



The Tuesday Digest

Issue # 67

December 7, 2021

The Tuesday Digest is information compiled by Dignity Alliance Massachusetts concerning long-term services, support, living options, and care issued each Tuesday.

*May require registration before accessing article.

Editor's Note

Starting with the next issue of *The Digest* (issue #68), distribution will occur on Fridays due to changes in the production schedule. Accordingly, the name will be changed to *The Friday Digest*. The format and content will be unchanged. Occasionally, on Tuesdays, a new publication will be distributed tentatively entitled *The Spotlight by Dignity Alliance Massachusetts*. *The Spotlight* will focus on topics and issues involving long-term health, services, supports, and care affecting older adults and persons with disabilities.

Quotes of the Week

"Is there no dignity among owners and operators of nursing homes that so many fail their most basic responsibility to protect the lives of the residents and staff?"

Richard T. Moore, former Massachusetts state senator and former Senate chair of the Joint Committee on Health Care Financing, *Alarm sounded over continual gaps in care at nursing homes*, ***Boston Globe**, December 5, 2021, <https://tinyurl.com/AlarmSoundedOverContinualGaps>

"You're an expert on your body and you are your own best advocate."

Janine Austin Clayton, associate director for Research on Women's Health and director of the Office of Research on Women's Health at the National Institutes of Health (NIH), *Opening Up About My Struggle With Recurring Depression*, **Health Affairs**, November 29, 2021, <https://tinyurl.com/StruggleRecurringDepression>

We all expect to remain safe in our homes. Elders living in nursing homes should expect the same.

Resident-to-resident incidents are a hidden source of harm in nursing homes. They shouldn't be, **STAT News**, November 29, 2019, <https://tinyurl.com/ResidentToResidentConflict>

"The phenomenon of resident-to-resident incidents is now recognized as an international public health problem."

Fighting for Dignity: A Film on Injurious and Fatal Resident-to-Resident Incidents in Long-Term Care Homes, **Terra Nova Films**, <https://tinyurl.com/FilmFightingForDignity>

"I should have hugged you tighter and longer the last time I saw."

Jeneffer Estampador Haynes expressing her feelings following the death of her brother, John, *Covid killed her disabled brother, paralyzing her with guilt. Could she recover?*, ***Washington Post**, December 2, 2021, <https://tinyurl.com/CovidKilledHerDisabledBrother>

As a disabled war veteran, Senator Dole was part of early conversations in the 1980s about passing a comprehensive civil rights bill for people with disabilities, which eventually became the Americans with Disabilities Act (ADA), a law that he tirelessly championed. Additionally, in 1984, Senator Dole created the Dole Foundation to support the employment of people with disabilities.

Access Living Mourns the Death of Bob Dole, **Access Living**, December 5, 2021, <https://tinyurl.com/AccessLivingBobDole>

"Having a disability changes your whole life, not just your attitude. Prior to my injury I was a pretty good athlete, but afterwards I learned to apply myself more and made good grades for a change."

Former U.S. Senator Bob Dole, *Bob Dole Lived with a Disability for Decades. Here's How It Shaped His Life and Legacy*, **Time**, December 5, 2021, <https://tinyurl.com/TimeBobDole>

". . . an American statesman like few in our history. A war hero and among the greatest of the Greatest Generation."

President Joe Biden memorializing former U.S. Senator Bob Dole, *Bob Dole, Old Soldier and Stalwart of the Senate, Dies at 98*, ***New York Times**, December 5, 2021, <https://tinyurl.com/OldSoldierAndStalwart>

"They are wrong who think that politics is like an ocean voyage or a military campaign, something to be done with some particular end in view, something which leaves off as soon as that end is reached. It is not a public chore, to be got over with. It is a way of life. It is the life of a domesticated political and social creature who is born with a love for public life, with a desire for honor, with a feeling for his fellows."

Plutarch as quoted by George Will in describing the life of former U.S. Senator,

The goodness of Bob Dole, ***Washington Post**, December 5, 2021, <https://tinyurl.com/GoodnessOfBobDole>

“This raises a question of whether facilities knowingly or unknowingly prioritize younger residents for transfer out of the facility during heat emergencies instead of adults 75 years or older who may be at an increased risk to heat exposure and adverse heat-related illness.”

Nursing home deaths rose 25 percent after Hurricane Irma, study finds, ***New York Times**, December 5, 2021, <https://tinyurl.com/NHDeathsHurricaneDeath>

“As a third-generation Black physician who has experienced firsthand discrimination from health care providers, I wish I could say medicine has changed since my grandparents’ days. But it really hasn’t.”

Ian Tong, chief medical officer of Included Health, *In defense of not treating everyone the same*, **STAT News**, December 3, 2021, <https://tinyurl.com/NotTreatingEveryoneSame>

“We are doing over 50,000 shots per day, and if we can find a way to work with our local colleagues in local government, we will come up with ways to put more shots on the table. My goal is to make sure everyone who is eligible for a booster wants one and gets one because it is an important part of staying safe especially through this part of the season.”

MA Governor Charlie Baker, Gov. Baker’s solution to long lines for booster shots, **Channel 25 News**, November 30, 2021, <https://tinyurl.com/GovBakersSolution>

“What the public needs to keep in mind is that we’ve got a stressed and strained health care delivery system.”

Mitchel Rothholz, lead for immunization policy at the American Pharmacists Association, *Vaccine demand grows in the U.S. and so do wait times*. ***New York Times**, December 4, 2021, <https://tinyurl.com/DemandGrows>

“I’m an introvert. I’ve been more socially active since getting my headset than I am in real life.”

Dana Pierce, a government employee in Indiana, *How technology can help seniors beat loneliness and isolation*, ***Washington Post**, December 3, 2021, <https://tinyurl.com/TechnologyIsolationLoneliness>

“When you meet nice people, you can’t help yourself from reaching out to them. . . You can become friends with strangers and learn to love them.”

