertisements of 75 words or less for positions available can be placed without charge by HCANJ members for two consecutive months.

For further information contact Pattie Tucker by phone at 609-890-8700 or via e-mail at pattie@hcanj.org.

Who's Who in New Jersey Long Term Care Facilities



STEPHANIE M. FISHER

Displayed dedication in caring for wounded and ill soldiers

A resident of Bridgeway Care and Rehabilitation Center in Hillsborough, Stephanie M. Fisher has truly been a caring human being her whole life. That caring quality was forged during WWII, when Stephanie treated wounded and ill soldiers as they arrived in port at the Norfolk, VA naval base.

Fast forward to 2015, and Stephanie continues to show that caring spirit. Not one for accolades, Stephanie goes quietly about being a caring human being. When there is news to be read, we can always count on Stephanie to read to everyone, which is much appreciated

by all. Her zest for life and unwavering good spirits help to cheer everyone, including residents and staff. Stephanie enjoys being helpful, often asking "What can I do to help?" Whether it is reading to others, Christmas tree decorating, or chatting with other residents out on the patio, Stephanie is here for all. Here is Stephanie's story:

Ensign Stephanie Marchak (Fisher), served in the Navy Nurse's Corp during WWII in 1942 and 1943 at the hospital at the Norfolk, VA Navy base. She would board the returning ships and start treating the wounded on deck by washing the ocean salt off their faces and assessing their injuries. Due to the shortage of doctors and nurses, Stephanie assisted surgeons during surgery, and covered shifts in the hospital as the only nurse on the floor.

Stephanie was honorably discharged after marrying her patient, James F. Fisher, Naval Cadet, who was injured on an aircraft carrier on his way to France. Their story sounds like a movie. He was badly injured but still flirted with his nurse; unfortunately, he annoyed her, and she did not like him. Love finally prevailed, and four months later, they were married. They had three daughters and one son. Their son has been in the Navy Reserves for almost 20 years and was activated and sent to Afghanistan for a year in 2012. He is presently activated and serving in Europe as part of an NCIS/Protection Services Unit.



In 2014, Stephanie's family submitted her name to the "Women in Military Service For America" war memorial at the entrance of Arlington National Cemetery. Her military credentials can be found on the memorial's website.

- Gayle Wied

Activity Director, Bridgeway Care & Rehabilitation Center



STEVEN KOVACH

Honored by the French President

Steven Kovach was born in New York City on October 14, 1918. He and his wife Eva have been married for 60 years and resided in Wyckoff prior to Steve's admission to Christian Health Care Center (CHCC). Steve is a graduate of Pace College.

His civilian career began in 1936 as an internal auditor with Equitable Life Assurance Co. He remained with the company until 1983 when he retired as the Director of Real Estate Investment Management responsible for a 32 billion dollar portfolio.

Steven was affiliated with military affairs for almost 60 years. In 1940 Steven enlisted in the US Army and entered with the first civilian contingent under the Selective Service System.

(Who's Who continued on Page 5)



Upcoming Recognition Dates

NOVEMBER

National Family Caregivers Month
American Diabetes Month
National Alzheimer's Disease Awareness Month
National Hospice & Palliative Care Month
National Home Health Care Month

1 - 7

National Memory Screening Week
2 - 8

Emerging Nurse Leader Week
8 - 14

National Radiologic Technology Week
National Home Care Aide Week
8 - 10

National Commemorative Candle Lighting
14

World Diabetes Day
19

Great American Smokeout Day

DECEMBER

Christmas Seals Campaign
Jingle Bell Run for Arthritis Month
6 - 12

National Hand Washing Awareness Week
National Influenza Vaccination Week
1

World Aids Day
3

International Day of Disabled Persons

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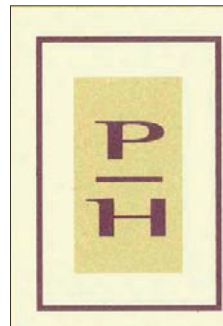
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Congratulations

Newly-elected
Independent Owner
Representative to the
American Health Care Association
Board of Governors,

