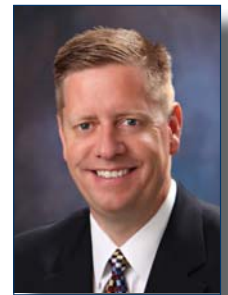


## Practicing What I Preach

**M**ay & June are one of the busiest times of the year for your Association. As the HCANJ year reaches its mid-point, the state budget process for the next fiscal year (July 1 – June 30 annually) is coming together - or apart - as the legislature completes its work and the Governor decides on vetoes by the end of June. I say "coming apart" because our plans for a rate increase are good but subject to the dismal revenue estimate that came in since our last update. Sadly, New Jersey needs to find over \$400 million this year and over \$600 million next year to balance her books. This will make any progress a

great success. We are trying to "keep it all together" by ensuring that the legislature is aware of the challenges you are facing with pending delays, MLTSS delays, and chronic underfunding of the actual cost for a Medicaid stay in nursing and assisted living facilities.



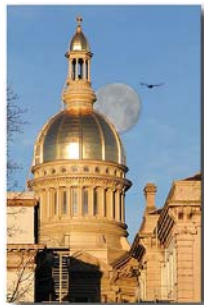
Jon Dolan  
President/CEO

May is also very inspiring as our HCANJ Assisted Living Conference is held in mid-month. This year's was, again, a great success. In fact, we reached a record number of attendees and all the seminars and instructors were well-received.

The American Health Care Association/National Center for Assisted Living (AHCA/NCAL) also hosts their Congressional Briefing, our annual grassroots lobby day at the federal level, in late May. Our many AHCA & NCAL leaders from New Jersey were on hand, as were other members, to participate in the event and visits to four of our congressional leaders. The meetings went well and it is great to see the leaders and their staff at the meetings or other events and get to know them better.

This year, I added to all those activities with an experience of being more involved in long term care than ever before. While I am regularly impressed by the hundreds of facilities I've visited and thousands of long term care professionals I have met in my eleven years in the profession, one experience over the last month taught me much about the great care our terrific facilities and people provide every day.

My elderly aunt, for whom I served as the Person of Authority (POA), moved through the care continuum from home to the hospital, to surgery and post-operative recovery, and finally to a transfer to a member facility for a sub-acute care stay and physical rehabilitation program.



### News from the State House

*Medicaid rates must keep pace with cost of caring for beneficiaries*

**T**he Health Care Association of NJ appeared before budget committees in both houses in March to testify on the FY 2017 State budget. Our message was simple – Medicaid reimbursement is not keeping pace with the rising cost of caring for increasingly sicker patients. That goes for nursing facilities as well as assisted living facilities, comprehensive personal care homes and assisted living programs. As proposed by the Governor, the FY 2017 State budget holds funding flat.

From 2014 to 2015, the shortfall between what it cost nursing facilities to care for each patient and the Medicaid reimbursement that they receive grew by \$5 a day. On average, facilities now lose \$35.32 on each Medicaid patient day. The total is \$367 million statewide, a \$50 million increase over the previous year.

(Continued on Page 6)

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# Health Care Update

is published monthly by the  
Health Care Association  
of New Jersey

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Hamilton, New Jersey 08691  
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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](mailto:pattie@hcanj.org).

## Who's Who in New Jersey Long Term Care Facilities

### WILLIAM CONSIDINE

*Made a significant contribution to the field of chemistry*



William "Bill" Considine is an intelligent and witty resident at Bridgeway Senior Healthcare. He is from "the largest plumbing job in the world"- Flushing, New York. From a young age, Bill always had an interest in intellectual endeavors and, unlike many of his peers who were interested more in sports, his true passion was for organic chemistry.

Pursuing his desire to learn, Bill graduated from Queens College and then went on to receive a Master's degree from Columbia and a Doctorate in Chemistry from Yale University where he was an expert "in turning things blue." Perhaps what is most impressive is that he received all these degrees for as little as zero dollars. When asked how he was able to do this Bill stated "well they were just delighted to have me."

After graduating from Yale, Bill started working for a Swiss-owned company called CIBA where he made additives which are small amounts of chemicals when combined with polymers such as plastic make them stronger and last longer. His work can be seen in household items such as plastic bags and rope. Working hard, Bill eventually worked his way up to the president of the US branch of the company.

