

HEALTH CARE ADVISORY BOARD

Meeting Summary

February 8, 2016

MEMBERS PRESENT

Marlene Blum, Chairman
Bill Finerfrock, Vice Chairman
Rose Chu, Vice Chairman
Ann Zuvekas
Tim Yarboro, MD
Rosanne Rodilloso
Dr. Michael Trahos, DO
Ellyn Crawford

STAFF

Sherryn Craig

GUESTS

Richard Magenheimer, Chief Financial Officer, Inova Health System
Karen Berube, Assistant Vice President, Population Health Management Inova Health System
Carrie O'Hara, Senior Health Planner, HCR Manor Care
Anita Irvin, Facility Executive Director, Arden Courts Fair Oaks
Francia Smith, Programs and Marketing, Arden Courts Fair Oaks
Ken Connelly, Divisional Director, HCR Manor Care
Mark Viani, Shareholder, Bean, Kinney & Korman
Jay Hicks, Senior Vice President, Artis Senior Living
Angelina Rotella, Project and Communications Coordinator, Artis Senior Living
G. Evan Prichard, Walsh, Colucci, Lubeley, & Walsh, PC
Sheetal Patel, Great Falls Assisted Living
Dan Dokken, LK Architecture
Charley Dixon, Artis Senior Living
Randy Thompson, Artis Senior Living
Rosalyn Foroobar, Health Department
Robin Mullet, Health Department

Call to Order

The meeting was called to order by Marlene Blum at 7:32 pm.

January 11, 2016 Meeting Summary

The meeting summary from January 11, 2016 was approved as submitted.

Public Hearing on Arden Courts-Fair Oaks of Fairfax, VA, LLC (SEA-84-P-129-04)

Mark Viani, with Bean, Kinney & Korman introduced the application for Arden Courts-Fair Oaks of Fairfax, VA LLC (application # SEA-84-P-129-04). The mission of HCR ManorCare, Inc., the parent corporation of Arden Courts Fair Oaks, includes development and operation of dedicated Alzheimer's assisted living facilities in areas with identified need for memory care services.

Arden Courts Fair Oaks is comprised of four wings called "houses," which are connected by a common space where residents can enjoy specialized programming and interaction with other residents and staff. The proposed project would add eight private rooms (2,648 square feet) to the facility. If approved, the addition adds two bedrooms to the end of each "house."

Arden Courts Fair Oaks provides memory care services for every level of dementia. The Director of Programs and Marketing described several treatment programs, including Engagement Therapy Treatment (ETT) and Namaste Care. ETT integrates unique life experiences of the past with present interests, such as the National Parks. Based on personal and historic information, ETT programs are developed to help residents socialize and share with others. According to Francia Smith, joining past and present maximizes cognitive abilities and provides a particularly therapeutic environment.

The Namaste Program is a complementary care program for advanced dementia residents. The focus of this treatment modality is to engage people in an environment that nurtures and stimulates the senses, created with scents of lavender, soft music, nature scenes, and hydration. By nurturing the senses of smell, touch, taste, hearing and vision, the Namaste Program can mitigate the use of some medicines.

Arden Courts Fair Oaks' occupancy averaged 96% during the past five years and over 98% during the past two years. Given that the facility is operating at close to full capacity, the applicant argued that additional beds are required.

Arden Courts Fair Oaks applied the Alzheimer's Association's 11% prevalence rate to the 65 and older population within Arden Courts Fair Oaks' five-mile service area. The applicant estimated a service need for 2,303 persons 65 and older with Alzheimer's disease and related dementias.

Applying a 32% prevalence rate to the 85 and older population, the period where at-home, community-based care is less appropriate, the applicant estimated a service need for 604 persons within five miles of Arden Courts Fair Oaks. The applicant argued that the current inventory of 150 existing and 104 proposed assisted living memory care beds (254 total) within five miles of Arden Courts Fair Oaks is not sufficient to meet the projected need for additional memory care services.

Representatives for Arden Courts Fair Oaks also identified a growing need for memory care services for younger adults. The facility is increasingly admitting younger persons with early onset Alzheimer's disease, frontotemporal dementia, Lewy body dementia or alcohol related dementia. Many of these residents were admitted before their 50s, and Arden Courts believes this trend will continue, underscoring the need for additional beds.

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

The applicant reconfirmed its commitment to provide 4% of its units to residents eligible for the Virginia Department for Aging and Rehabilitative Services' (DARS) Auxiliary Grant (AG) Program. Communication with the Fairfax County Department of Family Services (DFS) confirmed that Arden Courts Fair Oaks participates in the AG Program.

