

**American College of
Health Care Administrators**
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MISSION STATEMENT: ACHCA is a membership organization whose purpose is to enable its members to achieve and maintain the highest level of professional competency in long term care administration.

PAGE
8



SPRING 2005

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www.achca-oh.org

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INSIDE THIS ISSUE

Changing of the Guard 1
Editor's Comment 2
Surviving a Blackout 2
2005 Phil McConnell Scholarship 2
ACHCA Minutes (Feb. 22nd)..... 3
Convention Photos..... 4-5
Ohio Chapter Conv. Highlights..... 4-5
ACHCA Minutes Cont'd 6
2005 Conference & Expo Info 6
Urinary Incontinence Slides 7
Chapter Chair Listings 8

Changing of the Guards

Buckingham Palace is known for the changing of the guards at 11:30 A.M. each day during the summer. (<http://www.tourist-information-uk.com/buckingham-palace.htm>) Many people travel there just to see the elaborate uniforms and majestic process.

When Administrators have a "Changing of the Guard" there is much less fanfare. On one occasion I had the opportunity to experience a "changing of the guards" where we met at 8:00 A.M. and the out going Administrator took her license off the wall, and the incoming Administrator put hers on the wall. Wouldn't it be exciting if we could have a more formal ceremony – out in front of the care community – 11:30 A.M. the day of the change – Sentries (staff/department managers) would come from their respective departments "dressed to the nines" in their nicest uniforms for the exchange? What a site that would be...talk about a media event! Try it next time!



Unfortunately we can not always deal with change in this way, sometimes it has to be done behind closed doors. If we properly commemorate the past, and celebrate what is taking place as a fresh start our staff will learn to accept change when it is necessary. Many of our ACHCA Ohio Chapter Administrators have changed positions recently – let us know how your event went, and where you are now. Send your changes of address and the name of your facility to Mark Ostendorf, Montgomery Care Center, mostendorf@montgomerycarecenter.com so we can keep current on where you are.

ACHCA website:www.achca.org
ACHCA Ohio website:www.achca-oh.org

Editor's Comment



The ACHCA Ohio Chapter newsletter is about each of our roles as Administrators/ Executive Directors. Professionalism takes on many forms, but for some of us the need for some autonomy, or the freedom to attend an ACHCA conference is very important. The process

of finding the place where your needs are met as an Administrator may mean a change of positions. I have made a change and am really inspired by what that change is bringing into my life.

I worked for an outstanding company, but was ready for a step up to a Retirement Community...that happened for me through a long term ACHCA friend. Thanks to Larry New of Americare Communities for believing in me, and giving me that opportunity.

You may send newsletter articles or ideas to me at:

Brenda Lewis, LNHA, Executive Director
Willow Knoll Retirement Community
4400 Vannest Ave.

Middletown, Ohio 45042

email:

blewis@americarecommunities.com

Phone:

513-422-5600 ext 3005.

Surviving a Blackout

On January 6th I got a call at 12:45 A.M. that the power had gone out in town, and that the facility was operating on generator power.

What I did not anticipate was the three day outage. We faced many challenges including being one of the community's shelters for the elderly and ill, along with meeting the needs of the facility residents.

Over the next three days we learned many things - what all the generator was wired to, that it is important to check residents for signs of hypothermia - body temps, and room temps. We moved residents to the warmest parts of the building. The total darkness of the community contributed to the challenges, stores were closed, and resources were limited. Volunteers appeared from everywhere, the care community staff was incredible, the EMA checked on us regularly, as well as the police, along with corporate staff. That is what kept us going when we needed help.



When the power came on - it was a great relief to know that the challenges were going to diminish, and life would return to normal for our residents. The follow up process is important too as we look at how we did in this real life emergency. I had taken detailed notes on the outage, which could then be utilized for review purposes.

2005 Phil McConnell Scholarship Winners

Congratulations to Matthew J. Wine and Cydney Maureen Bare. These two AITs were recently selected as the 2005 Phil McConnell Scholarship winners and will be awarded a trip to the upcoming ACHCA National Meeting in Providence, Rhode Island. Matthew is an AIT at Wellspring Health Center in Cincinnati, OH under the preceptorship of Bill Wexler and Dan Suer. Cydney is an AIT from Wooster, Ohio with an impressive background in long term care clinical software programs. If you are coming to the national meeting, make a point of introducing yourself to these two newest members of the ACHCA family.

