

April 2019

The Washington Voice

An E-Newsletter From



Adult Family Home Council

OF WASHINGTON STATE

Who We Are

Advocates for compassionate, individualized care. Serving adult family homes for more than 20 years!

Our Mission

To improve the lives and well-being of vulnerable adults through support of adult family homes.

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Hello Adult Family Homes of Washington,

As the 2019 legislative session approaches its 105th day, I am pleased to report that the adult family homes of Washington have good reason to be excited. As of yesterday, the bill to allow certain adult family homes to apply for a 7th and 8th bed has been voted unanimously through both chambers of the legislature. It has a few procedural steps to take before it goes to the governor's desk for signature and becomes law. The state budget process also looks promising for adult family homes. Full funding is provided for the rate increases the Council negotiated on your behalf. This will include three rate increases over two years and new benefits including activity program funding and medical escort fees. The contract also increases rates for ECS/SBS contractors, respite services and community integration. For more information about these new benefits I encourage you to attend one of our spring conferences around the state and/or watch for chapter meetings and webinars for more detailed information.

I hope to see many of you at one of our upcoming spring conferences. We will provide information about the 2019 legislative session, new benefits, training opportunities, activity programs, marketing and more. We hope the day will also include opportunities for you to interact with other regional providers and the vendors who support your businesses. For those of you who attended last year and helped the Council in its visioning related to our educational, advocacy and support efforts I will be able to provide updates on the Council's new programs and initiatives.

One of the big changes coming from the Council is our partnership with AIDA. AIDA is an online tool that will allow potential residents to find your home when you have vacancies. AIDA will replace the Council's "find a home" tool on our website and we will begin marketing the tool to known referral sources. This will connect homes with private pay clients and there is no placement fee. Additionally, AIDA is already working with referral sources such as hospitals to make the connections even easier. At upcoming trainings and events, we will provide member information about how to update your homes profile so we can connect you with your next resident.

All the best,



John Ficker
Executive Director

Welcome Our New Board Members!



Jenna Hester

Region 2

Jenna has worked in the Adult Family Home business for 18 years; 15 years as a caregiver and the past 3 years as the Resident Manager. As a second generation AFH operator, she has grown up in an AFH since the age of seven. This spring, she will be taking a Positive Approach to Care Training through Teepa Snow to help further her education in Dementia.



Dr. Roy Sykes

Region 3

Roy is the Executive Director at Sean Humphrey House, a nonprofit Adult Family Home that optimizes the quality of life for low-income individuals living with HIV/AIDS. He is a social services veteran with more than 30 years' experience in a variety of operational, administrative, development and educational positions.

Update on the 2019 Legislative Session

Capacity



8 Bed Increase

Substitute House Bill 1023

- For qualified homes with appropriate space and experience, an AFH would be allowed to increase to a 7 or 8 bed capacity.

Update

Voted out of the Senate on Monday, April 15, 2019 and on its way back to the House of Representatives for concurrence and on to the Governor's desk for signature

Senate Bill 5672

- Supports consumers in finding the right care. Recognizes and supports homes who are exclusively serving people living with Dementia. Differentiates homes exclusively serving individuals with developmental or intellectual disabilities.

Update

Currently awaiting a full vote of the House of Representatives and goes back to the Senate for concurrence and on to the Governor's desk for signature.

Workforce Development



Funding for the Adult Family Home Contract

- The collectively bargained contract increases Medicaid rates in an effort to catch up with rising minimum wage and benefit standards.

Update

Both the House of Representatives and the Senate fully funded the rate increases, currently awaiting their final budget conferences to take place for a final budget to the Governor.

AFH Training Network

House Bill 1675 & Senate Bill 5728

- Adult family homes need a system for training and developing staff.
- Use the designated training benefit to build a statewide AFH network to improve workforce development and quality training.

Update

These bills did not make it through the first cutoff, though we were able to get the language from these bills into 2SSB 5672.

Financing



Long Term Care Trust Act (LTCTA) House Bill 1087

- Most individuals seeking long term care do not have the resources to fund their needed services. This results in families spending down to Medicaid eligibility (poverty) and increasing state spending. The LTCTA would create a benefit, funded through a payroll premium, providing access to funds to support their LTC needs.

Update

Currently awaiting a full vote from the Senate and back to the House of Representatives for concurrence





Spring Conference
Adult Family Home Council
OF WASHINGTON STATE

AFH Council 2019 Spring Conference Dates

May 8	Ellensburg	Hal Holmes Center
May 14	Lakewood	Clover Park Technical College
May 16	Bellingham	Bellingham Technical College
May 22	Mountlake Terrace	The Romanian Cultural Center
May 29	Tukwila	Tukwila Community Center
June 5	Vancouver	Club Green Meadows
June 18	Spokane	Spokane Falls Community College

*REFUND POLICY: Refunds available until 14 days before the conference (minus \$5 service fee)
NO REFUNDS if it is less than 14 days before the conference*

AFH Council Members Only

All conference times are from 9:00 a.m. - 4:00 p.m.

Check-in starts at 8:30 a.m.

