



NaCCRA LIFE LINE

*The Resident's Watchdog...
The Industry's Friend*

National Continuing Care Residents Association

Vol 13 No. 1

January 2008

PRESIDENT'S MESSAGE

What a great year 2007 was for NaCCRA. Our officers worked together and moved the organization forward. We now have individual members in twenty-five states. With the help of all we can continue this growth in 2008. NaCCRA is a needed organization and it is still the only national membership organization for residents in life care retirement communities.

My wish is that every resident living in life care retirement communities, nursing homes, assisted living and independent retirement communities had a blessed and stress-free life style for 2007 and that 2008 will be even better. Laverne and I have been blessed beyond belief by the warm friendship we have received all across the country. We feel that we are members of a 650,000 family of CCRC residents. Most we do not even know, but we hope that will be corrected in coming years.

The Executive Director, John Thompson, of The Estates at Carpenters, nominated me for the AAHSA House of Delegates and I was installed as a member of that body in Orlando, Florida, during the AAHSA 2007 annual meeting. It is great that NaCCRA has a voice in that effective organization.

Milt Brummer, one of the founders of NaCCRA nominated me for Director at Large in the Florida Life Care Residents Association and I was elected during their 2007 annual meeting at Freedom Plaza, Sun City Center, FL, just two days after the AAHDA meeting. What an honor for me to serve on the Florida State Association Board.

I have been invited to attend the International Association for Homes and Services for the Aging (IAHSA) meeting in London, England, in July 2009 as the representative of NaCCRA. It is my plan at this time to attend.

During the AAHSA meeting I served on a panel with Esther Canja, Past President of AARP, Michelene Neubert, Corporate Quality Officer, Presbyterian Senior Care, Oakmont, PA and Maggie Flowers, Quality First Services Manager, AAHSA, to discuss the Tangible Value of Quality First for Consumers/Residents. Maggie Flowers, AAHSA, has followed up this panel presentation by developing a Power Point Presentation, same subject. I plan to present this to my community residents during December or January. After the presentation I will provide feed back to Maggie and

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NaCCRA Officers...

President.....	Charles D. Paulk, Lakeland, FL paulk65@gte.net
Vice President.....	Marleen Varner, Lakeland, FL travelgal2342@aol.com
Vice President.....	John T. Mathison, Washington, DC jmathison1@earthlink.net
Treasurer.....	Robert J. Gault, Lakeland, FL RJG327@aol.com
Secretary.....	Anne Winslow, Jamaica Plain, MA annewinslow@hotmail.com
Executive Committee.....	Alex Kaufman, Cockeysville, MD ackauf@comcast.net
	Robert F. Negele, Stamford, CT RNegele@optonline.net
Past President.....	Milt Brummer Lakeland, FL

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NATIONAL CONTINUING CARE RESIDENTS ASSOCIATION

ANNUAL MEETING • APRIL 3 - 4, 2008

Ingleside at Rock Creek

CALL TO MEETING

In accordance with the provisions of Article VII, Sec. 1 of the Bylaws, the Annual Meeting will be held at Ingleside at Rock Creek, 3050 Military Road NW, Washington DC 20015

PRELIMINARY AGENDA *(Subject to Change)*

Exec Committee Meeting (8:00 - 9:00 AM) Charles Paulk..... President
 Registration for Membership Mtg (8:00 - 9:00 AM)
Annual Meeting Call to Order 9:30 AM..... Charles Paulk..... President
 Welcome Jack Mathison Vice President
 Introduce Guests..... Charles Paulk..... President
 Minutes of Last Meeting..... Anne Winslow Secretary
 Treasurer's Report (approved budget)..... Robert Gault..... Treasurer
 President's Report Charles Paulk..... President
 Report on Ingleside at King Farm Rev Bob Bell
 Informal Networking 11:00 - 12:00
 Lunch (Speaker, Larry Minnix, CEO AAHSA) Charles Paulk..... President
 AAHSA - CCRC Update (1:30) Steve Maag..... AAHSA
 AAHSA Advocacy Update (2:30)..... Susan Weiss AAHSA
 Breakout, Dues & Advertising (3:30 - 5:00)
 Dinner (Speaker, Doug Pace, 6:00)..... Charles Paulk..... President
 Coffee (8:00 - 8:30, April 4)
 Dues Report..... Jack Mathison Vice President
 Advertising Report Marleen Varner..... Vice President
 Gray is Green Update Marleen Varner..... Vice President
 State Association Reports - (limit 3 minutes each, submit written reports to secretary)
 If a state is unable to send representative, secretary will read reports.
 Community Association Reports - (limit 3 minutes, submit reports to secretary)
 Communities please advise president by March 20, 2008, if you will have a report.
 Legislative Issue Committee Report Gordon Hawk Chairman
 Nominating Committee Charles Paulk..... President
 Unfinished Business
 Unscheduled Speakers
 Adjourn 12:00

NaCCRA April 3 - 4, 2008 Annual Meeting Registration Form

Ingleside at Rock Creek, 3050 Military Rd NW, Washington DC 20015 • 202-363-8310

Full Registration Fee - \$44.00 per person

(This includes all refreshments at breaks plus lunch and dinner Thursday, April 3, 2008).

