



The Dignity Digest

Issue # 107

September 26, 2022

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

*May require registration before accessing article.

Quotes of the Week

“Does it make you sad or happy that you’re leaving?”

Connie Bowen, sister of Mike Lee, a resident for 44 years in Glenwood Resource Center, Iowa

“Happy! I’m happy.”

Mike Lee, age 57 years, who has autism and epilepsy, commenting on his planned departure from the state-run institution for people with intellectual or developmental disabilities

As State Institutions Close, Families of Longtime Residents Face Agonizing Choices, Kaiser Health News, September 13, 2022,

<https://tinyurl.com/KHNStateInstitutionsClose>

“He needs a lot of care, and it’s wearing, not only physically but mentally. It makes you worried about what’s going to happen. How long can I do this?”

Acey Hofflander, age 85, commenting about her husband, Tom, age 88, *Seniors are stuck home alone as health aides flee for higher-paying jobs,*

**Washington Post, September 25, 2022,*

<https://tinyurl.com/SeniorsAreStuck>

“Older people who were critically ill and hospitalized had higher rates of needing hospitalization in the following year.”

Long COVID: A Brief Overview, September 21, 2022, Generations,

<https://tinyurl.com/LongCovidOverview>

A large study of veterans found an increased risk of cardiovascular disease at 12 months post infection.

In COVID's Wake, Generations, September 21, 2022,

<https://tinyurl.com/InCovidWake>

Many Long COVID symptoms can be disabling and limit one's ability to return to work.

Considerations for Patients with Long COVID on Retirement and Disability, **Generations**, September 21, 2022, <https://tinyurl.com/ConsiderationsLongCovid>

“Compound ageism is a very toxic prejudice.”

Margaret Morganroth Gullette, resident scholar at the Women's Studies Research Center of Brandeis University and member of Dignity Alliance Massachusetts, *Ageism's Toll in the Age of COVID*, **Generations**, September 21, 2022, <https://tinyurl.com/AgeismTollAgelfCovid>

“It sounds silly in retrospect, but this was four years ago. At the time, it simply didn't occur to me it would even be possible to hire an amputee actor. By the time we got to where we were greenlit and we were starting to look for crew, I was fully converted to the importance of authentic representation both in front of and behind the camera.”

Josh Sundquist, an actor who is an amputee and the lead role in the autobiographical “Best Foot Forward, ‘Best Foot Forward’ Is a Story About, and by, People With Disabilities, ***New York Times**, July 21, 2022, <https://tinyurl.com/NYBestFootForward>

“Many of these children are dying to play baseball and play in athletic leagues but aren't always welcome. Coaches don't always want to deal with their issues.”

The Rev. Harold Hicks, an Anglican priest and fire protection engineer who co-founded the Miracle League of Western Pennsylvania, *The Pure Joy of Baseball for These Children With Disabilities*, ***Wall Street Journal**, July 13, 2022, <https://tinyurl.com/PureJoyOfBaseball>

“I wish very, very much to win there and I will prepare for that with everything in my power. Wimbledon is the last one.”

Shingo Kunieda, who is the greatest men's wheelchair tennis player of all time, *The 27-Time Major Winner With a Gap on His Résumé: Wimbledon*, ***Wall Street Journal**, July 6, 2022, <https://tinyurl.com/27TimeMajorWinner>

“The overall cost of ensuring older adults' health and well-being is skyrocketing.”

Katie Smith Sloan, president of LeadingAge, the association of nonprofit providers of aging services, *Another Inflation Stress: Rising Costs of Senior-Living Homes Strain Families*, ***Wall Street Journal**, September 22, 2022, <https://tinyurl.com/InflationStressRisingCosts>

Smartphones have gradually become more useful for people with a range of physical abilities, thanks to tools like screen readers and adjustable text sizes. With the recent release of [Apple's iOS 16](#) and [Google's Android 13](#) software, even more accessibility features have been introduced or upgraded.

The Settings That Make Smartphones Easier for Everyone to Use, **New York Times (free access)**, September 22, 2022, <https://tinyurl.com/SmartphonesEasierForEveryone>

Perinatal disparities associated with disability may be much more widespread than has been indicated by prior research.

Perinatal Health Risks and Outcomes Among US Women with Self-Reported Disability, 2011–19, **Health Affairs**, September 21, 2022, <https://tinyurl.com/PerinatalHealthRisks>

"Life as a disabled person can sometimes be downright degrading and embarrassing, and unfortunately, this was one of them times. To be outright told to my face that I should wear a nappy when I don't need to and that they are happy with that policy made me feel humiliated."

A wheelchair user filmed herself dragging her body to the bathroom on a plane after the cabin crew refused to help, **Insider**, September 24, 2022, <https://tinyurl.com/DragHerselfBathroom>

A 15 percent increase (for natural gas) this winter on top of last winter's 21 percent increase would present a substantial burden on all consumers, especially those on a fixed income.

You're about to pay even more to heat your home. Here's what you can do about it, ***Boston Globe**, September 21, 2022, <https://tinyurl.com/PayMoreToHeat>

"Wherever one lives, it's important to balance the quickening speed of modern life with periods of

contemplation — quieting the mind, turning off the digital machines, slowing the breathing — creating windows of peacefulness in our busy lives.”

Stephan Rechtschaffen, M.D., founder of Blue Spirit Costa Rica, *What I Learned About Longevity from Centenarians in the Blue Zones*, **The Ethel** from **AARP**, September 19, 2022, <https://tinyurl.com/LongevityInBlueZones>

Shockingly, [Centers for Medicare and Medicaid Services] revealed that, on average, nursing homes replace 52% of their nursing staff each year.

Most [certified nursing assistants] are responsible for 13 residents per shift, instead of the recommended 6.

Low Quality Jobs Equal Low Quality Care in Nursing Homes, **Generations**, September 14, 2022, <https://tinyurl.com/LowQualityJobs>

The climate change crisis is an intergenerational issue that requires a transgenerational response.

Climate Change Hazards + Social Vulnerability = A Recipe for Disaster, **Generations**, June 20, 2022, <https://tinyurl.com/ClimateChangeHazards>

“Massachusetts needs many more accessory dwelling units, but local zoning significantly prevents their development.”

Amy Dain, Public policy consultant and researcher

“Good zoning is the essence of good development. If local zoning rules are too stringent, they can be modified. However, imposing a statewide zoning requirement simply to spur new development is a poor planning practice, and the results usually so attest.”

Alexander Whiteside, Former Milton Planning Board member; former chief counsel, Massachusetts Department of Housing and Community Development

The Argument: Should accessory dwelling units be allowed statewide in Massachusetts?, ***Boston Globe**, September 25, 2022, <https://tinyurl.com/ArgumentADUs>

Dignity Votes 2022

REMINDER: GENERAL ELECTION DAY IS TUESDAY, NOVEMBER 8th
2022 Virtual Disability Forum Series: Conversations with Candidates for Governor of Massachusetts

Advocates for Autism of Massachusetts, Boston Center for Independent Living (BCIL), Disability Law Center (DLC), Massachusetts Advocates Standing Strong (MASS), the Massachusetts Developmental Disabilities Council (MDDC), and The

Arc of Massachusetts (The Arc) are holding two virtual Disability Forums with the major party candidates running for governor, Democrat Maura Healey and Republican Geoff Diehl.

