



Michael J. Keenan
 President and CEO
 Good Shepherd Communities

It's All About Living Well®

Resources to Help Seniors Stay Healthy

Welcome

Many people were surprised when UHS announced it was selling Ideal Senior Nursing Facility earlier this year. Those of us who work in long term care are not. We have been seeing not-for-profit nursing homes closing their doors at an alarming rate. While Good Shepherd's facilities are stable, in the past two years New York has lost 23 not-for-profit nursing homes. Most of these facilities were smaller, rural facilities that had minimal reimbursement rates from Medicaid. In Broome County's ten skilled nursing facilities, reimbursement ranges from \$173 to \$241 per day. Most of the not-for-profits are at the low end of the reimbursement range and most of the 23 facilities were sold to for-profit chains.

In this issue there is an article by LeadingAge NY on the Nonprofit Difference. It points out why you should consider a not-for-profit when choosing a facility. There is also an article on Medicare's Five Star Quality Rating System. This should be a resource every family uses when considering a nursing facility for their loved one. The website provides information on staffing, health inspections and quality measures you can review and use in decision making.

We also have some nutrition tips for seniors. As we age and our bodies change, so do our nutrition needs. This year we are also celebrating our tenth year of our annual Fall Classic Golf Tournament. This is our Foundation's largest single fund raiser. The money raised supports not only our residents in the ACF who no longer have funds to support their care, but also provides educational opportunities to our staff members.

We hope you enjoy your summer and remember "It's All About Living Well®!"

Good Shepherd Communities Foundation
 32 Village Drive, Endwell, NY 13760
 607-757-3100

Good Shepherd Fairview Home
 80 Fairview Avenue, Binghamton, NY 13904
 607-724-2477

Good Shepherd Village at Endwell
 32 Village Drive, Endwell, NY 13760
 607-757-3100

Good Shepherd Rehab & Wellness
 80 Fairview Avenue, Binghamton, NY 13904
 607-724-2477

Chase Memorial Nursing Home
 1 Terrace Heights, New Berlin, NY 13411
 607-847-7000

For more information please visit
goodshepherdcommunities.org



ITEMS OF INTEREST FOR SENIORS

The following experts offer their advice on issues of interest to seniors throughout the Southern Tier.

If you have any questions concerning the following information, contact us at (607) 584-3901 or DB@GoodShepherdCommunities.org.

The Not-for-Profit Difference by LeadingAge New York

Not-for-profit providers of care and services are leading the way in innovative and consumer-focused options to help seniors stay at home, meet new people, take part in activities and most important, live an enriching and fulfilling life.

As not-for-profits, they are driven by a higher moral purpose, not by the bottom line on their balance sheets. Their mission-driven approach means that they prioritize quality of life programming to ensure that older persons not only age safely, but do so in the place they call home, with the most innovative care and services and with the utmost dignity.

- The main focus of a not-for-profit organization is not to create revenue, but to create better options for the people they serve.
- The true bottom line is not an annual profit/loss statement. It's resident satisfaction.

Quality

- Not-for-profit providers of aging services offer a commitment to quality that stems from a mission of service and a history of compassion.
- A major study of nursing home quality in the U.S. and Canada found that not-for-profits consistently delivered better outcomes in four key areas relating to quality:
 - More or higher quality of staffing.
 - Lower prevalence of pressure ulcers.
 - Lower prevalence of restraints.
 - Fewer government citations for deficiencies.

The study, conducted by a team of Canadian researchers and published in the British Medical Journal in 2009, included a meta-analysis of 82 prior studies comparing quality of care in tens of thousands of for-profit and not-for-profit nursing homes, mostly in the U.S.

Compassionate Care

- Not-for-profit organizations offer residents the assurance of knowing they can have lifelong access to living arrangements and services should they outlive their financial resources through no fault of their own.

Commitment to Staffing and Staff

- As part of its mission, a not-for-profit organization recognizes that staff satisfaction and commitment are related to sufficient numbers of staff, fair wages and benefits, work flexibility when needed, continuing education/growth opportunities and an environment of respect.

