

# PARCR POST

VOLUME 6, ISSUE 3

APRIL 2020

A NEWSLETTER FOR PENNSYLVANIA ALLIANCE OF RETIREMENT COMMUNITY RESIDENTS

## PARCR MEETINGS

**April 8, 2020**

**MEETING CANCELLED**  
**See PARCR President's**  
**Message on Page 6.**

**July 8, 2020**

**LOCATION:** Landis Homes  
Lititz, PA

**TOPIC:** Aging Eye Health

**SPEAKER:** Nora Siegal, MD, PhD,  
Conestoga Eye

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## STROKE: Not Just for Seniors Anymore!

*Linda J. Heck, PARCR Post Editor*

The attendees of the January 8 PARCR quarterly meeting at Bethany Village in Mechanicsburg, enjoyed speaker, Kathy Morrison, Stroke Program Manager at Penn State Health, Milton S. Hershey Medical Center.



**Kathy Morrison**

Kathy facilitates a regional stroke survivor support group and founded the Stroke Coordinators of Pennsylvania in 2009. She is a certified neuroscience nurse, a certified stroke nurse, and a Fellow of the American Heart Association. Her published works have appeared in nursing journals. In addition, Kathy has authored two books for stroke care nurses. She is the recipient of the Pennsylvania State Nightingale Award for Nursing Excellence and the Pennsylvania Healthcare Heroes Award.

Kathy began her presentation with the statement: “Persons born after 2000

are not expected to outlive their parents” then explained two types of strokes: Ischemic (blocked vessel, 80-85%) and Hemorrhagic (popped open vessel, 15-20%). She also educated the audience on the signs of stroke as listed in the illustration,

stressed that

**STROKE IS AN EMERGENCY,** and stated that if any of the signs appear, **CALL 911. EVERY SECOND COUNTS!**

She also talked about risk







factors — those you can’t change and those you can change, prevention and treatment. Kathy’s complete informative and educational presentation is available on the **PARCR** website at [www.parc.org](http://www.parc.org).

The PARCR organization wishes to thank Green Ridge Village, in Newville, PA, the host community for the January PARCR quarterly meeting, and Bethany Village, Mechanicsburg, for providing the facility to hold all January meetings in one central Pennsylvania location.

## Stroke is an Emergency

**When every second counts, you need to BE FAST!**

If you recognize any of the signs below, call 911

| <b>B</b>  | <b>E</b>   | <b>F</b>  | <b>A</b>  | <b>S</b>  | <b>T</b>  |
|---|--|---|---|---|---|
| Balance   | Eyes   | Face  | Arms  | Speech  | Time  |
|  |  |  |  |                              |  |
| <b>B is for Balance</b><br>Does the person have a sudden loss of balance?           | <b>E is for Eye</b><br>Has the person lost vision in one or both eyes?               | <b>F is for Face</b><br>Does the person's face look uneven?                           | <b>A is for Arm</b><br>Is there weakness in one or both arms?                         | <b>S is for Speech</b><br>Is the person's speech slurred? Does the person have trouble speaking or seem confused? | <b>T is for Time</b><br>Call 911 Now  |



## “HOPE” — WORD OF THE DAY FROM ANNE HENRY

Anne Henry, Sr. Vice President & Chief Government Affairs Officer, LeadingAge PA, began her report at the **January 8 quarterly meeting of PARCR** with the word “*hope*” — hope that the efforts for advocacy of CCRC reimbursement will be directed to nursing facilities who will not compromise quality for heads and beds and that dollars be directed to those who provide quality care. LeadingAge advocates such a proposal and “hopes” that its advocacy will become part of the ***Governor’s budget, slated to be presented in early February.***

Anne also reported that President pro tempore of the Pennsylvania Senate, Joe Scarnati, has announced that property tax relief is on his agenda for the coming year and that the Frank Ryan proposal (Lebanon County) of taxing senior pensions has faded out of the picture. In the coming months, keep a watchful eye out for requests for advocacy in support of these measures.