Gladys Hankerson, 80-year-old Florida woman who, 20 years ago, befriended a Rhode Island man 35 years younger via an accidental telephone call, *She mistakenly called a stranger across the country 20 years ago. The two became friends — and finally just met in person*, **Washington Post (free access)**, December 3, 2021, <https://tinyurl.com/MistakenlyCalledStranger>

[Providing free tablets and internet service for a year creates] “a connection to those seniors who are the most vulnerable to COVID-19 and who are, in many instances, the most isolated due to the pandemic.”

Town of Brookline Emergency Management Director John Sullivan, *Brookline Providing Seniors in Need with Tablets, Internet Access*, **Patch**, November 29, 2021, <https://tinyurl.com/BrooklineFreeTabletInternet>

“I don’t think people looking back on S.R.O.s think it’s something to be emulated. The best way to deal with someone who needs a home is to give them a home — not to give them a dorm, or an S.R.O. or a shelter.”

New York State Senator Michael Gianaris, a sponsor of the HONDA bill ([Housing Our Neighbors with Dignity Act](#)), *Is the Chance to Turn Hotels Into Affordable Housing Slipping Away?*, **New York Times (free access)**, December 3, 2021, <https://tinyurl.com/TurnHotelsIntoHousing>

“It doesn’t matter what building it was. I would prefer housing over shelters any day.”

Charisma White, 45, who spent three years living in homeless shelters, *Is the Chance to Turn Hotels Into Affordable Housing Slipping Away?*, **New York Times (free access)**, December 3, 2021, <https://tinyurl.com/TurnHotelsIntoHousing>

“In a matter of months and in the midst of a pandemic, we did what many said was impossible— California created over 6,000 new units, on-time and under budget, helping thousands of homeless Californians move out of cars and tents and into permanent housing. Homekey is possible because of federal support to slow the spread of COVID-19

and partnership from the legislature and local leaders who didn't settle for excuses and instead got to work to do something historic."

California Governor Gavin Newsom, *Homekey: A Journey Home 2021 Legislative Report*, California Department of Housing and Community Development, April 1, 2021, <https://tinyurl.com/HomekeyLegislativeReport>

"I was a little bit surprised with how young and functional our population was initially."

Dr. Joshua Cahan, a cognitive neurologist at Northwestern Memorial Hospital, Chicago commenting on the patient population of "Covid long-haulers", *Cognitive Rehab: One Patient's Painstaking Path Through Long Covid Therapy*, *New York Times, December 3, 2021, <https://tinyurl.com/CovidRehabCovidTherapy>

As disabled people and disability rights organizations, we denounce this trivialization of the past and the baffling dedication community leaders have shown to doing it again and again while ignoring the very people who sites like the Fernald are about. We call on them to embrace basic decency and stop conducting these light shows on grounds that deserve reflection and respect.

Excerpt from *Open Letter Regarding the Use of Former Disability Institutions in Massachusetts*, <https://tinyurl.com/StopFernaldLightShow>

Inspiration

1. Washington Post (free access)

December 3, 2021

She mistakenly called a stranger across the country 20 years ago. The two became friends — and finally just met in person.

Gladys Hankerson was at her home in Delray Beach, Fla., about 20 years ago when she picked up the phone to call her sister. She didn't realize that when she dialed, she mistakenly transposed two digits in the number.

Her sister, who lived in Somerset County, Md., had a 410 area code — but Hankerson, then 60, accidentally punched in 401 instead.

She reached Mike Moffitt, a Rhode Island resident who at the time was in his mid-20s. He took the call.

Hankerson hung up when she realized she dialed the wrong number but proceeded to call back multiple times, not knowing she was still confusing the area code.

Moffitt, admittedly entertained by the ordeal, answered every time.

Eventually, the calls subsided, but the following week, Hankerson accidentally dialed Moffitt's number yet again.

At that point, "I was like, we might as well get to know each other," Moffitt said. "I asked her where she was from, and we just started talking."

Quickly, he realized, "she was sweet, warm and polite." Talking to Hankerson was "just nice, pleasant and easy," he said.

Hankerson, now 80, felt the same way about Moffitt: "We talked about this, and

	<p>we talked about that. We became friends from there.” . . .</p> <p>The pair had never met in person and had no idea what the other one looked like, but they both knew “there’s this person out there that is always interested and thinking about me,” said Moffitt, who has a painting and gutter business. . . .</p> <p>Hankerson and Moffitt had talked about seeing each other in person at some point, but life always got in the way. This past Thanksgiving, though, when Moffitt and his family were in Florida visiting college campuses for his eldest daughter, he decided to surprise Hankerson at her home. . . . On Nov. 24, he stopped at a Trader Joe’s grocery store to grab a bouquet of flowers and knocked on Hankerson’s front door. . . . Hankerson was especially excited, she continued, because “that same week he was on my mind. I realized I hadn’t spoken to Mike in a while, and then he showed up.” Moffitt was elated to finally meet Hankerson.</p> <p>He snapped a selfie of them and posted it on Facebook, writing: “There are incredible people in this World that are a wrong number phone call away.” Thousands of comments and messages poured in, including from people who shared similarly heartwarming stories.</p> <p>https://tinyurl.com/MistakenlyCalledStranger</p>
Advocacy	<p>2. The Action Network</p> <p><i>Help disability advocates stop a holiday light show at former state institution</i></p> <p>Thousands of disabled people died at the Walter E. Fernald Developmental Center. Today, in its ruins, the City of Waltham is allowing the Lions Club to host a month-long holiday light show fundraiser that will erase disability rights and replace them with Christmas lights. As a coalition of leading disability advocates from across Massachusetts, we are calling on the City of Waltham to revoke the permit.</p> <p><i>An Open Letter Regarding the Use of Former Disability Institutions in Massachusetts</i></p> <p>Tens of thousands of citizens with disabilities were once locked away for life in institutions all over Massachusetts. This story is not long past, but there is a disturbing effort underway to erase it in communities that once housed these facilities. This includes cities like Waltham, where the ruins of the Fernald School—the oldest of the former state school sites—are yet again being used for a holiday light show.</p> <p>There, community leaders have eagerly solicited ideas that will hide the school’s history, from its darkest days to the era of reform that began in the 1970s. Along the way, they have reflexively excluded people with disabilities from any substantive role in envisioning how the site should be handled. Meanwhile, no municipal efforts have been made to recognize the survivors of institutions, tell their stories, or even meet with them. In Waltham, as with almost every other site in Massachusetts, disabled people have been shut out.</p> <p>This erasure is not just a concern of the past. The same mindsets that transformed institutions into warehouses that forcibly hid disabled people out of sight are now the mindsets that lead communities like Waltham to hide their history behind holiday lights. These actions send a clear and disturbing message to disabled children, adults, and institutional survivors in our communities.</p> <p>As people with disabilities, disability rights organizations, and their allies, we denounce this trivialization of the past and the baffling dedication community leaders have shown to doing it again and again while ignoring the very people who sites like the Fernald are about. We call on them to embrace basic decency and stop conducting these light shows on grounds that deserve reflection and respect. Sign the petition: https://tinyurl.com/StopFernaldLightShow</p>