Phil Scalo

Bartley Healthcare



and re-elected
National Center for Assisted
Living
Board Member-At-Large,

Michele Hughes

Brookdale Senior Living





CLINICAL CORNER

As you may know, on July 9, 2015, the U.S. Food and Drug Administration (FDA) has strengthened an existing label warning that non-aspirin nonsteroidal anti-inflammatory drugs (NSAIDs) increase the chance of a heart attack or stroke. Based on FDA's comprehensive review of new safety information, FDA is requiring updates to the drug labels of all prescription NSAIDs. As is the case with current prescription NSAID labels, the Drug Facts labels of over-the-counter (OTC) non-aspirin NSAIDs already contain information on heart attack and stroke risk. FDA will also request updates to the OTC non-aspirin NSAID Drug Facts labels. See the FDA Drug Safety Communication (Table 1) for a list of non-aspirin nonsteroidal anti-inflammatory drug products.

Prescription NSAID labels will be revised to reflect the following information:

- The risk of heart attack or stroke can occur as early as the first weeks of using an NSAID. The risk may increase with longer use of the NSAID.
- The risk appears greater at higher doses.
- It was previously thought that all NSAIDs may have a similar risk. Newer information makes it less clear that the risk for heart attack or stroke is similar for all NSAIDs; however, this newer information is not sufficient for us to determine that the risk of any particular NSAID is definitely higher or lower than that of any other particular NSAID.
- NSAIDs can increase the risk of heart attack or stroke in patients with or without heart disease or risk factors for heart disease. A large number of studies support this finding, with varying estimates of how much the risk is increased, depending on the drugs and the doses studied.
- In general, patients with heart disease or risk factors for it have a greater likelihood of heart attack or stroke following NSAID use than patients without these risk factors because they have a higher risk at baseline.
- Patients treated with NSAIDs following a first heart attack were more likely to die in the first year after the heart attack compared to patients who were not treated with NSAIDs after their first heart attack.
- There is an increased risk of heart failure with NSAID use.

BACKGROUND: The risk of heart attack and stroke with NSAIDs, either of which can lead to death, was first described in 2005 in the Boxed Warning and Warnings and Precautions sections of the prescription drug labels. Since then, FDA reviewed a variety of new safety information on prescription and OTC NSAIDs, including observational studies, a large combined analysis of

clinical trials, and other scientific publications. These studies were also discussed at a joint meeting of the Arthritis Advisory Committee and Drug Safety and Risk Management Advisory Committee held on February 10-11, 2014

RECOMMENDATION: Patients and health care professionals should remain alert for heart-related side effects the entire time that NSAIDs are being taken. Patients taking NSAIDs should seek medical attention immediately if they experience symptoms such as chest pain, shortness of breath or trouble breathing, weakness in one part or side of their body, or slurred speech

Healthcare professionals and patients are encouraged to report adverse events or side effects related to the use of these products to the FDA's MedWatch Safety Information and Adverse Event Reporting Program:

- Complete and submit the report online:
www.fda.gov/MedWatch/report.htm
- Download the form found here:
<http://www.fda.gov/downloads/AboutFDA/ReportsManualsForms/Forms/UCM163919.pdf>
- or call 1-800-332-1088 to request a reporting form, then complete and return to the address on the pre-addressed form, or submit by fax to 1-800-FDA-0178

Read the MedWatch safety alert, including links to the FDA Drug Safety Communication at:

<http://www.fda.gov/Safety/MedWatch/SafetyInformation/SafetyAlertsforHumanMedicalProducts/ucm454141.htm>

When an alert such as this is issued, the NGC database is searched for all guideline summaries (already published and/or in our work queue) that mention the drug(s) in question. During this search, a guideline from your organization was identified. In keeping with our policy, we will insert a notice into the NGC summary (specifically, in the "FDA Warning/Regulatory Alert" field) to alert readers to this FDA alert and update. This field, which is positioned near the beginning of the summary, is intended to identify warnings and/or revised regulatory information released by the FDA and/or other official regulatory bodies for a drug and/or device for which recommendations are provided in the original guideline document(s).