These Virtual Disability Forums offer a unique opportunity to hear the candidates speak and answer questions about issues important to the state's disability community. The forum will be presented as a one-hour Zoom webinar and also will be streamed live on Facebook. We are currently securing American Sign Language (ASL) interpreters, CART, and Spanish interpretation. Since this is a rescheduled date, we received dozens of questions in advance, but there will also be an option to submit questions for consideration through the Q & A feature on the Zoom webinar.

- **Geoff Diehl, Republican candidate for governor**
Wednesday, September 28, 12:00 to 1:00 p.m.
- **Maura Healey, Democratic candidate for governor**
Date and time to be announced

Register Today at https://us02web.zoom.us/webinar/register/WN_5phCg5KvQ-u5SMRr357M1w. The webinar link will be sent in a confirmation email.,

Candidate Questionnaire Responses

Candidates for Governor, Lieutenant Governor, Attorney General, Secretary State, and State Auditor

Responses to questionnaires from candidates for these offices have been posted at <https://dignityalliancema.org/state-candidates/>.

Congressional office candidates

Questionnaires for congressional candidates have been distributed. Responses are being posted on <https://dignityalliancema.org/congressional-candidates/> as they are received.

State legislative candidates

Questionnaires for legislative office candidates have been distributed. Responses are being posted on <https://dignityalliancema.org/state-legislative-candidates/> as they are received.

Fact Sheets and Issue Briefs

Prepared by Dignity Alliance Massachusetts Workgroups

Nursing Homes

- [Nursing Home Fact Sheet](#)
- [Nursing Home Staffing Issues](#)
- [Pandemic Issues in Nursing Homes](#)
- [Nursing Homes – Financial Responsibility](#)
- [Nursing Homes – Oversight, Licensures, Closures](#)
- [Nursing Homes – Small Home Model](#)

Home and Community Based Services

- [HCBS Fact Sheet](#)
- [HCBS Staffing Issues](#)
- [HCBS Care Coordination Issues](#)

Behavioral Health

- [Behavioral Health Fact Sheet](#)
- [BH Elder Mental Health Outreach Teams \(EMHOT\) Issues](#)
- [BH Nursing Homes and Psychotropic/Antipsychotic Drugs Issues](#)
- [Social Work Staffing Issues](#)

Housing

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| | <ul style="list-style-type: none"> • Housing Issues <p>Veterans</p> <ul style="list-style-type: none"> • Veterans Issues https://dignityalliancema.org/2022-facts-and-issues/ <p>State Election Information</p> <p>The following websites contain useful, timely information about this year's elections. (Source: <i>AARP Bulletin</i> July / August 2022)</p> <ul style="list-style-type: none"> • <i>AARP Voter Guides</i> Information about the voting process from registration to Election Day voting locations and hours. www.aarp.org/electionguides • <i>Ballotpedia</i> Information about statewide races and ballot measures. www.ballotpedia.org • <i>OpenSecrets</i> Tracks flow of money within the electoral process. www.opensecrets.org • <i>Vote411</i> Election year information provided by the League of Women Voters. www.vote411.org • <i>Vote Smart</i> On demand detailed information about individual candidates www.votesmart.org |
| Webinars / Online Sessions | <ol style="list-style-type: none"> 1. Transformation Tuesdays -Gray Panthers of NYC Tuesday, September 27, 2022, 2:00 p.m. <i>Grassroots Voices: Nursing Home Transformation</i> Learn how nursing home reform advocates are moving their VISION into ACTION at the grassroots level. Change starts from the bottom up and we are excited to bring you this highly anticipated webinar! Panelists include: Rachel Bennett - Founder, Nursing Home Card Project Mary Jane Wolper - LTC Ombudsman Program Volunteer Coordinator, Center for Independence of the Disabled, NY Jonas Weitzman - Nursing Home Worker/Reformer and Certified Nurse's Aide Shyvonno Noboa - Sunnyside Community Services and co-captain for the New York State team for COVID Survivors for Change RSVP here 2. The National Paralysis Resource Center (operated by the Christopher and Dana Reeve Foundation) Saturdays, October 8, 22, & 29, 2022, 10:00 a.m. to 5:30 p.m. <i>Webinar Series: Mindfulness Training for Healthcare Professionals</i> A virtual three-part webinar series that equips healthcare professionals who directly serve wheelchair users with sets of 1-5 minute mindfulness and yoga techniques (capsules) to foster resilience in the body, breath, and mind. This is especially critical during times of change, challenge, and uncertainty. The program is free to qualified healthcare professionals who directly serve people with paralysis as part of their job responsibilities. Jay Gupta, RPh, 340B ACE, MTM Specialist, C-IAYT, will lead the science-smart series for a powerfully restorative educational experience. |

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| | <p>Space is limited to maintain a quality experience; don't delay enrolling! Apply here. Email RxRelax@live.com or call 603-674-3770 for more information or with any questions.</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>3. Generations September 14, 2022 <i>Low Quality Jobs Equal Low Quality Care in Nursing Homes</i> On September 8, 2022, Consumer Voice released a report, High Staff Turnover: A Job Quality Crisis in Nursing Homes, that took a closer look at the negative impact high staff turnover has on care quality. In addition, the report looked at the causes of high staff turnover, which research shows is related to poor wages and benefits, impossible workloads, lack of training, few opportunities for career advancement and poor management. The available data regarding jobs and job quality in nursing homes reveal that years of poor treatment of nursing home workers has resulted in a job-quality crisis, where the average nursing home must replace every other nursing home staff member each year. Our report found that roughly 30% of nursing homes have an annual staff turnover rate of 60% or higher. Unsurprisingly, additional data from CMS reflects that nursing homes with higher staff turnover provide poorer care. Some key findings include that nursing homes with higher staff turnover:</p> <ul style="list-style-type: none"> • Perform poorly on all of CMS’ 5-Star ratings, including overall, staffing and health inspection ratings. • Are cited more frequently for resident abuse. • Have higher numbers of substantiated complaints. <p>https://tinyurl.com/LowQualityJobs</p> |
| <p>Home Health</p> | <p>4. *Washington Post September 25, 2022 <i>Seniors are stuck home alone as health aides flee for higher-paying jobs</i> While more elderly seek home care to age in place, low-wage workers are finding easier jobs with equal or better pay in retail and restaurants. . . Polls say an overwhelming majority of people older than 50 want to remain in their homes as long as possible, and studies have shown aging in place can promote quality of life and self-esteem. But Acey Hofflander’s health scare — she stayed in the hospital overnight with a form of migraine — reveal the dangers when elderly people are forced to go it alone. The shortage predates the pandemic but has been exacerbated by it, according to industry and government experts. Demand for home services spiked as lockdowns, uncontrolled infections and deaths frightened people away from nursing homes, where the number of residents declined nationally from about 1.3 million in 2019 to 1.1 million in 2021 and has only partially rebounded in 2022. At the same time, because of the tight labor market, the low-paid workers have quit for less taxing jobs in Amazon warehouses and as Uber drivers. The lack of services also is affecting disabled people under 65 years old who are dependent on others for daily needs. The result is that an increasing share of elderly and disabled people are living at home but having difficulty finding the help they need to do it safely. A fall or an exhausted caregiver could mean they are forced into a nursing home or a bedroom in their adult child’s home. . .</p> |