Person-Directed Care

- The latest evolution in senior services revolves around respecting the needs and desires of the individual, rather than fitting the individual to traditional patterns of the facility. Many not-for-profit providers are at the forefront of this change.

Ongoing Improvement

- Not-for-profit organizations are committed to innovation and continuous quality improvement, with a goal of improving the entire field of aging services. They tailor housing, health care and community services to address unmet needs within our communities.
- Not-for-profit organizations have been at the forefront of improving services for older persons, pioneering the introduction of new options such as "small house" nursing centers. Not-for-profits also have been driving important reforms, including reductions in the use of restraints and psychotropic drugs in nursing centers.



NUTRITION FOR SENIORS

As people age, their eating habits may need to change, especially if their diets are not well-balanced. They should eat a variety of fruits, vegetables, proteins and whole grains to maintain and improve overall health. Meals should be rich in Omega 3 fatty acids (flaxseed, walnuts, canola oil and fish) and calcium (orange juice, dairy, almond or soy milk, leafy greens). A doctor can advise if supplements would be beneficial. Also make sure to limit sodium content and properly hydrate.

Making dietary changes can be difficult for anybody, especially older adults. It helps to make small changes gradually. Be creative and find some new recipes ... smoothies are a great way to incorporate necessary nutrients and they taste delicious too!



Upcoming Events

- JULY 12** Power of Attorney, Healthcare Proxy and Healthcare Decision Making (call Office for Aging 778-2411)
AUG 16 Veterans' Benefits – What you Need to Know as a Caregiver (call Office for Aging 778-2411)
SEPT 8 Seniors Running & Walking Festival (see below article for details)
SEPT 12 Medicaid for Long-Term Care (call Office for Aging 778-2411)
SEPT 13 Good Shepherd Communities Foundation Annual Golf Tournament – Traditions at the Glen (see below article for details)

Seniors Running & Walking Festival

Excellus 

 GOOD SHEPHERD
Communities

Good Shepherd Communities has again partnered with Excellus BC/BS to sponsor the Fourth Annual Seniors Running & Walking Festival. We call this a “festival” because it’s a celebration of older adults – their abilities, health, well-being and their accomplishments! So save the date and come out and show all of Broome County that fitness is ageless!

SUMMER TRAINING PROGRAM

July 9 – Aug 31 Mondays & Fridays, 6:30 PM

RACE DAY

Saturday, Sept 8, 8:30 AM

RACE EVENTS

1 Mile or 5K (3.1 miles) on a flat, certified course!

AWARDS DIVISIONS

Run, Walk or Wheelchair

LOCATION

Coal House Café at the Vestal Rail Trail

FEE

\$10

(Includes summer program, T-shirt, race registration, finisher’s medal, awards, refreshments & more!)

For more information, call: 607-760-8431 or go to:
www.gobroomecounty.com/senior/healthed

Open to anyone 55 years or older. Join us whether you are fast or slow, walk or run, use a cane, use a walker, or use a wheelchair – you are welcome!



Broome County
Office for Aging 

GOOD SHEPHERD COMMUNITIES FOUNDATION GOLF TOURNAMENT

Save the Date and Join the Fun!

On Thursday, September 13, 2018, Good Shepherd Communities Foundation is hosting its Tenth Annual Fall Golf Classic sponsored by Sodexo Quality of Life Services at Traditions at the Glen, 4101 Watson Blvd, Johnson City, NY 13790. Lunch and registration begin at 11:00 AM with a shotgun start at 12:30 PM. Cocktails, dinner, awards and raffles conclude the fun-filled day.