Cost is \$15 per person

Participants will earn 6.0 hours CEU

Discussion will include:

- Legislative Updates
- Rate Increases and New Benefits
- Mental Health Transformation
- Activity Programs
- Marketing
- Assessment
- Admission
- Care Planning



Register for Spring Conference today!
HERE



Understanding Beyond-Use Dates

By Amy Pond, Mariya Nesteruk, Belete Gulelat, Amy Cook, Clinical Pharmacists – Ready Meds Pharmacy

Knowing the difference between the manufacturer's expiration date and the beyond-use date of medications can sometimes be confusing. The beyond-use date or discard date is almost always different than the actual expiration date of the drug. An expiration date is a point at which a manufacturer can no longer guarantee the strength or safety of a medication that has not been opened or used. The beyond-use date is a date after which the medication should no longer be used, even if it is before the manufacturer's expiration date. The beyond-use date is based on different factors, including:

- The type of drug and how fast it degrades
- The dosage of the medication
- The type of container being used
- The storage conditions the medication is expected to be in
- How long the medication will be taken
- How likely it is that there will be any sort of contamination to the product

Heat, extreme cold or freezing, air, light and moisture can affect the stability of medications causing them to become less effective or ineffective. Other medications may break down over time into toxic substances. Some medications, such as eye drops, are no longer sterile once opened. That is why the discard date for these products is much shorter than the manufacturer's expiration date or the pharmacy label expiration date. Even if the product contains preservatives, the preservatives will not entirely inhibit the bacterial growth. An older bottle will therefore have a greater chance of being contaminated since the bacteria have had more time to grow. A good rule of thumb for adult family homes and other long-term care settings is to discard most eye drops 28 days after opening. This is so the resident does not run the risk of putting contaminated eye drops in their eyes. For retail customers, we have seen recommendations of up to three months. Expiration dating may change once items are removed from primary packaging and are in use.

For example, once an Advair diskus is removed from the foil pouch, it can only be used for one month. Since these guidelines can be confusing, we have created a chart of most common medication discard dates for your information. There is a separate chart for most of the insulins, although some of the newer insulins are included on Chart A and not on the insulin chart. The discard dates used are from the manufacturer's recommendations for products opened or in use. Any medications that should be kept refrigerated will be clearly identified by the pharmacy with an auxiliary label. Any preservative-free products, such as eye drops in single-use containers or sterile irrigation solutions, should be discarded after one use. It is always a good idea to use "Date Opened" stickers on multidose vials, insulin vials and pens, eye drops, anything that comes packaged in a foil pouch, and other items listed on the charts. You can calculate the discard date by filling in the date the product is first opened. You can purchase 1000 stickers from Amazon.com or other suppliers for under \$10. Medications which have changed color or consistency should be discarded regardless of the discard date. For example, if one of your residents has a bottle of sublingual nitroglycerin tablets that have disintegrated, order a new supply from the pharmacy and destroy the old tablets per your medication disposal policy. Medications that have been placed into bubble packs or multi-dose packs have specific expiration dates per Good Manufacturing Practices. Medications in packs with a single drug per bubble have a discard date of six months or the manufacturer's expiration date, whichever comes first. Medications in packs that contain more than one medication per bubble have a discard date of two months or the manufacturer's expiration date, whichever comes first. Most bulk items, such as creams, have a discard date of one year from the date of filling or the manufacturer's expiration date, whichever comes first. Feel free to call us at Ready Meds Pharmacy at (877) 425-6337 if you have any questions on this topic.