Name _____
 Address _____ City _____ State _____ Zip _____
 Phone _____ E-mail _____ @ _____
 Community _____ State Association _____

Mail to: Jack Mathison, VP NaCCRA
 3050 Military Rd NW, Apt 639, Washington, DC 20015
 jmathison1@earthlink.net • 202-362-4612

~ Days Inn Motel on Connecticut Ave NW is near Ingleside • 202-244-5600 ~



New Members since last Life Line...

Welcome!

California

John B. Cumming (Life)
Raymond N. F. Killeen, MD
Mary Beth Tompane

Colorado

Alfred S. LeBang

Connecticut

Edgehill Residents Association (Community)

District of Columbia

Dorothy P. Armstrong
Robert W. Brewster
Robert & Jane Brubaker
Dorothy A. Camp
John & Nancy Cushman
Jane M. Ditzler
Lucy B. Eastham

Annadel W. Edwards
Gerald & Rochelle Elliott
(Life)
Butler & Penelope Franklin
Sarah C. Hansen
Rosalind Springsteen
Ella P. Wilkin

Florida

Russell & Thela Badger
Max Boone
Benjamin H. Colmery
John Dalsimer
Edgar D. Gates
Martha G. Gaulty
R. Terry Lyle
Clara V. Moore

Rita B. Payne
Norman & Dolores Pubanz
Madelyn E. Schultz (Life)
Alverna Skoog
Robert A. Spivey
Carl L. Stevens
Sonnie Sussel
Jean Turner

Maryland

MACCRA (State Association)
Helen and Caled Hathaway

North Carolina

Blan Aldridge
Charles O. Paddock

New Hampshire

John Hammon

Pennsylvania

Julia Hix
Helen Skiba-Powell

Tennessee

Phyllis O. Haeder

Virginia

VMRC Residents Council (Community)
Betty H. Wiser

***This is a great addition to our membership.
Join me in extending a warm welcome to all.
Together we can do great things.***

NEWS REPORT

Self-discipline may ward off Alzheimer's

Elderly people who see themselves as self-disciplined, organized achievers have a lower risk for developing Alzheimer's disease than people who are less conscientious, according to a surprising new study. A purposeful personality may somehow protect the brain, perhaps by increasing neural connections that can act as a reserve against mental decline, said study co-author Robert Wilson of Chicago's Rush University Medical Center.

Astoundingly, the brains of some of the dutiful people in the study were examined after their deaths and were found to have lesions that would meet accepted criteria for Alzheimer's - even though these people had shown no signs of dementia. "This adds to our knowledge that lifestyle, personality, how we think, feel and behave are very importantly tied up with risk for this terrible illness," Wilson said. "It may suggest new ideas for trying to delay the onset of this illness."

Previous studies have linked social connections and stimulating activities like working puzzles with a lower risk of Alzheimer's. The research may lead to strategies for developing dutiful personality traits as a way to prevent dementia. The study was supported by grants from the National Institute on Aging.

(excerpted from the Associated Press, 10-2-07)

Bite your (aging) tongue

The stereotype of un-PC, old folks now is borne out by research: studies show that seniors tend to be more racist than younger Americans. The standard explanation has long been that the elderly formed their social and political views when prejudice was more tolerated than it is today or, that once someone reaches her 80s, she is beyond social niceties. There is some truth to both explanations, but now a neurobiological one has emerged. The frontal lobes, responsible for inhibiting unwanted speech and behavior, shrink with age. The resulting loss of "inhibitory control," a new study shows, plays a central role in the politically incorrect speech that becomes more common with age.

To test whether loss of inhibition might explain racist and ethnic slurs, researchers at Australia's University of Queensland measured how well people of different ages could halt unwanted speech. Differences in inhibitory control matched differences in the frequency of racist speech. Lack of inhibition may also explain why older adults sometimes drone on about topics irrelevant to a conversation and ask embarrassing questions. Their frontal lobes can't censor their impulses.

(excerpted from Newsweek, 10-8-07)

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Minutes of the NaCCRA meeting, October 21, 2007

The NaCCRA meeting was called to order at 3:30 PM in the South Convention Center, Orlando, FL, by President Charles Paulk. In attendance were officers and residents from FL, NC, CT, MA, NH and Washington DC and a fund raiser, Cedric Richner, from Ann Arbor MI.

Our representatives from AAHSA, Steve Maag and Mary Ellen Early, reminded us that the primary and national election in 2008 will continue to cause little action from our lawmakers. We were urged to go on line regularly (www.aahsa.org) and hit the capitol dome logo to see what is pending. Give your zip code and your elected officials' names and addresses are immediately available along with sample letters to send. Connect "as a resident". Attorney Maag said the California case regarding "forced move" will be heard in the Spring. Since it will take a ten year study to make a cost analysis of the therapy cap repeal, it may be extended for another year or be included in the Medicaid bill. Janegale Boyd, former elected official, and president of Florida Association of Homes and Services for the Aging (FAHSA) was introduced. She pointed out that laws concerning CCRCs are up to the states. She and her assistant Mary Ellen Early gave an update on the status of the CCRC industry in Florida. The minutes of the annual meeting were not read since they were printed in the *Life Line*.

President Paulk presented the report of Treasurer, Robert J. Gault. The report is through September 2007. As of October 1, 2007, we have gained 4 new community members, 13 individual life members and over 200 individual members. The bank balance as of October 1, 2007: \$15,696.19.