Be assured that no action is required on your part. Modification of the summary will begin immediately and you should not see any interruption in the posting of your organization's summary on the NGC web site. This e-mail is our way of notifying you of NGC's planned response to the FDA alert. Please also note that NGC will periodically monitor the relevance of this notice within the NGC summary and may remove it at some point in the future.

Who's Who in New Jersey Long Term Care Facilities

(from Page 2)

From November 1956 to March 1957 he worked with the NJ Governor's Committee on Refugee Relief, Operation Mercy, at Camp Kilmer. He coordinated activities of Army Civil Affairs and Civilian Agencies responsible for the resettlement of 30,000 Hungarian refugees processed through the camp.

Steve was the President of the American Order of French Croix de Guerre Inc. He was Secretary General of the Order of Lafayette Inc and past Commandant of the Old Guard of the City of NY – a historic militia unit. Steve was also past commander of the Centennial Legion of Historic Military Commands Inc and Life Director. He was also a member of the Board of Directors of the American Society of the French Legion of Honor in NYC.

Mr. Kovach was decorated as Chevalier of the Legion of Honor in 1987 and was promoted to Brigadier General by Governor Mario Cuomo in 1992 and placed on the military retired list.

His honors include the Medal of Outstanding Achievement from the Sawyer School of Business, he was one of the top 10 graduates of the Graduate Command and General Staff College on July 5, 1949, he earned a BBA from Pace College on June 7, 1965, he was awarded a Medal from the Veterans of Foreign Wars

for Meritorious and Distinguished Service and was commissioned as a Kentucky Colonel by the Commonwealth of Kentucky on Oct 14, 1974. Mr. Kovach achieved the highest rank in France as an officer of the National Order of the Legion of Honor from the French President in 2004.

Steven was also honored along with other residents, patients, staff, and volunteers at Christian Health Care Center's annual Veteran's Day service, where we acknowledge and pay tribute to all those who served our country. Several times a year on major holidays, Christian Health Care Center hosts programs on our campus, in tandem with local veterans organizations like the American Legion Post 57, to recognize those within our campus and in our community who have served in the US military. Christian Health Care Center's CEO, Douglas Struyk acknowledges each of them by reading their names during the event. CHCC also produces a printed program listing all veterans, providing an invocation from one of CHCC's on-staff clergy, and featuring veterans' stories during the event program. Local media often cover this event. Christian Health Care Center considers it a privilege to recognize our veterans on all National Holidays in various ways both on and off campus.

– Christian Health Care Center

HCANJ Presents Annual Awards

One of the highlights of each HCANJ Convention is our Annual Awards Program, during which we take time to time to honor those extraordinary individuals who make such a big difference in our residents' lives – the caregivers, residents and volunteers of the long term care community.

At this year's awards ceremony, HCANJ President & CEO, Jon Dolan, had the honor of presenting each of the winners with their awards. Jon recounted the stories that guided this year's awards judges as they approached the difficult task of choosing a single person or group to receive each award.

Each of these honored individuals provides an element to the lives of those they care upon which one cannot possibly put a monetary value. We are all be very grateful to have them and the commitment they bring.

INDIVIDUAL VOLUNTEER OF THE YEAR

Lauren Rallis

Parker at Stonegate Assisted Living, Highland Park

Selfless, reliable, compassionate and respectful – these words describe Lauren Rallis, a dedicated volunteer at Parker at Stonegate Assisted Living and wonderful example of intergenerational engagement.

Every Tuesday morning Lauren accompanies and assists residents on weekly shopping trips allowing us to take more residents on the trip than we could without her help. From the moment Lauren enters the building she greets all the residents and staff with a warm smile. She doesn't hesitate to engage residents in lively conversation as they gather for the trip.

Lauren first joined the volunteer team to fulfill a community service requirement for a college class. The Rutgers student soon realized her strong desire to help older adults, and she has remained long after her requirement was filled.

Lauren was a quick learner. She was at ease and comfortable assisting our residents and she established a gentle caring relationship with our shoppers. Lauren proved adept at keeping an eye on eight to ten residents while being aware of who required assistance and who is fiercely independent yet may need a little help.