Essays	<p>3. *Washington Post December 2, 2021 <i>Covid killed her disabled brother, paralyzing her with guilt. Could she recover?</i> Months after her brother’s death from covid-19, Jeneffer [Estampador Haynes’] grief still consumed her, keeping her life at a standstill. Her Catholic father consoled himself with the thought of John in heaven. Her mother visited his grave every day. Her sister threw herself into the busyness of raising two kids. But Jeneffer, 37, remained stuck. “When I lost him, it was like I lost myself,” she said. . . John, 30, had Down syndrome and lived in their parents’ home his entire life. . . She’d taken a four-month leave from her job as an executive assistant to deal with her pain and suicidal thoughts. She’d sought medical help and joined daily group therapy. She’d volunteered for several covid support groups. . . “I don’t know if I’m ready,” she said, shaking her head. Soon, she knew, she would have no choice. https://tinyurl.com/CovidKilledHerDisabledBrother</p>
Life Well Lived: Bob Dole	<p>4. Time December 5, 2021 <i>Bob Dole Lived with a Disability for Decades. Here’s How It Shaped His Life and Legacy</i> Dole worked to advance the rights and protections of individuals with disabilities, most notably through the passage of the Americans with Disabilities Act (ADA) in 1990, a seminal piece of legislation that was meant to guarantee rights and improve the day-to-day lives of individuals with disabilities. Disability rights and advocacy were also part of Dole’s (ultimately unsuccessful) 1996 bid for president against incumbent Bill Clinton. “President Clinton says, ‘I share your pain,’” Dole said at a campaign event that year. “I can say, ‘I feel your pain.’” https://tinyurl.com/TimeBobDole</p> <p>5. *Washington Post December 5, 2021 <i>The goodness of Bob Dole</i> Commentary by George Will The melancholy dimension of Dole’s life was not that he failed to attain the presidency, for which he was not well-suited, but that in 1996 in quest of it, he left the Senate he loved and where he excelled. When Democrats considered offering their 1948 presidential nomination to Eisenhower, taciturn Sam Rayburn, House speaker, said of him: “Good man, but wrong business.” Rayburn’s words were wrong about Ike but would have been right about Dole the presidential aspirant. Two of those words are especially apposite: good man. https://tinyurl.com/GoodnessOfBobDole</p>
Biden / federal proposals / policies	<p>6. Health Affairs Blog November 30, 2021 <i>To Fulfill the Promise of Innovation in Kidney Disease Treatment, Congress Must Step Up</i> Several exciting developments this fall offer new opportunities to improve the health of the 37 million adults in the United States who have kidney disease. By recommending new equations to estimate kidney function that do not include race, nephrology took a meaningful step toward health care justice. More accurate and timely diagnosis will improve efforts to identify kidney disease in its earlier, more treatable stages, and will ensure that patients have equitable access to the</p>

	<p>transplant waitlist.</p> <p>The federal government spends an estimated \$305 per patient on cancer research and \$50 per patient on heart research, but only \$18 per patient on kidney research. Funding for the Chronic Kidney Disease Initiative at the Centers for Disease Control and Prevention (CDC)—the only federal program exclusively focused on preventing or slowing the progression of kidney disease—is even more inadequate, with a budget of \$2.5 million per year, or less than 10 cents per kidney patient. The paltry funding for kidney research and prevention stands in contrast to the fact that Medicare spends an estimated \$130 billion on kidney care, including nearly \$30 billion to provide dialysis to 554,000 Americans with kidney failure.</p> <p>To guarantee that the more than 37 million Americans with kidney disease receive the care they deserve, Congress and the Biden Administration must increase funding for kidney research at NIH, KidneyX, and CDC’s Chronic Kidney Disease Initiative as well as include kidney research in any future funding related to the COVID-19 pandemic. We urge the Senate to support the House-passed \$6.5 billion increase to NIH funding in fiscal year 2022, which includes a \$106 million boost to NIDDK; expand the House’s \$5 million appropriation to KidneyX to \$25 million; and double the House’s investment in the Chronic Kidney Disease Initiative from \$2.5 to \$5 million.</p> <p>ASN’s “United 4 Kidney Health Campaign” has four priorities: intervene earlier, transform transplant, accelerate innovation, and achieve equity. https://tinyurl.com/KidneyDiseasePromise</p>
Videos	<p>7. Terra Nova Films</p> <p><i>Fighting for Dignity: A Film on Injurious and Fatal Resident-to-Resident Incidents in Long-Term Care Homes</i></p> <p>A large number of injurious resident-to-resident incidents in long-term care settings are not recognized, reported, nor prevented. Through the graphic and deeply painful experiences of three families whose vulnerable loved ones were either physically or sexually harmed, this powerful 20-minute film encourages care providers to improve care practices that would help prevent such episodes. As it sheds light on the under-studied and under-recognized phenomenon of injurious and deadly resident-to-resident incidents, the film also emphasizes the need to understand that behavioral expressions labelled as “aggressive” in the context of dementia, typically occur when the “fighting” resident’s <i>own</i> emotional and physical needs are not being met.</p> <p><i>Fighting for Dignity</i> provides a much-needed framework in which to:</p> <ol style="list-style-type: none"> 1. recognize the potential consequences of serious incidents on residents (psychological distress, falls, physical injury, and death), and the profound emotional impact on their family members, 2. improve the safety of vulnerable and frail elders by recognizing the emotional cues and situational frustrations that can help prevent harmful incidents, and 3. offer a professional and timely response to harmful incidents, including the provision of adequate emotional support to family members. <p>The film is accompanied by an informative 76-slide PowerPoint that identifies:</p> <ul style="list-style-type: none"> • Unmet human needs that often underscore behavioral expressions in persons living with dementia • The definition and prevalence of Distressing and Harmful Resident-to-Resident Interactions • Contributing factors, causes, and situational triggers • The effect of these episodes on residents and families