LeadingAge PA

## Member Alert

February 5, 2020

### Vulnerable Seniors Ignored by Governor Wolf for the Sixth Year

Yesterday, Governor Wolf shared his executive budget for state fiscal year 2020-21. This announcement was like Groundhog Day all over again, as [shared](#) by LeadingAge PA’s President and CEO Adam Marles. While the governor formed a Council on Reform to ensure vulnerable populations have access to needed services, he chose to not increase funding for Medical Assistance senior services yet again.

LeadingAge PA’s initial review of the Governor’s Executive Budget identified the following points of interest to LeadingAge PA members:

- No Medical Assistance rate increases for nursing homes, LIFE providers, adult day programs or home health care.
- An increase in the minimum wage to \$12 per hour.
- \$5 million in state funds to grow the LIFE program by an additional 430 participants.
- \$1.4 million to expand access to the Ventilator Dependent Resident Grant Program.
- \$8.1 million to provide services to reduce the waiting list for the OPTIONS program of home based services provided through the Department of Aging.

General information on the budget includes:

- Overall spending is proposed at just over \$36 billion in state general funds, which is a 4.22% increase over the available funds for 2019-20.
- The governor did recognize vulnerable populations other than seniors with funding for other priorities such as \$19 million for persons with intellectual disabilities.
- The proposed budget discusses a blueprint for overcoming several obstacles to joining the workforce such as transportation, childcare, updating licensure requirements, and gaps in training.
- The governor’s address included generous funding for public schools, including \$1 billion dollars to fix toxic school buildings.
- The address mentioned keeping Pennsylvania safe and adds \$10 million for gun violence prevention.
- In the coming weeks, the governor promises to put forth a health care reform plan that will address the high cost of prescription drugs, protect consumers, and empower more families to make decisions about their futures without being held captive by their health insurance.

As additional information becomes available, we will be sharing it with members.

Please know that LeadingAge PA has already begun advocacy for a 2% rate increase for nursing homes and the LIFE program. We are also urging the General Assembly to include \$17 million of new funding to begin a nursing home quality incentive program. Your advocacy will be necessary if we are to be successful. **Please watch for calls to action in the near future.**





## Member Alert

# LeadingAge PA Calls 2020-21 PA Budget Proposal 'Disappointment'

February 04, 2020

**MECHANICSBURG, Pa. (Feb. 4, 2020)** - LeadingAge PA, an association representing more than 350 nonprofit providers of services for seniors, today issued the following statement from President and CEO Adam Marles on the 2020-21 budget proposal from Gov. Tom Wolf:

"Pennsylvania has essentially flat-funded Medical Assistance for more than five years and must stop ignoring nursing home residents who rely on Medicaid. That's why today's announcement that the latest budget proposal will continue to flat fund nursing home care felt like Groundhog Day all over again. Last year alone, there was a \$632-million loss that hurt nursing homes' ability to maintain high quality care, and retain and attract staff. We urge the Pennsylvania General Assembly to insert a 2% rate increase into the budget and provide an additional \$17-million investment in Community HealthChoices to fund a quality incentive initiative. This would reward nursing facilities that staff well, utilize public funds to provide better salaries and benefits to direct care workers, and demonstrate quality. Pennsylvania should reward its best nursing homes, and provide the funding necessary to properly care for its oldest citizens."

###

### About LeadingAge PA:

LeadingAge PA is a trade association representing more than 350 not-for-profit senior housing, health care and community services across the commonwealth. These providers serve more than 75,000 older Pennsylvanians and employ over 50,000 dedicated caregivers on a daily basis. Services our members offer include Life Plan Communities / Continuing Care Retirement Communities, skilled nursing communities, assisted living residences, personal care homes, and affordable senior housing. LeadingAge PA advocates on behalf of our members at the state and local levels to influence positive change and affect a healthy vision for the delivery of quality, affordable and ethical care for Pennsylvania's seniors. For more information about LeadingAge PA and our envisioned future of senior services, visit [www.leadingagepa.org](http://www.leadingagepa.org).

