



AANHR

Arkansas Advocates for Nursing Home Residents

PROTECTING NURSING HOME RESIDENTS
February 2016

Conway (501) 450-9619

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

**Next Meeting
Feb. 8th
Meeting
Place:**

First Assembly of God Church
4501 Burrow Road
North Little Rock
Directions to church
On back of
Newsletter.

**10:00 - 11:00 A.M.
Open Forum**

**11:00 A.M.
Program Speaker:
(See article at right.)**



**AANHR Meeting February 8th
Topic: Pharmacy Consultants
Speaker: Lisa Thomas**

Pharmacy Consultants in a nursing home? What are they and what is their role in the care of our frailest loved ones in nursing facilities? Learn about them at our next AANHR meeting.

Ms. Lisa Thomas, State Training Coordinator for the Arkansas Department of Human Services-Office of Long Term Care, will explain pharmacy consultants' roles at the February 8th meeting beginning at 11:00 AM. Ms. Thomas is responsible for the training of all new surveyors and education for all Center for Medicaid Services (CMS) regulatory updates and regulation changes to both the surveyors and the nursing home industry. She has over twenty years of nursing experience, sixteen of which are in geriatrics. Ms. Thomas has held board certification in Nursing Practice through the American Nurse Credentialing Center since 1997 and has held her present position as State Training Coordinator since 2008.

Rules and regulations exist to protect our loved ones and set guidelines for their care. Please join us on February 8th to learn about this segment of the care process. Knowledge is power -- power in knowing what the parameters for good care are, so you may recognize and acknowledge good care practices and express concern when you experience a lack of caring skills. Hope to see you then and there!



**Happy
Valentine's
Day**

AANHR is an ALL VOLUNTEER 501 C-3 non-profit organization. No AANHR member receives compensation for his/her advocacy activities. THEREFORE, AANHR is very appreciative of the ongoing financial contributions of our members and supporters. Please consider supporting our advocacy with a financial contribution. See details on page 8 of this newsletter. Thank You!



AANHR works arm in arm with Alzheimer's Arkansas since we advocate for many of the same populations in our role of protecting and improving life quality for nursing home residents. To that end I want to make you aware of a wonderful opportunity for caregivers coming up next month on Friday, March 4th, in Little Rock. The following information and this conference is provided by Alzheimer's Arkansas which can be accessed on the internet at alzark.org.

Hope for the Future is an annual caregiver workshop held in Central Arkansas, North West Arkansas, and South West Arkansas through which Alzheimer's Arkansas reaches out to caregivers. This daylong education workshop provides family and professional caregivers with general information regarding Alzheimer's disease and its progression; tools, knowledge and tech-

niques to improve caregiving skills, and information concerning resources available to caregivers and Alzheimer's patients through vendor exhibits. With the assistance of local Community Partners and the support of Alzheimer's Arkansas Walks, we provide half day **Hope for the Future** workshops in communities like Jonesboro and Helena/West Helena.

Caregivers, both family and professionals, attend from across Arkansas. Family caregivers attend free of charge, unless requesting continuing education credits. Reimbursement for respite care to allow family caregivers to attend the symposium is also available. Continuing education credits (CEU's) are available for nurses, nursing home administrators, occupational therapists and occupational therapy assistants, physical therapists, pharmacists, psychologists, emergency medical services, social workers, and certified nursing assistants.

Through programs like **Hope for the Future**, we are able to fulfill our mission statement which is to provide education and resources so that all Arkansans affected by Alzheimer's are able to live with comfort and dignity until a cure is found. Caregivers will be able to add new "tools" to their "caregiver toolbox" which can lead to improved care and quality of life for their loved ones as well as themselves.

For more information, please phone 501-224-0021 or email lynn.akdamar@alzark.org.

2016 Little Rock Hope for the Future

Crowne Plaza Hotel

201 S. Shackleford Road Little Rock, AR 72211

Friday, March 4, 2016

AANHR is always proud to be able to help those who cannot help themselves...Join us in making a difference in the lives of nursing residents! I recently received this heartwarming accolade as a Facebook comment and am passing it along to all our advocate readers who work alongside me in our persistent drive to help those less fortunate than us. Kudos to all of you!! Keep up the good work!

"This Beautiful, Selfless, Compassionate Woman of God has been An Advocate, Friend, Counselor, and Angel, to my son, Larry, and me. It seems as if she is Sister of the Arch- Angel Michael. When she speaks, Things move in an instant. To show how powerful she is; we never met, but we talk a lot. My son is living today and is in a fantastic condition today because of her. She is so humble, she gives God All of the glory and so do I. I dearly Love you Mrs. Martha Deaver. May God Continue to Bless you and your Family!!!

