



AANHR

Arkansas Advocates for Nursing Home Residents

PROTECTING NURSING
HOME RESIDENTS

Oct
2017

Residents'
Rights Rally
Mon. Oct 9
11:00 AM
Capitol ROTUNDA
will replace
the October
monthly
meeting.



Note:

Please bring a
picture of your
loved one who was
in a nursing home to
the rally for display.

Next
regularly
scheduled
AANHR
meeting at
First Assembly of
God Church, NLR
is
Monday, Nov. 13th
10:00 AM.

Conway (501) 450-9619

AANHR's Mission Statement:

"To protect and improve the quality of care and life for residents in Arkansas nursing homes."

Fourteenth Annual Residents' Rights Rally

Please Join Us!!!

Monday, October 9th, 2017

AR State Capitol Rotunda, 11:00 AM



October is National Long-Term Care Residents' Rights Month

Keynote Speaker:

Deputy Arkansas Attorney General: Lloyd Warford

Hosted By

Arkansas Advocates for Nursing Home Residents

www.aanhr.org

For more info please call 501-450-9619 or 501-269-4626

Program of Events:

Martha Deaver, AANHR PresidentWelcome
Dr. Gerald Parker Sr., Pilgrim Progress Missionary Baptist..... Invocation
Lloyd WarfordDeputy Attorney General
Kathie Gately.....ADVA Asst. Director for Veterans' Homes
Dr. David Montague.....Director of UALR Senior Justice Center
Judy Wood-StockrahmAuthor "She Still My Mother"
Martha DeaverClosing Remarks



From the President's Desk Martha Deaver

October 9th, a Monday, which is Columbus Day, AANHR (Arkansas Advocates for Nursing Home Residents) will host its fourteenth annual Residents' Rights Rally in the State Capitol Rotunda. If you have never been to the Capitol, there is a drop off area available under the front steps, eliminating the necessity of walking to the site. Seating is available in the Capitol Rotunda. Consider this your invitation to attend in support of our frailest Arkansas citizens! At the rally, you will see a Christmas tree (in October!) that has many silver bows on it. Each of those bows represents an occurrence of actual harm to an Arkansas nursing home resident. You may be surprised at the number represented.

It is always gratifying to see all the volunteers who still give freely of their time to attend this rally and also to visit folks in nursing homes. We're all still coming, still visiting, still standing up for those who cannot speak for themselves. It is also reassuring to see all those whose vocation is to oversee the care and better the lives of nursing home residents, as well as see that those who infringe on residents' rights are brought to justice.

We are expecting our usual great turnout of advocates, friends, and relatives of nursing home residents, as well as actual nursing home residents! Our keynote speaker will be Deputy AR Attorney General, Lloyd Warford. Other featured speakers include: Dr. David Montague, Director of the UALR Senior Justice Center; Kathie Gately, ADVA Asst. Director for Veterans' Homes; Judy Wood-Stockrahm, "She's Still My Mother" author; and Dr. Gerald Parker, Sr., Pilgrim Progress Missionary Church.

AANHR's goal as an organization is to "protect and improve the quality of care and life for nursing home residents in Arkansas". We acknowledge the importance of these rights guaranteed by the Federal Nursing Home Reform Act of 1987. This annual rally is to acknowledge the rights of nursing home residents -- rights we all have, rights that are not forfeited when one enters a nursing home to live. We know that when a person can no longer be responsible for their own care, many go to a long-term care setting. These rights must not be diminished!

Information pertaining to protecting the rights of Arkansas nursing residents will be distributed to every person in attendance. For more information about residents' rights visit www.aanhr.org or call 501-450-9619.

**Thank you
Paulette Blevins and James Brooks!**

AANHR appreciates your four hundred dollar donation from your Family Council and will put the funds to good use in advocating for nursing home residents.



Check out aanhr.org for valuable information and to read former AANHR newsletters.

iCAN Helps!

Rick Anderson, ATP, presented much helpful information about iCAN at the September 11th AANHRR meeting. This organization might be a good source for readers who are experiencing physical difficulties with some of the daily routines of life. Need help pouring milk from a gallon jug? iCAN has "Roll & Pour" to help with that -- available for loan to you free of charge, just one example of helpful items in iCAN's inventory. Assistive technology (AT) is any kind of device or tool that helps people live, learn, work, and communicate more independently. AT can be very simple and inexpensive, like a modified knife and fork, or it can be very sophisticated and costly, like a computerized speech device.

iCAN stands for Increasing Capabilities Access Network and Tools for Life is our philosophy—assistive technology for everyone! iCAN offers a number of services to help Arkansans of all ages find the AT tools they need for home, school, work and getting around in the community. Their services include the following:

- Information Assistance
- AT Device Loans
- AT Device Demonstrations
- AT Device Reuse
- AT Device Exchange
- AT Training on devices and issues related to accessibility
- Presentations about iCAN and the benefits of technology
- Tours of the iCAN Tools for Life Demonstration Center
- Technical Assistance to employers, service providers, educators, and others.