Charles has spoken at several Florida meetings (when the FLICRA President was ill) with FLICRA's financial support.

Highlights of the President's report:

There is a possible editor-to-be in Connecticut who will handle the *Life Line* if we will allow advertising. Discussion and vote of that will be on the agenda for the Annual Meeting in April.

A second topic for discussion is a proposal to examine FLICRA's method of handling "chapter" membership, with the possibility of changing NaCCRA's by-laws and membership dues and structure.

Our web site needs attention to update its appearance; however, we do pick up a few member's through this contact.

California Residents Association withdrew from NaCCRA, and Aging Services of California joined NaCCRA to provide a conduit for residents of California into the national organization. They welcome all residents to their organization. This is an excellent example of Resident/ Provider cooperation.

Connecticut's success with the bed tax has proved the value of unified action.

Forty-six states have CCRCs, Utah and RI are two that do not have CCRCs.

Charles sees in our future the need for a paid Executive Director. The *Life Line* is still our most expensive activity, but is our best means of communication. Preparation, editing, printing and mailing is a burdensome job for a volunteer. In order to afford professional help, NaCCRA needs more members and perhaps income from advertisements.

Gordon Hawk, Chair of the Legislative Committee, sent a report outlining the successful method to be used to get a waiver of the bed tax.

VP Jack Mathison gave his membership report. The Estates at Carpenters, Lakeland, Florida, has the largest number of members (214) followed by the District of Columbia (93) in three CCRCs. New members have been recruited in AL, CA, CT, FL, IL, MA, MD, ME, NC, OR, PA, TN, VA, WA, WV and WI. Membership has declined in MA.

VP Marleen Varner finds herself moved back to her home in Tennessee following the death of her husband. She will work toward organizing a state organization as she visits communities in Nashville, Maryville and Chattanooga. She is presently in contact with Carol Woods in Chapel Hill and Arbor Acres in Winston Salem, NC.

Reports from the States:

Connecticut: Robert Negele of Edgehill reported there are 14 communities in CTCCRA. He recommends direct cooperation with the state office of AAHSA. Legal help was provided they worked to educate the legislature on the bed tax and CCRCs. It is a win/win situation. They (CT) are still working on the passage of a law to require residential representation on the community boards.

North Carolina: Robert Wyatt of Belle Meade, Southern Pines, NC reported their dues are \$5.00 for individuals.

Massachusetts: Robert Naka of Newbury Court, MA reported MLCRA was at last on a sound financial footing from a combination of community (stratified) and individual dues. The Executive Board has no vacancies and usually meets 4 times during the year. In addition to an annual meeting in May, there are two area meetings (Fall and Spring) for communities in three geographic divisions of the state. These area meetings are small enough to allow for full discussion of an agenda suggested in advance by the attendees.

Florida: The number of licensed CCRCs state wide has remained constant since 1998 (69 to 70). Currently two are under development. Twenty-two CCRCs are adding new units, most of which are independent living (1,432 units) followed by assisted living units (156 units) and nursing home (137 units). Total number of individuals living in CCRCs is 30,235 in 2006. The Florida Life care Residents Association currently has 46 CCRCs that have Chapters and 53 Communities with individual

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Minutes of the NaCCRA meeting

residents. A Community must have a minimum of 25 members to for a chapter. Total individual membership is approximately 15,000. The state is divided into eight regions, and regions are encouraged to have quarterly meetings of their FLICRA membership. Most Chapters have Board meetings monthly and membership meetings quarterly.

There were copies of a very extensive "Handbook on Conservation for Retirement Communities" available for attendees. Copies are available: www.grayisgreen.org, published by the Green Council at Whitney Center, 200 Leeder Hill Drive, Hamden, CT 06517, Robert E. Lane, Editor.

Charles commended the officers for the good work they do and thanked everyone for attending their organization's fall meeting. The annual meeting will be at Ingleside at Rock Creek, 3050 Military Road NW, Washington, DC on April 3 - 4, 2008. Larry Minnix CEO/President of AAHSA will be the Luncheon speaker.

There being no further business, the meeting was adjourned at 5:30 pm.

Anne Winslow,
Secretary, 11-6-07



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NEWS REPORT

World's oldest man turns 112

The world's oldest man celebrated his 112th birthday September 17 with a healthy Japanese breakfast of rice, miso soup and seaweed, saying he wanted to live forever. Tomoji Tanabe, who has been the world's oldest man since January this year, lives with his son and family in Japan's southern prefecture of Miyazaki. He keeps a diary and reads the newspaper every day.

Tanabe, a self-professed teetotaler who has repeatedly said that avoiding alcohol is a secret of his longevity, was given a certificate from the Guinness Book of World Records by the mayor of his local municipality in June.

Japan has the largest population of centenarians in the world. The number of Japanese aged at least 100 years old topped 30,000 this fall, the health ministry said in a recent report.

(Yahoo News, 9-18-07)

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LEGISLATIVE COMMITTEE REPORT

Over the past year the Legislative Committee has attempted to serve as a source for recommended procedures to be followed when striving to secure a waiver for the Provider Tax sometimes known as the "Bed Tax" for Life Care Retirement Centers throughout the country.

One example provided is by Myles Walburn of Chapel Hill, North Carolina in that state's success in securing a waiver. He provides the following procedure:

First is to hire a actuarial consultant whose specialty is in health care. Next employ an attorney particularly experienced in health care matters. They study the law and find that it is possible to obtain a waiver. Then the application for an exemption proves to be extensive and depends on statistical information developed through regression analysis.