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| | <p>The shortage of workers is threatening the option of aging at home for people up and down the economic scale — whether they qualify for government Medicaid, have medical conditions that qualify for Medicare coverage, or must pay out of pocket. . .</p> <p>Workers at the lower rungs of the home-care industry — mostly women and people of color — are among the lowest paid in the United States. The median pay for personal care aides was just \$14.27 an hour in 2021, according to PHI, a nonprofit that publishes annual reports on the national home-care workforce. . .</p> <p>Industry representatives said there are no quick fixes. National trade associations and individual state groups are lobbying to block spending cuts for home care under Medicare while advocating for higher compensation so workers can be paid higher wages. Industry leaders also are examining ways to make home care work a rung in a health-care career ladder. They say extra pay could be allocated for people who receive training for dementia. Because up to a third of home-care workers were born outside the United States, industry groups have urged Congress to consider special temporary visas. . .</p> <p>PHI estimates that the home-care workforce nationally numbers around 2.6 million. About 1 million more home-care workers will be needed by 2030 as the baby-boom generation finishes aging into retirement — what demographers call the “Silver Tsunami. . .”</p> <p>More than 90 percent of the estimated 5 million who received care from home health agencies in the United States in 2018 required help with bathing, dressing, using the toilet, walking and getting in and out of bed, according to the Centers for Disease Control’s National Center for Health Statistics. More than two-thirds needed help eating.</p> <p>The Biden administration in 2021 sought \$400 billion in new spending for home- and community-based care, channeled through Medicaid, to states. Access to care would have been expanded and workers would have received raises and benefits. The Democratic-controlled House pared that to \$150 billion. But the plan collapsed when Democrats failed to muster enough Senate votes for the ambitious Build Back Better legislation.</p> <p>Disabled people under 65, some of whom have lived their entire lives dependent on others for daily care, also are encountering a lack of in-home help, advocates said.</p> <p>https://tinyurl.com/SeniorsAreStuck</p> |
| Assisted Living | <p>5. *Wall Street Journal September 22, 2022 <i>Another Inflation Stress: Rising Costs of Senior-Living Homes Strain Families</i></p> <p>Inflation is fueling cost increases at nursing homes and assisted-living and independent-living facilities, which is tough for seniors on fixed incomes. Eldercare facilities are raising prices and adding new fees, straining older Americans and their families who step in to help. . .</p> <p>Rates at many long-term-care providers, which include nursing homes and assisted-living and independent-living facilities, surged this year as providers dealt with higher costs of food, utilities, insurance, wages and supplies for managing and preventing Covid-19. The increases varied by region and type of care, but in some cases exceeded 10%, above recent annual rises of 3% to 5%, according to family members and service providers, who themselves have seen costs rise by double digits.</p> |

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| | <p>One recent study concluded that by 2033, more than 11 million middle-income seniors age 75 and older might not be able to pay for assisted living and are also unlikely to qualify for Medicaid, according to the research organization NORC at the University of Chicago. That would leave them more dependent on family, care experts say.</p> <p>https://tinyurl.com/InflationStressRisingCosts</p> |
| Housing | <p>6. *Boston Globe September 25, 2022 <i>The Argument: Should accessory dwelling units be allowed statewide in Massachusetts?</i></p> <p>YES <i>Amy Dain, Public policy consultant and researcher; Newton resident</i> Massachusetts needs many more accessory dwelling units, but local zoning significantly prevents their development. We can either leave it to municipal leaders and pro-housing activists in 351 separate cities and towns to reform these zoning rules, or have the Commonwealth simply allow ADUs across the state. The local approach will take a century, for no particular benefit, compared to the efficient statewide approach. Allowing production of more ADUs — often called in-law apartments — addresses our housing affordability crisis in three ways. Typically, ADUs are priced relatively affordably for being smaller in size than most residences. New housing supply reduces the scarcity that drives price escalation. In addition, ADU liberalization will bring down construction costs by supporting the growth of a competitive industry delivering ADUs at scale.</p> <p>NO <i>Alexander Whiteside, Former Milton Planning Board member; former chief counsel, Massachusetts Department of Housing and Community Development</i> There have been recent proposals for legislation to require all cities and towns to allow construction of small apartments (sometimes called “accessory dwelling units”) by owners of single-family homes. ADUs could be located in altered interior spaces, basements, attics, garages, and detached buildings. The owners could construct these ADUs free from a variety of existing zoning limitations, including the need for securing a special permit. There’s been no reliable projection of how much new development would likely result under such legislation. The special permit procedure is a foundation of Massachusetts zoning practice. It provides significant flexibility in enabling projects that are exceptions to general zoning rules. In most cities and towns, creation of an ADU has been treated as an exception to zoning for single-family use and hence requires a special permit. . . Good zoning is the essence of good development. If local zoning rules are too stringent, they can be modified. However, imposing a statewide zoning requirement simply to spur new development is a poor planning practice, and the results usually so attest.</p> <p>https://tinyurl.com/ArgumentADUs</p> <p>7. *Boston Globe September 21, 2022 <i>You’re about to pay even more to heat your home. Here’s what you can do about it.</i></p> |

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| | <p>Last winter’s steep increases will be followed by another round of price hikes this season — but there are ways to save. . .</p> <p>What kind of assistance is available?</p> <p>The “low-income home energy assistance program,” commonly known as “fuel assistance,” is available to homeowners and renters, including renters who don’t get separately billed for heat. Eligibility is based on income and household size. For example, a household of four qualifies with an income up to about \$81,500. Advocates for low-income residents worry the amount of assistance this winter will be substantially less than last year, when fuel assistance benefited from the one-time infusion of \$4.5 billion from the American Rescue Plan, a pandemic relief package.</p> <p>Fuel assistance funding is now back to its prepandemic level of about \$4 billion a year. An analysis by the National Consumer Law Center says low-income consumers could receive about one-quarter less in assistance than last winter. Advocates are now lobbying Congress for more funding.</p> <p>Will electric and gas utilities offer assistance?</p> <p>Companies including Eversource and National Grid offer forgiveness of past-due balances and discounted rates for eligible low-income families. And every household, regardless of income, can reach out to the utilities and set up a payment plan on a past due amount. As long as the agreed-upon payments are made, service won’t be cut off.</p> <p>Q. What are the rules on shutting off electric or gas?</p> <p>A. Low-income families remain protected against shutoffs if they are seriously ill or have a baby under 12 months old at home. Elders also are protected against shutoff.</p> <p>https://tinyurl.com/PayMoreToHeat</p> |
| <p>Long Covid</p> | <p>8. Generations</p> <p>September 21, 2022</p> <p><i>Long COVID: A Brief Overview</i></p> <p>In June 2020, shortly after the start of the pandemic, people recovering from infection with COVID-19, especially young women, began to call attention to a range of debilitating symptoms that lingered well past the acute viral illness. They described symptoms affecting nearly every organ and often lasting weeks to months—in some cases, years. The symptoms included cognitive slowness and inability to concentrate (often referred to as “brain fog”), fatigue, shortness of breath, lightheadedness, and tachycardia (a heart rate of more than 100 beats per minute). Some people reported muscle pains and tremors. The symptoms puzzled medical professionals, as diagnostic tests came back normal, which is often a perfect recipe for being dismissed by the health system.</p> <p>Since then, however, many more people have reported prolonged symptoms, now called Long COVID, including Olympic athletes and others at the height of their careers. According to the Centers for Disease Control and Prevention (CDC), nearly one in five people infected with COVID suffer from symptoms that persist beyond four weeks. . .</p> <p>The pandemic has already halted the lives of so many older adults, disrupting retirement plans, travel and connection with family and friends. The symptoms of Long COVID can further exacerbate this disconnection. It is time to bring attention to Long COVID in older adults and develop tailored recovery programs that are aimed to improve total well-being.</p> <p>https://tinyurl.com/LongCovidOverview</p> |