The services offered by iCAN are available to all Arkansans, regardless of age, geographic area, disability, income or eligibility for any other service.



Contact info for iCAN:

Visit ar-ican.org

Email: info@ar-ican.org

Phone: 501-666-8868 in Little Rock or 1-800-828-2799 outside of the Little Rock area.

We're located at: 900 West 7th Street in Little Rock

Be Informed - Then Be Involved

by Cynthia Murders

In August of this year I spent 8 days on a busy street in Bellingham, Washington, holding a sign protesting the drugging of helpless senior citizens in medical facilities. It may sound "far fetched" that elderly people could be subjected to such inhumane treatment - but unfortunately it happens every single day in medical facilities all across this country.

What motivated me to travel out to Washington state and stand in the hot sun holding my sign for 8 solid days? My brother, Charlie, was forcibly subjected to chemical restraint in a lockup assisted living memory care facility, and he died at the age of 66.



Charlie was a very intelligent man who was fully aware that he was experiencing short-term memory loss beginning in his mid 50's - he compensated by keeping very accurate records on his calendar. In spite of his concerns about memory loss, he was enjoying his retirement. He was financially secure, lived in a small, modern home in a lovely retirement community with a woman he loved, and he was healthy and active. Charlie had entrusted his son with his Power of Attorney, and one day when he was at home by himself, his son came by and offered to take him for a drive. That was the end of his peaceful, happy life. At age 62 he was taken to a facility and the drugs began. His companion was not told about this plan by his son until later when he asked her to move her possessions out of his father's home. None of the family was told what was happening in Charlie's life until approximately a week later. My sister and I went to court and began a slow, painful and expensive process of fighting for our brother's life - all to be told by the judge that Charlie had signed the Power of Attorney over to his son and she would allow his son to keep making all decisions for Charlie. The Judge was fully aware that his son had chosen a doctor that Charlie had previously refused to go to - and this doctor prescribed 2 heavy duty anti-psychotics (for a man who previously had NO psychosis), a seizure medication (for a man who had no history of seizures), and an anti-depressant known for causing amnesia! All 4 of these medications list Dysphagia (known better as Aspiration Pneumonia) as a side effect. Guess what Charlie died from..... Dysphagia. Was this preventable? In most cases yes, but in Court it was disclosed that the Power of Attorney requested that his father not have the normal tests for side-effects and the prescribing physician was "fine with that". How could the personnel who worked at the facility not notice when their "star marathon winner" went from being extremely strong and fit - to shuffling his feet and needing assistance to make sure he didn't lose his balance and fall down? Did anyone notice when he started slurring his words, lost the ability to read, and started sleeping most of the time? Did anyone connect the drugs with the loss of his abilities? The Judge made her decision in Court after my sister and I had clearly told her that the Power of Attorney was violating the law by forcing Charlie to be restrained in a lockup facility against his will, was isolating Charlie from friends and family by not allowing visits, phone calls and mail, was not held accountable for his father's very sizeable estate, and was allowing his father to be chemically abused at the facility. His response to the chemical abuse was to say that he was following the doctor's advice. When Charlie resisted the drugs he was documented as "resisting care", was put into a restraint apparatus, and the drugs were injected into his body. This abuse could only have happened if the Power of Attorney illegally authorized it and the physician approved it.