The North Carolina Task Force spent considerable time completing the application to the Center for Medicaid and Medicare Services (CMS) in Washington DC. After several weeks it was returned saying the waiver was denied. They repeated the analytical process trying to correct the shortcoming which resulted in the denial and resubmitted it. After several more weeks the waiver was granted and it is believed to be the first in the country to be secured. Since then there have been equal successes in obtaining waivers in the states of Connecticut, Massachusetts, New Jersey and Oregon among others.

More specifically the crew chief for North Carolina's success was Susan Williams, President and Chief Executive Officer of NCANPHA. Their address is 37000 National Drive, Suite 218, Raleigh, NC 27612-4842. Their phone is 919-571-8333. Their website is www.ncanpha.org. Their Education Coordinator, Kimberly Moffett's e-mail address is kmoffett@ncanpha.org.

It is also recommended that the Administrative personnel at each Life Care Retirement Center take the lead in striving to obtain the waiver as hundreds of thousands of dollars are at stake.

Respectfully submitted, Gordon Hawk, Chair



LEGISLATIVE ALERT

The \$1780 limit on physical and speech therapy and the \$1780 limit on occupational therapy is scheduled to go back into effect on January 1, 2008. Repeal legislation, S450 and HR758, have been introduced in both the Senate and House. We need to urge our legislators to sign on as co-sponsors. We need to send the therapy caps to the scrap pile with tax on imputed interest. Write or call your legislators soon. The Capitol switchboard number is 202-224-3121. If you call, ask to be connected to your Senator or Representative's office and either talk with someone or leave a message.





503(c)3 CCRC ORGANIZATIONS

The following information is available from several sources, but we modified an article in The Foxdale, PA News Letter Issue No. 13, November 13, 2007.

CCRCs that are 503(c)3 organizations, are non-profit, charitable corporations.

Among other duties the Board:

- (1) has legal authority and responsibility for managing the business affairs of the corporation;
- (2) is responsible, as a fiduciary, for accounting for its actions; and
- (3) is responsible for compliance with applicable laws, rules and regulations.

Seven important functions of the Board:

- (1) **Personnel** - developing job description for the Executive Director, searching and hiring the right person, making sure the goals and objectives of the corporation are being carried out, conducting an annual review of job performance, setting wage and salary scales.
- (2) **Finance** - preparing budget, monitoring budget performance, approving budget adjustments, selecting an auditing firm, and protecting the assets of the corporation.
- (3) **Planning** - insuring future needs of the community are met, developing a Master Plan, working through the Long Range Planning Committee and working with the Residents.
- (4) **Board Development** - selecting and orienting new Board members, maintaining the Board manual, and evaluating its own performance.
- (5) **Advocacy** - Board members need to be advocates of their community, need to have ears to the ground not only for comments from residents, but from the staff and outside community.
- (6) **Fund Raising** - the Board maintains the Community Fund, the Employees Assistance Fund, and the Charitable Gift Annuity Fund. These Funds could be Endowments.
- (7) **Meetings** - Board members contribute hours and hours of time to meetings on behalf of the Community more than most anticipated before joining the Board - each Board member serves on at least two committees and devotes other time to Community affairs as well.

The Board is organized under a set of bylaws. The bylaws provide for 7 to 15 members of the Board of Directors.

Fifty-six percent of not-for-profit Boards in the United States have one or more Residents as full voting members, two to three or desirable.

Officers of the Board are Clerk/President/Chair Vice President/Asst Chair, Recording Secretary, and a Treasurer.

The Board functions largely through committees. Four typical standing committees are:

- (1) **Executive Committee** - consisting of the officers and one or two members of the Board - meets at the call of the Clerk/President/Chair - sets agenda for meetings of the Board
- (2) **Long Range Planning Committee** - looks to the future, anticipates as best it can, needs of the Community ten years in advance.
- (3) **Finance and Property Committee** - prepares proposed budget - advises on Investments.
- (4) **Nominating Committee** - recommends appointment of Board and committee members.

In addition, there may be several ad hoc committees: **Bylaws, Admissions, Human Resources and Wellness & Health Promotion.**

Do you see your Board members performing these responsibilities and functions? Does your Board seek and use RESIDENT input? Does your Board ever meet with RESIDENTS? Does your Board accept RESIDENTS as knowledgeable individuals with experience and a huge financial investment in the community? Good Boards do all of the above and more. I submit that many RESIDENTS in all communities are more or equally qualified to be Board members than those individuals currently serving. I know they have a great interest in making the community the best possible. This is demonstrated daily by the tremendous amount of voluntary work performed in communities throughout the country... **Boards wake up and use all that talent in your communities.**

Residents should be aware before accepting Board Membership that the duties require considerable time and effort to be effective. Resident selection must be based on qualifications and not popularity.

I was given the fifty-six percent of CCRCs with Resident Voting Board members by a resident who told me it was announced at a work session he attended at the recent AAHSA Annual Meeting in Orlando. There is a growing movement in the United States to get Legislation to mandate that CCRC Boards include Residents as full voting members. It is my desire that Boards add residents as full voting members prior to being mandated. The Executive Directors I have spoken with that have Residents as full voting Board members all tell me their Community has improved as a result of adding residents to their Boards.

