

## AHCA/NCAL Releases Consumer Fact Sheet on Antipsychotic Medications

*First antipsychotic consumer fact sheet in English and Spanish*

In support of its national Quality Initiative, the American Health Care Association and the National Center for Assisted Living Center (AHCA/NCAL) has released a consumer fact sheet on the use of antipsychotic medications for residents living with dementia in skilled nursing and assisted living.

“The long term care profession has made significant progress in safely reducing the off-label use of antipsychotics, but providers cannot solve this issue in a vacuum,” said AHCA/NCAL President & CEO Mark Parkinson. “We must educate our residents’ family

members and involve them in the decision-making process. Together we can better ensure a higher quality of life for each individual living with dementia.”

Developed by AHCA/NCAL, the consumer fact sheet provides background on the issue of antipsychotic medications in persons living with dementia and answers commonly asked questions among family members. It also encourages consumers to get involved with their loved one’s care by asking specific questions to caregivers. AHCA/NCAL also created a Spanish version of the consumer fact sheet, the first of its kind on the issue.

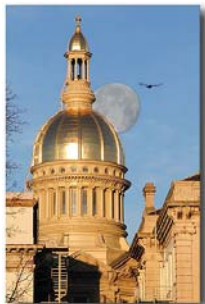
“Most individuals receiving an antipsychotic in a long term care facility were already prescribed the drug before they were even admitted. Sometimes, the most difficult thing is convincing a family member that their loved one no longer needs this medication,” said Dr. David Gifford, AHCA Senior Vice President of Quality and Regulatory Affairs and a geriatrician. “With a better understanding of the disease process and personal knowledge of their loved one, consumers will help us provide person-centered care without turning to antipsychotic medications.”

The AHCA/NCAL Quality Initiative has a goal to safely reduce the off-label use of antipsychotics by 15 percent by the end of 2013. Skilled nursing care centers have already reduced these medications by 10.5 percent, as of the end of the first quarter of 2013. In New Jersey, we have gone from #17 in the nation for off-label use of antipsychotics in the last quarter of 2012 to #5 as of the third quarter of 2013. For more information on the AHCA/NCAL Quality Initiative, please visit:

[qualityinitiative.ahcancal.org](http://qualityinitiative.ahcancal.org)

Download the English and Spanish versions of the antipsychotic consumer fact sheet, or please visit AHCA/NCAL’s webpage on antipsychotics:

<http://bit.ly/11dhFV2>



### News from the State House

*NJ elections shift HCANJ  
legislative focus to Congress*

The arrival of Fall means a new season is here...well, actually two. The 2013 political election season is now in full swing. And as if one election is not enough, this year New Jersey has two election dates.

The first election will take place on October 16 when voters head to the polls for a special election to fill the US Senate seat vacated when Senator Frank Lautenberg passed away in June. The race pits Democrat Newark Mayor Cory Booker against Republican and former Bogota Mayor Steve Lonegan. The winner fills the remainder of Senator Lautenberg’s term, which ends on January 3, 2015. That means they run again in the 2014 general election for a full six-year term.

On November 5, New Jersey voters will cast their ballots in the regular general election. In

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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 wanted or 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](mailto:pattie@hcanj.org).

Who's Who in New Jersey Long Term Care Facilities

## LEE "CRYSTAL" SACKETT

*"Singin' I love rock and roll so put another dime in the jukebox, baby"*



A resident of Runnells Specialized Hospital of Union County in Berkeley Heights, Lee Crystal - as he is known in the music world - earned fame in the music world as the original drummer for *Joan Jett and the Blackhearts*. He played with the band from 1981 to 1986 and it is his work you hear on the hard-driving hit, "I Love Rock 'n' Roll." That song held the number-1 single spot on the American Billboard chart for eight weeks, and the album by the same name sold ten million copies.

Music was always in Lee's blood. Growing up across the street from Coney Island, he started playing the drums at the age of 11 and despite the complaints of neighbors, his mother made sure that her son practiced. Lee played in bands with friends in high school and then started hitting the downtown New York City area clubs such as *CBGB's* and *Max's Kansas City*. His reputation as a hard-working rock and roll drummer grew and when Joan Jett placed an ad for "A Few Good Men," he answered; and the rest is history. In the September 5, 2006 issue of *Modern Drummer*, Lee is described as "just a regular guy from Brooklyn—except that he's so much cooler than the rest of us."

The early 1980s was an exciting time for the band. They toured Europe, Japan, Australia, and all 50 states promoting "I Love Rock 'n' Roll." The Blackhearts performed alongside many other legendary bands including *The Police* at Shea Stadium, *The Beach Boys* on the National Mall in Washington, DC, and the 80s pop band, *Lover Boy*, just to name a few.

After *The Blackhearts*, Crystal played with *Crash Conference* and *Secret Chiefs* but he will be forever remembered for his work with Joan Jett.

Joan Jett and the Blackhearts have been nominated for induction into the Rock and Roll Hall of Fame the past two years; and, although not yet chosen for the honor by that hallowed institution, there is no doubt that sometime in the not-so-distant future, Lee and his bandmates will be able to add "Hall of Fame Inductee" to their already impressive legacy. We are pleased and proud to welcome Lee Crystal to our list of legends who call New Jersey long term care facilities their homes.