Stories about her travels led to "Travel with Lauren," a program through which she shares her photos and travel experiences. She also developed "Minute to Win It," a brain fitness program that enhances hand/eye coordination and color recognition.

Lauren's genuine concern and respect for the residents is evident and her gentle manner and guidance ensure all are safe. Her patience and maturity when responding to residents and situations is commendable and demonstrates a maturity beyond her young age.



(Continued on Page 6)

HCANJ Presents Annual Awards

(continued from Page 5)

GROUP VOLUNTEER OF THE YEAR

Adopt A Senior

Bartley Healthcare Nursing & Rehab

Adopt A Senior's (AAS) mission is to help ensure that the elderly in nursing care centers are not forgotten, and the residents of Bartley Healthcare Nursing and Rehabilitation have been on the receiving end of their kindness.

Volunteers provide residents with very special attention on their birthdays. They work very closely with the activity staff to identify each resident's birth date as well as their individual preferences so that they may purchase a meaningful gift. On or about a resident's birthday, they come to the facility loaded with balloons, gifts and other goodies.



AAS makes unique contributions to residents by bringing celebration and joy on their special days. Nothing brings bigger smiles to the residents' faces like a group of adults wearing party hats, bearing gifts and then pulling out kazoos for a rousing rendition of "Happy Birthday to You!" One can't help but get caught up in the merriment ... it's contagious!

Adopt A Senior helps recognize the special worth of each resident by personalizing their birthday celebrations. While many family members and staff recognize these special days, the residents love what AAS does for them.

The group enhances the quality of life for residents as evidenced by the smiles on their faces. Family members, friends and staff are all pleased to have this wonderful program in place and appreciate the positive influence in the lives of the residents.

RESIDENT BETTER LIFE AWARD

Learle Van Emburg

Allendale Community for Mature Living, Allendale

Learle Van Emburg is known for her positive attitude, radiant personality, and enthusiasm for helping fellow residents and staff members at the Atrium Assisted Living at the Allendale Community for Senior Living. A retired psychiatric social worker, she has been a resident of the Atrium for more than 10 years.

A former Christian educator, Learle hosts a weekly prayer group, a Circle of Friends support group, and also leads memorial services. In addition, she serves as a mentor for local high school students who wish to fulfill their Silver and Gold Girl Scout Awards, as well as Eagle Scout Awards.

As a very creative person, Learle also leads the holiday craft classes, trims the Victorian Christmas tree, decorates the Allendale van as a red, white, and blue float for the Allendale Memorial Day

parade, impersonates a live strawberry at the Strawberry Festival, and also finds the time to lead craft classes in Carlton Court, Allendale's memory care neighborhood.

Because of all that Learle does at the Allendale Community, she was named Resident Ambassador. "I try to do something to help others every day, so when I was asked to become Resident Ambassador, it was a perfect match for me!" she said. In addition to all her other projects, she also meets and greets visitors and helps new residents become familiar with their new home.



According to Learle, "When a new resident moves in, there is always a period of adjustment. We are like one big family here and my goal is to make every new resident feel like they are part of our family!"

CAREGIVER OF THE YEAR

Nick Lonero

Bridgeway Care Center, Bridgewater

A director of social work and a case manager for four years in the 1970s, Nick Lonero left the healthcare profession to help run the family business. Fortunately for Bridgeway Care Center in Bridgewater, Nick returned to his roots and now makes a positive impact on residents as Assistant Activity Director.

Nick goes above and beyond the call of duty to ensure that his residents have the highest quality of life possible. As he learns about a resident's past interests, he tries to find a way to bring some of that back through activity programs or trips. On one such trip to a local community college basketball game, he arranged for the residents to meet the players and have a picture taken with them which was then featured on the school's home page. Nick is always willing to chase down a dream and try to make it come true. He went out of his way



to bring barbecued ribs and beer for a resident no longer able to go on outings and after a conversation about fishing, he and a group of men spent the day at a local park fishing and picnicking.