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GENERIC NAME	BRAND NAME	REFRIG?	DISCARD DATE
ACLDINIUM	TUDORZA	NO	DISC. 45 DAYS FROM REMOVAL FROM FOIL POUCH
AMOX/CLAV SUSPENSION (PO)	AUGMENTIN	YES	DISCARD 10 DAYS AFTER RECONSTITUTION
AMOXICILLIN SUSPENSION (PO)	TRIMOX	YES	DISCARD 14 DAYS AFTER RECONSTITUTION
AZITHROMYCIN OPHTHALMIC	AZASITE	YES	REFRIG. / DISC. ANY UNUSED SOLN AFTER 14 DAYS
AZITHROMYCIN SUSP (PO)	ZITHROMAX	NO	DISCARD 10 DAYS AFTER RECONSTITUTION
BRINZOLAMIDE/TIMOLOL OPTH	AZARGA	NO	DISCARD 60 DAYS AFTER OPENING
BUDESONIDE/FORMOTEROL	SYMBICORT	NO	3 MONTHS AFTER OPENING
CALCITONIN-SALMON NASAL	MIACALCIN	YES/NO	REFRIG TIL OPEN; DISCARD AFTER 35 DAYS
CALCITONIN-SALMON NASAL	FORTICAL	YES/NO	REFRIG TIL OPEN; DISCARD AFTER 30 DAYS
CEFDINIR SUSPENSION (PO)	OMNICEF	NO	DISCARD 10 DAYS AFTER RECONSTITUTION
CEPHALEXIN SUSPENSION (PO)	KEFLEX	YES	DISCARD 14 DAYS AFTER RECONSTITUTION
CHLORAMPHENICOL OPTH	CHLOROPTIC	YES/NO	REF TIL OPENED/ DISC. 21 DAYS AFTER OPENING
CICLESONIDE NASAL SPRAY	OMNARIS	NO	USE WITHIN 4 MO AFTER OPENING POUCH
CIPROFLOXACIN OPTH	CILOXAN	NO	DISCARD AT END OF TREATMENT
CYCLOSPORINE ORAL SOLN	NEORAL	NO	USE WITHIN 2 MONTHS AFTER OPENING
DABIGATRAN	PRADAXA	NO	DISCARD 4 MONTHS AFTER OPENING BOTTLE
DORZOLAMIDE/TIMOLOL PF	COSOPT PF	NO	DISC. 15 DAYS AFTER OPENING FOIL POUCH
DULAGLUTIDE	TRULICITY	YES/NO	REFRIG. /MAY STORE AT RM TEMP UP TO 14 DAYS
ELLIPTA INHAL DEVICES	BREO/INCUSE	NO	DISC. 42 DAYS AFTER REMOVAL FROM FOIL PACK
EPOETIN ALFA INJECTION	PROCRIT/EPOGEN	YES	DISC. MULTIDOSE VIAL 21 DAYS AFTER 1 ST ENTRY
ERYTHROMYCIN SUSP (PO)	E.E.S.	YES	DISCARD 10 DAYS AFTER RECONSTITUTION
EXENATIDE	BYETTA	YES/NO	REF. PRIOR TO USE/MAY KEEP RM TEMP 30 DAYS
FAMOTIDINE ORAL SUSPENSION	PEPCID	YES/NO	DISCARD UNUSED PORTION AFTER 30 DAYS
FIRST LANSOPRAZOLE SUSP	PREVACID SUS	YES	DISCARD 30 DAYS AFTER COMPOUNDED
FIRST OMEPRAZOLE SUSP	PRILOSEC SUSP	YES	DISCARD 30 DAYS AFTER COMPOUNDED
FLUTICASONE/SALMETEROL DISKUS	ADVAIR/WIXELA	NO	DISC. 1 MO AFTER REMOVAL FROM FOIL POUCH
FORMOTEROL FUM INHAL SOLN	PERFORMIST	YES/NO	IF REF.-LABEL EXP. /IF RM TEMP - 3 MONTHS
FUROSEMIDE ORAL SOLN	LASIX	NO	DISCARD 90 DAYS FROM DATE OPENED
GABAPENTIN ORAL SOLN	NEURONTIN	YES	LABEL EXPIRATION DATE/ALWAYS REFRIG.
GENTAMICIN OPTH	GARAMYCIN	NO	DISCARD AT END OF TREATMENT
GENTAMICIN-BETAMETHASONE OPTH	GARASONE	NO	DISCARD AT END OF TREATMENT
GLUCOSE TEST STRIPS		NO	SEE BOX - MANUFACTURER SPECIFIC
INSULINS	VARIOUS		SEE INSULIN CHART
INSULIN GLARGINE PENS	BASAGLAR	YES/NO	REF TIL OPENED; PEN IN USE-RM TEMP 28 DAYS
LATANOPROST	XALATAN	YES/NO	REF TIL OPENED; THEN RM TEMP DISC AFTER 6 WEEKS
LATANOPROST/TIMOLOL	XALACOM	YES/NO	REF TIL OPENED; THEN RM TEMP DISC AFTER 10 WKS
LEVALBUTEROL SOLN	XOPENEX SOLN	NO	USE WITHIN 14 DAYS OF OPENING POUCH
LIRAGLUTIDE	VICTOZA	YES	AFTER OPEN- REFRIG OR RM TEMP - 30 DAYS
LORAZEPAM INTENSOL	ATIVAN CONC	YES	90 DAYS AFTER OPENING. KEEP REFRIG.
MORPHINE SULFATE	ROXANOL	NO	SOME 90 DAYS AFTER OPENING PER MFG.
MULTIDOSE VIALS		PER MFG	OPENED DATE SHOULD BE NOTED
NALTREXONE INJECTABLE	VIVITROL	YES	IF NOT REFRIG ONLY GOOD FOR 7 DAYS<77°F
NITROGLYCERIN SL TABLETS	NITROSTAT	NO	RX LABEL EXP DATE OR SOONER IF TABS ARE DISINTEGRATED
OFLOXACIN OPTH	OCUFLOX	NO	DISCARD AT END OF TREATMENT
OSELTAMIVIR ORAL SUSP	TAMIFLU	YES/NO	REF - 17 DAYS, RM TEMP - 10 DAYS
OXCARBAZEPINE ORAL SUSP	TRILEPTAL	NO	USE WITHIN 7 WEEKS AFER OPENING
PRAMLINTIDE ACETATE	SYMLIN	YES/NO	REF. PRIOR TO USE/MAY KEEP AT RM TEMP 30 DAYS
PENICILLIN SUSPENSION (PO)	VEETIDS	YES	DISCARD 14 DAYS AFTER RECONSTITUTION
PROTEIN SUPPLEMENTS	PROMOD	NO	SEE MFG - MOST 3 MONTHS AFTER OPENING
RESPIMAT INHAL DEVICES	COMBIVENT/SPIRIVA	NO	DISCARD 3 MO AFTER LOADING OF CARTRIDGE
RITONAVIR	NORVIR	NO	USE CAPSULES WITHIN 30 DAYS AT RM TEMP
SALMETEROL	SEREVENT DISKUS	NO	6 WEEKS AFTER OPENING FOIL POUCH
STERILE IRRIGATION SOLUTIONS		NO	DISCARD UNUSED PORTION AFTER 1ST USE
TERIPARATIDE INJECTION	FORTEO	YES	REFRIG. / DISC. PEN 28 DAYS AFTER 1ST INJECTION
TIOTROPIUM CAPSULES	SPIRIVA	NO	DISCARD ANY UNUSED CAPSULES EXPOSED TO AIR
TOBRAMYCIN OPTH	TOBREX	NO	DISCARD AT END OF TREATMENT
TOBRAMYCIN/DEXAMETH OPTH	TOBRADEX	NO	DISCARD AT END OF TREATMENT
TRIFLURIDINE	VIROPTIC	YES	KEEP REF. / DISC. AT END OF TX OR AFTER 28 DAYS