9. Generations

September 21, 2022

In COVID's Wake

Early in the COVID-19 pandemic, it became clear that older adults were at high risk for becoming infected and for having worse outcomes, including higher rates of hospitalization and death from the virus. Multiple publications also reported that many patients had a wide range of unresolved symptoms that persisted for weeks to months after severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) infection.

Many experts were not surprised by these findings because post viral illnesses are [well-recognized entities](#) (see also [Chrouso & Kaltsas](#)). While different labels have been used to characterize this collection of symptoms, recently, the Center for Disease Control and Prevention introduced the term [“Post COVID Conditions” \(PCC\) in addition to Long COVID \(LC\)](#). . .

In summary, older adults are less likely to develop LC. Nevertheless, vulnerable older adults with comorbidities, who are already facing health challenges, would likely face additional health and economic ramifications from LC. Thus, there is a critical need for additional information regarding the mechanisms of LC in older adults and the most effective strategies to manage this growing group of patients.

<https://tinyurl.com/InCovidsWake>

10. Generations

September 21, 2022

Considerations for Patients with Long COVID on Retirement and Disability

It is estimated that up to one in five adults who had COVID-19 are currently experiencing sequelae of SARS-CoV-2, also known as post-COVID conditions or [Long COVID](#), defined as symptoms lasting three or more months after first contracting the virus. Symptoms can vary widely, involving respiratory, cardiac, neurologic, digestive, and musculoskeletal systems, and can last from months to now years. Studies are in progress to better understand Long COVID and how many people are affected.

The most recent data from the CDC estimates that [35% of adults who had COVID-19 have experienced Long COVID](#). While it is more often found in those who suffered from severe COVID-19, [even those with mild or asymptomatic infections can experience Long COVID](#).

More than 30% of those patients who were hospitalized [go on to experience Long COVID six months after infection](#). Studies have shown that Long COVID is associated with [increasing age, higher body mass index and female sex](#). . .

Meanwhile, those older adults affected by Long COVID may consider retiring early and collecting retirement benefits. During the first 18 months of the pandemic, [an additional 2.4 million Americans retired than had been expected](#).

<https://tinyurl.com/ConsiderationsLongCovid>

11. Generations

September 21, 2022

Shining a Light on Brain Fog

If anything positive is to come out of the pandemic it is that the spotlight is now on brain fog. Little attention has been paid to the patients with a wide variety of medical conditions who have experienced the debilitating nature of brain fog in the years preceding the pandemic. Brain fog, like many of the autoimmune and neurological conditions associated with it disproportionately affects women,

and, as a result, historically has been downplayed by clinicians who have tended to focus on the physiological rather than the cognitive aspects of their conditions. In the wake of the pandemic, it has become more difficult to dismiss brain fog as it emerges as the most commonly reported and most debilitating lingering symptom post-COVID infection.

What is Brain Fog?

Brain fog is not a medical condition, rather it is a general term used to describe a collection of symptoms affecting memory, attention, learning, executive functions (planning, organization, making decisions, assessing risk, inhibiting behavior, etc.) language, processing speed, spatial navigation (clumsiness) as well as loss of mental clarity and mental fatigue.

People with brain fog often describe these symptoms:

- “I just can’t think straight.”
- “I’m too tired to think.” “I can’t concentrate.”
- “I struggle to recall what I did yesterday.”
- “I keep having to reread the same sentence.”
- “I can’t work because I can’t ‘tune out’ other people’s conversations.”
- “My thinking is sluggish.”
- “My life is like a game of Charades, I can’t find the right word, or I say the wrong word.”
- “My language isn’t as fluid or as rich as it ordinarily would be.”
- “I’ve lost my sense of humor.”
- “I’m struggling with small decisions like what to wear or what to have for dinner.”
- “I keep bumping into things, spilling things, or slamming doors.”

<https://tinyurl.com/ShiningLightBrainFog>

12. Generations

September 21, 2022

Aging and Long COVID: Stopping Stigma with Concrete Strategies

Although COVID is receding from the public’s [consciousness](#), older adults are still being hospitalized and dying per week at numbers far greater than the general [population](#). Even more concerning is that three-quarters of adults older than age 50 continue to have persistent symptoms after acute infection, and the majority (60%) have not seen a physician to address these [concerns](#).

<https://tinyurl.com/LongCovidStoppingStigma>

13. Generations

September 21, 2022

Ageism’s Toll in the Age of COVID

By Margaret Morganroth Gullette, Brandeis University and member of Dignity Alliance Massachusetts

What Is Ageism? And Why Is It So Important Now?

We need to consider the immense power of ageism. I’ll start with just two aspects. People internalize the stereotypes of decline—the decline attributes that America culture associates with growing older—and this involves warding off their own personal bodily or economic decline. Another type is behavioral, and that means hating or shunning older people. These two types can be distinct.

Why Does Ageism Matter Now, as COVID Wanes?

It matters because we have seen it at the highest levels of government, we have seen it in many state governments’ responses to COVID, and we saw it in the

triage guidelines adopted early on by hospitals, many of which used age to exclude people from access to ventilators. Ageism, the ageisms plural, really, cause a spectrum of damages—including internalized shame and job discrimination at early ages. ... and “compound ageism,” as I call it, which is what some people felt toward nursing facility residents. A particular form of intersectionality. It was a compound of they’re old, they’re sick, they’re poor, they’re women, they have cognitive impairments, they have mental health issues. Compound ageism is a very toxic prejudice. . .

I hold on to the belief that many good, caring people will function in higher gear now. My own field, age studies and gerontology, are exposing the evils. We have an age-friendly cities movement; we have not just AARP but nonprofits like Justice in Aging and the disability rights organizations. That’s where the action is. You have got to go to the law to fight some of these things, particularly if legislators will not do their job. We already have laws on the books. One of the candidates for state attorney general said she was going to look at all the age-related regulations in Massachusetts; update and monitor them; and go to court if need be to rectify injustices.

I like the term “age justice.” There’s more reason to get on board with it now. Age is not a trivial categorization. Ageism is serious—as serious as sexism, as serious as racism. In the minds of people of conscience and in the behaviors of people of conscience, it should rank with those. Indeed, it could matter more, because it is a prejudice that targets anyone lucky enough to grow old.