Urinary Incontinence (Powerpoint Slideshow)

Urinary Incontinence



C. Lynn Thompson, MD
Vice President of Medical Affairs
Lima Memorial Hospital
Lima, Ohio

Involuntary Loss of Urine

Introduction

- Up to 30% of community dwelling elderly individuals
- 50% of long term care patients
- Patients at risk for pressure ulcers, UTI's, sepsis, rashes, falls and fractures
- Increased depression
- Not a normal part of aging and can be treated

Topic of Discussion

- Types of Urinary Incontinence
- Diagnosis
- Reversible Causes ("drip")
- Treatment
- Drug Therapy
- Appropriate Indications for Chronic Indwelling Catheters



Spectrum of Urinary Incontinence

- Stress
- Urge
- Mixed Urge and Stress
- Overflow
- Functional



Diagnosis

- History
- Physical
- Urinalysis
- Post voiding residual
 - Males
 - Diabetics
 - Drugs
 - Neuralgic patients
 - Concern about obstruction
- Other



Reversible Causes ("Drip")

- Delirium
- Restricted mobility
- Infection, inflammation, impaction
- Polyuria, pharmaceuticals



Drugs

- Diuretics
- Narcotics
- Anticholinergics/antihistamines
- Calcium Channel Blocked



Treatment

- All patient, should receive trial of **prompted** voiding
- Correct reversible causes
- Behavioral (bladder retraining and Kegel's exercise)
- Surgery
- Non-specific measures (diapers, catheters, etc.)
- Drugs

Drug Therapy

Type	Drug Class	Drug
Urge	Anticholinergic agents	Ditropan Detrol
	Tricyclic	Imipramine
	Anti-depressant	Nortriptyline
Stress	Alpha-adrenergic	Phenylpropanolamine
Mixed	Estrogen replacement	Cream or PO
	Imipramine	
Overflow	Alpha Adrenergic Antagonists	Hytrin Cardura

Appropriate Indications for Chronic Indwelling Catheters

- Urinary retention by characterized by:
 - Causes persistent overflow, symptomatic infections, or renal dysfunction.
 - Cannot be corrected by surgically or medically
 - Can not or patient prefers not to be managed with intermittent catheterization



Appropriate Indications for Chronic Indwelling Catheters

- Skin wounds that are being contaminated by incontinent urine
- Care of terminally ill or severely impaired for whom bed or clothing changes are uncomfortable or disruptive
- Preference of patient who has not responded to more specific treatments

Goals of Therapy

- Improves quality of life
- Lowers incidence of pressure ulcers, falls, fractures
- Lowers costs



Meeting Minutes Continued from page 4

They are as follows:

- Treasurer: Susan Strutner
 - Motion – Tom Swallen
 - Second – Jim Snyder
- Secretary – Mark Ostendorf
 - Motion – Tom Swallen
 - Second – Greg Nijak
- Vice President – Tim Dressman
 - Motion – Tom Swallen
 - Second – Dan Suer
- President Elect – Jamie Houseman
 - Motion – Tom Swallen
 - Second – Tom Widney
- President – Paul Kocsis
 - Motion – Tom Swallen
 - Second – Dan Suer

Installation of Officers:

Dan Suer, Past President installed the officers as listed above.

Closing Remarks:

Paul Kocsis expressed his gratitude to all of the members who have helped and supported him over this past year whether it was speaking at the last minute, making calls or other support. Paul additionally challenged everyone to get involved in a committee this year. Tom Widney also encouraged those present to attend the Annual Convocation in Providence, Rhode Island. Ohio pledged to the National Office that we would have attendance from 50 members at Rhode Island. It will be held on April 16-19th, 2005.

Adjournment:

The meeting was adjourned at 12:21 p.m.

