



for your INFORMATION

Friends Of Residents In Long Term Care Newsletter

August 2008

Volume XXII

Issue Two

in this
ISSUE

*Words from the
Board Chair*
Page 2

*10 Ways YOU Can
Help FORLTC*
Page 3

*2008 Legislative
Wrap-Up*
&

*Volunteer Profile:
Dot Crawford*
Page 4

*Nurse Aide Training
Requirements...Ask
and Tell*
Page 5

*Donations,
Honorariums*
Page 6

*Protecting Your
Medical Choices:
What You Need to
Know*
Page 7

A Special Friends of Residents in Long Term Care Event



Dr. J. LeRoy King
cordially invites you to

“An Afternoon of O. Henry”
a delightful literary lecture by

Dr. Elliot Engel

**Sunday afternoon, September 28, 2008
3:00 P.M.**

**5420 Deer Forest Trail
Raleigh, North Carolina 27614**

**A Benefit for Friends of Residents of Long Term Care
“We effect change in Long Term Care”
501 (c) (3) Non-profit**

There is no charge for admission, but please R.S.V.P.

**R.S.V.P. 919-676-0222 or
LeRoyKing@DickensDestinations.com**

The mission of Friends of Residents in Long Term Care is to advance quality of life in residential long-term care.



Words from the Board Chair

By June Brotherton

The summer has flown, another legislative session is over. But, we've been busy working on some new things that will keep you better informed. If you want to help with any of these efforts, contact me at *jbrotherton@nc.rr.com*, and I'll ensure you get connected to the appropriate committee.

The FORLTC Board of Directors has approved some funding to re-design, upgrade and update our web pages. We will again be placing all of the Penalty Review Commission information on these pages, plus Education and Outreach Committee members are developing materials to improve the quality and quantity of information available in one place on long-term care issues. *Jim Ankeny*, board member and computer guru extraordinaire, will head up these major upgrades, as well as some others still on the drawing board.

Bill Lamb, former board chair, has taken on the task of creating an e-mail alert system for friends and contributors, to keep you informed of the latest LTC information on a weekly basis during the legislative session, and at least every two weeks in the off-session. He needs the e-mail address of everyone wanting to receive this information, so if we don't have your e-mail address, please send it to us.

An anonymous donor has donated 3 new computers to FORLTC, and will install them in the coming weeks. Another supporter donated the necessary software licenses so we will be able to update our applications. Many thanks to our supporters and board members for their hard work!

Teresa Johnson and André Carson, Education and Outreach co-chairs, are hard at work with their committee putting together relevant and informative educational materials. One of the fruits of their labors is the article in this issue of the newsletter on living wills, healthcare powers of attorney and organ donation, all aimed at helping you ensure your wishes are observed. They are also taking our Long-Term Care 101 seminar series and creating a series of self-directed educational modules on our website. They are striving to make the FORLTC website a content-rich, one-stop shop for information related to long-term care and quality of care.

Bob Konrad, our intrepid Public Policy Committee

chair, is working with his committee members to develop the agenda for the upcoming long session of the General Assembly. New members are always welcome, with monthly meetings being held on Friday. If you are interested, in joining his committee, contact him at *bobkonrad@gmail.com*.

Sue Floyd is chairing the Administration and Finance Committee. This committee is looking at revising and updating office policies and procedures, and documentation of computer programming and applications, plus updating job descriptions and the like.

LeRoy King, besides sponsoring a major benefit for FORLTC at his lovely home in late September, is busy fundraising for FORLTC and friend-raising. He is always looking for excellent potential board members, so if you would like to recommend someone for a board position, please e-mail LeRoy at *LeRoyKing@DickensDestinations.com*.

Last, but certainly not least, Secretary/Treasurer *Helen Savage* has been the hardest-working secretary/treasurer in this or any other organization. I don't know what FORLTC would do without her excellent oversight of our finances, from paying the bills to ensuring our tax returns are filed to filing the required lobbyist's reports, plus myriad other details, including chairing a committee for one of our fundraisers.

All of these folks spend countless hours supporting FORLTC, so residents in long-term care have better quality of care. ***Won't you help with your support?*** ■

For Your Information

The newsletter of Friends of Residents in Long Term Care

2008 Officers

Chair.....June M. Brotherton
Vice Chair.....Dr. J. LeRoy King
Secretary/Treasurer.....Helen Savage

Layout & Printing.....Sir Speedy Printing
Hillsborough St.
Raleigh, NC

For Your Information is published four times yearly & is a benefit of annual membership in Friends of Residents in Long Term Care.