Proceeds from the 2018 Fall Golf Classic will assist the Foundation in funding for programs that enhance the quality of life of senior citizens including the **Living Care Fund**, which assures that Good Shepherd’s assisted living residents will never be asked to leave, even if their personal finances have been depleted in providing for their own care. It also funds education programs, providing scholarships to our valued staff who are pursuing Licensed Practical Nursing degrees. Additionally, proceeds from the Golf Tournament support the BOCES School-to-Careers Partnership Program which offers valuable work experience opportunities for students interested in careers in healthcare.

If you are interested in sponsoring the tournament or in playing, please contact Terry Cortese-Green, at 607-484-6075 or email tcortese-green@gscfoundation.org to request information.

Please consider being a part of our tournament while assisting Good Shepherd in fulfilling its mission to serve senior citizens in our community.

Fresh Fruit & Veggie Smoothies



With smoothies, the possibilities are endless! Add a spoonful of wheat germ or protein powder to your next fruit or vegetable smoothie to make it even more nutritious. Start with crushed ice in your blender and add berries, bananas, kiwis, pears, peaches, plums or any soft seasonal fruit. Don’t hesitate to mix in fresh spinach leaves, cooked carrots or diced raw beets. Blend in skim milk or almond milk to get the right consistency, pour in a tablespoon of wheat germ and mix thoroughly. Greek yogurt is another great add-in. Drink up and reap the benefits!



It's All About Living Well®

Five-Star Quality Rating System

The Federal Centers for Medicare & Medicaid Services (CMS) created the Five-Star Quality Rating System to help consumers, their families, and caregivers compare nursing homes more easily and to help identify areas about which they may want to ask questions.

The Nursing Home Compare website features a quality rating system that gives each nursing home a rating of between 1 and 5 stars. Nursing homes with 5 stars are considered to have much above-average quality and nursing homes with 1 star are considered to have quality much below average. There is one overall 5-star rating for each nursing home, and a separate rating for each of the following three sources of information:

- **Health Inspections** – The health inspection rating contains information from the last three years of onsite inspections, including both standard surveys and any complaint surveys. This information is gathered by trained, objective inspectors who go onsite to the nursing home and follow a specific process to determine the extent to which a nursing home has met Medicaid and Medicare's minimum quality requirements. The most recent survey findings are weighted more than the prior two years. More than 180,000 onsite reviews are used in the health inspection scoring nationally.
- **Staffing** – The staffing rating has information about the number of hours of care provided by nursing staff on average to each resident each day. This rating considers differences in the levels of resident care needs in each nursing home. For example, a nursing home with residents who had more severe needs would be expected to have more nursing staff than a nursing home where the resident needs were not as high.
- **Quality Measures (QMs)** – The quality measure rating has information on 11 different physical and clinical measures for nursing home residents. The rating now includes information about nursing homes' use of antipsychotic medications in both long-stay and short-stay residents. This information is collected by the nursing home for all residents. The QMs offer information about how well nursing homes are caring for their residents' physical and clinical needs. More than 12 million assessments of the conditions of nursing home residents are used in the five-star rating system.

Caution: No rating system can address all of the important considerations that go into a decision about which nursing home may be best for a particular person. To access the five-star rating system, go to <https://www.medicare.gov/nursinghomecompare/search.html>

Free Speaker's Bureau

Good Shepherd Communities is the area's premier resource for up-to-date information regarding issues in senior healthcare and wellness.

Our speakers are offered to your not-for-profit organization free of charge and are available to speak on a number of issues including:

- Senior Living Options & Costs
- Falls & Fall Prevention
- Therapeutic Recreation & Ways to Keep the Elderly Active
- Senior Safety Awareness
- Medicare Insurance & Skilled Nursing Facilities
- What to look for when selecting a senior care facility
- Elder abuse and how to recognize it
- HIPAA and Patient Rights
- Advanced Care Directives & Living Wills
- Pharmaceutical Concerns for Seniors
- Good Shepherd Communities Foundation Grant Opportunities
- LSVT BIG and LOUD® – Therapy specific to Parkinson's Disease

To reserve a speaker, please call (607) 584-3901.



For more information please visit goodshepherdcommunities.org