ACHCA 2005 Annual Conference & Exposition

The Annual Conference and Exposition will be held April 16 - 19, 2005 at the Rhode Island Convention Center in Providence, RI. Highlights include an updated Aladin Certificate Program, Quality Assurance Certificate Track and a wide array of program sessions.

***** Don't Forget to Register! *****

Register online, by mail, fax or by phone.

Visit our website at www.achca.org to register online

By Mail: Mail your registration form with payment to: ACHCA 300 N.Lee Street, Suite 301, Alexandria, VA 22314

By Fax: Fax your registration form with credit card information to 703-739-7901

By Phone: Call us at 888-88-ACHCA or 703-739-7900 to register.

More Events

Aladin Certificate Program

Revised for 2005, The Aladin Certificate Program offers you an opportunity to master the critical areas of Assisted Living administration. Learn more... <http://www.achca.org>

ACHCA Education Research Institute Fundraiser

Saturday, April 16: 5:30 p.m. - 12:00 a.m.

Join your friends for an evening of good food, dancing to the music of The Reactions, and a Silent Auction to benefit the Education Research Institute. Sponsored by the Connecticut Chapter of ACHCA.

Learn more... <http://rs6.net/tn.jsp?t=vjzyx5aab.fqzaxyn6.gkyzq9n6.qtniiyn6.202&p=http%3A%2F%2Fwww.achca.org>

ACHCA Annual Exposition

Does your company have a cutting edge product or service for the long-term care market? Then plan to exhibit at the ACHCA's 2005 Annual Conference and Exposition, April 16-19, 2005. Learn more... <http://www.achca.org>

Visit the ACHCA website at www.achca.org for the complete Preliminary Program.

Call 703-739-7900 with questions.

For hotel reservations call The Westin Providence at 1-401-598-8000. Be sure to mention the ACHCA Conference.

OHIO CHAPTER ACHCA 2005 Business Meeting Minutes February 22, 2005 • Holiday Inn – Worthington

Call to Order:

Paul Kocsis, President, called the meeting to order at 12:02 p.m.

Secretary's Report:

Mark Ostendorf, Secretary, read the minutes from the 2004 Business Meeting held on April 18, 2004. The minutes were approved as read and presented with a motion by Len Culver and seconded by Greg Nijak.

Treasurer's Report:

The report was presented by Susan Strutner, Treasurer. The cash present in the bank account as of 2/18/05 was \$15,592.84 which included most of the income for the 2005 Annual Meeting but not the hotel expenses for the annual meeting. The cash position of the Ohio Chapter is lower than in past years primarily due to the financial support the Ohio Chapter provided to National for the 2004 Convocation held in Columbus. The Ohio Chapter did hold a Fish Fry Event at Jim Farley's home in Indian Hill (Cincinnati) to improve our cash position. The report was approved as read and presented, with a motion by Tim Dressman and seconded by Michael Scharfenberger.

Membership Report:

Tim Dressman discussed Chapter membership. Tim hoped that everyone enjoyed this year's Annual Meeting but stressed that we need additional members and encouraged current members to get others involved.