Top 10 Ways YOU Can Help Us Help Long Term Care Residents



1. ***Send in a tax-deductible donation to FORLTC.*** As the only non-profit organization in the state that concentrates solely on increasing quality of life for residents in long-term care, we need your support to keep doing our job. Donations are a critical component that allows FORLTC to advocate before the North Carolina General Assembly on behalf of long term care residents, and to develop educational programs that help residents and their families.
2. ***Let us communicate with you by email.*** It will reduce our postage and printing costs to send you the newsletter and alerts by email. We don't ever sell or share our email list, and we will not abuse this privilege by inundating you with emails. Send your email address to friends@forltc.org.
3. ***Attend FORLTC events*** – they are described in this newsletter.
4. ***Write to your legislators,*** and communicate your support for the long term care rating system and other important legislation that passed this year. In addition to appropriating funds to implement the rated certificate program for adult care homes, the legislature increased the budget for the Home and Community Care Block Grant and increased the monthly rate paid for residents in adult care homes under the State/County Special Assistance Program. The legislature also appropriated funds for Project C.A.R.E. (Caregivers Alternative to Running on Empty).
5. ***Share information about FORLTC with your family members, neighbors, and friends.*** We'll be happy to send you information – just send us an email and let us know how many information packets you need.
6. ***Help make our 2008 Friends Fall Fun Fling on November 14 a huge success.*** This year's event will be held at the NC State University Club. We need volunteers to serve on the planning committee, and to get merchants and artists to donate items for the auction. Contact the Friends office at 919/782-1530 for more information.
7. ***Share a story about the quality of care and quality of life of a family member who is or was in long term care.*** Please contact us at friends@forltc.org if you are interested in doing so. We would like to publish some of them – good and bad – in the newsletter.
8. ***Make a donation to FORLTC to honor someone*** who is working hard to improve the quality of long term care services, or in memory of a family member or friend.
9. ***Ask FORLTC to speak to the groups that you belong to.*** We love to spread the word about our organization to church groups, civic organizations, family councils, or other organizations that need a speaker.
10. ***Got an idea of a project that you think FORLTC should take on? Please share it with us.*** We are an organization that operates almost completely on volunteer power. We love to hear from supporters!

2008 Legislative Wrap-Up Report

Friends of Residents in Long Term Care scored a key victory during the 2008 Short Session of the General Assembly, namely preventing the dismantling of rules previously approved for the Star Rating System. The Star Rating System would, for the first time, provide consumers with information concerning the quality of adult care homes.

Many thanks go to AARP and other members of the Aging Coalition for their hard work on this effort.

The General Assembly also created several study commissions related to aging, to be completed prior to the January 2009 start of the long session of the General Assembly. They include studies on:

1. The state's readiness to respond to the coming wave of older adults;
2. Issues related to hearing loss in older adults;
3. The feasibility of operating a licensed adult care home in a public housing facility;
4. Issues related to respite care; and
5. Issues related to access to health care, to be conducted by the NC Institute of Medicine.

According to the NC Division of Aging and Adult Services, the proportion of the population represented by people 65 and older comprises 12 percent of NC's total population. By 2030, this same group will make up over 17.5 percent of the state population, at 2.1 million. Combine these figures with the current economic

downturn and a projected \$1 billion shortfall in the 2009 state budget, and one can readily see why legislators are interested in projecting any potential growth in aging programs. FORLTC, along with other aging advocates, will work to ensure that the elderly and disabled who live in residential long-term care settings are treated with equity and fairness in future budget negotiations. ■



FORLTC Volunteer

Senior Advocate Dot Crawford Celebrates 90th Birthday

Dorothy Rose Crawford from Franklin, NC sets the gold standard for volunteerism on long-term care issues and basically any other issue affecting the lives of older adults.



From her career as a social worker and director of Macon County Department of Social Services, Dot understands first hand the needs of people when they are going through life-changing events and economic difficulties. She understands that people have a hard time advocating for themselves when they are ill or worried.

In addition to serving as one of FORLTC's Advisory Committee members, Mrs. Crawford is active

with more organizations than can be listed. She serves as a legislative advocate and also a health advocate for AARP; a member of the Carolinas Center for Medical Excellence Consumer Advisory Council; an appointee to the NC Commission on Mental Health, Developmental Disabilities, and Substance Abuse; a delegate to the NC Senior Tar Heel Legislature; and the Region A Area Agency on Aging Advisory Council. And those are just a few of her activities.

When asked why she volunteers, Dot said: "People have helped me in life, and I owe it to help others. I want to help people understand the choices they have."