Understanding Beyond-Use Dates

By Amy Pond, Mariya Nesteruk, Belete Gulelat, Amy Cook, Clinical Pharmacists
- Ready Meds Pharmacy

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Ready Meds Pharmacy
Renton · Spokane



Is your pharmacy delivering for you? Ready Meds Pharmacy is a full service pharmacy. We provide your facility with quick & efficient delivery service, 24-hr on-call pharmacists, Medication Therapy Management, monthly MARs & physician orders, and FREE in-home or online CE. Call us today! We're Ready when you are.





Keeping you and your clients healthy is our priority at Ready Meds Pharmacy. Come to the pharmacy you know and trust.





Looking for a new home for your prescriptions? Well look no further. At Ready Meds Pharmacy you will be treated like family. Call us today and schedule an in-house consultation.





At Ready Meds Pharmacy we do more than just accurately fill your residents' prescriptions. If you have questions about what your residents are getting, we're here for you. We're glad to listen to your concerns and answer all your questions. Call us today. Ready Meds Pharmacy. It's not just a name, it's a promise!



www.readymedspharmacy.com • Ph: 877-425-MEDS • Fx: 877-509-MEDS
Located in Renton and Spokane to serve you!

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Understanding Beyond-Use Dates

By Amy Pond, Mariya Nesteruk, Belete Gulelat, Amy Cook, Clinical Pharmacists – Ready Meds Pharmacy

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Insulin Storage				
Product	Opened		Unopened	
	Room Temperature (Below 77 F) 1	Refrigerated (36F to 46F)	Room Temperature (Below 77F)1, 2	Refrigerated (36F to 46F)
Novolin R vial	42 days	NA*	42 days	Until expiration date
Novolin N vial	42 days	NA*	42 days	Until expiration date
Novolin 70/30 vial	42 days	NA*	42 days	Until expiration date
Novolin R/ReliOn vial	42 days	NA*	42 days	Until expiration date
Novolin N ReliOn vial	42 days	NA*	42 days	Until expiration date
Novolin 70/30/ReliOn vial	42 days	NA*	42 days	Until expiration date
1- Unrefrigerated products should be discarded if not used within the time periods listed, whether or not they have been punctured or are in use. * Once in use, Novolin vials and Novolin /ReliOn vials should not be refrigerated. 2- Unused (Unopened) product inadvertently left at room temperature can be returned to refrigeration but must be used within designated days of initially being stored at room temperature.				
Product	Opened		Unopened	
	Room Temperature (Below 86 F)1	Refrigerated (36F to 46F)	Room Temperature (Below 86F)1, 2	Refrigerated (36F to 46F)
NovoLog vial	28 days	28 days	28 days	Until expiration date
Novolog FlexPen	28 days	NA*	28 days	Until expiration date
NovoLog FlexTouch ++	28 days	NA*	28 days	Until expiration date
Novolog PenFill	28 days	NA*	28 days	Until expiration date
Novolog Mix 70/30 vial	28 days	28 days	28 days	Until expiration date
Novolog Mix 70/30 FlexPen	14 days	NA*	14 days	Until expiration date
Levemir vial	42 days	42 days	42 days	Until expiration date
Levemir FlexPen	42 days	NA*	42 days	Until expiration date
Levemir FlexTouch	42 days	NA*	42 days	Until expiration date
1- Unrefrigerated products should be discarded if not used within the time periods listed, whether or not they have been punctured or in use. * Once in use, Novo Nordisk insulin delivery systems (e.g. FlexPen, FlexTouch) and NovoLog PenFill should not be refrigerated. 2- Unused (Unopened) FlexPen and NovoLog PenFill inadvertently left at room temperature can be returned to refrigeration but must be used within designated days of initially being stored at room temperature. ++ NovoLog FlexTouch is not currently available in the United States.				
Storage information is provided by Novo Nordisk drug company				
Product	Opened		Unopened	
	Room Temperature (Below 86 F)	Refrigerated (36F to 46F)	Room Temperature (Below 86 F)	Refrigerated (36F to 46F)
Humalog vial	28 days	28 days	NA*	Until expiration date
Humalog Mix 50/50 vial	28 days	28 days	NA*	Until expiration date
Humalog Mix 75/25 vial	28 days	28 days	NA*	Until expiration date
Humulin R U-100 vial	31 days	31 days	NA*	Until expiration date
Humulin R U-500 vial	31 days	31 days	NA*	Until expiration date
Humulin N vial	31 days	31 days	NA*	Until expiration date
Humulin 70/30 vial	31 days	31 days	NA*	Until expiration date
Humalog Mix50/50 Prefilled Pen	10 days	Do not refrigerate	NA*	Until expiration date
Humalog Mix75/25 Prefilled Pen	10 days	Do not refrigerate	NA*	Until expiration date
Humalog Prefilled Pen	28 days	Do not refrigerate	NA*	Until expiration date
Humulin N Prefilled Pen	14 days	Do not refrigerate	NA*	Until expiration date
Humulin 70/30 Prefilled Pen	10 days	Do not refrigerate	NA*	Until expiration date
*Unopened insulin products (vials, prefilled pens and cartridges) must be stored in a refrigerator to maintain the chemical stability of the product throughout its shelf-life. Do not freeze insulin products.				
Storage information is provided by Lily drug company				
Product	Opened		Unopened	
	Room Temperature (Below 86F)	Refrigerated (36F to 46F)	Room Temperature (Below 86F)	Refrigerated (36F to 46F)
Lantus Vials	28 days	28 days	28 days	Until expiration date
Lantus SolorStar Pen	28 days	Do not refrigerate	28 days	Until expiration date
Apidra Vials	28 days	28 days	28 days	Until expiration date
Do not freeze insulin product.				