	<ul style="list-style-type: none"> • Persistent barriers for change in addressing these episodes • A series of psychosocial strategies for prevention and de-escalation <p>It also pinpoints the critical role of adequate staffing levels, specialized dementia-specific staff training programs, and the importance of personally meaningful engagement of residents living with dementia. Finally, it describes screening and assessment instruments that should be used as an integral part of all prevention efforts aimed at reducing these incidents and keeping residents with dementia safe.</p> <p>https://tinyurl.com/FilmFightingForDignity</p>
Podcasts	<p>8. On the Media December 3, 2021 <i>On the Right to Die</i> Almost 800,000 dead in the United States. That’s the latest COVID figure. Since 2020, we’ve seen a steady trickle of morbid milestones like these in the news. They are one way to measure, and try to understand, the COVID-19 pandemic. In the world of journalism, death is a metric that’s important. It indicates significance, newsworthiness, and tragedy. But death is also an inevitable part of the human experience. This is a fact that journalist Katie Engelhart highlights in the title of her new book <i>The Inevitable: Dispatches on the Right to Die</i>. Brooke Gladstone spoke to Engelhart about the complicated ethics of physician-assisted deaths and the surprising parameters within which people can end their lives.</p> <p>https://tinyurl.com/OnTheRightToDie</p> <p>9. Health Affairs November 29, 2021 <i>Opening Up About My Struggle with Recurring Depression</i> A health care leader shares her story of living with major depression and calls for better treatments. Read by author Nora Super, senior director of the Milken Institute Center for the Future of Aging and the executive director of the Milken Institute Alliance to Improve Dementia Care.</p> <p>“I decided to share my story because I think so many of us who live with depression live in the shadows,” Super says. “We’re afraid to tell our stories because of the tremendous stigma associated with depression and afraid something might happen to our career or our personal lives if others around us know that.”</p> <p>https://tinyurl.com/StruggleRecurringDepression</p>
Webinars / Online sessions	<p>10. The Mighty Wednesday, December 8, 7:30 p.m. <i>Chronic Illness Support Group</i> Here you can connect with others who have gone through or are currently facing daily challenges due to a chronic condition. You can share what’s going on in your life, listen to others, and ask for support as well as advice. Led by Stella Russotti. RSVP: https://tinyurl.com/TheMightChronicDiseaseSupport</p> <p>11. Consumer Voice Thursday, December 9, 2021, 1:00 p.m. <i>A Briefing to Address the Need for Federal Staffing Standards in Nursing Homes</i> Chronic understaffing has been a serious problem in nursing homes for decades and has been exacerbated by the COVID-19 pandemic. The research is clear that inadequate staffing contributes to lower quality of care and poor health outcomes for residents, yet no federal staffing standard exists, and only one state requires a minimum research-backed standard of 4.1 hours per resident day. . . Join Consumer Voice, with a panel of experts, this Thursday for a review of the</p>

	<p>research and data supporting the need for a federal minimum staffing standard. Plus, Consumer Voice will provide an overview of a new report documenting staffing standards in each state and analyzing the contrast to research-based standards recommended by medical and healthcare professionals to ensure quality of care.</p> <p>Speakers:</p> <ul style="list-style-type: none"> • Lori Smetanka, Executive Director, Consumer Voice • Robyn Grant, Director, Public Policy and Advocacy, Consumer Voice • Charlene Harrington, Professor Emeritus, University of California, San Francisco • Richard Mollot, Executive Director, Long Term Care Community Coalition <p>Registration: https://us02web.zoom.us/webinar/register/WN_IZ319yhDRt27d2sA3GIjwA</p> <p>12. The Mighty Saturday, December 11, 1:00 p.m. <i>PTSD Support Group</i> Join Mighty Super Contributor, Leader, and event host Leslie A. Zukor as we navigate the sometimes-rough waters of PTSD. RSVP: https://tinyurl.com/PTSDDec11</p> <p>13. Community Engagement and Collaboration Core Two-part presentation: Thursday January 13, 2022, 9 a.m. to 11:00 a.m. and Thursday January 20, 2022, 9 a.m. to 11:00 a.m. <i>Building Community-Academic Research Partnerships</i> Presenters:</p> <ul style="list-style-type: none"> • Bettye Anderson Frederic, RN, MSN, Public Health Institute of Western Massachusetts • Kathleen Szegda, PhD, MS, MPH, University of Massachusetts, Amherst • Sarah Goff, MD, PhD, University of Massachusetts Medical School – Baystate <p>This workshop offers attendees pragmatic approaches to building and sustaining mutually beneficial community-academic research partnerships that apply health equity and anti-racism lenses to the shared work. https://tinyurl.com/CommunityAcademicPartnership</p>
<p>Previously posted webinars and online sessions</p>	<p>Previously posted webinars and online sessions can be viewed at: https://dignityalliancema.org/webinars-and-online-sessions/</p>
<p>Nursing Homes</p>	<p>14. *Boston Globe December 5, 2021 <i>Alarm sounded over continual gaps in care at nursing homes</i> Letter to the Editor by former MA Senator Dick Moore, Chair, Dignity Alliance Massachusetts Legislative Workgroup Is there no dignity among owners and operators of nursing homes that so many fail their most basic responsibility to protect the lives of the residents and staff? No one should be surprised by the article in last Sunday’s Globe (“Nursing homes lag behind on rollout of booster shots,” Page A4). Given the abject failure of the nursing home industry last year, despite legislative grants of immunity and a massive infusion of tax dollars, nursing home residents and direct-care staff remain at high risk` of serious illness and death. Fifty years ago, an enlightened, though ill-prepared, Massachusetts state government transformed the care of mentally ill residents by closing mental institutions and moving people back to the community. This transformation</p>

occurred only after news media revealed the inhuman conditions in state institutions and the public demanded reform. Perhaps it's time to re-imagine how older adults and people with disabilities are treated and use federal and state dollars to provide accessible, affordable housing along with increased access to home and community-based services.