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## LeadingAge PA ADVOCACY UPDATE

LeadingAge PA reported on its proposal for the 2020-2021 budget. Below is the report detailing the Quality Incentive Program and a 2% rate increase for both nursing homes and LIFE programs. Please note the last paragraph about grassroots advocacy.

In addition there is information on the Older Adult Protective Services Act, the Independent Senior Living Facility Privacy Act (HB2291), and The Centers for Medicare and Medicaid Services Fiscal Accountability Regulation.

### State Budget Advocacy for 2020/2021

Almost as soon as the ink was dry on the 2019/2020 budget, LeadingAge PA began to work on our proposal for the 2020/2021 budget. We spent a number of months developing a Quality Incentive Program that would reward nursing homes for better staffing, better utilization of state Medical Assistance funds and better quality measures. This initiative was presented to the Wolf Administration as a proposed program to be included in the governor's Executive Budget that was announced on February 4, 2020. Unfortunately, for the sixth straight year, the Executive Budget did not include any rate increase for nursing homes.

In the meantime, until the budget is finalized by the legislature and the governor, we are working diligently on strategies to obtain not only \$17 million in new state funding for our proposed Quality Incentive Program, but also a 2% rate increase for both nursing homes and LIFE programs. A rate increase for LIFE programs would be a modest return to the rates they were reimbursed prior to 2009 when they were reduced by 5%.

However, if we are to be successful, the General Assembly needs to hear your voice, too. In the upcoming months, please watch for Member Alerts with information on grassroots advocacy efforts.

### Older Adult Protective Services Act

Since November 2019, we have been hard at work advocating for changes to the Older Adult Protective Services Act (OAPSA). The changes we are proposing would balance protections for seniors, ensure workers are not subject to numerous new criminal history background checks and prevent providers from being burdened with costly administrative processes.

Revisions to OAPSA are needed since multiple appellate court decisions have rendered parts of the existing law unconstitutional. Currently, there are two bills in the General Assembly aimed at fixing the law.

In the Senate, Senator Robert Mensch (R-Lehigh) has introduced SB819, while in the House, Representative Tim Hennessey (R-Montgomery) has introduced HB1930. Both bills contain provisions for prohibited offenses and time frames under which an applicant cannot be hired.





## LeadingAge PA ADVOCACY UPDATE

### Continued from previous page

SB819 has passed the Senate and now sits in the House Aging and Older Adult Services Committee. LeadingAge PA opposes this bill and has asked the House to not take it up. HB1930 is more favorable, in its current form. However, in November and December 2019, the bill was scheduled for a vote out of the House Aging and Older Adult Services Committee with amendments that would have been disadvantageous for our members. Working in coalition with other long-term care and service provider associations, we were able to stop this bill from being voted on both times. We continue to work with the House Aging Committee, the Governor's Office, and the Department of Aging on language that we can agree upon.

### Independent Senior Living Facility Privacy Act

The need for this legislation arose from an incident when representatives from the Department of Human Services canvassed independent living apartments and questioned residents about their care needs. LeadingAge PA is actively working with Representative Eric Nelson (R-Westmoreland) to revise the language of House Bill 2291 from the last legislative session. The new language is intended to offer some protections for both independent living providers and residents. Once the co-sponsor memo is available, we will ask LeadingAge PA members to contact your members of the State House and request they sign on as co-sponsors of this legislation.

### The Centers for Medicare and Medicaid Services Medicaid Fiscal Accountability Regulation

In November 2019, the Centers for Medicare and Medicaid Services (CMS) released a proposed regulation, the Medicaid Fiscal Accountability Regulation (MFAR) that could structurally alter Pennsylvania's already underfunded Medicaid program. Not only does this regulation have the potential to affect our nursing home members, it could also have devastating effects for our Continuing Care Retirement Community / Life Plan members. If this regulation was to be implemented as it is currently proposed, the process for approval of provider taxes, such as the Nursing Facility Assessment Program, would be significantly more subjective and unpredictable, the consequences of which CMS admits are unknown.