Affiliate Business Profile



PEAKS & PLAINS
Medical Supplies

www.Peaks-Plains.com

Often asked – where did the name Peaks and Plains Medical Supplies originate?

Highest quality, lowest cost provider of Medical Supplies to the Long Term Care Industry would be our first reply. Our geographical serving area from the ***peaks of Montana*** to the ***plains of Oregon*** would certainly qualify. Our founder thought that both would be a solid foundation for a business devoted to serving those in need (and he loved the Peaks and Plains alliteration!).

Peaks and Plains operates in all states in the ***Northwest*** and Rocky Mountain regions and is headquartered in ***Spokane Valley, Washington***. Sales Representatives are located in the ***Seattle/Tacoma*** area; Spokane Valley, Washington; Eastern Idaho and ***Boise, Idaho***; and now also service the state of ***Oregon*** out of Ontario.

As one of the region's most highly qualified providers, Peaks and Plains has met the stringent requirements of certification by the ***Accreditation Commission for Health Care, Inc.*** and in 2005 earned the ***Board of Orthotist/Prosthetist Certification***. We are also members of the ***Better Business Bureau***.

Our core business is to provide equipment and supplies:

• ***Medical • Incontinent • Nutritional • Patient Care • Housekeeping***
and supplies & service to Adult Family Homes and Assisted Living Facilities. We also offer ***Personal Care Products, Diabetic Supplies, Compression Hosiery, Ostomy, Urology Splint, Brace, and Wound Care Products***.

We continue to find newer, innovative ways to serve you, recently stocking the convenient new ***pivoting beds***, power lift toilet seats and the new Polar Therapy Ice® cold recovery systems.

Our customers enjoy the ***service and communication*** usually associated with a small company, and benefit from our low prices, which are usually perceived with coming from a much larger company.

One thing that will never change is our commitment to service. Our company was founded upon this mission - from which we will never stray. ***We truly do care for you after the sale.***

And we remain proud members of the AFHC and WHCA!

YOUR FULL SERVICE MEDICAL SUPPLY PROVIDER - CALL 1-800-585-4201

March 14, 2019

Dear Administrator, DNS and Director of Social Work,

In 2017, the Washington State legislature made a number of fundamental changes to the role of surrogate decision makers, including guardians and powers of attorney that may affect residents in long-term care.

At the direction of the legislature the Washington State Long-Term Care Ombudsman Program has developed free, easy to use and dynamic video and written training materials, which describe the changes and include best practices for supporting residents and ensuring their rights are protected.

The training materials on guardianship and powers of attorney are intended for use by all persons working in Nursing Homes, Adult Family Homes and Assisted Living Facilities, but can also serve as an important resource for any interested person.

The training materials can be accessed at:

www.waombudsman.org/education/decision-making/

Once you are on the website, all you have to do click play to watch the video presentations. For your convenience, the videos have time codes making it easy to focus on a particular issue, or pick up where you left off.

To access the written information you can simply scroll down and download the guides in PDF format to distribute to staff via email or print.

To help ensure the effectiveness of the trainings materials please distribute this information widely.

The training materials include:

- Two video presentations-
 - Who Decides? Guardianship & Resident Autonomy (40 minutes)
 - Who Decides? Powers of Attorney & Resident Autonomy (55 minutes)
- PDF Resource Guides on both guardians and powers of attorney that include and expand on the video presentations, and provide links to obtain additional information including the obligations that are specific to your particular type of long-term care facility.
- Surveys to provide feedback on how the training materials can better serve your needs.