<https://tinyurl.com/AgeismTollAgelfCovid>

14. Generations

September 21, 2022

Action Plan from Biden Administration on Addressing Long COVID

The FACT SHEET describes actions that will be taken to build upon the Administration’s ongoing work to implement recommendations from the [Presidential COVID-19 Health Equity Task Force](#) established in July, 2021.

Action 1: Deliver high-quality care for individuals experiencing Long-COVID, especially in hardest hit communities (i.e., low income, Black and Brown), via launching Centers of Excellence and promoting evidence-based care models, investing \$20 million in 2023 to investigate how healthcare systems can best organize and deliver care to people with long COVID. . .

Action 2: The long-term disability aspect of long COVID is addressed via making more services and supports available for individuals experiencing long COVID, raising awareness of long COVID as a potential disability to protect people who have it from job discrimination; translating research into inclusive disability policy via the Social Security Administration’s collaboration with research agencies to clarify and update policies; connecting people to resources, including incorporating multilingual information and support into the CDC Call Center. . .

Action 3: The last major push on the Fact Sheet is to advance the nation’s understanding of long COVID by accelerating research, better identifying and characterizing long COVID and taking steps to advance our scientific understanding of long COVID to prevent, detect and treat the disease. .

(One) would be wise to [download this report](#) to have it handy for anyone who harbors doubt about the existence of long COVID, or more practically to help what is certain to be an increasing number of patients and older adults who desperately need services to address the lingering symptoms.

<https://tinyurl.com/ActionPlanLongCovid>

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| Environmental | <p>15. Generations June 20, 2022 <i>Climate Change Hazards + Social Vulnerability = A Recipe for Disaster</i> Climate change brings numerous ecological shifts, including the risk for increased and more intense hazardous events. However, all people will not experience this crisis in the same way as some are disproportionately more exposed to risks of death, loss, and harm. For this reason, climate justice is an imperative and must involve transgenerational action, while paying attention to the intersectionality of populations most at risk. Individuals, communities, organizations, and governments all play a role in reducing vulnerabilities, adapting sustainably, and mitigating hazards. . . The federal government’s new Climate and Economic Justice Screening Tool identifies neighborhoods that are disadvantaged in the face of pollution by simultaneously using socioeconomic, environmental, health, and climate indicators such as energy burden, higher education enrollment, proximity to hazardous waste facilities, life expectancy, linguistic isolation, and expected economic loss due to climate change. https://tinyurl.com/ClimateChangeHazards</p> |
| Accessibility | <p>16. New York Times (free access) September 22, 2022 <i>The Settings That Make Smartphones Easier for Everyone to Use</i> The accessibility features Apple and Google include in their mobile software can help people of all abilities get more from their devices. Smartphones have gradually become more useful for people with a range of physical abilities, thanks to tools like screen readers and adjustable text sizes. With the recent release of Apple’s iOS 16 and Google’s Android 13 software, even more accessibility features have been introduced or upgraded, including improved live transcription tools and apps that use artificial intelligence to identify objects. . . For full reference, the websites of both Apple and Google have dedicated Accessibility sections, but note that your exact features will vary based on your software version and phone model. . .</p> <p>Alternative Navigation Swiping and tapping by hand to navigate a phone’s features doesn’t work for everyone, but iOS and Android provide several ways to move through the screens and menus, including quick-tap shortcuts and gestures to perform tasks.</p> <p>Visual Assistance In their Accessibility settings, iOS and Android include shortcuts to zoom in on sections of the phone screen. But if you’d generally like bigger, bolder text and other display adjustments, open the Settings icon, choose Accessibility and select Display & Text Size. In Android, go to Settings, then Accessibility and choose Display Size and Text. . .</p> <p>Auditory Aids Both platforms offer controls to amplify speech around you through your headphones. In iOS, go to the Audio/Visual section for Headphone Accommodations, In Android, visit the Sound Amplifier setting. . .</p> <p>How to Make Your Smartphone Better</p> <ul style="list-style-type: none"> • Many default settings make us share superfluous amounts of data with tech companies: Here’s how to shut those off. |

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| | <ul style="list-style-type: none"> • Features like screen readers and adjustable text sizes can make smartphones more accessible to people with a range of physical abilities. Here's a tour of the most useful tools available. • Is your phone's contacts app filled with duplicates and numbers you no longer need? It might be time for a spring cleaning. • Need a new phone? Wirecutter can help you weigh the pros and cons of different iPhone models and pick the best smartphone. • Upgrading your device will leave you with a decision: What to do with your old device? <p>https://tinyurl.com/SmartphonesEasierForEveryone</p> |
| Disability Topics | <p>17. Insider September 24, 2022 <i>A wheelchair user filmed herself dragging her body to the bathroom on a plane after the cabin crew refused to help</i> Jenny Berrie, from the UK, filmed herself dragging her body along an AlbaStar Air flight when the cabin crew refused to help her on the flight from Newcastle airport to Palma, Mallorca. . . Wheelchair users and their chairs are often treated poorly on airlines, with the US Department of Transportation data showing an average of 35.8 wheelchairs are broken or damaged on flights daily. The lack of accessible bathrooms on flights is a prominent issue for disabled travelers. https://tinyurl.com/DragHerselfBathroom</p> <p>18. Health Affairs September 21, 2022 <i>Perinatal Health Risks and Outcomes Among US Women with Self-Reported Disability, 2011–19</i> Women with disabilities experience elevated risk for adverse pregnancy outcomes. Most studies have inferred disabilities from diagnosis codes, likely undercounting disabilities. We analyzed data, including self-reported disability status, from the National Survey of Family Growth for the period 2011–19. We compared respondents with and without disabilities on these characteristics: smoking during pregnancy, delayed prenatal care, preterm birth, and low birthweight. A total of 19.5 percent of respondents who had given birth reported a disability, which is a much higher prevalence than estimates reported in US studies using diagnosis codes. Respondents with disabilities were twice as likely as those without disabilities to have smoked during pregnancy (19.0 percent versus 8.9 percent). They also had 24 percent and 29 percent higher risk for preterm birth and low birthweight, respectively. Our findings suggest that studies using diagnosis codes may represent only a small proportion of pregnancies among people with disabilities. Measurement and analysis of self-reported disability would facilitate better understanding of the full extent of disability-related disparities, per the Affordable Care Act. https://tinyurl.com/PernatalHealthRisks</p> <p>19. Kaiser Health News September 13, 2022 <i>As State Institutions Close, Families of Longtime Residents Face Agonizing Choices</i> The number of Americans living in . . . institutions has dropped more than 90% since the late 1960s. Seventeen states have closed all their large public</p> |

institutions for people with disabilities. Just five states — Iowa, Nebraska, South Carolina, Utah, and Wyoming — haven't closed any, according to a University of Minnesota expert. . .

The number of Americans living in state-run institutions plummeted from 194,650 in 1967 to 17,596 in 2018, according to [a recent paper](#). . .

The closures partly stemmed from the U.S. Supreme Court's 1999 [decision in *Olmstead v. L.C.*](#), which held that Americans with disabilities have a right to live in the least restrictive setting that is practical. . .

(A)bout 1.3 million Americans are served by public programs for people with intellectual or developmental disabilities. Only about 1% of them live in large state institutions.