Charles D. Paulk



Money Talks...

Credit Cards speak Sign Language!





A DEMONSTRATION OF Healthy, Environmentally Intelligent Senior Living Communities

This was the title of one of the hot new topics at this year's AAHSA Convention in Orlando in October. Presenters were from Perkins Eastman, Rice Fergus Miller Architects, Life Care Services and Gerontological Services and was eligible for CEU for architects.

The presenters explored the basic concept of sustainability or "being green", examined a holistic, comprehensive, integrated approach to the greening process, discussed being green as a strategic marketing factor, financial benefits and strategies for implementation. Their contention was that now is the time for more than "do no harm" delving into concepts of healthy aging, healthy work environment, managing the waste stream and managing water retention, usage and waste.

The issue was addressed from various points of view: residents, board members, marketing, bankers, contractors and architects. One presenter described how her firm's entire office and staff are involved in sustainability.

Of special interest to NaCCRA members were resident initiatives in elder power to save the planet. The work of Prof. Robert Lane of Hamden, CT, was highlighted and his "Handbook on Conservation for Retirement Communities" was available for distribution. Included are a pledge to planet earth, conservation education, energy saving, buying green, waste management and recycling, Transport and CO2 Reduction, building green, gardens, lawns and housekeeping and health. Number one on the list of energy saving suggestions IS changing from incandescent to compact fluorescent lighting. Other simple suggestions include use of cold water in washing machines, turning down water heater thermostat, and use of energy star appliances. "Please turn off lights" signs for light switches and "energy star exit" signs which save about \$10 per year and last up to 10 years without replacement are also recommendations in this handbook.

NaCCRA members who wish more information on this important topic can go to the following web sites:

www.grayisgreen.org

Greencouncil@whitneycenter.com and

www.eldercare.gov/eldercare/public/home.asp

Hats off to Prof. Lane for his outstanding leadership on this important issue!

*Reported by
Marleen Varner
NaCCRA Vice President*

A SOPHOMORE REPORT ON AAHSA 2007

Last year's first timer's report highlighted successful logistic planning and variety of both programming and participants. Returning this year, I experienced the same admiration for the planning of the conference and the wide range of job responsibilities among the participants. I even found myself at the next table from Frank Furman, Chairman of the Board of John Knox Village, Pompano Beach, FL, having an impromptu board meeting at the lunch table in the Exhibit Hall!

Here is a sample of sessions which I found informative. "Strategies for Selling Today's and Tomorrow's Retirement Communities" demonstrated the influence of design, programming and price on sales and highlighted the importance of primary market and tactics to attract secondary and tertiary markets. The famous NEW words: Everyone is a part of the sales and marketing team (resident referral, offering of incentives), asking "What can we do better or differently?", acknowledge traditional processes, but the goal is to figure out what the prospects want. Know what the competition is doing and the star program (sails team alliance with residents), a program designed to offer social, educational and cultural events to future and existing residents, use of focus groups.

"AIA/MHSA Design for Aging Review 2001" presented evident trends as follows: relative focus on wellness, body, mind and spirit; expanding and committed integration of sustainability issue at all levels of planning and design; increased diversity of housing options relative to style, density, cost and context, and expanded expression of local and regional building vernacular is becoming increasingly a determinate of design.

"Future CCRCs and Concierge Service" demonstrated moving from our status quo to a master plan that involves CCRC linked to surrounding community, joint ventures with full service clinics, community lodge, community services which involved collaboration with other senior service agencies and a 24 hour senior help line. Facility design changes are likely to provide larger, more flexible public area, with dining walls that move and more stopping-engagement points in buildings; computer service enhancement with labs, classrooms, internet service by organization, and finally retail spaces such as full service pharmacy, country store, bank and specialty stores. Health care design changes were also envisioned -- designs to treat disease with special Alzheimer's care, Free 2 Live Design with resident choices and staff nearby, technology enhancements including electronic records, and senior safe technology. Resident enhancements suggested were point of sale cards, medical adaptability to support Aging in place, dining options to include formal, informal, grill, home delivery and cater on demand; personal concierge service and on-site clinic. Test your future with resident focus groups, community focus groups, use feedback for future planning.

"When Less is More: Better Living in Small Spaces" focused on learning how to improve the design of small

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PUBLIC POLICY REPORT

Legislature examines hospital-to-home transitions

Improving hospital-to-home transitions for older adults and adults with disabilities was the topic of a heated debate in Sacramento, October 3. The setting was the Joint Informational Hearing hosted by Assemblywoman Patty Berg (D-Eureka), chair of the Assembly Committee on Aging and Long-Term Care, along with the Assembly Health Committee and the California Commission on Aging.

The hearing provided a unique opportunity for the legislators and commission representatives to hear from researchers, consumers, service providers, caregivers and government officials about the challenges of providing effective transitional care in the State of California.

Holly Brown-Williams, policy director for the Health Research for ACTION, a center in the University of California, Berkeley School of Public Health, reported on their new study on hospital-to-home transitions for seniors. Many adults who did not receive adequate healthcare and support before and after discharge faced the risk of poor health outcomes following a hospital stay, which ultimately led to increases in health care costs, the study determined.

