



AANHR

Arkansas Advocates for Nursing Home Residents

PROTECTING NURSING HOME RESIDENTS
Oct 2019

Little Rock 501-607-8976

AANHR's Mission Statement:
"To protect and improve the quality of care and life for residents in Arkansas nursing homes."

Fifteenth Annual Residents' Rights Rally

Please Join Us!!!

Monday, October 7th, 2019

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 501-607-8976

Program of Events:

- Martha Deaver, AANHR PresidentWelcome**
- Dr. Gerald Parker Sr., Pilgrim Progress Missionary Baptist..... Invocation**
- Lloyd WarfordDeputy Attorney General**
- Kathie Gately.....Long-Term Care Resident Advocate**
- Dr. David Montague.....Director of UALR Senior Justice Center**
- Colonel Mike RossVeteran Advocate**
- Charlotte BishopAR State Ombudsman**
- Martha DeaverClosing Remarks**

Residents' Rights Rally
Mon. Oct 7
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. 4th 10:00 AM.



From the President's Desk Martha Deaver

Here is a checklist for families contemplating the placement of a loved one in a nursing home:

- Obtain a Durable Power Of Attorney with provision that does not allow the DPOA to sign an arbitration clause.
- Determine how nursing home bill will be paid: Medicaid? private pay? Medicare usually pays only for a limited amount of time in a nursing home, usually for rehabilitation after a hospital stay.
- Go to www.medicare.gov/nursinghomecompare to view past history of nursing home
- Find out whether the prospective nursing home has liability insurance coverage.
- Visit after hours & weekends
- Are there smells of urine and other bad odors present?
- Speak with other families in nursing home
- Read latest survey required to be posted in the nursing home
- Observe whether call lights are going unanswered.
- Do residents look sedated or alert?
- Are residents clean?
- Are residents happy/content?
- Check staffing posted log sheet...required to be posted 20 feet from front entrance
- Visit during meal time to observe how food is presented and served.
- Check to see if residents that need assistance with eating are being fed.
- Check to see if rooms have fresh water in arm's reach in pitchers located in residents' rooms.
- Are employees taking care of the residents needs? Are the employees relating to the residents?
- Does the nursing home have an active Family Council?
- Make sure you are NOT required to sign a arbitration agreement. Simply state during admission document signing process that you do not desire to sign. Request a copy of all admitting documents.
- Remember, this nursing home will become your family member's next home, whether temporary or permanent. Stay involved. Visit often. Speak up when problems arise.
- Always attend Care Plan meetings and follow up on plans for action.

NOTE: Oct. 7th Rally is FIRST Monday to allow for Columbus Day Observance!

Nov. 4th Meeting is FIRST Monday to allow for Veterans Day Observance!



Bad News for Diet Soda Lovers

by Shelley Emling, AARP, April 21, 2017

You might think drinking sugar-free diet soda is better for you than regular soda, which is packed with sugar. After all, experts have been sounding alarm bells for years about the dangers of consuming excessive amounts of sugar, which has been associated with obesity and a litany of health problems.

But new research published in the American Heart Association's journal *Stroke* finds that the artificial sweeteners used in diet drinks are also a cause for concern, as they have been linked to a greater risk of stroke and dementia.

The April 2017 study involved 2,888 adults older than 45 and 1,484 adults older than 60. Researchers asked the participants to answer questions about their eating and drinking habits at three separate points during a seven-year period. Then, for the next 10 years, they kept tabs on the participants, recording which of them suffered a stroke or developed dementia.

In the end, researchers learned that those who drank at least one artificially sweetened drink per day were nearly three times more likely to have a stroke or develop dementia compared to those who drank less than one a week. Their findings held up even after adjusting for other factors such as age, gender, calorie intake, diet quality, physical activity and the presence of genetic risk factors for Alzheimer's disease.

The data collected did not distinguish between the types of artificial sweeteners used in the drinks.

Although lead researcher Matthew Pase of the Boston University School of Medicine acknowledged that the findings showed only a correlation — and not causation — he said they do provide yet one more piece of evidence that diet drinks are not as healthy an alternative to sugary drinks as many people think.

"We recommend that people drink water on a regular basis instead of sugary or artificially sweetened beverages," he said in a statement.

Pase added that the study shows a need to direct more research to this area, given how often people drink artificially sweetened beverages.

Responding to the new study, the American Beverage Association released a statement saying that low-calorie sweeteners found in beverages have been proven safe by worldwide government safety authorities.

"The FDA, World Health Organization, European Food Safety Authority and others have extensively reviewed low-calorie sweeteners and have all reached the same conclusion — they are safe for consumption," the statement said. "While we respect the mission of these organizations to help prevent conditions like stroke and dementia, the authors of this study acknowledge that their conclusions do not — and cannot — prove cause and effect."

Even so, you might want to think twice before gulping down diet soda. A 2015 study of adults 65 and older found that those who drank diet soda daily gained more weight than those who never drank it. Still another previous study found that diet soda could disrupt gut bacteria, leading to glucose intolerance in some people and raising the risk for type 2 diabetes.