Not only has LeadingAge PA recognized the lack of clarity in the current proposed regulation, the unknown consequences to the Medicaid program, and the potential disruptions to the already tenuous system supporting the commonwealth's most vulnerable citizens, but we have already begun taking action on behalf of our members! We have submitted comments to CMS, written letters to the Pennsylvania Congressional Delegation, and drafted talking points for you, our members, to use when contacting CMS and our elected officials in Washington, D.C. Additionally, we are providing education on the CMS proposal to not only our members, but also our state officials who have received comment letters from many CCRC residents.





Pennsylvania Alliance of  
Retirement Community Residents

Ida Jeanne Smith, President  
Gail Stelger, Legislative Chair  
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## COMMUNICATIONS AND INFORMATION

March 10, 2020

### April 8 PARCR Quarterly Meeting Has Been Cancelled

The PARCR Executive Committee voted at their meeting on March 9 to cancel the April 8 Quarterly Meeting due to the concerns of influenza and the COVID-19 coronavirus. It was felt we needed to take precautions as seniors are more susceptible to infections from these diseases.

I refer you to the PARCR Legislative Tidbit sent out on March 9. Please pay attention to the information. I am repeating a portion of it here.

#### What Are Five Things Everyone Can Do?

Like so many of the easily-transmissible diseases and viruses we prepare for every day in our work with older people, everyone can use a few simple reminders:

- Wash your hands frequently.
- Cover your mouth when you sneeze.
- Maintain "social distances" of a few feet near people who show symptoms.
- Avoid touching your eyes, nose, and mouth.
- Stay home and get medical attention if you are sick.

More information from LeadingAge PA about COVID-19 and what we can do can be found at this link:  
<https://leadingage.org/covid19>.

Ida Jeanne Smith, PARCR President



### PARCR Membership Renewal Deadline

*Susan Martin, PARCR Membership Chair*



**Susan Martin**

A reminder to all communities, it is time to renew your community membership and submit the names of the delegates who will serve during the 2020-2021 fiscal year. **The deadline for renewing your community membership is June 30, 2020.** The renewal form will be sent to the delegates and will also be posted on the PARCR website. Individual members will receive a notice of renewal and that form will also be posted on the website. Thank you for your prompt attention to this deadline.





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## COMMUNICATIONS AND INFORMATION

March 10, 2020

### Important Notice from the PARCR Executive Committee Meal Charges & Payment Procedure Change

At the March Executive Committee meeting, the committee made two decisions which directly effect PARCR members and other general meeting attendees in terms of meal charges and meal payment procedures. The changes are as follows:

**1.) Effective with the July 2020 general meeting, the meal charge for each attendee will increase from \$10 to \$12.**

We have been charging \$10 per attendee for lunch. PARCR has been subsidizing an additional \$2 per person to cover the host community \$12 charge per lunch. After surveying a number of CCRCs for comparative catering charges, we have found it necessary to increase our payment to the host communities to \$14 per attendee to cover the increasing costs for food, plates, cups, utensils, napkins, staffing, etc. Obviously, it is important for us to be fair and equitable with our gracious hosts for their hospitality. PARCR will continue to contribute \$2 per attendee to cover the charge of \$14.

**2.)** In addition to the above, the Executive Committee adopted a new procedure for registration for meeting and the payment for the lunch. **The new process requires meal payment at the time of registration, rather than on the day of the meeting.** The process will be clearly defined in your meeting notice letter. It will be very important for our members and attendees to have their payment to Susan Martin by the deadline specified in the notice. Your payment will not be refunded in the event your plans should change and you are unable to attend. **We will no longer be able to accommodate “walk-ins” at our meetings.**

There are two primary reasons for this change. First, we are required to give a final count to our host community a week prior to our general meeting. The host community is counting on that as a reasonably accurate number of persons attending and eating lunch. When we have a substantial number of “no-shows”, someone needs to cover the cost difference. Up to this point, our host communities have essentially absorbed that expense.