The Health Research for ACTION report recommended several strategies aimed at helping seniors, caregivers and health care providers, such as improving transitional care, providing seniors and caregivers with information on community resources, and enhancing provider training. These efforts, along with policy and systemic change, could result in future cost savings and improved quality of life for

many seniors in California, he researchers concluded.

The report from Health Research for ACTION is available online at www.uchealthaction.org.

Aging Services collaborates with Oregon Alliance

Members of the Oregon Alliance, the state affiliate for the American Association of Homes and Services for the Aging, are beginning to see increasing resident interest in seeking legislative involvement. Noting a similar trend in California, the alliance hosted a presentation by Aging Services of California's director of public policy, Jack Christy, at its fall conference in October.

Christy's presentation, "CCRC Consumer Movement: Lessons from California," outlined how the consumer movement and key issues have developed in California's continuing care retirement communities. The presentation focused on regulatory, financial and communication issues raised in California that could interest Oregon CCRC residents as well.

The Public Policy Report for agenda prepared by Jack Christy, Director of Public Policy for Aging Services of California. He can be reached at 916-932-1266 or jchristy@aging.org.

*Reprinted with permission from
Aging Services of California*

SKILLED NURSING REPORT

CMS issues revisit user fees regulations

On September 19, 2007, the Centers for Medicare and Medicaid Services began assessing revisit user fees for on site survey revisits as well as desk reviews. While the final rule indicated that the fees would no longer be in effect after September 30, 2007, a continuing resolution extended the timetable. The continuing resolution extends the date until November 16, 2007. If a congressional appropriations bill is not enacted by November 16, another continuing resolution funding federal programs could extend the use of revisit user fees. The fees are a flat fee of \$2,072 for each onsite inspection revisit and \$168 for each offsite revisit – known as a desk review. The fee applies to all dually certified and Medicare certified facilities.

The Skilled Nursing Report for agenda is prepared by Lori Costa, regulatory and clinical consultant for Aging Service of California. She can be reached at 916-932-1277 or lcosta@aging.org.

RESIDENTIAL CARE REPORT

CARF-CCAC consumer guide available online

The Consumer Guide to Understanding Financial Performance and Reporting in Continuing Care Retirement Communities, published by the Commission on the Accreditation of Rehabilitation Facilities-Continuing Care Accreditation Commission, is available now. The guide explains various types of contracts, pricing structures and financial performance indicators, as well as "questions to ask." The publication can be downloaded for free from CARF's website, www.carf.org. Individual printed copies are available by contacting as@carf.org. Bulk quantities can be purchased for \$50.00 per 25 copies from CARF's online bookstore.

The Residential Care Report for agenda is prepared by Eric Dowdy, associate director of Public Policy, for Aging Services of California. He can be reached at 916-982-1276 or edowdy@aging.org.



AGING SERVICES REPORT

Fewer seniors live in nursing homes, census data notes

Despite the graying of the nation, the percentage of elderly living in nursing homes has declined, according to Census data released in September. The downturn reflects the improved health of seniors and more choices of care for the elderly.

About 7.4 percent of Americans aged 75 and older lived in nursing homes in 2006, compared with 8.1 percent in 2000 and 10.2 percent in 1990. "The upper-income white population has other options than nursing homes," says William Frey, demographer at the Brookings Institution. "They're moving to assisted living or their well-off, baby boomer children are taking care of them in other ways."

At-home care and assisted living facilities have been a fast-growing segment of elder care in the past decade, says Elise Bolda, Director of Community Partnerships for Older Adults, a Robert Wood Johnson Foundation program that helps communities develop long-term care and services for the elderly.

More than 1.8 million people live in nursing homes. The percentage of the oldest age group of seniors living in nursing homes has been dropping. Less than 16 percent of the 85-plus population was in such facilities in 2006, according to the Census. In 1985, more than 21 percent in that age group lived in nursing homes, according to the National Nursing Home Survey, a government study.

Caring for the elderly is a major policy concern now that the oldest of 79 million baby boomers turn 61 this year. The number of people over the age of 65 will nearly double by 2030 to about 71 million.

(excerpted from USA Today, 9-27-07)

Cost of Medicare drug plans going up

Many seniors and the disabled enrolled in the Medicare drug program are likely to pay more next year, with the average premium for all standalone drug plans rising 8.7 percent to \$40 a month, according to data released in September by the Centers for Medicare & Medicaid Services.

"Plans that are popular are raising prices because they understand that seniors are not interested in switching," says Dan Mendelson, President of Avalere Health, a private research firm that analyzed the Medicare data.

The Avalere analysis also found:

- Most of the plans with the largest enrollment will increase their monthly premiums next year \$5 to \$10 a month. The average cost this year for all standalone drug plans was \$36.81 a month.
- The insurer with the largest market share, UnitedHealth, which offers a plan in conjunction with AARP, raised its prices about \$5 a month to an average \$32. That move put it over a cost limit for so-called dual eligibles - those who qualify for both Medicare and Medicaid because they are low income - in 18 out of 34 regions nationally. As a result, about 650,000 dual-eligible enrollees now in United plans will be switched to other carriers.
- Nationwide, a total of 1.6 million people who qualify for both Medicare and Medicaid will be automatically reassigned to other carriers.