Mrs. Crawford recently celebrated her 90th birthday. Happy Birthday, Dot! ■

When It Comes to Your Loved One's Quality of Care in LTC...Ask and Tell

It's another nursing home evening. I enter mom's room, lit only by the light of the television suspended from the ceiling. Mom lies in the bed, slumped to one side against the railing. The pitcher on the food-stained bedside table is filled with room temperature water, untouched. The stuffed kitty she likes sits across the room untouched. My mother lies silent and appears untouched. I ask, "Who is caring for you tonight?"

Did you know the nurse aide caring for your loved one tonight may not have completed any formal training as a nursing assistant?

North Carolina law states to be listed on the registry as a Nurse Aide I, individuals must complete 75 hours of training from an approved program and pass a competency exam OR pass a competency exam (also called a challenge exam) without completing the formal 75-hour training program.

Many states have eliminated the challenge exam and now require individuals to complete the approved formal training program.

Some questions to consider asking are:

- *Does the Director of Nursing at your local long-term care facility require nursing assistants provide a copy of their certificate showing completion of formal training from an approved program?*
- *Does the nurse assistant caring for your loved one have a certificate from an approved training program?*
- *Ask yourself, "Do I want North Carolina to eliminate the challenge exam?"*

When you ask these questions, I hope you will take a few minutes and tell me. Tell me about what you learn or your experience with long-term care.

You can email me at qualityinltc@yahoo.com or send a letter to:

Deborah Chestnutt
Quality in Long Term Care
4525 Rocky Springs Road
Durham, NC 27705

Thank you for your time!



Contributions/Honorariums (March 2008-June 2008)

Thanks to these contributors for helping Friends continue its mission!

BENEFACTORS & SUPER FRIENDS

(\$1,000 AND UP)

*June Brotherton
Sue Floyd
Chris Ivy
Dr. LeRoy King
Helen Savage
Ted Wilder*

PATRON

(\$500-\$999)

*Centralina Agency on Aging
Bill & Claudia Fuerst
Thomas Henson, Jr.*

SPONSOR

(\$250-\$499)

Al Keyes

ADVOCATE

(\$100-\$249)

*Linda Allison
Anne Denmark Beaty
Linda Bedo
David Cecelski
Community UCC
Eastern Carolina Council AAA
Robert Cerwin, MD
Al & Marlene Chasson
Brian Davis— Davis & McCabe
PA
Lawrence Graham — Graham,
Silver, Nuckolls & Brown
Larry & Hilda Highfill
Charles Lee
Bailey Liipfert
William G. Parham, Jr.
Mary Ann Peter
Neil & Madria Riemann
Msgr. Michael Shugrue
Ben Sutton — NC Senior Citizens
Assn.
Upper Coastal Plain AAA*

IN HONOR OF:

*Andre Carson
Holly Bryan*

*Ben C. Courts
Mary Beth Montgomery*

*Dorothy Rose Crawford
Helen Savage
Carol Teal*

*Elizabeth W. Hams
Marjorie Eckels*

*Willa Jackson
Tracy Davis, Mid-Carolina AAA*

*Madge Johnson (for her 95th
birthday)
Sue & Charles Floyd*

*Bill Lamb
Betty Anne Ford
Carolyn & Cy King*

*Ruby Lamb
Aurora Gregory
Martha & Bill Lamb*

*Robert Edgar Long
Elizabeth Long Clark*

*Roger Manus
Aurora Gregory*

*Irene Pearl Marsteller
Helen Savage*

*Hunter Skeen
Diane Robinson*

*Neva R. Tee
B. Joyce Cannon
Susan Johnson
Jamie Katzberg
Carol Ray*

*John Wasson
Betty Gunz*

SUPPORTERS

*Dorothy Bell
Carolyn Bland
Gail R. Brotherton
Sue Browning
Constance Burbank
John Clifford
Shannon Core
Lynn Creech
Janet Crump
Joan DeBruin
Mary Dowless
Angela Dement— Dement Askew
LLP
J. Ronald Edwards
Dr. Sally Grimley
Sammy Haithcock
Kim Ketchum—Ketchum & Co.
Rebecca King
Henry & Betty Landsberger
Raymond Madry
Dr. Leila May Palmer
Mary Parker
Wanda Parrish
Ann Robson
Cherie Rosemond
Tom & Gail Scullion
Darrell Spencer
Louise Stafford
John Suddath
Eunice Toussaint
Elizabeth Turk
Arnold Valdmets
James Valsame*

Protecting Your Medical Choices: What You Need to Know

By *André L. Carson and
Teresa D. Johnson*
FORLTC Education Co-Chairs

Imagine that you have been overtaken by a serious medical condition that has left you completely unable to understand what is going on around you. A critical medical decision has to be made and you are in no condition to make it. If you can't make it, who will?