It's time to shutter the traditional congregate nursing homes by revoking licenses for those with poor ratings, especially those with poor track records for protecting residents and staff during the COVID-19 pandemic. Until this happens, Massachusetts needs to strengthen residents' rights and provide effective enforcement with frequent, meaningful inspections, fines, and closures. The Commonwealth cannot continue to ignore the tragic plight of nursing home residents without shouldering much of the blame for their mistreatment and death.

Richard T. Moore

Uxbridge

The writer is a former Massachusetts state senator and former Senate chair of the Joint Committee on Health Care Financing.

<https://tinyurl.com/AlarmSoundedOverContinualGaps>

15. *New York Times

December 5, 2021

Nursing home deaths rose 25 percent after Hurricane Irma, study finds

When Hurricane Irma barreled through Florida in 2017, it left suffering in its wake. As creeks and rivers overflowed and high winds battered the state, nearly two-thirds of Florida's electricity customers lost power. Now, an analysis shows the deadly toll of those outages on nursing home residents. In an article in JAMA Health Forum, a national team of researchers associates power outages in nursing homes with a 25 percent increase in deaths. When researchers matched the electricity outage statistic with Medicare claims for death and hospitalization, they found that nearly 28,000 nursing home residents, 65 and older, lost power during the storm. Those who lost power were subject to a 25 percent increase in deaths the first week and a 10 percent increase a month after the power loss.

Residents between ages 65 and 74 were more likely to be hospitalized after the power went out, the study found.

<https://tinyurl.com/NHDeathsHurricaneDeath>

16. Skilled Nursing News

November 30, 2021

Some SNFs 'Months Behind' on MDS Assessments as New Opportunities to Outsource Role Grow

The role of a minimum data set (MDS) coordinator is one that continues to evolve in post-acute care since the launch of PDPM in 2019, and as operators have struggled to bring in nurses across the board, so too have they struggled to keep their MDS coordinators.

<https://tinyurl.com/MDSBehind>

17. STAT News

November 29, 2019

Resident-to-resident incidents are a hidden source of harm in nursing homes. They shouldn't be

The phenomenon of resident-to-resident incidents in nursing homes is more common than most people think. A large [Cornell University study](#) found that one in five nursing home residents had been involved in such incidents in a single month.

	<p>These incidents can be injurious, and even deadly. Yet due to a series of factors — insufficient research and barriers to conducting it, residents’ advanced dementia limiting their ability to recall and report incidents, and nursing homes’ reluctance to participate in studies due to fear of adverse publicity — no one really knows just how often these incidents occur. Resident-to-resident incidents are defined as “negative, aggressive, and intrusive verbal, physical, material, and sexual interactions between long-term care residents that in a community setting would likely be unwelcome and potentially cause physical or psychological distress or harm in the recipient.” https://tinyurl.com/ResidentToResidentConflict</p> <p>18. Terra Nova Films <i>Fighting for Dignity: A Film on Injurious and Fatal Resident-to-Resident Incidents in Long-Term Care Homes</i></p> <p>A large number of injurious resident-to-resident incidents in long-term care settings are not recognized, reported, nor prevented. Through the graphic and deeply painful experiences of three families whose vulnerable loved ones were either physically or sexually harmed, this powerful 20-minute film encourages care providers to improve care practices that would help prevent such episodes. As it sheds light on the under-studied and under-recognized phenomenon of injurious and deadly resident-to-resident incidents, the film also emphasizes the need to understand that behavioral expressions labelled as “aggressive” in the context of dementia, typically occur when the “fighting” resident’s <i>own</i> emotional and physical needs are not being met.</p> <p><i>Fighting for Dignity</i> provides a much-needed framework in which to:</p> <ol style="list-style-type: none"> 4. recognize the potential consequences of serious incidents on residents (psychological distress, falls, physical injury, and death), and the profound emotional impact on their family members, 5. improve the safety of vulnerable and frail elders by recognizing the emotional cues and situational frustrations that can help prevent harmful incidents, and 6. offer a professional and timely response to harmful incidents, including the provision of adequate emotional support to family members. <p>The film is accompanied by an informative 76-slide PowerPoint that identifies:</p> <ul style="list-style-type: none"> • Unmet human needs that often underscore behavioral expressions in persons living with dementia • The definition and prevalence of Distressing and Harmful Resident-to-Resident Interactions • Contributing factors, causes, and situational triggers • The effect of these episodes on residents and families • Persistent barriers for change in addressing these episodes • A series of psychosocial strategies for prevention and de-escalation <p>It also pinpoints the critical role of adequate staffing levels, specialized dementia-specific staff training programs, and the importance of personally meaningful engagement of residents living with dementia. Finally, it describes screening and assessment instruments that should be used as an integral part of all prevention efforts aimed at reducing these incidents and keeping residents with dementia safe. https://tinyurl.com/FilmFightingForDignity</p>
Home and Community Based Services	<p>19. Patch November 29, 2021 <i>Brookline Providing Seniors in Need with Tablets, Internet Access</i></p>