As a resident of Bridgeway, Bill enjoys going on trips and reading on his iPad. He would like to teach a chemistry lesson to other residents, but needs to get his hands on some chemicals first. He says that every chemical can be dangerous as "you wouldn't want to get hit with a ton of NaHCO<sub>3</sub>" (baking soda). While Bill loves reflecting on his life's work and talking about chemicals, Bill has stated his biggest accomplishment in life has been his family. Bill's dedication and contributions to science make him a Bridgeway legend and we are lucky to have him among our senior community.

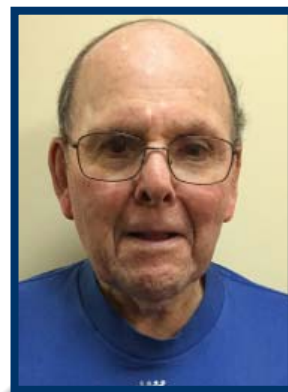
- Erin Chansky

*Director of Activities, Bridgeway Senior Healthcare*

### STANLEY CURZMAN

*Changed his own health through exercise & a reversal in diet*

It was 1988 and Stan Curzman had his second heart attack. He had a massive heart attack 16 years earlier. Stan was overweight, had a sedentary job, and was a "tobaccoholic." A cardiac catheterization showed that he had 80 percent blockage in a major coronary artery. His cardiologist told him to take a conservative approach to his health and limit his activity to walking. Stan did not listen! He started reading books about diet and exercise and how they affected the body. He found out that people reversed their diseases through diet and exercise.



It was then Stan decided to get into an exercise program for people with heart problems, but it was once a week. Stan decided to also ride his bike on weekends. Since he enjoyed riding so much, he thought about commuting to work on his bicycle, to Philadelphia. This would entail him riding over the Ben Franklin Bridge and traveling 36 miles round trip from his home to his job. The only time he did not ride was when it was snowing

*(Continued on Page 7)*



## Upcoming Recognition Dates

### JUNE

- National Safety Month
- Cataract Awareness Month
- Migraine & Headache Awareness Month  
**9 - 16**
- Nursing Assistants' Day & Week  
**15 - 21**
- National Men's Health Week  
**19 - 25**
- Helen Keller Deaf-Blind Awareness Week  
**5**
- Cancer Survivors' Day  
**27**
- National HIV Testing Day

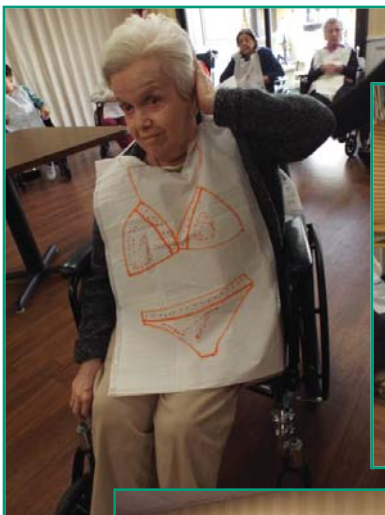
### JULY

- UV Safety Month
- Eye Injury Prevention Month
- National Minority Mental Health Awareness Month  
**10 - 16**
- National Therapeutic Recreation Week  
**24**
- National Parents Day

## Armenian Nursing and Rehabilitation Center Awarded 2016 Quality Improvement & Health Outcomes Award

The Foundation for Post-Acute and Long-Term Care Medicine, presented its 2016 quality improvement awards during AMDA-The Society for Post-Acute and Long-Term Care Medicine - 2016, the annual meeting of the Society, in Orlando, Florida, on March 19, 2016. Foundation Board Chair Paul Katz, MD, CMD, presented the Foundation's Quality Improvement and Health Outcome Award (QIHO) to HCANJ member, Armenian Nursing and Rehabilitation Center (ANRC), Emerson, for their program "Resolving Polypharmacy in a Long Term Care Setting Using an Evidence-Based, Inter-Disciplinary Approach." The ANRC program was started in 2013 and results include reduction in overall medication use, anti-psychotic, anti-depressant and anti-anxiety medications.

## Bridgeway Care & Rehab Center of Bridgewater Celebrates National Nursing Home Week "Miss America Bikini Contest!"







# CLINICAL CORNER

## Nursing Center Influenza Study Opens Enrollment

A team of nationally-recognized long-term care researchers from Brown University and Case Western Medical Center is undertaking a national quality improvement study to evaluate the impact of the annual influenza vaccine on rates of hospitalization among long-term care residents during the 2016-2017 influenza season.

Nursing centers whose leaders agree to participate will receive free vaccine for 2016-2017 and be randomized to receive either the standard annual trivalent influenza vaccine or the adjuvanted trivalent influenza vaccine, Flud. Both vaccines are FDA-approved and recommended by the CDC for

annual protection against influenza infection in adults so no patient consent is necessary. Centers will receive free vaccine for residents and staff, as well as compensation for data entry.

