

**Friday Review—12/6/19**

Good afternoon and Happy Friday from the road. Let’s start with some good news…..

**Industry Reputation Poll**—At a meeting of State Executives this week, Mark Parkinson, President and CEO of AHCA/NCAL reported our industry fares well compared to other professions. Skilled nursing care is highly rated and does well when compared with the health insurance, pharmaceutical or legal industries. In the poll, 68% had a very or somewhat positive opinion of skilled nursing and rehab centers. Only 11% had a negative impression. These numbers remain about the same as when this poll was last taken in 2016. Well done! Keep up the good work!

**Another RUG update**—I heard from Ben Shaffer at EOHHS this week. He tells me that DXC is sending a rug update with calendar for this week’s financial cycle. If you have any problems, please let me know and I will contact EOHHS.

**Relaxing the Rules for anti-psychotic use?**—This report from NPR says President Trump is considering easing some of these rules. The report is here: <https://www.npr.org/2019/11/30/783819886/the-white-house-says-nursing-home-regulations-are-too-tough>

**Minimum staffing rules**—A recent Friday review talked about a bill in Congress to impose minimum staffing rules. Here is a story about a proposed constitutional amendment in Ohio.

<https://www.cleveland.com/open/2019/11/cleveland-area-real-estate-agent-pushes-to-add-nursing-facility-patients-bill-of-rights-to-ohio-constitution.html>

**More from Massachusetts**—A recent government report shows that use of skilled nursing facilities as well as nursing home margins continue to drop in Massachusetts. Here is the article in Skilled Nursing News:

<https://skillednursingnews.com/2019/12/amid-dropping-utilization-lowest-performing-nursing-home-margins-fell-to-10-2-in-mass/>

**End of Life Plans**—This report in Skilled Nursing News says that embracing these plans can lead to better care and lower costs. <https://skillednursingnews.com/2019/12/embracing-end-of-life-plans-can-lead-to-better-skilled-nursing-care-while-reducing-unnecessary-costs/>

**Just keep swimming…or walking…or running**—Diet and exercise is good for all of us. But this report from MD magazine says that it can slow cognitive decline for seniors. <https://www.mdmag.com/medical-news/combination-of-diet-and-exercise-slows-cognitive-decline-in-older-patients>

**Calling all recipes!**—The RIHCA Quality Report needs your best, time tested, favorite, delicious recipes! This year’s report is entitled “The Recipe for Quality”. Our plan is to include actual recipes from facilities, residents, families, and staff. So please put the word out. Ask your chefs, dietary staff, residents, families, etc for their favorite recipes. Please send them to Lynda Sprague at: lyndasprague5595@gmail.com. Who knows? One of your facility or family favorites might be included in this year’s report! Thank you in advance!

In wrapping up, our boys from Foxboro didn’t look all that good last week in Houston. And they have a tough test this week at home against Kansas City. And by the way, if any of you can kick a football, you might want to contact Bill Belichick…soon! I will still be cheering for them on Sunday. Go Pats!