(excerpted from USA Today, 10-1-07)

*Reprinted with permission from
Aging Services of California.*

CRUISING THE COMMONWEALTH

*Pat and Bob McMahon, Co-chairs,
MLCRA Community Relation Committee*

Brookhaven Lexington: In the good old summer time, residents at Brookhaven have enjoyed being by the sea. We have not been given pails and shovels, but we have had all manner of shore experiences, from a train ride on Cape Cod to voyages on a schooner and a catamaran.

We started off the whole season with a trip to a pyromusical fireworks display designed by our Resident Services Director, Lynne Romboli and her husband Dick, professional display operators who also gave us a demonstration one night here at Brookhaven.

"Bar-be-ques" in courtyards have continued the outdoor spirit, while in the dining room, special summer menus have surprised us with treats. For nutrition we have had trips to a famous market for fresh, healthy shopping. Croquet tournaments and outdoor band concerts have added to the fun of the season.

The cultural expeditions, one to Mass MoCA and one to John Adams Courthouse, have been appreciated. All at the Sam Adams Brewery had a good time. Bridge, movies, book club, and summer writing group all continue.

What would summer be without a garden tour? Well, we will walk across our new bridge, admiring pictures of bridges, to visit the gardens of our fellow residents who live in cottages.

The reopening of our renovated/expanded auditorium is the subject of much talk and anticipation, and should be soon. Meanwhile, we think green, and turn off taps and lights. Make each day count. DD Abeles

*Reprinted with permission from
Massachusetts Patriot*



2007 AAHSA Annual Meeting Consumer Day Lunch

This year's Consumer Day Lunch was held on Sunday, October 21, 2007, at the Orlando, Florida Convention Center with a good number of NaCCRA members and other residents present. We were particularly pleased to have two residents who are representatives on the AAHSA House of Delegates.

Greetings and welcome were brought by Jane Gafe Boyd, Executive Director of Florida Association of Homes and Services for the Aging (FAHSA). FAHSA also hosted a welcome table in the registration area of the lobby.

This year's AAHSA convention theme, "Live Your Story" provided the framework for the program presentation by Professor of Psychology, Francis L. Battisti, Battisti Networks, PLLC. It was live your story through a life of conscience and commitment to personal responsibility and social accountability, through a life of community by fostering civic mindedness, through a life of integrity reflecting your deepest values and a life of legacy that enables you to tell your story to future generation.

Mr. Battisti focused on a life of legacy through the celebration of diversity, through our need for control and impact and through the power of language. To facilitate a dialogue with consumers, three residents comprised a panel: Beatrice Kellogg of Kennert Apartments, Orlando; Harold Rosenblum, Village on the Green in Longwood, Florida; and Norval Hadley, Chaplain, Quaker Gardens, Stanton, California.

In dealing with the diversity issue, panelists spoke of non-negotiable desires for as much independence in living as possible, congenial people, larger units, privacy, promotion of wellness, aging place and handicapped accessibility. On the need for control and impact, the panelists highlighted good relationships with staff, a working resident council, choice of meat plans, a variety of activities, bus service so they could still do what they want when no longer driving and the gift to their children of being well cared for.

The power of language topic elicited a variety of noteworthy comments: resident centered speech is powerful; as are the opportunity for residents to voice opinions, management to listen to what residents want, recognizing that actions speak louder than words. The language of belonging can be expressed through participation in resident councils, state organizations and the National Continuing Care Residents Association.

Mr. Battisti summarized with this idea of hardy aging: Heart healthy living; Activity which is meaningful; Reflection time; Discover something new each day; You are important; Avoid disability as much as possible; Gratitude expressed often; Interaction and connection realized; Now is the time to make things happen; Go for the long haul.

*Reported by Marleen Alien Varner,
NaCCRA Vice President*

INGLESIDE AT KING FARM

Ingleside at King Farm (the "Project") is a start-up continuing care retirement community which is being developed in an existing planned community in Rockville, Maryland. The Project will be owned and operated by King Farm Presbyterian Retirement Community, Inc. ("King Farm"). King Farm is affiliated with two existing CCRCs: Ingleside at Rock Creek, previously known as the Presbyterian Home, located in Washington, DC; and Westminster at Lake Ridge, located in Lake Ridge, Virginia. Since each of the existing CCRCs operates on a stand-alone basis, King Farm needed to be financially viable without any support or equity from the existing CCRCs or the Foundation.

The first phase of the Project will consist of 242 independent living apartments, 35 assisted living units, and 45 skilled nursing beds, all housed in a seven-story mid-rise building. King Farm, with the support of New Life Management and Development, pre-sold 176 units (73% of the independent living units) between February and November of 2006 (17 units per month).

The above is reprinted with permission from the Herbert J Sims & CO., INC Update for 2007 AAHSA Meeting Attendees. Ingleside at King Farm is a great addition to the National CCRC Industry. NaCCRA welcomes you and we look forward to a visit soon. I know it will be a great home for all its residents.

Charles Paulk

A Sophomore Report (cont. from pg 7)

residents units using 8 successful Japanese principles for living better in small spaces, understanding cost implications of direct scales of moves that can improve existing units. Particular emphasis on redesign of studio and one bedroom units includes light, human scaled space, open living area, focal point and using entire space. The eternal need for storage, convenience living and connection to outdoors were also discussed.