	<p>The pilot program was established to keep seniors connected to the internet during the pandemic. The program will provide Brookline seniors and adults with disabilities who are living alone with free tablets and internet service for a year. Technical support is also available via the Tech Buddies program launched last year. . . The program is funded through a \$28,000 grant from the Metropolitan Area Planning Council. . . During at-home deliveries of the tablets, volunteers provide basic education and offer to return as needed so that participants gain the confidence, they need to use their tablets. https://tinyurl.com/BrooklineFreeTabletInternet</p>
Housing	<p>20. New York Times (free access) December 3, 2021 <i>Is the Chance to Turn Hotels into Affordable Housing Slipping Away?</i> As many of the city’s hotels sat empty during the pandemic and homelessness continued to rise, some saw an opportunity to solve both problems. So, what happened? In California, which faced a similar situation during the pandemic, government agencies have helped to convert 120 sites, most of them hotels, into 5,911 housing units, the majority permanent housing for the homeless and other low-income renters, according to an April report from the California Department of Housing and Community Development. The grand total of hotels converted into permanent affordable housing in New York City during the pandemic? Zero. . . In many cases, hotels that were candidates for permanent housing have instead been converted into transient shelters, because of regulations that were onerous or made the alternative cost-prohibitive, several nonprofit groups said. In part, the situation reflects a wariness of single-room occupancy, or S.R.O., units, which can conjure memories of flophouses in the 1970s and ’80s, although a 2008 study of 123 supportive housing developments in New York by the Furman Center at New York University found no evidence that they negatively affected nearby property values. And supporters say that a different approach to the S.R.O. model could help alleviate the affordable housing crisis at a pivotal moment, when these conversions can still be done at scale. . . The conversions could also be a cost saver for the city, which spends an annual average of \$56,000 for each person in the shelter system, Mr. Rosenbaum said, whereas it costs an annual average of \$36,000 to place the same person in supportive housing, a rent-subsidized form of housing with on-site health and job services available to residents. Supportive housing can take the form of single-room units with shared kitchens, but it more commonly refers to studio or multi-bedroom apartments for individuals and families. In one popular model, a majority of the units are reserved for homeless people recovering from mental health or substance abuse issues, with tenants paying no more than 30 percent of their income on rent. Other occupants could include low-income families, young adults leaving foster care and survivors of domestic violence, among others [T]his summer [New York state] enacted the Housing Our Neighbors with Dignity Act, or HONDA, a bill that makes \$100 million available for the conversion of hotels and commercial buildings into affordable housing, with caveats: Each unit must have its own kitchen and bathroom, and the conversion of unionized hotels — primarily in Manhattan, the core of the hotel market — will be allowed only with union consent. No regulatory relief was given for hotels adjacent to residential areas. . .</p>

By contrast, California's Project Homekey dedicated close to \$850 million, including federal Covid relief money, to meet its housing goals, and is allowing developers to bypass local zoning requirements. And the state has reserved another \$2.75 billion to create 14,000 units in a mix of hotels, commercial buildings, and modular construction.

<https://tinyurl.com/TurnHotelsIntoHousing>

21. New York State

Housing Our Neighbors with Dignity Act

Provides a mechanism for the state to finance the acquisition of distressed hotels and commercial office properties by the appropriate nonprofit organizations for the purpose of maintaining or increasing affordable housing.

PURPOSE:

To provide affordable permanent housing that meets standards established to ensure safety, habitability, quality, and access to supportive services as appropriate, for low- and moderate-income households and people experiencing homelessness through the state's purchase or financing of purchase, holding, and conversion of distressed hotels and commercial office properties.

<https://tinyurl.com/HONDACTHotelConversion>

22. The Real Deal

July 19, 2021

Project Homekey gets \$2.75B in fed funding

California will use money to convert motels into housing for homeless over next 2 years.

California lawmakers approved \$4.8 billion over two years to address the state's homeless crisis, with more than half of that going to a program that converts motels into permanent housing.

The state allocated \$2.75 billion in federal funds to the program, [Project Homekey](#), over the next two years, according to the Los Angeles Times. Through Project Homekey, the state buys hotels and motels then converts them into housing for the homeless.

<https://tinyurl.com/CaliforniaProjectHomekey>

23. National Alliance to End Homelessness

HOMEKEY: California's Statewide Hotels-to-Housing Initiative

Description of the Program

Homekey is a \$846 million state-level program that supported the acquisition and occupancy of hotels, motels, and other properties to house people experiencing homelessness throughout California during the COVID-19 pandemic. The long-term intention is that the majority of the properties will become permanent housing. In a six-month period from July through December 2020, Homekey provided the resources to acquire and create more than 6,000 housing units in 94 separate properties, 5,000 of which are destined to become permanent housing units.

<https://tinyurl.com/HomekeyHotelsToHousing>

24. California Department of Housing and Community Development

April 1, 2021

Homekey: A Journey Home 2021 Legislative Report

Executive Summary:

Homekey has played a pivotal role in the state's response to COVID-19. People experiencing and respond quickly to the health crisis. For the homelessness and those at risk of homelessness are disproportionately impacted by the

	<p>abbreviated timeline, the Department re-assigned COVID-19 pandemic; they have a lower average life expectancy, limited ability to follow existing staff from diverse teams and innovated new hygiene recommendations such as frequent handwashing, and are at higher risk of infectious processes, such as “pre-application consultations.” and chronic illness. One study found that individuals experiencing homelessness were 75 percent more likely to die due to the illness than housed individuals. When people remain homeless themselves of California Environmental Quality and unable to quarantine or follow safety precautions like social distancing and handwashing, Act (CEQA) and local land use exemptions. The transmission-rates increase across the community.</p> <p>https://tinyurl.com/HomekeyLegislativeReport</p>
Alzheimer’s Disease / Dementia	<p>25. Centers for Disease Prevention and Control <i>Down Syndrome and Increased Risk for Alzheimer’s</i> Adults with Down syndrome are living longer lives with increased well-being. In 2020, life expectancy in the United States was age 60, representing an increase of 35 years when compared to 1983.</p> <p>As with all adults, advancing age increases the chances a person with Down syndrome will develop Alzheimer’s disease. According to the National Down Syndrome Society, about 30% of people with Down Syndrome who are in their 50s have Alzheimer’s disease. About 50% of people with Down syndrome in their 60s have Alzheimer’s disease.</p> <p>https://tinyurl.com/CDCDownSyndromeAlzheimers</p>
Covid-19	<p>26. *New York Times December 4, 2021 <i>Vaccine demand grows in the U.S. and so do wait times.</i> Many vaccination clinics and local officials are reporting long lines and delays in booking vaccination appointments recently, the product of expanded eligibility on booster shots and fears of the Omicron variant, experts said. The stresses on the U.S. vaccination program are also worsened by the broader labor shortage that is affecting many sectors, including health care.</p> <p>https://tinyurl.com/DemandGrows</p> <p>27. *New York Times December 3, 2021 <i>Cognitive Rehab: One Patient’s Painstaking Path Through Long Covid Therapy</i> Samantha Lewis is relearning some basic aspects of her daily life after struggling with brain fog and other lingering symptoms for more than a year since being infected by the virus. . .</p> <p>Studies estimate that 10 to 30 percent of coronavirus patients may develop long-term symptoms and post-Covid clinics are beginning to characterize the experience.</p> <p>One year after infection, 63 percent of 156 patients at Mount Sinai Health System’s post-Covid program reported cognitive problems like trouble with short-term memory and planning. Most reported ongoing brain fog, dizziness, headaches, or fatigue, and many reported labored breathing or palpitations. Nearly half of 102 patients had stopped working full time.</p> <p>https://tinyurl.com/CovidRehabCovidTherapy</p>
Veteran Services	<p>28. *New York Times December 5, 2021 <i>Bob Dole, Old Soldier and Stalwart of the Senate, Dies at 98</i></p>

