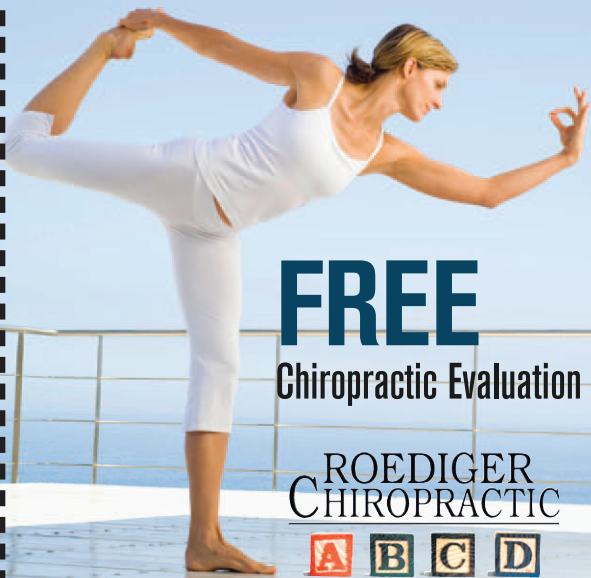


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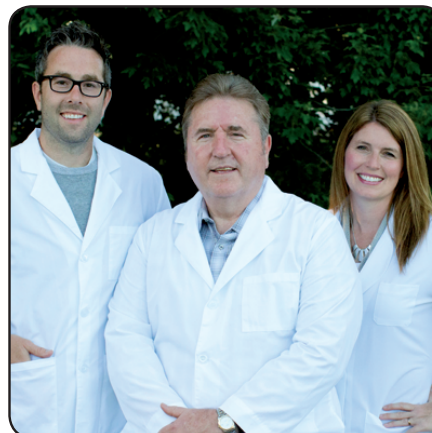


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Studies Show Private-Equity-Owned Nursing Homes Underperform, Overspend

By Andrea Lawrence
Foundations Health Solutions

Knowing who owns your local nursing home matters because it could affect your health, according to recent studies that examine the effects of private-equity ownership on nursing homes.

Private-equity acquisition of nursing homes was associated with higher Medicare costs and increases in emergency department visits and re-hospitalizations, according to a Journal of American Medicine Association article published in 2021. The article calls for more oversight of private equity-owned nursing homes.

The White House has cited this study, along with several others, in its recent fact sheet titled “Protecting Seniors by Improving Safety and Quality of Care in the Nation’s Nursing Homes.” Private-equity ownership is on the rise, causing concern from industry experts and regulating bodies alike.

“Too often, the private equity model has put profits before people—a particularly dangerous model when it comes to the health and safety of vulnerable seniors and people with disabilities,” The White House fact sheet states.

Among the sources citing poor outcomes from private-equity-owned nursing homes was a working paper published by the National Bureau of Economic Research (NBER). The paper’s findings state that of the 18,000 nursing home facilities studied over a seventeen-year period, private-equity ownership increased excess mortality for residents by 10 percent. “That suggests an additional 20,150 lives lost as a result of private equity ownership,” the paper states.

JAMA, NBER, and Americans for Financial Reform have all recently published articles and working papers sharing several other data findings that indicate private-equity-owned nursing homes underperform when compared to for-profit nursing homes not associated with private equity. These findings include:

- 50 percent increased use of antipsychotics at private-equity-owned nursing homes (source: JAMA)
- Private-equity-owned nursing homes had a COVID-19 infection rate and death rate that were 30 percent and 40 percent above statewide averages, respectively (source:

Americans for Financial Reform)

- Nursing homes owned by private-equity firms had a 3 percent decrease in hours of frontline nursing staffing (source: NBER)
- Residents at private-equity-owned nursing homes were 11.1 percent more likely to have a preventable emergency department visit (source: JAMA)
- Private-equity-owned nursing home residents were 11.1 percent more likely to experience a preventable hospitalization (source: JAMA)

These negative outcomes aren’t just affecting peoples’ health. They are affecting their pocketbooks too. There has been increased taxpayer spending of 11 percent per resident in private-equity-owned nursing homes, according to the NBER.