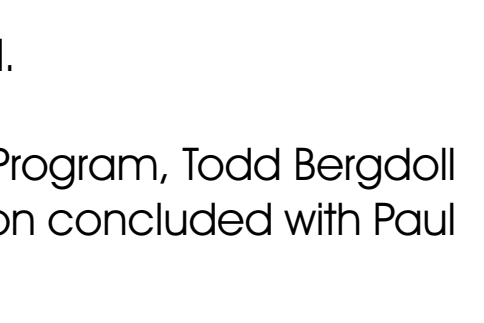
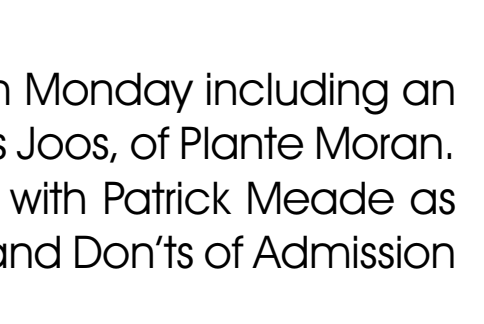
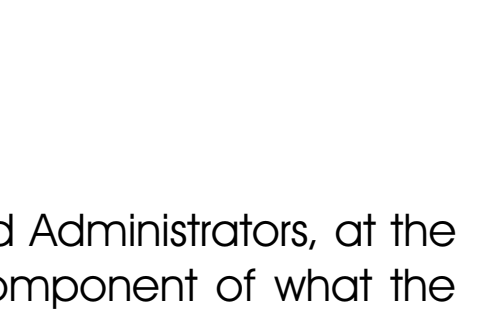
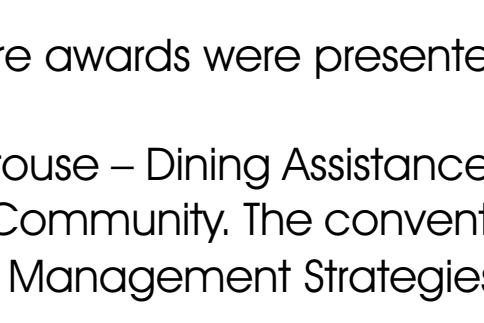
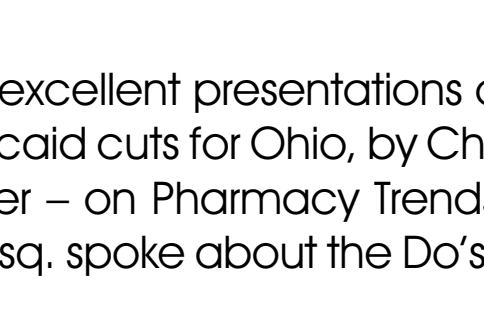
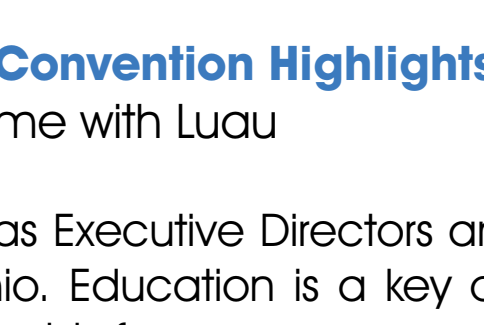
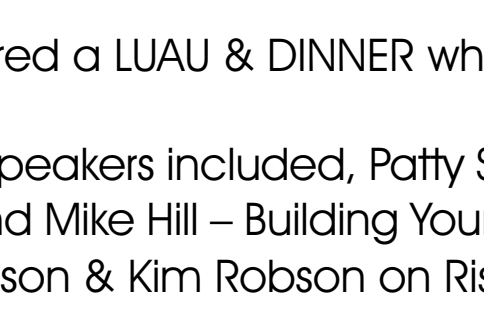
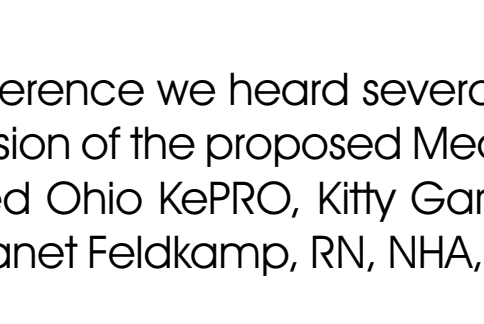
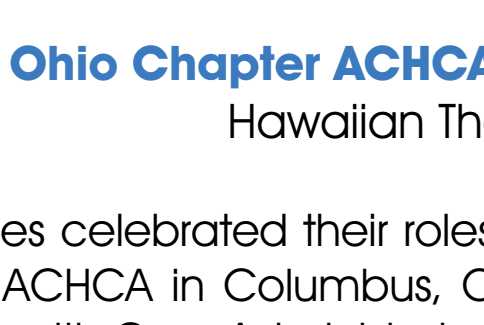
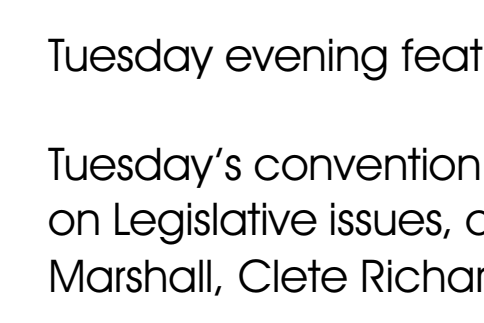
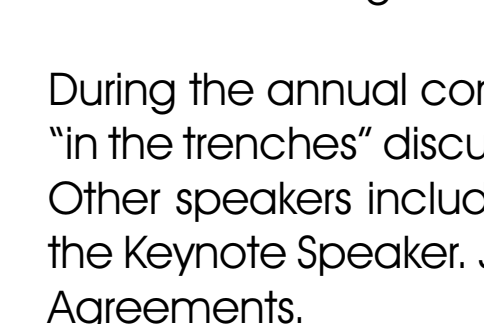
President's Report:

Paul encouraged everyone to complete the seminar evaluation forms for the Annual Meeting. He asked if everyone was satisfied with the accommodations and customer service with the hotel. The members were in agreement that the hotel had done a nice job assisting with the event. Jenny Nijak commented that the hotel had shown excellent customer service with our group. We have tentatively scheduled the Annual Meeting for 2006 for March 6-7, 2006 at the Holiday Inn – Worthington. Paul recognized Jamie Houseman and Tim Dressman for their excellent efforts organizing and running the annual meeting. Paul indicated that there have been some volunteers that have offered to chair the Annual Meeting Committee for next year, which will increase committee participation for the Ohio Chapter. Paul also discussed membership, which needs improvement in Ohio. He indicated that we have had success with incoming long term care professionals with our contact with the Core of Knowledge (Core) students. Paul indicated that in our most recent reception with the Core, over 50% of them chose to be College members. Paul said that Greg Nijak would be speaking to the Core students on Friday, February 25, 2005 on behalf of the Ohio Chapter. Paul indicated that there is not a consistent reason why people have chosen not to renew their College membership but one consistent message heard was "what does the College do for me?" Paul felt that while the Ohio Chapter is a voluntary group he indicated that if you don't give to the College you won't get as much out of the College. He challenged the members to attend at least one other event in 2005 and bring one member. Paul shared that the Ohio, Pennsylvania, and West Virginia Chapters in May or June will be coordinating an event in Southeast Ohio at the Oglebay Resort (a unique 1650 acre resort of exceptional beauty and abundant recreational activities nestled in the hills surrounding Wheeling, West Virginia). It is hoped that Southeastern Ohio membership to the Ohio Chapter will increase as a result of this joint chapter seminar as well as encourage synergy between the state chapters. Paul indicated that in 2005, the Ohio Chapter would be utilizing e-mail for the newsletter as well as other educational announcements to chapter members. He encouraged everyone to be sure that Tim Dressman had everyone's updated e-mail addresses.

Nominating Committee:

Jenny Nijak, Immediate Past President, conducted the nomination process for the Ohio Chapter. According to the rules outlined in the Chapter Bi-Laws, Jenny Nijak placed the following members on the ballot. There were no nominations from the floor for any of the executive committee offices and all nominee ballots were cast unanimously.

Continued on page 6



Ohio Chapter ACHCA Convention Highlights Hawaiian Theme with Luau

Members and attendees celebrated their roles as Executive Directors and Administrators, at the Annual Convention of ACHCA in Columbus, Ohio. Education is a key component of what the American College of Health Care Administrators exists for.

During the annual conference we heard several excellent presentations on Monday including an "in the trenches" discussion of the proposed Medicaid cuts for Ohio, by Chris Joos, of Plante Moran. Other speakers included Ohio KePRO, Kitty Garner – on Pharmacy Trends, with Patrick Meade as the Keynote Speaker. Janet Feldkamp, RN, NHA, Esq. spoke about the Do's and Don'ts of Admission Agreements.

Tuesday evening featured a LUAU & DINNER where awards were presented.

Tuesday's convention speakers included, Patty Strouse – Dining Assistance Program, Todd Bergdoll on Legislative issues, and Mike Hill – Building Your Community. The convention concluded with Paul Marshall, Clete Richardson & Kim Robson on Risk Management Strategies.