

HEALTH CARE ADVISORY BOARD

Meeting Summary

February 13, 2017

MEMBERS PRESENT

Marlene Blum, Chairman
Bill Finerfrock, Vice Chairman
Rose Chu, Vice Chairman
Ellyn Crawford
Francine Jupiter
Deborah Leser
Chafiq Moummi
Tim Yarboro, MD
Ann Zuvekas
Rosanne Rodillo

STAFF

Sherryn Craig

MEMBERS ABSENT

Dr. Michael Trahos, DO

GUESTS

Dr. Gloria Addo-Ayensu, Health Department
Rosalyn Foroobar, Health Department
Dominic Bonaiuto, Inova Health System
Bryan Palmer, HCR Manor Care
Carrie O'Hara, HCR Manor Care
Doug Wanke, HCR Manor Care
Zachary Williams, Bean, Kinney & Korman

Call to Order

The meeting was called to order by Marlene Blum at 7:34 pm.

January 9, 2016 Meeting Summary

The meeting summary from January 9, 2017 was accepted as corrected.

Public Hearing on Arden Courts of Centreville's Application PCA/FDPA 94-Y-020 and PCA/FDPA 82-S-077-04 to develop an Assisted Living Facility

Bryan Palmer, Senior Project Manager, Construction Management, HCR Manor Care;
Carrie O'Hara, Senior Health Planner, HCR Manor Care; Doug Wanke, Director,

Operations Support Assisted Living, HCR Manor Care; and Zachary Williams, Attorney, Bean, Kinney & Korman presented Arden Courts of Centreville's application to develop an Assisted Living Facility (ALF) dedicated to memory care for persons with Alzheimer's disease and related dementias. The proposed site is located at the intersections of Route 28 (Centreville Road) and Bradenton Drive in the Sully District. If approved, Arden Courts of Centreville will be the third Arden Courts facility developed and operated by HCR ManorCare in Fairfax County.

The mission of HCR ManorCare, Inc., the parent corporation of Arden Courts, includes the development and operation of dedicated Alzheimer's assisted living facilities in areas with identified need for memory care services. Arden Courts integrates specialized memory care programming with a residential design that encourages residential interaction and independence in a safe environment.

The facility layout for Arden Courts of Centreville will feature a central common area surrounded by four self-contained "houses" or wings where residents can wander freely and interact with other residents and Arden Courts staff. Each house resembles a home with 16 private rooms, each with a half-bath (toilet and sink), a living room, dining room, kitchen, full bathroom and laundry room. The shared common area includes activity areas, craft studio, wellness center, beauty salon and barber, and indoor walking paths. A secure, landscaped backyard with paved courtyards and sidewalks provide easy and safe access to enjoy the outdoors. A simple architectural layout with visual cues (symbols, photographs and colors) helps residents avoid confusion, stay oriented, and remain as independent as possible.

Programming will focus on what residents can do, capitalizing on lifelong experiences and familiar routines so residents can successfully complete tasks and feel good about themselves. Structured, engaging programs will be offered every day and will be personalized for all levels of dementia. Residents will be encouraged to maintain the routines of home, with lifestyle programming such as making the bed, setting the table, folding the laundry or sweeping the patio. Activities such as art, music, dance, exercise, gardening, hobbies/crafts and word games will be offered as individual pursuits or as group activities based upon each resident's dementia needs and functional abilities with the goal of stimulating memories and providing comfort.

HCA Manor Care's existing facilities – Arden Courts of Fair Oaks and Arden Courts of Annandale – are operating at full occupancy. Both communities are currently averaging over 98% occupancy and have averaged over 97% occupancy during the past three years. A waiting list for admission has been implemented.

According to HCA Manor Care's Senior Health Planner, Carrie O'Hara, the need for the proposed Arden Courts Centreville facility is evidenced by the increasing senior population with Alzheimer's disease and related dementias in Fairfax County and the proposed service area. By applying the Alzheimer Association's disease prevalence rate of 11% to seniors ages 65 and older, Ms. O'Hara projected that Arden Courts of Centreville's five-mile service area included 1,785 persons with Alzheimer's disease in 2016 and will increase 26.8% in 2021 to 2,263 persons.