Are you wondering why the Administrator at the facility would allow such cruel treatment of my brother? Charlie refused to stay there! Legally they could not force him to stay - he had refused to sign the documents allowing them to take away his freedom. By law he could LEAVE and that's exactly what he did - multiple times. But unfortunately he was so drugged that every time he got out he was unsuccessful at finding help and he was returned to the lockup facility. Two of the many escapes resulted in the facility receiving citations from Residential Care Services for failing to secure the facility and protect the safety of their residents. We were told in court that the "care team" at the facility was adjusting Charlie's medications. Toward the end of his life they attempted to back him off of the powerful drugs he had been forced to take for two years. The nurse noted that "Resident was more alert this morning than what had been seen in quite some time. Occasional exit seeking. Plan to taper rest of Seroquel didn't happen yet." I was only allowed to talk to my brother one day each week - I had an appointment to call from Arkansas at exactly 10:00 a.m. each Monday morning. During that period of time when they were tapering the Seroquel (which was unknown to me) I could tell that something almost miraculous was happening in my brother's life - for the first time in almost two years he was able to spell a word for me, he was able to repeat something he had said, and he was talking sensibly - not a lot of conversation but what he said made sense! I was elated because I really thought that he would never regain what the drugs had taken from him. I wasn't told that my brother was dying until an attorney's office called me in Arkansas to tell me that Charlie was in the hospital and the Power of Attorney did not want me to visit him there but would allow a visit after he was placed somewhere in Hospice - and then only if he could find someone to supervise the visit. Charlie died the next day at the hospital.

I have spent much time telling about my experience in losing the brother that I dearly loved. It's a story of a Power of Attorney document being misused, it's a story of medicines that were INTENDED to be used for good in people who have psychosis or seizures or severe depression - but instead were WRONGLY used off-label as chemical restraints. It's a story of medical personnel who looked at a man who was heavily sedated and assumed that he was a demented individual - instead of an intelligent, competent man with short-term memory loss. The Administrator was willing to keep him there against his will, willing to force him to take powerful drugs against his will - with no required documentation proving him to be incompetent!

What does all this matter to you? Should you even care? If you have grandparents YOU SHOULD CARE! If you have parents YOU SHOULD CARE! If you have a brother, a sister, a spouse - YOU SHOULD CARE! Sometimes even children are prescribed off-label drugs. If you know the danger you can protect your loved ones. If there's no one else in your life to be concerned about - think about your own future. God forbid that you should end up at the mercy of the sort of people who took control of my brother's life.

There is a wealth of information out there about off-label prescribing and chemical abuse. You can start your education by reading the following article about recent improvements in Nursing Facility Regulations. Then read the following article about how our laws and regulations have been abused and ignored! Keep in mind that regulations, laws, and common decency only mean something if those entrusted with the lives of our most helpless and vulnerable citizens will honor and uphold them.

http://www.justiceinaging.org/wp-content/uploads/2017/02/Revised-Nursing-Facility-Regulations_Unnecessary-Drugs-and-Antipsychotic-Medications.pdf

<http://docplayer.net/49411338-Urgent-need-for-effective-oversight-to-counter-persistent-abuse-and-neglect-of-nursing-home-residents.html>

Election at November 13th Meeting
for 2018 AANHR Officers and Board Members

Nominating Committee for November Election:

Chairperson: Julie Shaw, Memphis -- (901)508-0558
Committee Members: Nancy Patterson, Searcy (501) 305-4034
Martha Deaver, Conway -(501) 450-9619

Call any member of the Nominating Committee if you wish to nominate someone as an officer or board position. You must have the permission of you nominee.

The AANHR by-laws require a presentation of a slate of officers and board members for the coming year at the November meeting. Officers are automatically members of the board of directors.

These are the nominees for 2018:

President: Martha Deaver, Conway (501-450-9619)
Vice-President: Open -- TBA
Secretary: Julie Shaw, Memphis
Treasurer: Nancy Patterson, Searcy

Nominees for the Board of Directors:

Martha Blount, Searcy
James Brooks, North Little Rock
Harry Burns, Jr., Pine Bluff
Julie Edwards, Alexander
Pat McGuire, Alexander
Cindy Murders, Sheridan
Ann Pinney, Benton

Steps to take if you find care lacking

1. Talk to the CNAs on duty for your hall. _____→
2. Talk to the nurse for your hall. _____→
3. Talk to the Director of Nursing or the Administrator. _____→
4. Call the Office of Long Term Care or the Regional Ombudsman. _____→



❖The Office of Long Term Care Phone in Arkansas is 1-800-582-4887.

OMBUDSMAN

❖Regional Ombudsman contact information complete with a photo of the ombudsman should be posted in a prominent place in your facility. You may also have a certified volunteer ombudsman (CVO) for your facility who might offer advice.

AANHR Special Thanks

We extend our heartfelt thanks to the following people and groups who make our outreach possible:

First Assembly of God Church in North Little Rock for providing AANHR a meeting room.

David Couch of The Law Offices of David A. Couch, PLLC, PA, for his support and assistance, and his providing POA documents pro bono.

Gary Miller of Prosmart Printing for assistance in newsletter and brochure publication.