Nick initiated a twice-weekly men's club and has devised a system for those who can no longer speak or have difficulty being heard to participate involving taps on a table or facial expressions that he can use as a communication tool. He has also started a computer club that has allowed a terminally ill resident to communicate with out-of-state family members, another resident to explore music of the past, and another to research

(Continued on Page 7)

HCANJ Presents Annual Awards

(continued from Page 6)

her family history. He has even been known to run the “Knit Wits” knitting club in the absence of the leader while the ladies laugh at his attempts to understand what the needles are supposed to do!

NURSE OF THE YEAR

Charles Larobis

The Chelsea at Fanwood, Fanwood

Charles Larobis, who came to The Chelsea at Fanwood in 2012, has more than 20 years of nursing experience, 16 of those years as a Director of Nursing in assisted living. He is responsible for the ongoing health needs of residents and for compliance with state regulations concerning both resident care and staff credentialing and training.

Charlie shows an extraordinary commitment to Chelsea residents in the amount of time he spends with each one and the care he takes in monitoring their conditions. He has a strong focus on reducing medications, frequently reviewing residents’ daily medication routines. He has regular one-on-one meetings with residents and leads discussion groups with families about appropriate levels of care and hospice. He

conducts daily meetings with staff to ensure that they are engaged and are paying attention to each resident’s specific needs.

He believes in the power of prayer and frequently visits hospice residents to say a prayer and ensure they are never alone. He goes out of his way to visit residents who go to the hospital or rehab to make sure that they will return to their home.



Charlie maintains a consistent kind and respectful attitude toward residents and their families and guests. He is sensitive to the special needs of the elderly and is energetic with a delightful manner which helps to put them at ease. He combines the skills of an experienced caregiver with heart and spirituality to bring extraordinary humanity home to Chelsea’s residents.

Busy Month

(from Page 1)

Our Opening Session speaker, Sam Glenn, started our event off on a real high note as he “charged our attitude batteries” with a presentation that was both uproarious and inspirational. He even did a painting as he spoke! It was the perfect way to start the convention.

Our vendors, as always, were outstanding and we are so grateful for their support. The expo floor was teeming with activity throughout the days and our education sessions provided a great depth of essential information for attendees.

As always, we wrapped up convention with our annual meeting which followed a report about the national scene from NCAL

Executive Director, Scott Tittle. During the meeting, an election was held for three seats on our Executive Committee. Congratulations to Jim Gonzalez, Walt Kielar and Kevin Stagg on their election to return to the committee!

Now, with convention over and the end of the year approaching, we move forward to begin the work involved with the budget and MLTSS. We will again face challenges...and, we will again accept those challenges and fight for what’s right for our members. You will be hearing more about that in the weeks and months to come but, in the meantime, if you have questions or concerns, please don’t hesitate to let me know.

News from the State House

(from Page 1)

committee meetings and voting sessions with a couple of days more activity scheduled before November.

One bill being considered would enter New Jersey into the Nurse Multistate Licensure Compact (NMLC). The compact enables registered professional nurses and licensed practical nurses to obtain one license from the nurse’s state of residence in order to practice nursing in any other state also participating in the compact. Nurses must still then comply with the practice laws of the state in which they care for patients. HCANJ supports this measure as a vehicle to help address the shortage of nurses that facilities often face.

Speeding up Medicaid eligibility determinations remains a top priority for HCANJ. Although progress has not been as much as

we had hoped since our July 9 meeting with DHS and DMHAS staff, a recent meeting that also included a top policy advisor for the Governor showed that there are still glimmers of hope and a real commitment to finally address the problem. A pilot asset verification system is being actively pursued along with an on-line application pilot. DMHAS is also seeking additional staff to assist in addressing the backlog.

HCANJ has also moved another issue to the fore, namely, better positioning members for July 1, 2016 when the state’s Managed Long Term Services and Supports program (MLTSS) is slated to shift to negotiated rates and the end of any willing provider. We have already shared member concerns with DHS and the Governor’s office along with some key lawmakers. Meetings with MCO representatives are also on the calendar or in the process of being scheduled.