The second reason is to reduce or eliminate the bottlenecks and confusion at the registration table. We are having more and more persons attend our meetings and as this happens, in any given scenario, it requires appropriate change to accommodate the increase in volume.

We realize that change isn't always easy, but we trust that you understand the rationale for these adjustments to our process and will do your best to support them. Thank you for your kind attention to these items.



## RECHARGEABLE BATTERIES

### Earth Friendly, Renewable Energy Source

*Maria Laterra, Bethany Village Resident and Ecology Team Member*



At a recent meeting of the Bethany Village ecology group, numerous wonderful ideas regarding the disposal of used household (A, double A, C, D or 9 volt) batteries were discussed. To my surprise, many members of the committee never heard of rechargeable batteries. I purchased a battery recharger several years ago and it has been very convenient as well as earth friendly. In the long run, it will also save me money from purchasing batteries.

It is convenient because I never run out of batteries. I have a spare set of batteries so I can charge a set as I use a set. That way I always have fully charged batteries at the ready. Eventually, the batteries will no longer hold a charge and I will have to buy new ones.

It is earth friendly because rechargeable batteries are a renewable energy source and can be easily recycled while used alkaline batteries usually end up in a landfill where they can release harmful metals. There are 3 types of rechargeable batteries and **you should select one based on your need and budget**. The chargers usually come with batteries but if you want to purchase extra batteries like I did, make sure you purchase the type of battery that corresponds to your charger.

Apparently there are home chargers for alkaline batteries too, but their reviews aren't so good. Batteries in these chargers take a long time to recharge, don't hold a charge for long, become less efficient with each recharge, and have a high risk of leakage while charging due to the creation of gas during the charging process.



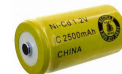
Li-ion

**Lithium Ion (Li-ion) batteries** are highly favored and growing in popularity because they are very light, store more energy, last longer between charges and are environmentally friendly. They are also more expensive. Lithium is a natural, plentiful metal and these batteries don't contain harmful chemicals or metals.



Ni-Cd

**Nickel Cadmium (Ni-Cd) batteries** are known for their long life. They must be charged more often due to a high discharge rate. They are a more affordable option but not environmentally friendly due to the toxic metals and chemicals they contain. They may eventually end up in a landfill.



NiMH

**Nickel Metal Hydride (NiMH)** has higher voltage but requires more charges. These batteries do not contain toxic metals or chemicals. This type of battery is not recommended for devices that are used infrequently.



Some options to look for in battery chargers include:

- Automatic shutoff when the batteries are fully charged
- Trickle charge so the battery charge will be topped off if you leave the batteries in the charger and be at full capacity when you need them
- LCD indicator lights that will keep you informed of the charging process and status
- Quick charge feature which will use a high burst of energy to charge faster (be careful of this one because your charge may not last as long)
- Overheating detection that will automatically shut off if overheated batteries are detected.

To see a wide variety of rechargeable batteries, search on your favorite preferred shopping site (e.g. Amazon) or go to a store that specializes in batteries like Batteries Plus or Battery Warehouse. Hopefully, I've given you some earth friendly food for thought to digest.



## NEW CRAFT CLASS — FUSED GLASS

*Joan Terwilliger, Masonic Village Resident*



When my husband Bob and I decided to move to Masonic Village in Elizabethtown six years ago, we were unhappily resigned to giving up glass-fusing, a passion for many years. Although our new cottage was spacious, there certainly wasn't room for three glass kilns; various grinders and saws, cutting tables and shelves full of 16"x20" fusible glass sheets.

Then Kelly Eakin, our marketing contact, suggested we donate all of our equipment and supplies to Masonic Village. "We're always looking for new activities for our residents," she said. "Great idea," we said, "and we can teach one or two classes a month." What an understatement!