If you are interested in participating in this important project, please notify Dr. Vincent Mor and Dr. Stefan Gravenstein by contacting our study coordinating center, Insight Therapeutics, LLC, at 757-625-6040, or edavidson@inther.com. They can provide you more details about the study objectives and procedures. Please note that you are contacting them as an AHCA member from this announcement.

- Dr. David Gifford  
American Health Care Association

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## AHCA Building Prevention Into Every Day Practice: Framework for Successful Clinical Outcomes Series – Part 1 of 13

Over the next several issues we will feature one element of the *Building Prevention Into Every Day Practice: Framework for Successful Clinical Outcomes*.

Success in achieving positive resident/patient outcomes is even more critical now than ever before. The link between quality and payment in long term and post-acute care is growing stronger, as evidenced by the SNF Value Based Purchasing Program (VBP), Improving Post-Acute Care Transformation (IMPACT) Act, SNF Quality Reporting Program (QRP) and more.

In addition, regulatory activity is intensifying through focused surveys on adverse events, dementia care and MDS. The Five-Star Rating system and Nursing Home Compare have been revised and will add items in the future as it broadens public reporting and transparency. Most importantly, consumers expect and deserve high quality care.

The entire framework outlines key elements from both an organizational and clinical nature that are critical to successful clinical and organizational outcomes. Positively, these elements reflect common denominators that cross multiple care situations. Therefore, instead of being yet another initiative or single focused project to achieve just one outcome, it is a way of acting, thinking and being that will benefit multiple areas across an organization. Each element is addressed in detail throughout the framework.

This issue we will feature the element of Organizational Foundation: Culture of Safety:

Key Takeaways: Culture of Safety

- Safety is not compromised by other demands.
- Leadership engages and empowers patients, residents, families, staff, visitors and others to keep the culture of safety alive and well.
- Staff of all levels are encouraged to question and challenge work process and organizational decisions to support continuous learning and improvement.

Visit the AHCA Clinical Practice website to learn more about the element of “Organizational Foundation: Culture of Safety” and answers to these key questions:

What does this mean? Why is this important? What are some examples? What is my part (as an individual employee, manager or practitioner)? What can my organization do?

Start somewhere, pick one element and work through it with your team.

Enjoy the journey through the framework!

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# Going the Extra Mile



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## News from the State House

*(from Page 1)*

While our nursing facility members greatly appreciate the small increases that the Legislature and the Governor were able to include in recent adopted budgets—\$10.5 million in combined State and federal funding for the current fiscal year—these increases have proven not enough to keep pace with the rising cost of providing patient care.

In fact, 48 percent of all privately owned nursing facilities (excluding special care nursing facilities) now receive rates that are LESS than what they received in FY 2008. Of those that did receive rate increases over the eight budgets since, the increases totaled an average of only \$2.37. That is less than what costs have gone up over the past year alone.

HCANJ understands the fiscal constraints that State budget leaders face; so we surely do not expect the nursing facility Medicaid shortfall to be eliminated. Just closing it to \$31 per patient day would be of tremendous help to these facilities.

Our assisted living facilities, comprehensive personal care homes and assisted living programs face similar

financial pressures. They, too, are caring for sicker Medicaid beneficiaries.

For example, the Assisted Living Resident Profile Survey issued by the Department of Health last summer reports that 65 percent of all assisted living residents required assistance with four or more activities of daily living, a two percent increase over the previous year's report. Nearly three-quarters of all assisted living residents require total medication assistance.

For providing this care, assisted living facilities are now paid just \$73.13 per patient day. We are hoping that the Legislature will find a way to increase this to \$75 per day, with commensurate increases for comprehensive personal care homes and assisted living programs. Their rates are now \$63.13 and \$53.13 respectively.

Meanwhile, HCANJ will continue to present our case to State budget leaders for Medicaid funding that both narrows the current reimbursement shortfalls and helps maintain quality care for our members' long term care patients. We urge our members to let their legislators know how vital improved reimbursement is for the patients under their care.

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## Practicing What I Preach

*(from Page 1)*

She will soon be discharged back to her home and will receive more rehabilitation.

Even after a decade diving into our sector's many issues and advocating for the profession in so many different arenas, nothing can compare to seeing the process from the customer or family perspective. It confirmed what I knew about the great things we do and especially, the people who do them. From the certified nurse aides, nurses and the physical therapist, to a really great social worker, it all came together for my dear aunt.