In addition to the general session presented by Claire Gaudiani, former President of Connecticut College and author of "The Greater Good: How Philanthropy Drives the American Economy and Can Save Capitalism", there were excellent smaller sessions on philanthropy. One presented by Presbyterian Villages of Michigan, included history of donation of land, church support, establishing a foundation and developing a culture of philanthropy. Presenters included Board Chairman, Foundation President, CEO and a Regional Vice President. Giving by all sectors from residents to staff was presented, along with finding ways to help people support the mission. Another session "Integrating Major and Planning Giving Programs into CCRCs: A Primer" was presented by Cedric Richner III, CFRE, principal consultant of Richner & Richner, Ann Arbor, Michigan.

*Marleen Allen Varner,
NaCCRA Vice President*



Dear Friends,

This is the time of year when "change" becomes extremely apparent. As we look around at the beautiful, golden colors of autumn we are vividly reminded of the changing seasons in nature. Perhaps we are reminded that the bleak winter is not far off. Hopefully, we are reminded, too, that there will be another spring - another season of budding newness; and, another summer of growth.

Have you allowed those outward and visible changes in nature to reveal something to you about the inward and spiritual changes that take place deep inside? As Christians we experience many changes, such as the letting go of our old ways of interacting with one another and the world. It is in that bareness that we begin to experience the pulse of Life deep inside, trusting that it will bring forth a bud of new life in us, followed by a season for growth.

When faced with life's changes, we sometimes ask ourselves if we've really changed at all. Has God's love for all of creation... for you... for me... really made a difference in who we are and how we conduct ourselves? In this season of letting go ... in this season of shedding leaves ... and in the soon-to-be season of barren trees ... may we, like the trees, lift our arms heavenward, reaching out to God ... opening ourselves to God's promise ... and giving thanks for God's life-giving, life-changing love.

Piedmont Crossing Chaplain

Reprinted with permission from The Piedmont Spirit



(continued from front page)

President's Message

she will finalize the Power Point Presentation and make it available to other communities. Maybe we will be able to work it into our annual meeting April 3 and 4, 2008.

Two important subjects for discussion and vote at our annual meeting are dues structure and advertising in the *Life Line*. Give these subjects a lot of careful thought and be prepared to present your views and vote in April.

Because of delays in renovation at Westminster at Lake Ridge we have to move our annual meeting to Ingleside at Rock Creek. We are grateful to Rev. Bob Bell, President of these communities for arranging this change for us.

Larry Minnix, President/CEO of AAHSA will be our speaker for lunch on Thursday, April 3, 2007. Larry is an excellent speaker and he has a passion for providing the best possible service for residents in all communities regardless of the level of care.

It would be great to have a representative of each state and community in attendance at our annual meeting April 3 and 4, 2008. Thanks for your support and participation in your national organization. Together we can accomplish great things for each other and our Country.

Charles D Paulk



MORE THINGS YOU DON'T HEAR ANY MORE

Go out to the well and draw a bucket of water for me to wash dishes.

Don't turn the radio on now: I want the battery to be up when the Grand Ole Opry comes on.

No! I don't have five cents for you to go to the show: do you think money grows on trees?

Eat those vegetables. They will make you big and strong like your Daddy.

That dog is NOT coming in this house! I don't care how cold it is out there: dogs just don't belong in the house!

Sit still! I am trying to get your hair cut straight and you keep moving and it is getting botched up!

Hush your mouth! I don't want to hear words like that. I will wash your mouth out with soap again!

It is time for your system to be cleaned out. I'm going to give you a dose of Castor Oil in the morning.

If you get a spanking in school and I find out about it, you will get another one when you get home.

Quit crossing your eyes! They will get stuck that way!

Soak your foot in this pan of coal oil so that cut won't get infected when you take your driving test, don't forget your hand signals each turn: left arm straight out the window for a left turn: left arm bent up in the sky at the elbow for a right turn; and straight down to the side of the door when you are going to stop.

It is "Yes, sir!" and "No, sir!" to me and your elders, young man, and don't you forget it!

While we are at Aunt Mary's and Uncle Ed's you kids eat when the adults get through - and I don't want to hear, "I don't like this stuff!" You better keep your mouth shut and eat everything on your plate!

Let me darn that hole in your sock before you wear it again: there's plenty of good wear left.

Be sure to bring that pencil back home after school today so Daddy can sharpen it with his pocket knife.

Yes, you DO have to wear your galoshes today. It is raining cats and dogs out there. And be sure to wear them home after school! We can't afford another pair for you right now.

Well, these ought to keep us remembering some of the finer things of the past - some good and some not so good. Can you think of some others to add to the list?

**PIEDMONT CROSSING - WHERE COMMUNITY,
HOME, AND FAMILY ARE ONE!**

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Charles D. Paulk, President

NaCCRA

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NaCCRA Membership Application

Date _____

Name of Individual: 1st Person _____

2nd Person _____

Address: _____

Telephone _____ E-mail _____

Name of Community Resident's Association _____

Annual Dues Per State Association.....**\$400.00**

Annual Dues Per Community Association**\$150.00**

LIFETIME MEMBERSHIP **\$ 150.00**

ANNUAL DUES PER (EACH) INDIVIDUAL..... **\$ 15.00**

Total Enclosed.....**\$** _____

Please make your checks to: NaCCRA

and return this notice with your check to:

Charles D. Paulk

1001 Carpenters Way, Apt. C-117, Lakeland, FL 33809

Your Check is your receipt

NaCCRA Thanks You for your support • By Working Together We Can Succeed.