If you are having difficulty accessing the program, please contact Courtney Neubauer at (253) 455-1031 or by email at courtney.neubauer@mschelps.org.

Thank you for taking part in this important training,



Patricia Hunter, MSW
Washington State Long-Term Care Ombuds
Tel: 253.838.6810

www.waombudsman.org

Affiliate Business Profile



1412 SW 43rd Street Ste 120 • Renton, WA 98057
(P) 877-425-MEDS • (F) 877-509-MEDS
www.ReadyMedsPharmacy.com

Dear Provider/Owner,

We are a specialized independent pharmacy providing pharmaceutical care for residents in long-term care Adult Family Homes and other assisted care settings. With our new location in **Lacey** at **6020 Pacific Ave SE., Suite C**, we have expanded our range of service to better serve your needs while still providing excellent service to the **Renton** and **Spokane** areas!

We now provide the following services to all of Washington State:

- 24-Hour On-Call Pharmacist
- Medication Therapy Management (MTM)
- Customized Medication Packaging
- Monthly MARs (Medication Admin Records)
- Monthly Physicians Orders/Patient specific psycho-pharmacologic medlists
- Quick & Efficient Delivery Service

As a leading pharmacy provider, **Ready Meds Pharmacy** is focused on improving your business by providing a SAFE, simplified, effective medication management system for your facility. Our pharmacists can provide direction and professional assistance on all aspects of medication packaging, handling, storage, and administration. MARs, Physician Orders, and ADLs are provided monthly to assist with documentation.

We are committed to providing the very best professional pharmacy and educational services for your facility.

Our Multi-Med Pak places all routine medication into an easy to use blister package. Medication packs are labeled with days and times of administration for ease of use. Multi-Med Pak Compliance Packaging can reduce the burden on the caregiver, especially when a patient takes multiple medications daily. Save time by refilling prescriptions online at www.ReadyMedsPharmacy.com or by fax **877-509-MEDS**. Take advantage of in-home flu shots for your residents, pharmacist medication reviews and DSHS approved educational seminars.

We are looking forward to meeting with you to discuss the possibility of providing medications for your present and future clients. Please call us today at **877-425-MEDS** to schedule an in-home consultation at a time that is convenient for you.

I look forward to meeting with you in person, and having a pleasant association in the future.

Sincerely,

Anderson Jolly, RPH
Long-Term Care Consultant

Dear Provider Letters

AL TSA: AFH #2019-006 VULNERABLE ADULT STATEMENT OF RIGHTS

HERE

During a complaint investigation, the law (RCW 74.34.305) requires the Department to provide alleged victims and/or their legal representative with a written statement of their rights (Vulnerable Adult Statement of Rights or “VASOR” **DSHS 16-234**) at the time of an interview.

The complaint investigator will provide the VASOR and must ensure the vulnerable adult or the legal representative receive a copy. It is permissible for the investigator to give both the vulnerable adult and the legal representative copies. If one refuses, the VASOR must be given to the other. Please click the link above for more information.



AL TSA Aging and Long-Term
Support Administration

Affiliate Business Profile

Washington Adult Family Home Services

A Professional Team Aligned to Help You With Your Adult Family Home Needs:

- Business Consulting
- Buy
- Sell
- Lease
- Refinance
- CHOW

We currently have listings available in:

- Kirkland \$915K
- Des Moines \$1.2M
- Seattle \$850k

We have qualified buyers looking in these areas:

- Lynnwood
- Mill Creek
- Edmonds

For Sale; Coming Soon:

- Auburn
- Bellevue

Patrick Simon
Washington Adult Family Home Servi...
Business Consultant

(206) 755-8438 Mobile
pspatsimon@gmail.com



Lee Nichols
Maple Leaf Real Estate
Real Estate Broker/Property ...

(925) 683-8321 Mobile
Lee@MapleLeafMgt.com
8809 Roosevelt Way NE
Seattle, WA 98115

2019 Walk to End Alzheimer's

Walk Sites:

Kitsap Peninsula - 09/07/2019

Pierce County - 09/15/2019

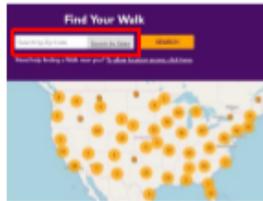
South Sound- 09/22/2019

Sign Up. Set Up. Share.

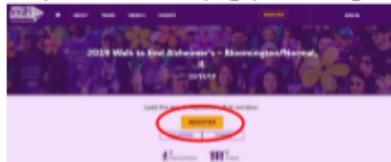


Ready to join the fight against Alzheimer's disease? Follow the step-by-step instructions below to register for the Alzheimer's Association Walk to End Alzheimer's® and set up your fundraising web page.

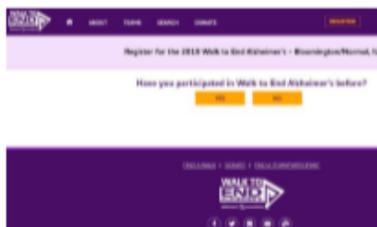
- 1 **Find your Walk.**
Four ways to find an event near you:
 1. Visit alz.org/walk and enter your ZIP code.
 2. Visit alz.org/walk and look by state.
 3. Allow your browser to access your location.
 4. Use the interactive map.