The opportunity to have her assessed throughout the process and receive great encouragement from a top notch in-patient rehabilitation program was critical to her success. I am thrilled the whole process lived up to the advocacy statements I make regularly about our ability to produce so many great outcomes and care for those in the most need. After a relatively short stay, it's amazing to see the rehabilitation of an octogenarian and getting them back to home and doing all or more of the activities of daily living she was capable of before the surgery.

With more people than ever before turning eighty or older, I just hope our families, government and social system will

come to understand the success we can have in meeting the needs of so many if we properly reform and fund our very challenging regulatory and reimbursement systems. I say this mostly because I have just begun thinking of the most difficult part of the process for many residents, families and providers – the Medicaid application and eligibility certification process. If my aunt had needed a longer stay, or to meet her likely future needs, I know I have to prepare for the dreaded Medicaid application process. Hopefully, the right planning for such an eventuality will go well, but nearly every state affiliate of AHCA is facing serious delays and flaws in this system.

The goal of your HCANJ leaders and staff is to make a dent in these delays and create a better system. This will take time. All of you who assisted in my aunt's case and all those from around the state who serve the customers - our residents - in long term care, have not only my appreciation for what you do but my commitment to not rest or relent until our Medicaid pending system is reformed and functioning as well as the fine facilities rendering care to the tens of thousands of New Jersey residents each and every day.

# Who's Who in New Jersey Long Term Care Facilities

(from Page 2)

## STANLEY CURZMAN (continued)

or there was ice on the ground. Rain, sleet, heat, and strong winds did not deter him. The trip made him more tired than he had ever been. Traffic terrified him! When one rides on the bridge, the bicycle seat is level with the railing and Stan needed to get over his fear of falling off of the bridge. His fear subsided and after a few weeks, his legs grew strong and limber. He lost 50 pounds and found quieter back streets on which to ride. Sometimes if traffic was backed up, he would ride right past the cars. He carried a whistle with him to warn oncoming cars and pedestrians. His company had a freight elevator which he used to bring his bike safely inside.

In addition to exercise, Stan made a radical change to his diet. He followed a strict vegetarian diet with severely limited fats (less than 10 percent). This diet included fruits, vegetables, grains, legumes, and soybean products. It called for the elimination of animal fats except for a small amount of egg whites, nonfat milk, and yogurt. And he quit smoking!

While working in Philadelphia, he decided to eat lunch at his desk while working and use the lunch hour to run outside. He ran about 5 miles each day. One day, a coworker suggested that he enter a marathon race. He joined a running group and started to practice. In his 50's, Stan came in first place in a Unity Run. He also came in first place in the Atlantic City Marathon, a five mile race. Stan then decided to enter the Broad Street Run, which was a ten mile race. He came in first place in the Race of Valor on August 1996, placing first in the age group of 60 and over. In November, Stan ran the New York Marathon and completed 26 miles. He continued to enter and win many other races. In his last race, he came in first place in his age group, but passed out in the bathroom afterwards. His awards and medals are prominently displayed in his apartment at Brookdale. Curzman was told to limit his activity, but he did not take his doctor's advice. A new diet, mediation, yoga, and exercise changed him.

Results of a stress test, years after his last heart attack, showed that Curzman's heart was exercised up and to and beyond his maximum heart rate, strongly indicating that his blocked arteries had opened. Despite his doctor's concern about going easy on exercise, Stan was running marathons. This proves that diet and exercise can work!

- Kathleen Maloney

Resident Program Director, Brookdale Evesham



## HELEN DI DARIO

*A talented and creative proud Italian-American*

**H**elen was born, raised and lived in North Plainfield, NJ, for her whole life until she moved to the Avalon. Helen is a proud Italian-American who has been a member of the Italian-American Club for 40 years!

She is also a member of the Travel Seniors Club. As a member of these clubs, she worked on fashion shows and fundraisers. She likes to give back to the community.

Helen is a mother of three children. She adores them and loves to spend time with them!

Cooking food for her family, friends and neighbors is another favorite thing for Helen. Her mini stuffed peppers are a particular favorite of her niece and her family. Helen has many cookbooks and she has tried almost every recipe in them. Some were good and some were not but she did not know until she tried them. Helen's passion, what she loved most was designing; she designed gowns, clothing, window valances and much more. She would like to bring old clothes to new clothes again, changing and adding things to clothes to make them unique. She made communion dresses and gowns for her children too! At one point, she worked at a florist, helping to design floral arrangements, and helping to decorate churches.

Helen says, "I like to talk to people. I'm a young senior and still want to have fun!"

- Tom Rotello

Executive Director, The Avalon Assisted Living at Bridgewater

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