Placement in a memory care facility is generally deferred until a person is no longer appropriate or able to be cared for at home. Ms. O'Hara provided a more conservative estimate of community need by applying the Alzheimer Association's disease prevalence rate of 32% to seniors ages 85 and older. Projected need within the five-mile radius of Arden Courts Centreville location was estimated at 496 persons in 2016, increasing 14.1% by 2021 to 566 persons 85 and older with Alzheimer's disease.

HCAB members raised concern about predicting utilization based on disease prevalence, especially with some studies showing an overall decline. Ms. O'Hara replied that different methodologies may explain these new findings and that the results are not entirely conclusive.

However, assuming that disease prevalence is closer to 8.8% and not 11%, Ms. O'Hara maintained that the current inventory of 25 existing and 24 proposed assisted living memory care beds (49 total) within five miles of the Arden Courts of Centreville site is not sufficient to meet the projected need for additional memory care beds. While the average age of Arden Courts' residents is 84-85 years, HCA ManorCare representatives reported an increase of younger persons with early onset Alzheimer's disease, frontotemporal dementia, Lewy body dementia or alcohol related dementia. Many of these residents are admitted to Arden Courts before their 50s. Given this emerging trend, HCA ManorCare projects the need for memory care services will grow, underscoring the need for additional beds.

Arden Courts of Centreville will charge market rates for memory care. The rate will be a flat-fee, all inclusive of room, board, personal and memory care. There will be an additional charge for medications and incontinence products (the associated care will be included in the room rate), beauty/barber services and cable TV in the residents' rooms.

HCA ManorCare representatives also reconfirmed their commitment to provide 4% of its units to residents eligible for the Virginia Department for Aging and Rehabilitative Services' (DARS) Auxiliary Grant (AG) Program. The HCAB received documentation from Health Department staff that both Arden Courts of Fair Oaks and Arden Courts of

Annandale participate in the AG Program and are in compliance with the 4% Special Condition (SC) requirement.

Residents of Arden Courts Centreville will be housed on one level; there are no elevators or stairs. The facility will have a controlled access system that requires a security code to enter and exit. Codes will be changed periodically and will be provided to staff and family members only. Hourly checks will be conducted to account for each resident in the building. Doors to the outdoor courtyard will be secured in the event of inclement weather, extreme heat and cold. Among its other facilities, cameras have been used intermittently in areas where additional security is needed (e.g., parking lots, delivery areas, etc.). A perimeter fence along the property will also enhance resident safety and security. Family members are permitted to visit 24-hours a day.

The average turnover rate among Resident Caregivers was estimated between 30-35%. Doug Wanke, Director of Operations Support, underscored HCA Manor Care's commitment to the recruitment and retention of skilled, quality staff. He maintained that HCA Manor Care pays fair wages, health benefits, and educational incentives, such as tuition assistance for caregivers interested in a nursing career or skilled specialty (e.g., occupational therapy, speech, etc.).

Medication administration will be provided onsite by the LPNs and Resident Caregivers who are licensed as Medication Technicians. Medications will be stored in locked carts that are located in the health center office when not in use. Arden Courts acknowledged past failures within its existing facilities around medication administration, including documentation, storage, staff qualifications, certifications and trainings. According to Mr. Wanke, both facilities implemented plans of correction and staff were immediately retrained. The HCAB suggested that Arden Courts consider using its Pharmacy Consultant to provide staff training on handling, dispensing, and storing medications.

Mr. Wanke also shared that all Arden Court employees receive initial training in their respective job duties as well as training regarding the manifestations of Alzheimer's disease and related dementias and best practices in memory care. Continuing education for all staff is provided. Monthly educational seminars include topics related to advances in Alzheimer's disease treatment and memory caregiving techniques.