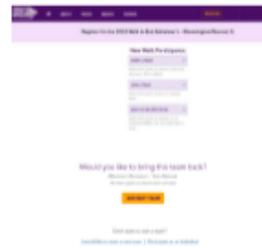
- 2 **On your local Walk page, click "Register."**



- 3 **Sign in.**
 - If you're a returning participant, click "Yes." Log in with your username and password. Your information from previous years will be accessible, including your email contacts.
 - If you're new, click "No" and continue to the registration page.



- 4 **Choose your team status.**
Select if you want to start a team, join a team or walk as an individual or if you participated before, you can re-start your team.



- 5 **Set your fundraising goal.**



- 6 **Complete your registration.**



Once your registration is complete, you'll see a confirmation screen.

800.272.3900 | alz.org/walk

Upcoming Webinars

Webinar: Bloodborne Pathogens

May 1, 2019
10:30 - 11:30 AM

Participants will learn:

- Common blood-borne diseases
- How blood-borne diseases are spread
- The need for and how to use Standard Precautions
- An in-depth look at HIV/AIDs
- Questions

1.0 hours of CE are available for AFH Council Members who register and attend the webinar

Register: [HERE](#)

Webinar: 2019 Legislative Session

April 30, 2019
2:00 - 3:00 PM

Presented by John Ficker, Adult Family Home Council Executive Director

&

Maria Chiechi, Director of Legislative Affairs

Join us for an update of the 2019 Legislative Session!

The discussion will include:

- A brief overview of the legislative process
- Update on the legislative agenda pertinent to the adult family home and long-term care industries in Washington State

1.0 hours of CE are available for AFH Council Members who register and attend the webinar.

Register: [HERE](#)



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Social Security Matters



Securing today and tomorrow

SOCIAL SECURITY MATTERS

[How You Can Help Social Security Protect Your Information](#)
03/21/2019 02:56 PM EDT

Protecting your information is an important part of Social Security's mission. You work hard and make a conscious effort to save and plan for retirement. Unfortunately, fraud and scams are a part of our current reality. Scammers try to stay ... [Continue reading →](#)

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IRS News Updates

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Small Business Development Center (SBDC) Workshops

<http://wsbdc.org/training/links/>

<http://wsbdc.org/events/>

The SBDCs across Washington offer a variety of online and in person training for businesses. Visit the two links above to see what is available.

Apr 17 – Mountlake Terrace: Your Business – Start Smart
Apr 18 – Covington: Small Business Start-up
May 15 – Tukwila: Prevent Fraud in Your Small Business

Receive IRS Updates & News

Releases like:

IRS expands penalty waiver for those whose tax withholding and estimated tax payments fell short in 2018; key threshold lowered to 80 percent

[Click Here for Link](#)

The Internal Revenue Service is providing additional expanded penalty relief to taxpayers whose 2018 federal income tax withholding and estimated tax payments fell short of their total tax liability for the year. The IRS is lowering to 80 percent the threshold required to qualify for this relief. Under the relief originally announced Jan. 16, the threshold was 85 percent. The usual percentage threshold is 90 percent to avoid a penalty. This means that the IRS is now waiving the estimated tax penalty for any taxpayer who paid at least 80 percent of their total tax liability during the year through federal income tax withholding, quarterly estimated tax payments or a combination of the two.

To sign up for email newsletter email:

kari.s.gilje@irs.gov

Upcoming Events & Trainings

Washington State Department of Social and Health Services

Transforming Lives

Suicide and Non-Suicidal Self Harm Training

Come and learn effective ways to support, engage and intervene with clients dealing with non-suicidal self-injury, suicidal ideation and suicide.

Thursday May 9th 2019
Puget Sound Room, Holgate HCS, 1737 Airport Way S, St 130, Seattle.

There are two sessions of this course.
1st - 10am to 12:00pm
2nd - 1pm to 3pm

All attendees will receive two (2) **free** CEUs upon completion of the training.

To register for one session and for a parking pass, please contact:
Tammy Butler, BSc SW,
HCS Behavioral Support Specialist, HCS
tammy.butler@dshs.wa.gov
206 - 919 - 0600



ENROLL ONLINE TODAY

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Ready Meds Pharmacy[®]
Renton · Spokane

PLEASE R.S.V.P. **Online Only** THIS IS A **FREE EVENT!**

For Providers & Resident Managers

Online Registration Only

Prevention of Medical Errors (3cr)

Wednesday April 20th 2019
TIME: 11:45am - 4:00pm
Location: Red Lion Hotel & Conference Center
1 Grady Way
Renton, WA 98057
1412 SW 43rd St. • Suite 120 • Renton, WA 98057
P 877-425-MEDS
F 877-509-MEDS
www.readymedspharmacy.com

***MUST BE REGISTERED ONLINE TO ATTEND THIS SEMINAR**

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PLEASE R.S.V.P. **Online Only** THIS IS A **FREE EVENT!**

For Providers & Resident Managers

Online Registration Only

Prevention of Medical Errors (3cr)

Wednesday April 27th 2019
TIME: 11:45am - 4:00pm
Location: Oxford Suites Spokane Valley
15015 E. Indiana Ave.
Spokane Valley, WA 99216
1412 SW 43rd St. • Suite 120 • Renton, WA 98057
P 877-425-MEDS
F 877-509-MEDS
www.readymedspharmacy.com

***MUST BE REGISTERED ONLINE TO ATTEND THIS SEMINAR**



Washington State Department of Social and Health Services

Transforming Lives

Residential Guide to Challenging Behaviors Training

Come and learn effective ways to work with residents with challenging behaviors.