Masonic provided a wonderful studio overlooking the Formal Gardens, with plenty of work space, room for all our tools, and even 240V electricity for our largest kiln. They sent two men from housekeeping to our home in Lebanon to move the heaviest equipment. The maintenance department built shelves that safely hold all of our glass, as well as a cutting table that is so well built it will outlive all of us!

We began offering classes in December, 2013. Six years later, we hold five classes a month for residents and two for staff. Our oldest student celebrated her 100<sup>th</sup> birthday in class (she made a fused-glass license plate for her walker!) We've had over 200 residents take our classes, some for only a short time. Others have been with us since the beginning.

Fused glass is a relatively new glass craft, often referred to as "warm glass" or "kiln-formed" glass to distinguish it from "hot" or blown glass. Recent advances, such as programmable kilns and a wide variety of glasses, have made it very popular. Fusible glass looks like stained

glass, but it's specially manufactured to behave reliably in a glass kiln at temperatures up to 1500 degrees or more. It comes in a variety of forms including sheets and various decorative products like powders or thin rods.

Fused-glass pieces are made by cutting, layering, and decorating fusible glass and firing it in a glass kiln. The glass softens enough to fuse into a solid piece. Depending on the firing temperature, the design elements may retain some of their original texture and shape.

To add sparkle and color, especially on jewelry, we use dichroic glass. It was supposedly first developed for NASA and is manufactured by spraying metal oxides on glass in a vacuum chamber. It's quite expensive -- a 4"x4" square can cost \$40 wholesale -- but a little goes a long way.

Fused glass may be decorated with a wide range of materials, including dichroic glass, frits and powders, decals, enamels and metallic inclusions. After it's been fused, the glass may be "cold-worked" to refine its shape, using tools like grinders and sanders. Then it can be placed in a ceramic mold, or draped over a stainless steel mold, and heated again to about 1275 degrees. It will soften enough to create a plate, vase, or bowl.

Some of our students have mobility issues or are on blood thinner and we're happy to cut glass for them to their specifications. The only other skills needed are imagination and the willingness to experiment. Pinterest and other websites provide a host of ideas and even tutorials.

Bob and I are so grateful we could bring this wonderful craft to Masonic Village!



*Fused glass pieces made by  
Masonic Village  
residents as displayed at the  
May, 2019  
"Show and Tell" event*







## MISSION STATEMENT OF PARCR

♦To educate and inform residents of not-for-profit retirement communities in Pennsylvania by promoting the exchange of ideas, education, and civic responsibilities of residents.

♦To encourage members to seek to be a part of informed decision-making in their community.

*Revised September 2018*



**NOTICE: THE JULY ISSUE OF PARCR POST will be released on JUNE 24.** Articles may be sent any time; the earlier, the better! If the maximum size or space has been reached by the time your material arrives, and if appropriate, your article will be held for next edition of the *PARCR Post*. *Please email articles in Word (.doc) format and any photos in .jpg or .png format to Linda J. Heck, PARCR POST Editor at the email address listed below. **DO NOT SEND .PDF FILES**. They cannot be used and will be returned to the sender.*

*PARCR POST* is to act as an informal notification of things happening in PARCR Member not-for-profit CCRC's with a primary focus on Residents — their activities; participation in events and their inclusion in decisions made within their Communities; items of interest involving residents; Community announcements, etc. However, the key focus is to be on Residents, and not that of Marketing.



## OFFICIAL WEBSITES

PARCR (Pennsylvania Alliance of Retirement Community Residents): [parcr.org](http://parcr.org)

LeadingAge PA: [leadingagepa.org](http://leadingagepa.org)

NaCCRA (National Continuing Care Residents Association): [naccra.com](http://naccra.com)

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*This newsletter and prior issues are available on the PARCR website at [www.parcr.org](http://www.parcr.org), under the PARCR POST heading.*



Pennsylvania Alliance of Retirement Community Residents

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