<https://tinyurl.com/KHNStateInstitutionsClose>

20. *New York Times

July 21, 2022

'Best Foot Forward' Is a Story About, and by, People with Disabilities

The Apple TV+ series, based loosely on a memoir by Josh Sundquist, prioritized disability representation on both sides of the camera. . .

What happens in front of the camera often dominates the discourse around representation in entertainment. While the news media has [in recent years paid some attention](#) to the lack of opportunity for actors with disabilities, there is still plenty of room for progress.

The [Centers for Disease Control and Prevention](#) estimates that 26 percent of American adults have a disability, but according to a [GLAAD report](#) released earlier this year, characters with disabilities, including children, constituted only 2.8 percent of series regulars across all scripted broadcast TV shows in the 2021-22 TV season. . .

In making "Best Foot Forward," Sundquist was determined to hire disabled people across the production but finding crew members with disabilities was more challenging than he anticipated. When it comes to actors, "agents know that sometimes you want people with disabilities and they have those people already on file," he said. But when the producers contacted unions and guilds that represent crew positions, he said, they found that most of them didn't track which of their members have disabilities. . .

"Best Foot Forward" isn't the first show to include people with disabilities on both sides of the camera. Several shows over the past few years, including Sundance Now's ["This Close,"](#) about two best friends who are deaf, and Netflix's ["Special,"](#) a comedy about a gay man with cerebral palsy, were created by and starred people with disabilities.

<https://tinyurl.com/NYTBestFootForward>

21. *Wall Street Journal

July 13, 2022

The Pure Joy of Baseball for These Children with Disabilities

The return of youth baseball this season is especially sweet for players in the Miracle League and their families.

The small crowd cheers as the sun sets on a ballfield in western Pennsylvania named after Pittsburgh Pirates baseball legend [Bill Mazeroski](#). The scene looks like thousands of others unfolding across the country on summer evenings, except for one important difference.

Preston has autism. His Blue Jays teammates in the Miracle League of Western Pennsylvania have Down syndrome, ADHD, and developmental disabilities. One

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| | <p>has a rare genetic disorder and bats from her wheelchair; another is legally blind. Some adults play too. Number 5 on the opposing team, Michael Anthony, is 62 and has intellectual disabilities. He sang the national anthem at the start of the game. . .</p> <p>The western Pennsylvania league is one of the 325 Miracle League programs across the U.S., Canada, Puerto Rico, and Mexico, serving 100,000 children and adults with disabilities. . .</p> <p>Little League, a separate organization, also has a Challenger Division with 950 programs in 10 countries for individuals with physical and intellectual challenges, although it encourages playing games on traditional baseball or softball fields. . .</p> <p>At the games, parents can also see what they never dreamed would be possible. “To watch our daughter, out there playing ball, is something we never expected to see,” says Jeff List, standing alongside his wife, Bobbie. https://tinyurl.com/PureJoyOfBaseball</p> <p>22. *Wall Street Journal July 6, 2022 <i>The 27-Time Major Winner with a Gap on His Résumé: Wimbledon</i> Shingo Kunieda is the greatest men’s wheelchair tennis player of all time. But at 38, he’s still chasing his first grass-court Slam. . .</p> <p>How Wimbledon eluded a serial champion like Kunieda is due, in part, to timing. He’s had fewer chances to rack up trophies here than at any other major, simply because Wimbledon didn’t have a singles wheelchair tournament until 2016. The grass, which tends not to match well with human-powered wheels, was deemed too inhospitable. . .</p> <p>The only rule difference between wheelchair tennis and the able-bodied version is that it allows for two bounces rather than one. But the game has sped up so much, and players cover so much more ground, that they often smack the ball back after just one bounce—even on grass. Tactics are being reinvented every season. . .</p> <p>Except with 27 major singles titles, Kunieda is already in territory that no able-bodied player has ever reached. Rafael Nadal ground his way to a record 22nd this spring. Serena Williams appears stuck on 23, the Open Era record. It’s likely that Kunieda will pick up No. 28 before he calls it a career, but there is one place where it would matter most. https://tinyurl.com/27TimeMajorWinner</p> |
| Aging Topics | <p>23. The Ethel from AARP September 19, 2022 <i>What I Learned About Longevity from Centenarians in the Blue Zones</i> There are five places in the world officially designated as Blue Zones, locations where residents live long, healthy lives, often over 100 years. According to Dan Buettner, author of the best-selling book <i>The Blue Zones</i>, the five geographic areas that boast more centenarians than anywhere else in the world are the Barbagia region of Sardinia, Italy; Ikaria, Greece; Nicoya Peninsula, Costa Rica; Loma Linda, California, home of the Seventh-day Adventists; and Okinawa, Japan.</p> <p>Buettner’s research identifies the shared lifestyle and habits of the world’s longest-living people: Purposeful living, moving naturally, connection to spirituality, and a diet of fresh, unprocessed, plant-based food. This diet alone contributes to a longer life by reducing inflammation and chronic illness. . .</p> |

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| | <p>Aging alone is an American construct, along with our rugged individualism. More Americans live alone than people elsewhere in the world, according to the Pew Research Center. Two-thirds of seniors across the world live in extended family households, compared with just 6 percent of those over 60 in the United States who share intergenerational households.</p> <p>Close to 100 percent of families live this way in the Blue Zones, avoiding social isolation, loneliness and the mental and physical health issues that arise because of those factors. Having loved ones around also alleviates stress, and stress is a key factor contributing to killer diseases.</p> <p>https://tinyurl.com/LongevityInBlueZones</p> |
| | *May require registration before accessing article. |
| 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</p> <p>Questions or comments can be directed to Legislative Work Group Chair Richard (Dick) Moore at rmoore8473@charter.net.</p> |
| Websites | |
| 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 | <ul style="list-style-type: none"> • Quincy Health and Rehabilitation Center LLC, Quincy 126 beds; current census: 77 Owner: Waschusetz Healthcare Star rating: 2 stars Target closure: December 7 • Attleboro Healthcare, Attleboro 120 beds Owner: Next Step Healthcare Star rating: Special Focus Facility Target closure: December 29 • Dedham Healthcare, Dedham 145 beds Owner: Next Step Healthcare Star rating: 1 star Target closure: December 29 • Gloucester Healthcare, Gloucester 101 beds Owner: Next Step Healthcare Star rating: 3 stars Target closure: December 30 • Chetwynde Healthcare, West Newton 75 beds Owner: Next Step Healthcare Star rating: 2 stars Target closure: December 30 |