Thursday May 16th 2019
900 E College Way, Suite 210, Mt Vernon.
10am to 1:00pm

All attendees will receive three (3) **free** CEUs upon completion of the training.

To register please contact:
Tammy Butler, BSc SW,
HCS Behavioral Support Specialist, HCS
tammy.butler@dshs.wa.gov
206 - 919 - 0600



Upcoming Events & Trainings



2019 South Sound Alzheimer's Conference

Presented by
South Sound Regional Advisory Council
Alzheimer's Association, Washington State Chapter

Presenting sponsor



Area Agency on Aging

Friday, May 10, 2019
8:30 a.m. - 4:00 p.m.
Westwood Baptist Church
333 Kaiser Rd. NW, Olympia, WA



Keynote Speaker

Emily Trittschuh, Ph.D.

*Associate Professor, Department of Psychiatry and Behavioral
Medicine, UW School of Medicine*

“If It’s Not Alzheimer’s, What Is It?”

Alzheimer’s represents 60-80% of dementia diagnoses. The balance is represented by frontotemporal, Lewy Body and vascular dementias. Learn symptoms of each and how they are different from each other.

This all-day conference will also include break-out sessions covering a wide variety of topics, as well as a presentation by Janet Moody, Attorney at Law and Bruce Bamford, LUTCF about legal and financial planning for long-term care. Over 25 businesses will be present, providing resources in the community to help families with the complexities of memory care.

Suggested donation of \$25. Breakfast and lunch provided!

Contact 360.890.0188 or ssalzCouncil@gmail.com

Online registration opening soon at alzwa.org/conferences

Also sponsored by:



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Click on your chapter to view upcoming chapter meetings and events!



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**University Place
Chapter**

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**Vancouver
Chapter**

Adult Family Home Council
OF WASHINGTON STATE

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Yakima Chapter

Adult Family Home Council
OF WASHINGTON STATE

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To sponsor a chapter meeting:

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Adult Family Home Council Members Marketplace Page

Place an ad on this page in the next issue!

Profitable Private Pay AFH in
Vancouver, WA



Turn-key ready adult family home nestled in quiet well-established neighborhood located within minutes from Peace Health Hospital and The Vancouver Medical Clinic. Beautifully remodeled 1900 sq. ft. home offers 5 bedrooms, 2.5 baths, large spacious great room with abundant natural light overlooking 0.34 acres of park-like landscaping with raised garden beds. Home is licensed for 5 residents and will be sold completely furnished including all appliances. New roof installed August 2017. Vinyl siding state of the art windows. Asking: \$419,000 for Home \$185,000 for business Call 360-600-0887 for more information and pictures. Please, qualified buyers only.

AFH For Sale Tokeland, WA



2591 Tokeland Rd, Tokeland 98590
List Price: \$349,900 Active Adult Family home located in Tokeland.

Dolphin Cove Adult Home licensed for 6 client residents has been in business for 10yrs. Home & business sold together. Owner will assist in transition for new owners.

6 beds, 2.5 baths, large 2-car garage w/ workshop. Newer roof, outside paint, vinyl windows & doors. Inside new vinyl floors, new carpet upstairs, new paint. 2 bdrms & bonus rm located upstairs for owner. Handicap accessible, outside decks. Quiet peaceful location. Deeded access to bay. Presented by: Sandra Shea, Washington Coast Real Estate, 360-268-0977 sandrashea@techline.com

Your Adult Family Home Council Team

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Code of Ethics for Adult Family Home Providers

This Code of Ethics for Adult Family Home Providers has been developed as a guide for carrying out provider responsibilities in a manner consistent with professional values and more standards which define the essentials of honorable behavior for the Adult Family Home Provider.

As Adult Family Home Providers, we want the public to acknowledge us as professionals. Part of this process is to develop a system of ethical codes of conduct and standards of practice that incorporate our principles and values regarding quality care. Through their Associations and working with fellow members:

- An Adult Home Provider recognizes and respects the dignity of residents without consideration for race, religion, gender, sexual orientation, social or economic status.
- An Adult Family Home Provider, while honoring the residents' rights to self determination, will promote and protect the rights of all their residents.
- An Adult Family Home Provider is responsible and accountable for their individual practice and determining how they deliver optimum care to their residents.
- An Adult Family Home Provider acknowledges the responsibility to protect their own integrity, maintain competence in their field, and continue their personal and professional growth.
- An Adult Family Home Provider will promote their profession with continued education and political action in shaping the WACs and rules that govern their profession

523 Pear Street SE, Olympia, WA 98501

Toll Free - 1-888-439-8999

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www.adulthoodfamilyhomecouncil.org