(expressed by Virginia Brown, Mother of Larry Bell, a long term care resident whose struggles as a quadriplegic resident, I and AANHR have followed for quite some time).



*An event for those caring for someone with
memory loss, dementia, or Alzheimer's.*

HOPE for the Future!

Sponsored by Home Helpers

Friday, March 4th

THE CROWNE PLAZA HOTEL

201 S. Shackelford Rd. Little Rock, AR

Guest Speakers include:

Dr. Mark Pippenger, Sarah Rowan, and Priscilla Pittman

\$80 for Professionals and Family Caregivers requesting CEUs
Respite Care Financial Support Available



To register or to learn more contact
Alzheimer's Arkansas
501-224-0021 www.alzark.org



Moving Back to the Community

Ms Ramona Sangalli spoke at the January AANHR meeting about the Money Follows the Person program and its possibilities. Employed by DAAS (Division of Aging and Adult Services) in 2010 as Program Specialist for the Adult Family Homes (AFH) program, Ms Sangalli worked two years on the development of this program. As Program Coordinator for the Money Follows the Person (MFP) program, Ms Sangalli is responsible for its day to day activities. This includes work with providers to ensure understanding of program requirements and assisting new providers completing the provider certification process.

Readers might wonder what MFP and AANHR have in common? It's very simple. AANHR's goal is to make life better for nursing home residents and what better way to do that than to facilitate the opportunity, for those who can, to move back to the community and receive help and support in a community rather than institutional setting? There is a great deal of difference between residing in a nursing facility where one usually has a roommate and living independently, with assistance, in a private community setting.

Many times when one enters a nursing facility, his/her former home may have been sold or otherwise relinquished. MFP provides 365 days of services to reestablish living quarters for clients. Sometimes the services must be paused, for instance, if a client returns to rehab or a hospital. Services include one-time expenditures but not ongoing expenses. For instance, rental and utility deposits may be provided, but not funds for ongoing rent and utility bills.

MFP began as a demonstration project and the program is currently set to end in 2020. It is scheduled to accept its final client on 12/31/2018 with that client's services and support to end on 12/31/2019. Maximum "in home" care provided is currently eight hours per days times seven days or fifty-six hours per week. A client must be certified as able to live independently with that amount of support to participate in the program. Since the program's inception in 2009 almost eight hundred individuals have been served. That's eight hundred clients who grasped the opportunity to return to their community to live a higher quality life outside a facility.

Have you been in a Nursing Facility for at least 90 days? Have you been on Medicaid for at least one day? Would you like to move back into the community and are not sure how to do this? Money Follows the Person is a program of the Arkansas Department of Human Services Division of Aging and Adult Services for individuals who are Medicaid eligible and live in a qualified institution who have the desire to move back into the community and receive Home and Community Services.

You have a choice ... in where you live and receive long-term services and support. Participating in Money Follows the Person can help you with your choices. If you decide to transition back to the community MFP can provide resources and support to help.

(Information on the MFP program for these articles provided by DAAS)



Money Follows the Person FAQs

What populations are served by MFP? Elderly, adults with physical disabilities, persons with developmental disabilities, and adults with mental illness.

How does someone become qualified for MFP?

You must be in a qualified institution for at least 90 days and Medicaid eligible for at least 1 day. (This begins after your Medicare paid rehab days end).

Where will I live?

A case manager will be assigned to work with you to decide where you will live and develop a plan to transition to the setting of your choice. If you do not have an existing home or family arrangements are unavailable, the case manager will have a listing of available housing options in your community from which you may choose.

What are some of the benefits of Money Follows the Person?

Participants will be enrolled into an existing Medicaid Waiver program that provides specific long term care services. Supports and services which best meet your needs will be determined, along with other Medicaid state plan services.

For the first year, you will also receive other(demonstration) services and supports to help you as you transition to your new residence and learn to live more independently. Some of these services are:

Medication Dispensing Unit

Personal Attendant Care

Home Modification

Supported Living Services

Therapeutic Services

Community Transition Services

Goods and Services

Who decides what services I will receive? You might choose to direct your own care or to have an agency direct your services. You will work with a nurse or other care specialist, depending on the specific waiver chosen, to further complete a plan of care designed to meet your needs.



Contact info for MFP:

Phone: 866-501-3435

Fax: 5012-682-6658

www.mfp.ar.gov

STARTING A FAMILY COUNCIL

A Booster Club for A Nursing Home's Residents

That Results in Better Care for All Residents and Thus, Each Resident

By Gary Melton, Searcy, Arkansas

During the past several years, I have had family members in two nursing homes. Sometimes I have found the care to be adequate; however, a few times the care was less than adequate and that is unacceptable!