| | <ul style="list-style-type: none"> • NOTE: Admission freezes have been initiated in all facilities with closure plans. | | | | | | | | | | | | | | | | | | | | |
|--|--|------------------|-------------------|----------------|-------------------|--|---------|-----------|-------------------|-------------------|--------|----------|-------------------|-----------------------------|---------|-----------|-----------|--|----------|-----------|-------------------|
| Websites of Dignity Alliance Massachusetts Members | See: https://dignityalliancema.org/about/organizations/ | | | | | | | | | | | | | | | | | | | | |
| Assisted Living Residences Closures | <ul style="list-style-type: none"> • Motif by Monarch (previously Landmark at Ocean View), Beverly, July 2022 • Connemara Senior Living, Brockton, Summer 2022 • Landmark at Longwood, Mission Hill, Boston, October 5, 2022 | | | | | | | | | | | | | | | | | | | | |
| Nursing homes with admission freezes | <p>Massachusetts Department of Public Health <i>Temporary admissions freeze</i></p> <p>On November 6, the state announced that it would require certain high risk nursing homes and rest homes to temporarily stop all new admissions to protect the health and safety of residents and prevent further COVID-19 transmission. Stopping admissions enables homes to focus resources such as staff and PPE on the health and safety of its current residents and enables the home to stabilize before taking on new residents. Homes that meet certain criteria will be required to stop any new admissions until the Department of Public Health has determined that conditions have improved, and the facility is ready to safely care for new residents. The Commonwealth will work closely with homes during this time and provide supports as needed to ensure resident health and safety. There are a number of reasons why a facility may be required to stop admissions, and the situation in each facility is different. Some of the factors the state uses to make this decision include:</p> <ul style="list-style-type: none"> • Number of new COVID-19 cases within the facility • Staffing levels • Failure to report a lack of adequate PPE, supplies, or staff • Infection control survey results • Surveillance testing non-compliance <p>Facilities are required to notify residents' designated family members and/or representative when the facility is subject to an admissions freeze. In addition, a list of facilities that are currently required to stop new admissions and the reason for this admissions freeze will be updated on Friday afternoons, and as needed when the Department of Public of Health determines a facility can be removed from the list.</p> <p>Updated on September 23, 2022. Red font – newly added</p> <table border="1"> <thead> <tr> <th>Name of Facility</th> <th>City/Town</th> <th>Date of Freeze</th> <th>Qualifying Factor</th> </tr> </thead> <tbody> <tr> <td>Charwell House Health and Rehabilitation</td> <td>Norwood</td> <td>9/14/2022</td> <td>Infection Control</td> </tr> <tr> <td>Dedham Healthcare</td> <td>Dedham</td> <td>7/6/2022</td> <td>Infection Control</td> </tr> <tr> <td>Life Care Center of Raynham</td> <td>Raynham</td> <td>9/22/2022</td> <td>New cases</td> </tr> <tr> <td>Pleasant Bay of Brewster Rehabilitation Center</td> <td>Brewster</td> <td>9/20/2022</td> <td>Infection Control</td> </tr> </tbody> </table> | Name of Facility | City/Town | Date of Freeze | Qualifying Factor | Charwell House Health and Rehabilitation | Norwood | 9/14/2022 | Infection Control | Dedham Healthcare | Dedham | 7/6/2022 | Infection Control | Life Care Center of Raynham | Raynham | 9/22/2022 | New cases | Pleasant Bay of Brewster Rehabilitation Center | Brewster | 9/20/2022 | Infection Control |
| Name of Facility | City/Town | Date of Freeze | Qualifying Factor | | | | | | | | | | | | | | | | | | |
| Charwell House Health and Rehabilitation | Norwood | 9/14/2022 | Infection Control | | | | | | | | | | | | | | | | | | |
| Dedham Healthcare | Dedham | 7/6/2022 | Infection Control | | | | | | | | | | | | | | | | | | |
| Life Care Center of Raynham | Raynham | 9/22/2022 | New cases | | | | | | | | | | | | | | | | | | |
| Pleasant Bay of Brewster Rehabilitation Center | Brewster | 9/20/2022 | Infection Control | | | | | | | | | | | | | | | | | | |
| List of Special Focus Facilities | <p>Centers for Medicare and Medicaid Services <i>List of Special Focus Facilities and Candidates</i> https://tinyurl.com/SpecialFocusFacilityProgram Updated June 29, 2022</p> <p>CMS has published a new list of Special Focus Facilities (SFF). SFFs are nursing homes with serious quality issues based on a calculation of deficiencies cited during inspections and the scope and severity level of those citations. CMS</p> | | | | | | | | | | | | | | | | | | | | |

publicly discloses the names of the facilities chosen to participate in this program and candidate nursing homes.

To be considered for the SFF program, a facility must have a history (at least 3 years) of serious quality issues. These nursing facilities generally have more deficiencies than the average facility, and more serious problems such as harm or injury to residents. Special Focus Facilities have more frequent surveys and are subject to progressive enforcement until it either graduates from the program or is terminated from Medicare and/or Medicaid.

This is important information for consumers – particularly as they consider a nursing home.

What can advocates do with this information?

- Include the list of facilities in your area/state when providing information to consumers who are looking for a nursing home. Include an explanation of the SFF program and the candidate list.
- Post the list on your program’s/organization’s website (along with the explanation noted above).
- Encourage current residents and families to check the list to see if their facility is included.
- Urge residents and families in a candidate facility to ask the administrator what is being done to improve care.
- Suggest that resident and family councils invite the administrator to a council meeting to talk about what the facility is doing to improve care, ask for ongoing updates, and share any council concerns.
- For long-term care ombudsmen representatives: Meet with the administrator to discuss what the facility is doing to address problems and share any resources that might be helpful.

Massachusetts facilities listed (updated July 27, 2022)

Newly added to the listing

- None

Massachusetts facilities not improved

- None

Massachusetts facilities which showed improvement

- Attleboro Healthcare, Attleboro
<https://tinyurl.com/AttleboroHealthcare>
- Marlborough Hills Rehabilitation and Health Care Center, Marlborough
<https://tinyurl.com/MarlboroughHills>

Massachusetts facilities which have graduated from the program

- None

Massachusetts facilities that are candidates for listing

- Parkway Health and Rehabilitation Center
<https://tinyurl.com/ParkwayHealthCenter>
- Plymouth Rehabilitation and Health Care Center
<https://plymouthrehab.com/>
- Revolution Charwell
<https://tinyurl.com/RevolutionCharwell>
- Savoy Nursing and Rehabilitation Center, New Bedford (added in June)
No website
- South Dennis Healthcare, South Dennis (added in July)
<https://www.nextstephc.com/southdennis>
- Tremont Health Care Center, Wareham