The Law Office of Bob Edwards and Mrs. Edwards for providing financial assistance as well as AANHR Good Care booklets

M. Darren O'Quinn, Attorney, Little Rock, for his continued assistance to and support of AANHR.

Paschall Strategic Communications for their continued assistance with public relations needs.

AANHR Officers and Board Members

President - Martha Deaver, Conway (501-450-9619)

Vice President - Pat McGuire, Alexander, (501-847-1016)

Secretary - Julie Shaw, Memphis (901-508-0558)

Treasurer - Nancy Patterson, Searcy (501-305-4034)

Members of the Board: Nancy Allison, Conway (501-327-3152; Linda Brimer, Searcy (501-268-4699); James Brooks, North Little Rock (501-454-6279); Harry Burns Jr. (870-267-5298); Julie Edwards, Alexander (501-425-9959); Cynthia Murders (501-747-2060) and Ann Pinney, Benton (501-249-1084);

Newsletter Editors: Martha Blount, Searcy (501-278-9168); Marcy Wilson, Sherwood

Helpful/Important Numbers

The Office of Long Term Care (OLTC)

has a toll-free number for information, assistance and complaints for residents and family members:
1 - 800 - LTC - 4887 between 8 a.m. and 4:30 p.m. on weekdays.

You may also write to: Office of Long Term Care (OLTC) P.O. Box 8059, Slot 400 Little Rock, AR
72203-8059

OLTC website:

[Http://humanservices.arkansas.gov/dms/Pages/oltcHome.aspx](http://humanservices.arkansas.gov/dms/Pages/oltcHome.aspx)

You should also report complaints to the Arkansas Attorney General

Toll Free: 1 - 866 - 810 - 0016

Little Rock Local: 682 - 7760

For additional assistance or a listening ear, call AANHR at

(501)450 - 9619 in Conway

Visit our website at www.aanhr.org or e-mail us at Info@aanhr.org

Your local Ombudsman's number should be posted in a prominent place in the nursing home, preferably near the front entrance. You may also call your local Area Agency on Aging to secure the name and phone number of the Ombudsman.

The UALR Senior Justice Center can be reached at: **501 - 683 - 7153.**

www.ualr.edu/senior justice



Arkansas Advocates for Nursing Home Residents

A A N H R

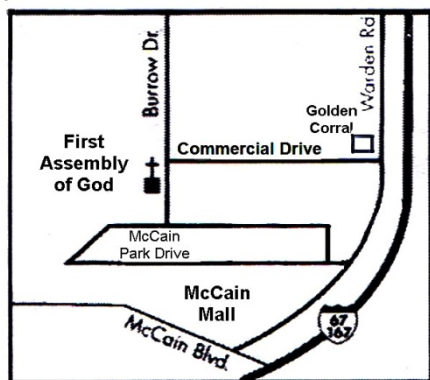
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www.aanhr.org

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Oct 2017

Address Service Requested



Strength in Numbers, AANHR Needs You!!

AANHR is a nonprofit organization run by non-paid volunteers dedicated to protecting and improving the quality of care and life for Arkansas residents in long term care facilities.

Won't you please lend your support to us by joining our organization? Your membership dues help to pay for our activities that support our mission statement. Memberships are available on a calendar year basis. Join now and you will be a member through December 31, 2018.

Today's Date _____

Name _____

Mailing address _____

City/State/Zip _____

Phone _____

Email _____

- ☐ I wish to receive the AANHR newsletter.
☐ \$20 per family or corporate membership.
☐ Waive dues because of financial hardship.

Please make checks payable to: AANHR and mail to
111 River Oaks Blvd, Searcy AR 72143.

Driving directions to First Assembly of God Church, 4501 Burrow Road, North Little Rock

Coming from the North:

When driving South on Highway 67/167, take exit #1A onto Warden Road. As soon as you safely can, move into the right-hand lane, as you will be turning right at the Golden Corral Restaurant onto Commercial Drive.

Coming from East, West or South:

If you are on either I-30 or I-40, take Highway 67/167 North. Take exit #2 onto Landers Road. Stay in the left-hand lane, as you will be turning left and going under Highway 67/167 and enter Warden Road going southbound. As soon as you safely can, move into the right-hand lane, as you will be turning right at the Golden Corral Restaurant onto Commercial Drive.

Commercial Drive terminates at the church. Proceed straight across Burrow Road into the church's parking lot and turn right at the far side of the building into the narrow alley-like drive.

The entry door is located about half-way down this side of the church and the meeting room (new & only this month) is upstairs #206. Elevator available.