	<p>Mr. Dole, a son of the Kansas prairie who was left for dead on a World War II battlefield, became one of the longest-serving Republican leaders. As the old soldiers of World War II faded away, Mr. Dole, who had been a lieutenant in the Army's storied 10th Mountain Division and was wounded so severely on a battlefield that he was left for dead, came to personify the resilience of his generation. In his post-political career, he devoted himself to raising money for the World War II Memorial in Washington and spent weekends there welcoming visiting veterans.</p> <p>As for the war, it changed the course of Mr. Dole's life. A star athlete who lettered in football, basketball, and track and who was voted best looking in his class at Russell High School, he had planned to become a surgeon. Instead, he came home from the war in Europe in a body cast, mostly paralyzed.</p> <p>He spent 39 months convalescing, much of it in surgery — as a patient, not as the surgeon he had hoped to become. Instead, he became a lawyer and a politician, though his injuries kept him from many of the fundamental rituals of politics. His right hand was so damaged that he couldn't shake hands, and he would clutch a pen in his fist to discourage people from trying.</p> <p>https://tinyurl.com/OldSoldierAndStalwart</p> <p>29. U. S. Department of Veteran Affairs November 30, 2021 <i>VA statement on GPO printing and mailing delay</i> Due to supply chain and staffing shortages, the vendor contracted by the Government Publishing Office to provide printing services for the Department of Veterans Affairs is experiencing delays in printing and mailing notification letters to Veterans and claimants. The disruption may impact the ability of some claimants to meet required deadlines via written correspondence with VA. In response to the mailing delays and to protect the best interest of claimants, the Veterans Benefits Administration is extending their response period by 90-calendar days for claimants with letters dated between July 13, 2021, and Dec. 31, 2021. https://tinyurl.com/GPOPrintingDelay</p>
Loneliness / Isolation	<p>30. *Washington Post December 3, 2021 <i>How technology can help seniors beat loneliness and isolation</i> Papa is one of a growing number of tech approaches to the problem of societal isolation among seniors, which has been exacerbated by the pandemic. Some of these services focus especially on deepening social connections between the generations — relationships that support the health of older and younger people alike. . . Other platforms aim for similar, in-person connections. Generation Tech unites teens with seniors for technology training. And Mon Ami, which provides case management software for aging and disability service providers, has an app that connects isolated older people with college-age volunteers. https://tinyurl.com/TechnologyIsolationLoneliness</p>
Disability	<p>31. Access Living December 5, 2021 <i>Access Living Mourns the Death of Bob Dole</i> Access Living joined many in the disability community in mourning the death of former United States Senator Bob Dole, who was a fierce advocate and political ally for people with disabilities, among his many other accomplishments. https://tinyurl.com/AccessLivingBobDole</p> <p>32. Centers for Disease Control and Prevention</p>

	<p>October 8, 2021 <i>Prevalence of Arthritis and Arthritis-Attributable Activity Limitation — United States, 2016–2018</i></p> <p>Arthritis is a leading cause of disability among U.S. adults. Arthritis-attributable medical care expenditures and earnings losses were responsible for >\$300 billion direct and indirect annual costs in 2013.</p> <p>National prevalence of arthritis and arthritis-attributable activity limitations (AAAL) continue to increase in absolute number: 58.5 million (23.7%) U.S. adults have arthritis, 25.7 million (43.9%) of whom have AAAL. Both conditions are most prevalent among adults with worse physical and mental health profiles and more social disadvantage.</p> <p>https://tinyurl.com/PrevalanceOfArthritis</p>
Health Equity	<p>33. STAT News December 3, 2021 <i>In defense of not treating everyone the same</i></p> <p>Let me be clear. Health equity is the ultimate goal. It's been well argued that the Black community should be treated the same as others. That means Black Americans should be prescribed pain medications on par with their white counterparts. Or breast cancer screening guidelines should be the same for all women, despite alarming racial disparities. There are endless reports showing that Black people are not being treated in the same positive manner by providers, and the Covid-19 pandemic has further illuminated issues around access to health care. Yet just as the scales of justice aim to balance truth and fairness in our justice system, our health care system, too, must find the balance between caring for Black Americans in the same way as everyone else while at the same time providing a tailored approach that, just as importantly, does not. This would represent true health equity.</p> <p>Many Black people today do not feel heard or understood by their health care providers. They do not feel they have relationships with “the system” based on trust. The onus is on health care leaders to provide a safer and welcoming environment, and the first step is admitting there's a problem.</p> <p>Advancing health equity requires everyone to commit to the fact that not all hearts, bodies, backgrounds, living conditions, and social statuses are the same. Do Black Americans like me want to see better? We demand better.</p> <p>Underserved populations like the Black community need to be treated the same in terms of fairness and respect. Yet it is also essential to ensure that this definition of fairness and respect includes treating people as unique individuals where and when it's most needed. Can health care providers deliver on this? We can, by pushing the boundaries to raise the standard of care for all. Only then will we achieve true health equity.</p> <p>https://tinyurl.com/NotTreatingEveryoneSame</p>
Medical Care	<p>34. *Washington Post December 4, 2021 <i>An expert guide to women's health screenings at every age</i></p> <p>Women are disproportionately affected by a slew of health issues, including heart disease and stroke</p> <p>Women are disproportionately affected by a slew of health issues, including heart disease, stroke, and autoimmune disorders. And for women of color, the odds can be far worse, stemming from health disparities such as a lack of access to care and underlying genetic and familial factors.</p>