As required by the Zoning Ordinance, the HCAB made attempts to solicit information and comment from ALF providers within a three-to-five-mile radius of the proposed application. Public hearing notices were sent to the Gardens at Fair Oaks, Keough Senior Living, and Sunrise at Fair Oaks. However, the HCAB did not receive any comments or statements from these providers. Additionally, professional and

community-based organizations were also notified of HCA ManorCare's proposed development. Again, the HCAB did not receive any comments or statements regarding the application under consideration.

Per HCAB's procedures, the applicant's operational history was researched using inspection reports from the Virginia Department of Social Services (DSS). Violations detailed in DSS's inspection summaries for Arden Court of Fair Oaks occurred June 23, 2015 through December 2, 2016. Violations detailed in DSS's inspection summaries for Arden Courts of Annandale occurred September 14, 2015 through December 5, 2016. In addition to medication administration, other violations included missing and/or incomplete resident assessments and service plans, inappropriate storage of cleaning supplies and other hazardous materials, missing and/or incomplete employee certifications and performance evaluations. HCA Manor Care underscored its commitment to remediating past violations and undertaking quality improvement initiatives to prevent future deficiencies. The HCAB was satisfied with HCA Manor Care's responses and was encouraged by its focus on enhancing residents' care and improving employee performance.

Based on the information provided by Arden Courts of Centreville VA, LLC, Deborah Leser moved that the applicant demonstrated a need for developing a 64-bed memory care assisted living facility and that the application was reasonable in terms of access, need, operations, and financial accessibility (based on the applicant's participation in the Auxiliary Grant program). Chafiq Moumami seconded. The motion passed 8 Y, 1 N, and 1 abstention.

Other Business

FY 2018 Budget

The Fairfax County FY 2018 budget will be released on February 14. The Human Services Council has identified March 7 and 9 for its Community Dialogue meetings. Marlene Blum has signed up for the March 7 HSC meeting, which will be at the James Lee Community Center in Annandale.

The HCAB will discuss the County Executive's FY 2018 Advertised Budget at its Committee of the Whole meeting on Tuesday, February 28. Budget recommendations will be developed and approved at the full HCAB meeting on Monday, March 6. Ms. Blum is the 16th speaker scheduled to provide testimony at the Board of Supervisors' budget hearings on Wednesday, April 5.

The HCAB's April meeting conflicts with Passover and the Fairfax County Public School's Spring Break. Sherryn Craig will survey the HCAB on alternative meeting dates and times.

Ms. Blum attended the February 4 Human Services Council meeting and distributed the HSC's 2017 Unified Message for discussion. After reviewing the document, HCAB members were unsure of its purpose, especially since there is no ask or take action item for the BOS. Ms. Blum said that the HSC is working to schedule a follow up meeting on March 18 where advocacy groups will be invited to participate.

Simplicity Clinics and Community Health Care Network (CHCN)

Deb Leser toured Inova's new Simplicity Clinics, which provide a valuable medical home to patients with large deductibles. The clinics employ multilingual staff. If a patient subscribes for 4 weeks, he/she can attend diabetes and stroke education programs. Inova will be outreaching to employers to increase awareness of the clinics. Ms. Leser also toured the CHCN located in Merrifield. She was also impressed by the services provided to vulnerable residents. HCAB members interested in visiting these programs should contact Dominic Bonaiuto, Director, Advocacy and Community Outreach, Inova Health System for the Simplicity Clinics and Sherryn Craig for CHCN.

Health Department's 100th Anniversary

The Health Department is celebrating its centennial this year, and HCAB members are invited to attend an agency celebration in April as well as a larger event in June. The HCAB will prepare a resolution recognizing this milestone.

Oral Health Forum

Dr. Gloria and Francine Jupiter attended an Oral Health Forum and distributed information detailing the increasing need for oral health care.

There being no further business, the meeting adjourned at 8:56 pm.