Residents of Arden Courts Fair Oaks are housed on one level; there are no elevators or stairs. The facility has a controlled access system that requires a security code to enter and exit. A perimeter fence along the property enhances resident safety and security.

Arden Courts Fair Oaks has licensed and certified staff specially trained in dementia and memory care to care for its residents. The facility's Executive Director, Anita Irvin, stated that overall resident care is supervised by a Resident Services Coordinator who is a licensed Registered Nurse (RN), in consultation with a physician Medical Director. A Licensed Practical Nurse (LPN) works on each shift. Specially trained Resident Caregivers – some are Certified Nursing Assistants (CNAs) – provide direct resident care. A caregiving plan is prepared for each resident to ensure that appropriate and necessary care is provided.

The Resident Services Coordinator works full-time (8 am – 5 pm) and is on call 24/7. There is a LPN on each of the three shifts. With respect to direct resident care, there are eight resident caregivers on the day shift (1 caregiver to 7 residents), 6.5 caregivers on the evening shift (1 caregiver to 8.6 residents) and 4 caregivers on the night shift (1 caregiver to 14 residents). The average turnover rate among Resident Caregivers is 33%, a rate significantly lower than those reported by other ALF providers. Ms. Irvin highlighted staff longevity as one of the facility's unique assets. If the eight beds are approved, one additional resident caregiver will be added to each shift.

Medication administration is provided onsite by the LPNs and Resident Caregivers who are licensed as Medication Technicians. Medications are stored in locked carts that are located in the health center office when not in use.

All staff 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. While Arden Courts Fair Oaks provides 16 hours of training and 12 hours of training specific to dementias, Ms. Irvin stated that the facility's continuing education programs have been increased, which is both a benefit for the staff and the residents in their care.

Formal performance evaluations are conducted after the first 90 days of employment and annually thereafter. Informal feedback is provided on an ongoing basis.

Bill Finerfrock moved that the Health Care Advisory Board recommend that the Board of Supervisors approve the applicant's proposal to add eight memory care beds to the Arden Courts Fair Oaks. Dr. Trahos, DO seconded the motion. The motion passed unanimously.

Inova Health System Charity Care Policy Update

Richard Magenheimer and Karen Berube from Inova Health System appeared before the HCAB to provide an update on Inova's revised charity care policy.

Mr. Magenheimer acknowledged that the changes Inova proposed to its charity care policy should have been presented to the Board of Supervisors for approval, per the requirements of Inova's lease agreement with the County. Inova will provide notice to the Board of Supervisors and agreed to copy the Health Care Advisory Board.

HCAB members noted Inova's use of residency requirements. Mr. Magenheimer said that Inova has a reputation among some international communities of being lax with entry requirements. People in other parts of the world travel to Inova to take advantage of the charity care program. In order to avoid absorbing the costs of this type of care, Mr. Magenheimer felt geographic restrictions needed to be put in place.

However, it was pointed out that the lease agreement does not allow for eligibility determinations based on nationality. Residency or citizenship requirements are questionable under those parameters.

Mr. Magenheimer said that no one, regardless of residence, will be denied emergency care. However, non-emergency care should require residency. Mr. Magenheimer is willing to accept CHCN's eligibility criteria and Ms. Berube said that standard has already been implemented for OB care. If the patient can demonstrate indigent status, Inova will write off the costs of care for non-emergent charity care.

Artis Senior Living, LLC's (SE-2015-MV-032)

Representatives for Artis Senior Living returned to the HCAB. The HCAB had deferred decision on the application until additional information (population demographics, market demand, safety and security, training, certifications, performance review, medication administration, etc.) was provided in writing. HCAB members received and reviewed Artis Senior Living's supplemental response and were satisfied with the information. There were no additional questions for the applicant.

Dr. Trahos, DO moved that the Health Care Advisory Board recommend that the Board of Supervisors approve the applicant's proposal to develop an assisted living memory care facility in Lorton. Ann Zuvekas and Bill Finerfrock seconded the motion. The motion carried unanimously.

Other Business

Community Health Care Network Advisory Committee (CAC). The County is working with Inova on a CHCN contract. Molina is staying on until the end of June after which time Inova will take over. The Health Department will provide a status update in April. *Department of Planning and Zoning.* DPZ was scheduled to present to the HCAB on how to zone adult day health care applications, but needs more time to discuss its proposal with Supervisors before reporting back to the HCAB. Marlene Blum and Sherryn Craig will meet with DPZ staff to discuss a draft proposal. *Drug Shortages.* In response to a recent newspaper article on prescription drug shortages, the HCAB will reach out to Inova and Reston Hospitals to see what their experience has been.

There being no further business, the meeting adjourned at 8:48 pm.