	<p>To help guide women through better health maintenance, Clayton and Mary Rosser, director of the Integrated Women’s Health Care Program at Columbia University Irving Medical Center, shared which medical screenings and other lifestyle changes everyone should consider as they enter each new decade of their lives.</p> <p>https://tinyurl.com/WomensHealthScreenings</p>
End of Life	<p>35. On the Media December 3, 2021 <i>On the Right to Die</i> Almost 800,000 dead in the United States. That’s the latest COVID figure. Since 2020, we’ve seen a steady trickle of morbid milestones like these in the news. They are one way to measure, and try to understand, the COVID-19 pandemic. In the world of journalism, death is a metric that’s important. It indicates significance, newsworthiness, and tragedy. But death is also an inevitable part of the human experience. This is a fact that journalist Katie Engelhart highlights in the title of her new book <i>The Inevitable: Dispatches on the Right to Die</i>. Brooke Gladstone spoke to Engelhart about the complicated ethics of physician-assisted deaths and the surprising parameters within which people can end their lives.</p> <p>https://tinyurl.com/OnTheRightToDie</p>
	<p>*May require registration before accessing article.</p>
Dignity Alliance Massachusetts Legislative Endorsements	<p>Information about the legislative bills which have been endorsed by Dignity Alliance Massachusetts, including the text of the bills, can be viewed at: https://tinyurl.com/DignityLegislativeEndorsements Questions or comments can be directed to Legislative Work Group Chair Richard (Dick) Moore at rmoore8473@charter.net.</p>
Websites	<p>The Job Accommodation Network (JAN) https://tinyurl.com/JobAccommodationNetwork</p> <p>The Job Accommodation Network (JAN) is the leading source of free, expert, and confidential guidance on job accommodations and disability employment issues. Serving customers across the United States and around the world for more than 35 years, JAN provides free one-on-one practical guidance and technical assistance on job accommodation solutions, Title I of the Americans with Disabilities Act (ADA) and related legislation, and self-employment and entrepreneurship options for people with disabilities. JAN provides individualized consultation to assist:</p> <ul style="list-style-type: none"> • Employers and their representatives seeking guidance on practical ways to engage in the interactive process, provide job accommodation solutions, and comply with Title I of the ADA; • Individuals with medical conditions and disabilities seeking information about job accommodation solutions, employment rights under the ADA, and self-employment and entrepreneurship opportunities; and • Family members and rehabilitation, medical, educational, and other professionals in their effort to support successful employment outcomes for individuals with medical conditions and disabilities. <p>The Mighty https://events.themighty.com/</p> <p>Mighty events are inclusive and accessible spaces that gather The Mighty community around the core ideas of empowerment, connection, decreasing stigma and isolation, teaching each other and of course, having fun with fellow Mighty Members.</p>

Previously recommended websites	The comprehensive list of recommended websites has migrated to the Dignity Alliance MA website: https://dignityalliancema.org/resources/ . Only new recommendations will be listed in <i>The Tuesday Digest</i> .		
Previously posted funding opportunities	For open funding opportunities previously posted in <i>The Tuesday Digest</i> please see https://dignityalliancema.org/funding-opportunities/ .		
Nursing Home Closures	<p>Heathwood Healthcare 188 Florence St. Chestnut Hill, MA 02467 Scheduled to be closed by January 5, 2021</p> <ul style="list-style-type: none"> • Notice of Intent to Close (Word) • Draft of Relocation Plan (Word) <p>Closure Notices and Relocation Plans available at: https://tinyurl.com/MANursingHomeClosures</p>		
Websites of Dignity Alliance Massachusetts Members	See: https://dignityalliancema.org/about/organizations/		
Access to Dignity Alliance social media	Email: info@DignityAllianceMA.org Facebook: https://www.facebook.com/DignityAllianceMA/ Instagram: https://www.instagram.com/dignityalliance/ LinkedIn: https://www.linkedin.com/company/dignity-alliance-massachusetts Twitter: https://twitter.com/dignity_ma?s=21 Website: www.DignityAllianceMA.org		
Participation opportunities with Dignity Alliance Massachusetts Most workgroups meet bi-weekly via Zoom. Please contact workgroup lead for more information	Workgroup	Workgroup lead	Email
	General Membership	Bill Henning Paul Lanzikos	bhenning@bostoncil.org paul.lanzikos@gmail.com
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	Facilities (Nursing homes, rest homes, assisted living)	Arlene Germain	agermain@manhr.org
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Veteran Services	James Lomastro	jimlomastro@comcast.net	
<i>The Tuesday Digest</i>	For a free weekly subscription to <i>The Tuesday Digest</i> : https://dignityalliancema.org/contact/sign-up-for-emails/		
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Dignity Alliance Massachusetts is a broad-based coalition of organizations and individuals pursuing fundamental changes in the provision of long-term services, support, and care for older adults and persons with disabilities. Our guiding principle is the assurance of dignity for those receiving the services as well as for those providing them. The information presented in "The Tuesday Digest" is obtained from publicly available sources and does not necessarily represent positions held by Dignity Alliance Massachusetts. Previous issues of The Tuesday Digest are available at: <https://dignityalliancema.org/the-tuesday-digest/> For more information about Dignity Alliance Massachusetts, please visit www.DignityAllianceMA.org.