Don't make the mistake of ignoring this possibility. If this situation does not happen to you, chances are it will happen to someone close to you. When and if it does, you need to be prepared. Fortunately, the North Carolina legislature has enacted laws that make it easy for you and your loved ones to protect yourselves in the event this situation rears its ugly head.

Preparing for this situation requires the use of Advance Medical Directives. These are legal documents that allow you to control, to the degree possible, what health care providers can and cannot do to you as you progress through the stages of your medical condition.

The three advance medical directives are the Health Care Power of Attorney, the Declaration of Notice to Die a Natural Death, also known as a "Living Will", and arrangements for organ and tissue donations after your death.

Health Care Power of Attorney

The Health Care Power of Attorney was extensively revised in 2007 and is a vast improvement over the old forms that have been used in the past. This document allows you to appoint a person to make medical decisions on your behalf if you are unable to do so. The person whom you appoint will have the same authority you would have if you were able to communicate. It makes sense, then, that you would want to appoint someone whom you trust.

Simply appointing someone you trust, however, is not enough. You and your appointee need to thoroughly discuss what decisions you would make in a variety of situations. Fortunately, the Health Care Power of Attorney provides choices that will give you ample guidance and help you understand all the situations that may have to be dealt with.

The Living Will

The term "Living Will" is a misnomer when used to describe this particular Advance Directive. A more accurate name would be "How I want to die if I am terminally ill or in a vegetative state." This document lets your medical providers know if you want life-prolonging measures withheld or discontinued. The document also describes, in detail, whether you wish to be fed and/or hydrated, and whether you would like pain medication to make the transition

from life to death more comfortable.

Organ, Tissue and Eye Donation

Thousands of people die each year in the United States awaiting a suitable organ donor. Not everyone is comfortable with the thought of donating organs after they die; however, the fact that over 3,000 people in North Carolina are currently waiting for organ transplants emphasizes the need for more people to register as organ donors. The organ, tissue and eye donation registry allows you to specify the organs and tissue that you are willing to donate. You can be assured that the recipients will appreciate your gift of life.

If your group or organization would like a free legal presentation about Advance Directives, contact the education committee for Friends of Residents in Long Term Care at (919) 782-1530 or email friends@forltc.org. For more information about Advance Directives or to find the link to register for organ, tissue and eye donations, visit www.forltc.org. ■

Andre' L. Carson is an attorney practicing in Wake County, NC. Teresa Johnson is Executive Director for the NC Adult Day Services Association.



Non-profit Org.
U.S. Postage
PAID
Raleigh, NC.
Permit No. 1636

2008

BOARD OF DIRECTORS

- Jim Ankeny
- June Brotherton
- André Carson
- Wendy Craig
- Sue Floyd
- Christopher Ivy
- Teresa Johnson
- Dr. J. LeRoy King
- Bob Konrad
- Phillip R. Miller III
- Jill Passmore
- Helen Savage
- Ted Wilder

ADVISORY BOARD

- Marlene Chasson
- Dorothy Crawford
- Elizabeth Ivester
- George Maddox
- Wendy Sause
- Robert Seymour

883-C Washington St.
Raleigh, NC 27605
Telephone: 919.782.1530
Toll Free: 1.888.411.7571
Fax: 919.782.1558
Email: friends@forltc.org
Website: www.forltc.org

2008 Donor & Supporter Form

Donors (Individual - \$50 & over; Organization - \$100 & over)

- \$50 Supporter
 \$100 to \$249 Advocate
 \$250 to \$499 Sponsor
 \$500 to \$999 Patron
 \$1000 and Over Benefactor

Super Supporters

- Super Friend (*\$1000 per year for 3 years*)
 Grand Advocate (*\$3000 during 1 year*)
 Angel (*\$5000 +*)

Corporate Sponsorships

- \$500 to \$999 Bronze
 \$1000 to \$2499 Silver
 \$2500 to \$4999 Gold
 \$5000 + Platinum

My gift is in honor / memory of: _____

Name _____

Organization (if applicable) _____

Address _____

City _____ State _____ Zip _____

Phone _____ E-Mail _____

Please make checks payable to: Friends of Residents in Long-Term Care, and mail to: 883-C Washington St., Raleigh, NC 27605.
Contributions are tax-deductible (Federal Tax ID #56-1551521. Memberships are from January to December.