Having recently retired from the military and wanting to improve the quality of care of residents, I thought of starting a Family Council. First, I asked the administration to announce a meeting and help spread the word by posting announcements on doors, talking to acquaintances and posting a notice in the nursing home newsletter.

At our first Family Council meeting we discussed the election of officers, our goals, organization of the meetings and plans for the next meeting. Fortunately, the six people in attendance were persons with a can-do attitude. The vice-president elect is a schoolteacher who has received major awards in her career field, the secretary is a CPA, and the treasurer/staff advisor is a social worker on the staff of the facility.

By the second meeting, I was hearing the questions: "What is a Family Council?", "What does a Family Council do?", "I don't need you to help take care of my love one!". Fortunately, in talking with my Regional Ombudsman she had a movie entitled, "Strength in Numbers, The Importance of Nursing Home Family Councils." The movie became our next program. By working hard and spreading word of the movie, we had 20 present. At this second meeting, we passed a budget of \$1000 for the year. We arrived at this amount by deciding on our projects: (1) donate \$25.00 to the employee of the month, (2) furnish snacks to the midnight shift, once a quarter and (3) a complimentary meal for each dietary staff member and spouse at a local restaurant. We discovered having our meetings in the dining room was disrupting the feeding/bingo schedule, so

we moved to the big, front lobby. Our meetings are from 6:30 PM to 7:30 PM and everyone walking in or out of the facility during this high visitation period is exposed to our meeting. Much work by the leaders was initially required between meetings. For example, our secretary completed the paper work to establish us as a non-profit organization under the U.S. Tax Code 501 (C)(3). This designation allows council members to collect tax-deductible donations for our budget. One local bank agreed to donate a \$50.00 savings bond in its name and the Family Council name to the employee of the month for a year. Another member worked with a local artist to have a painting donated for a raffle.

By the third meeting, we were beginning to get comfortable with each other. One of the members always volunteers to furnish the next month's meeting refreshments. We all wear name tags and start our meetings by introducing ourselves and stating our relationship with the facility. Near the end of a meeting, facility staff members present are asked to step outside so we can discuss care issues without any hesitancy. Areas of common concern are agreed on and are submitted in writing to the administration.

The most favorable comments I have had concern starting on time and ending on time. Most people work during the day and are ready to go home but can give their full attention for one hour to a worthwhile endeavor.

If you want to start or already have a council, I recommend the aforementioned movie available from your Regional Ombudsman or the AANHR. In addition, I recommend the publication, "The Family Council Guide" located under "Helpful Links" on the AANHR website: aanhr.org. This publication is a guide to organizing and maintaining an effective family council.



"Speak up for those who cannot speak for themselves, for the rights of all who are destitute. Speak up and judge fairly; defend the rights of the poor and needy." Proverbs 31:8 NIV

AANHR Special Thanks

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

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.

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

AANHR Officers and Board Members

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

Vice President - Nancy Patterson, Searcy (501-305-4034)

Secretary - Nancy Allison, Conway (501-327-3152)

Treasurer - Frances Walker, Benton (501-316-0260)

Members of the Board: Martha Blount, Searcy (501-278-9168); Linda Brimer, Searcy (501-268-4699); James Brooks, North Little Rock (501-454-6279); Julie Edwards, Alexander; Pat McGuire, Alexander (501-847-1016); and Ann Pinney, Benton (501-249-1084); Julie Shaw, Hot Springs.

Newsletter Editors: Ernie and Martha Blount, Searcy.

Honorary Board Members: Faye Sandstrum, Searcy.

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



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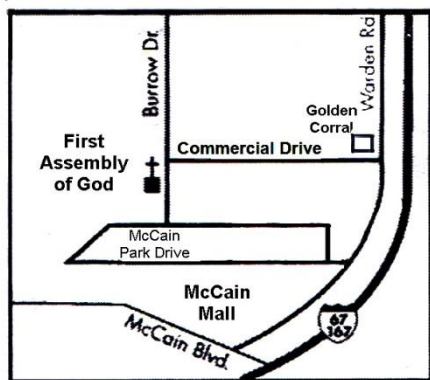
AANHR

P.O. Box 165641 Little Rock, AR 72216

www.aanhr.org

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LITTLE ROCK, AR
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Feb 2016



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, 2016**.

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 2336 Riverview Circle, Benton AR 72019

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 (#113) is immediately inside the entrance door.