What are Residents' Rights?

Residents' Rights Guarantee Quality of Life

The 1987 Nursing Home Reform Law requires each nursing home to care for its residents in a manner that promotes and enhances the quality of life of each resident, ensuring dignity, choice, and self-determination.

All nursing homes are required "to provide services and activities to attain or maintain the highest practicable physical, mental, and psychosocial well-being of each resident in accordance with a written plan of care that... is initially prepared, with participation, to the extent practicable, of the resident, the resident's family, or legal representative." This means a resident should not decline in health or well-being as a result of the way a nursing facility provides care.

The 1987 Nursing Home Reform Law protects the following rights of nursing home residents:

The Right to Be Fully Informed of

- Available services and the charges for each service
- Facility rules and regulations, including a written copy of resident rights
- Address and telephone number of the State Ombudsman and state survey agency
- State survey reports and the nursing home's plan of correction
- Advance plans of a change in rooms or roommates
- Assistance if a sensory impairment exists
- Residents have a right to receive information in a language they understand (Spanish, Braille, etc.)

Right to Complain

- Present grievances to staff or any other person, without fear of reprisal and with prompt efforts by the facility to resolve those grievances
- To complain to the ombudsman program
- To file a complaint with the state survey and certification agency

Right to Participate in One's Own Care

- Receive adequate and appropriate care
- Be informed of all changes in medical condition
- Participate in their own assessment, care-planning, treatment, and discharge
- Refuse medication and treatment
- Refuse chemical and physical restraints
- Review one's medical record
- Be free from charge for services covered by Medicaid or Medicare

Right to Privacy and Confidentiality

- Private and unrestricted communication with any person of their choice
- During treatment and care of one's personal needs
- Regarding medical, personal, or financial affairs

Rights During Transfers and Discharges

- Remain in the nursing facility unless a transfer or discharge:
 - (a) is necessary to meet the resident's welfare;
 - (b) is appropriate because the residents health has improved and s/he no longer requires nursing home care;
 - (c) is needed to protect the health and safety of other residents or staff;
 - (d) is required because the resident has failed, after reasonable notice, to pay the facility charge for an item or service provided at the resident's request
- Receive thirty-day notice of transfer or discharge which includes the reason, effective date, location to which the resident is transferred or discharged, the right to appeal, and the name, address, and telephone number of the state long-term care ombudsman
- Safe transfer or discharge through sufficient preparation by the nursing home

Right to Dignity, Respect, and Freedom

- To be treated with consideration, respect, and dignity
- To be free from mental and physical abuse, corporal punishment, involuntary seclusion, and physical and chemical restraints
- To self-determination
- Security of possessions

Right to Visits

- By a resident's personal physician and representatives from the state survey agency and ombudsman programs
- By relatives, friends, and others of the residents' choosing
- By organizations or individuals providing health, social, legal, or other services
- Residents have the right to refuse visitors

Right to Make Independent Choices

- Make personal decisions, such as what to wear and how to spend free time
- Reasonable accommodation of one's needs and preferences
- Choose a physician
- Participate in community activities, both inside and outside the nursing home
- Organize and participate in a Resident Council
- Manage one's own financial affairs

Election at November 4th Meeting for 2019 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) 607-8976

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 2019:

President: Martha Deaver, Conway (501-607-8976)
 Vice-President: Cindy Murders, Sheridan
 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
 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. → OMBUDSMAN

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

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

The Law Office of Bob Edwards and Mrs. Edwards for providing 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.

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.

AANHR Officers and Board Members

President - Martha Deaver, Little Rock (501-607-8976)

Vice President - Cindy Murders, Sheridan

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

Treasurer - Nancy Patterson, Searcy (501-278-6577)

Members of the Board: Martha Blount, Searcy (501-278-9168); James Brooks, North Little Rock (501-454-6279); Harry Burns Jr. White Hall (870-267-5298); and Ann Pinney, Benton (501-249-1084).

Newsletter Editors: Martha Blount, Searcy; 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 501-607-8976 in Little Rock

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



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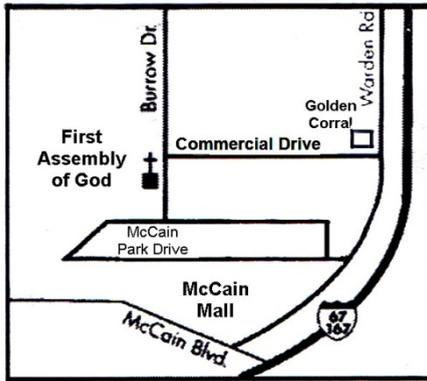
AANHR

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www.aanhr.org

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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, 2020.**

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 past the overhang at south end of building. Then, turn right to drive down the narrow alley-like drive (fire lane).

The canopied entry door is about half-way down the alley and the meeting room (#102) is located on the left just inside this door off the alley-drive.