



# KALFA eBlast News

August 25, 2017

## Contact Us

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## FIRST CONFERENCE CALL A HUGE SUCCESS!!

**Our first conference call on the KARES national background check program with personnel from OIG and DAIL in Frankfort exceeded our expectations. We had 60 people on the call on Thursday, with a lot of good questions and answers. We think that we got all the questions answered to the satisfaction of the audience.**

**This first conference call was such a success, that we will be having two or three more before the end of the year. If you have subjects and/or experts that you would like to have on a conference call, please let us know and we will be happy to get them on a conference call. Please email or call us with your suggestions!!**

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## DEMENTIA WORKSHOP REGISTER TODAY!!!!!!!!!!

**The Dementia Workshop will be on September 7, 2017 from 10:00 am to 2:00 pm at the U of L Shelby Campus, Berhans Hall, Room 162 & 163. Please go to our website under "Education" to get all of the information and the registration form for this workshop. We are expecting a big crowd for this one, so get your registrations in as soon as possible!!!**

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## ASSOCIATE MEMBER PCA PHARMACY SENT US THE FOLLOWING BLOG ABOUT THEIR SERVICES TO PROVIDER MEMBERS:

**Headquartered in Louisville, Kentucky, PCA Pharmacy has served long-term care and institutional healthcare facilities since 1994. With the guiding imperative to meet and exceed the resident's needs, PCA Pharmacy partners with skilled nursing, personal care and assisted living facilities to address the unique pharmacy needs of our customers through specialized clinical and operational support services. Quality is not a goal; it is our basic operating philosophy. Exceptional professional service and personal concern**

are our commitments.

PCA Pharmacy offers assisted and independent living residents a 7-Day Medication Planner System that prepackages all prescribed and over-the-counter medications into one convenient card organized by the day and time each medication is to be taken.

Features of the 7-Day Medication Planner System include:

- 7-Day Supply
- Multi-dose Packaging
- Convenient Delivery
- Refill Management
- Generic Substitution Programs
- Formulary Management
- Competitive Pricing
- Medicare D Insurance Plan Management
- 24/7 Access to a Pharmacist

PCA Pharmacy is having their Fall 2017 Educational Symposium at the Kentucky Derby Museum on September 20, 2017. Attached to this e-Blast is their information concerning this symposium. Go to their website for more information: [pcapharmacy.com/pcasymposium](http://pcapharmacy.com/pcasymposium).

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**NOTE TO ASSOCIATE MEMBERS:** If you would like to have a blog on our e-Blast about your products or services, send us your blog not to exceed 150 words by mail or email. Thank you for your support of KALFA!!!

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The following article was published in the Argentum Daily News for Senior Living Professionals:

#### **TIA CHI HELPS KEEP SENIORS FROM FALLING:**

Tai chi may reduce the rate of falls and injury-related falls during the first year by nearly 50 percent in older and at-risk men and women, according to a new meta-analysis cited by *MedPage Today*. Pooled data from 10 randomized controlled trials showed a 43 percent reduction in the risk of falls versus other interventions at 12 months or less, and a reduction in the risk of injurious falls by 50 percent over the short term, Dr Rafael Lomas-Vega from the University of Jaen in Spain and colleagues reported online in the *Journal of the American Geriatrics Society*. The researchers further found that the protective effect of tai chi diminished over time, such that the risk

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May 30 & 31, 2018  
The Brown Hotel, Louisville, KY

reduction tipped to 13 percent for falls and 28 percent for injurious falls with follow-up of a year or greater. Tai chi focuses on whole body coordination and flexibility, and has been shown to improve balance control in older adults.

Lomas-Vega and his team assessed a total of 10 studies that met all inclusion criteria, which specified randomized controlled trials analyzing the effect of tai chi alone on three things: one, the incidence of falls; two, the incidence of injurious falls; and three, time to first fall compared with usual care or interventions other than tai chi. Study participants ranged in age from 56 to 98 years old, while the length of the tai chi intervention ranged from 12 to 26 weeks. The hour-long tai chi sessions were held one to three times a week.

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Have a great weekend!!!  
Bob White,  
Executive Director, KALFA