| | <p>https://thetremontrehabcare.com/</p> <ul style="list-style-type: none"> • Vantage at South Hadley No website • Vero Health and Rehabilitation Center of Amesbury https://tinyurl.com/VeroAmesbury • Vero Health and Rehabilitation Center of Revere https://tinyurl.com/VeroRevere • Watertown Rehabilitation and Nursing Center, Watertown (added in June) No website https://tinyurl.com/SpecialFocusFacilityProgram | | | | | | | | | | | | | | | | | | | | |
|------------------------------------|--|------------|----------------|---------------------|-------------------|--------------------|-------------------|-----------------------|-------------------|-----------------------|-------------------|---------------------|-------------------|---------------------|-------------------|-------------------|-------------------|--------------------|-------------------|-------------------|-------------------|
| <p><i>Nursing Home Inspect</i></p> | <p>ProPublica <i>Nursing Home Inspect</i> Data updated August 2022 This app uses data from the U.S. Centers for Medicare and Medicaid Services. Fines are listed for the past three years if a home has made partial or full payment (fines under appeal are not included). Information on deficiencies comes from a home’s last three inspection cycles, or roughly three years in total. The number of COVID-19 cases is since May 8, 2020, when homes were required to begin reporting this information to the federal government (some homes may have included data on earlier cases). Massachusetts listing: https://projects.propublica.org/nursing-homes/state/MA</p> <p>Deficiencies By Severity in Massachusetts (What do the severity ratings mean?)</p> <table border="0"> <thead> <tr> <th># reported</th> <th>Deficiency Tag</th> </tr> </thead> <tbody> <tr> <td>249</td> <td>B</td> </tr> <tr> <td>79</td> <td>C</td> </tr> <tr> <td>7,092</td> <td>D</td> </tr> <tr> <td>1,857</td> <td>E</td> </tr> <tr> <td>552</td> <td>F</td> </tr> <tr> <td>489</td> <td>G</td> </tr> <tr> <td>1</td> <td>H</td> </tr> <tr> <td>33</td> <td>J</td> </tr> <tr> <td>7</td> <td>K</td> </tr> </tbody> </table> | # reported | Deficiency Tag | 249 | B | 79 | C | 7,092 | D | 1,857 | E | 552 | F | 489 | G | 1 | H | 33 | J | 7 | K |
| # reported | Deficiency Tag | | | | | | | | | | | | | | | | | | | | |
| 249 | B | | | | | | | | | | | | | | | | | | | | |
| 79 | C | | | | | | | | | | | | | | | | | | | | |
| 7,092 | D | | | | | | | | | | | | | | | | | | | | |
| 1,857 | E | | | | | | | | | | | | | | | | | | | | |
| 552 | F | | | | | | | | | | | | | | | | | | | | |
| 489 | G | | | | | | | | | | | | | | | | | | | | |
| 1 | H | | | | | | | | | | | | | | | | | | | | |
| 33 | J | | | | | | | | | | | | | | | | | | | | |
| 7 | K | | | | | | | | | | | | | | | | | | | | |
| <p>Nursing Home Compare</p> | <p>Centers for Medicare and Medicaid Services (CMS) <i>Nursing Home Compare Website</i> Beginning January 26, 2022, the Centers for Medicare and Medicaid Services (CMS) is posting new information on the that will help consumers have a better understanding of certain staffing information and concerns at facilities. This information will be posted for each facility and includes:</p> <ul style="list-style-type: none"> • Staff turnover: The percentage of nursing staff as well as the number of administrators who have stopped working at a nursing home over the past 12-month period. • Weekend staff: The level of weekend staffing for nurses and registered nurses at a nursing home over a three-month period. <p>Posting of this information was required as part of the Affordable Care Act, which was passed in 2010. In many facilities, staffing is lower on weekends, often meaning residents have to wait longer or may not receive all the care they need. High turnover means that staff are less likely to know the residents,</p> | | | | | | | | | | | | | | | | | | | | |

| | <p>recognize changes in condition, or implement preferred methods of providing care. All of this contributes to the quality-of-care residents receive and their quality of life.</p> <p>https://tinyurl.com/NursingHomeCompareWebsite</p> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|---|--|--|-------|--------------------|-------------------------------|--|-------------------|--------------|--|----------------|--|--|---|----------------|--|-----------------------------------|------------|--|---------|--------------|--|-------------|---------------|--|--------------|-------------|--|------------------|----------------|--|
| Long-Term Care Facilities Specific COVID-19 Data | <p>Massachusetts Department of Public Health <i>Long-Term Care Facilities Specific COVID-19 Data</i> <i>Coronavirus Disease 2019 (COVID-19) reports related to long-term care facilities in Massachusetts.</i></p> <p>Table of Contents</p> <ul style="list-style-type: none"> • COVID-19 Daily Dashboard • COVID-19 Weekly Public Health Report • Additional COVID-19 Data • CMS COVID-19 Nursing Home Data | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| DignityMA Call to Action | <ul style="list-style-type: none"> • The MA Senate released a report in response to COVID-19. Download the DignityMA Response to Reimagining the Future of MA. • Advocate for state bills that advance the Dignity Alliance Massachusetts’ Mission and Goals – State Legislative Endorsements. • Support relevant bills in Washington – Federal Legislative Endorsements. • Join our Work Groups. • Learn to use and leverage Social Media at our workshops: Engaging Everyone: Creating Accessible, Powerful Social Media Content | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Access to Dignity Alliance social media | <p>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</p> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <p>Participation opportunities with Dignity Alliance Massachusetts</p> <p>Most workgroups meet bi-weekly via Zoom.</p> <p>Please contact workgroup lead for more information</p> | <table border="1"> <thead> <tr> <th>Workgroup</th> <th>Workgroup lead</th> <th>Email</th> </tr> </thead> <tbody> <tr> <td>General Membership</td> <td>Bill Henning Paul Lanzikos</td> <td>bhenning@bostoncil.org paul.lanzikos@gmail.com</td> </tr> <tr> <td>Behavioral Health</td> <td>Frank Baskin</td> <td>baskinfrank19@gmail.com</td> </tr> <tr> <td>Communications</td> <td>Pricilla O’Reilly Samantha VanSchoick Lachlan Forrow</td> <td>prisoreilly@gmail.com svanschoick@cil.org lforrow@bidmc.harvard.edu</td> </tr> <tr> <td>Facilities (Nursing homes, rest homes, assisted living)</td> <td>Arlene Germain</td> <td>agermain@manhr.org</td> </tr> <tr> <td>Home and Community Based Services</td> <td>Meg Coffin</td> <td>mcoffin@centerlw.org</td> </tr> <tr> <td>Housing</td> <td>Bill Henning</td> <td>bhenning@bostoncil.org</td> </tr> <tr> <td>Legislative</td> <td>Richard Moore</td> <td>rmoore8743@charter.net</td> </tr> <tr> <td>Legal Issues</td> <td>Jeni Kaplan</td> <td>jkaplan@cpr-ma.org</td> </tr> <tr> <td>Veteran Services</td> <td>James Lomastro</td> <td>jimlomastro@comcast.net</td> </tr> </tbody> </table> | Workgroup | Workgroup lead | Email | General Membership | Bill Henning Paul Lanzikos | bhenning@bostoncil.org paul.lanzikos@gmail.com | Behavioral Health | Frank Baskin | baskinfrank19@gmail.com | Communications | Pricilla O’Reilly Samantha VanSchoick Lachlan Forrow | prisoreilly@gmail.com svanschoick@cil.org lforrow@bidmc.harvard.edu | Facilities (Nursing homes, rest homes, assisted living) | Arlene Germain | agermain@manhr.org | Home and Community Based Services | Meg Coffin | mcoffin@centerlw.org | Housing | Bill Henning | bhenning@bostoncil.org | Legislative | Richard Moore | rmoore8743@charter.net | Legal Issues | Jeni Kaplan | jkaplan@cpr-ma.org | Veteran Services | James Lomastro | jimlomastro@comcast.net |
| | Workgroup | Workgroup lead | Email | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| | Behavioral Health | Frank Baskin | baskinfrank19@gmail.com | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| <p><i>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 Dignity Digest" is obtained from publicly available sources and does not necessarily represent positions held by Dignity Alliance Massachusetts.</i></p> <p><i>Previous issues of The Tuesday Digest and The Dignity Digest are available at: https://dignityalliancema.org/dignity-digest/</i></p> <p><i>For more information about Dignity Alliance Massachusetts, please visit www.DignityAllianceMA.org.</i></p> | |