## Upcoming Recognition Dates

### OCTOBER

- American Pharmacists Month
- Breast Cancer Awareness Month
- National Dental Hygiene Month
- National Physical Therapy Month
- Residents Rights Month  
**7 – 11**
- Customer Service Week  
**Sept. 30 – October 5**
- National Gerontological Nursing Week  
**6 – 12**
- National Fire Prevention Week
- National Mental Illness Awareness Week  
**7 – 13**
- National Healthcare Food Service Week  
**13 – 18**
- Case Management Week  
**20 – 26**
- National Hospital & Health System Week
- National Healthcare Facilities & Engineering Week
- Pastoral Care Week
- National Respiratory Care Week
- National Healthcare Quality Week
- National Infection Prevention Week  
**10**
- National Depression Screening Day  
**20**
- National Pharmacy Technician Day  
**26**
- Make a Difference Day

### NOVEMBER

- National Family Caregivers Month
- American Diabetes Month
- National Alzheimer's Disease Month
- National Hospice & Palliative Care Month
- National Home Health Care Month  
**10 - 16**
- National Home Health Aide Week  
**15 - 17**
- National Alzheimer's Candle Lighting  
**19**
- National Memory Screening Day  
**21**
- Great American Smokeout Day

## Join us on the links!

# 12th Annual Golf Outing



To benefit the 501(c)(3)  
Health Care Association of NJ Foundation, Inc.

**Monday, October 28, 2013**

**12:15 shotgun start  
Scramble format**

**Harbor Pines Golf Club  
Egg Harbor Township**

### \$225 per Golfer includes:

- Boxed Lunch**
- Greens fees**
- Carts**
- Putting & Chipping Green**
- Driving Range**
- Beverage Cart**
- Cocktails & Hors D'oeuvres following golf**
- Outing Prizes**

**Don't miss this opportunity to enjoy  
a fun day with your colleagues  
before the start of the  
65th Annual HCANJ Convention & Trade Show.**

### SPONSORSHIPS ARE ALSO AVAILABLE

*Please remember that, even if you are unable to help the foundation by taking one of the sponsorships listed in the Golf Outing literature, we are always looking for door and raffle prizes, as well as promotional items to provide to our golfers. Please contact Pattie Tucker (pattie@hcanj.org or 609-890-8700) for more information.*

**For further information and to access  
the registration & sponsorship forms  
please visit:**

**<http://www.hcanj.org/emails/golf.pdf>**

## National Assisted Living Week

## National Nursing Home Week



Left: Brandywine Senior Living at Pennington celebrated with residents, staff, family, and - yes - farm animals(!) during National Assisted Living Week.

Right: Jared and Juliana, great-grandchildren of Asela Gejo make Rainbow Loom bracelets for our residents for The Chelsea at Tinton Falls "Homemade Happiness" theme. They were joined by 4 other great-grandchildren and 2 friends. The bracelets were a hit with all of the residents and staff as well.



A surprise visit from Buster, mascot of the Lakewood BlueClaws Class A minor league baseball team, was one of many fun events enjoyed at Bartley Healthcare during National Nursing Home Week.



## State House News

(from Page 1)

addition to the race for Governor, all 120 seats in the New Jersey Legislature are up for grabs. Democrats now control both houses, the State Senate 24 to 16 and the General Assembly 48 to 32. With Governor Christie leading Democrat challenger Senator Barbara Buono by twenty points in the latest polls, two questions linger. First, will the Governor maintain his sizable lead with coattails long enough to provide his party the five-seat gain needed in the State Senate and nine more in the Assembly to wrestle control of either house from the Democrats? Or, will voters stay home having already been through one election less than three weeks earlier, thinking their vote will not change the outcome at the top of the ballot?

Amidst all of the campaigning, legislative activity is at a minimum, at least at the state level. Still, HCANJ has had plenty to do as a stakeholder assisting the State develop provider training material needed to implement Managed Long Term Services and Supports (MLTSS). At the national level, HCANJ is closely following how Medicare reimbursement might be impacted as Congress debates the continuing resolution needed to keep the federal government

open and, likely later this month, attempts to raise the debt ceiling in order to ensure that the United States does not default in its debt.

HCANJ also has a visit to Congress on its calendar the first week of October to lobby against further cuts to Medicare bad debt payments. New Jersey is one of 20 states that do not reimburse skilled nursing facilities when Medicare beneficiaries are unable to pay their required co-pay. The President's FY 2014 budget proposes reducing bad debt reimbursement 25 percent on top of cuts already being phased in.

Efforts to get hospital observation stays recognized towards the three-day hospital stay requirement in order for Medicare beneficiaries to qualify for covered skilled nursing facility care are also in play. There is already legislation pending in Congress to accomplish this. Another proposal was recently introduced to repeal the three-day requirement altogether.

New Jersey lawmakers will not have a full calendar of activity until after the elections and, depending on the outcome of the later one, it could be either a very full schedule or business as usual. For now, enjoy the political campaign advertisements.