“Private equity (PE) investment in US health care has grown dramatically, with \$750 billion in deals from 2010 to 2019,” according to JAMA. “These investments have concerned policy makers because PE firms often create complicated asset, management, and operating structures that may avoid transparency and accountability in patient care.”

While private equity continues to acquire more and more nursing homes throughout the country, experts say it is important for consumers to identify ownership and choose nursing homes that are owned by entities that are not dependent on private-equity money.

“Private equity investors are acquiring buildings at premium pricing and, subsequently, drastically cutting expenses—namely labor—in order to attain unrealistically high profit margins,” said Joe Altieri, Chief Governance Officer of Foundations Health Solutions, a large, nursing home outfit based in Ohio. “Foundations Health is not dependent on private equity to support our operation. It allows us to invest in our physical plants, making more private rooms, and having higher staff-to-resident ratios.”

Foundations Health Solutions, the state of Ohio’s largest nursing home provider, owns nearly 60 of the state’s 800-plus nursing



homes. The company reports higher-than-average Medicare star ratings and lower re-hospitalization rates than its private-equity-owned competitors, Altieri says.

“It’s more than just business for us. We live and work where we own these nursing homes,” Altieri said. “We do the right thing because we answer to our residents and their families. We don’t answer to investors.”

In Northeast Ohio, Foundations operates several skilled nursing facilities and assisted livings, including Mentor Ridge Health and Rehabilitation, The Preserve Senior Living at Mentor Ridge, and Heather Hill Care Communities. These facilities boast top Medicare star ratings and wage scales that are among the highest in their counties. Having a local owner who does not rely on private-equity investments contributes to those locations’ successes, according to Altieri.

Foundations Health Solutions has proudly served local communities for more than two decades. With a Culture of Care that prioritizes finding caregivers who know what it means to put the resident first, Foundations’ teams offer superior care. If you are looking for a quality skilled nursing facility in your neighborhood, visit wwwFOUNDATIONSHealth.net to learn more.



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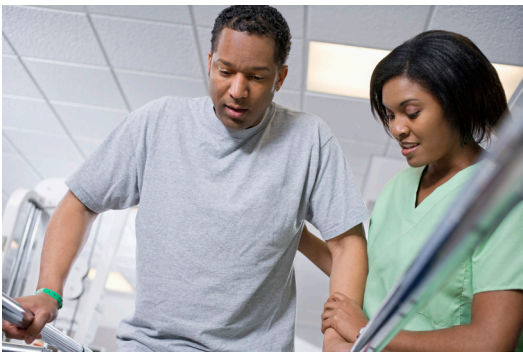


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Ronette had very positive experiences at Kirtland. She stated “I thoroughly enjoyed the people the most. From the start, I was happy. I was welcomed by the nursing staff and felt comfortable right away in my room. April, the STNA, and Christina S, the registered nurse, were extraordinary in meeting my needs and answering my call light in a timely manner. Regarding therapy, Tom was very informative on workouts while Amy and Christa were intuitive to my therapy goals and how to achieve them. I was encouraged and pushed to achieving my outcome of going home. I strongly encourage this place to others.”

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WHAT ARE PDO THREADS?

PDO Threads are an FDA cleared revolutionary new procedure which can be performed in the office to lift areas such as jowls, cheeks, eyebrows, neck, and a few other areas. The procedure can give instant lifting results, but it takes 2-3 mos. to see the final result and may last up to 2 yrs. It does not replace a traditional facelift, but that has many more possible complications and downtime.



There are many different types of threads and which are used depends on many of your individual features: i.e.; age, amount of laxity, etc.; the type of thread will be determined on evaluation in the office. The actual procedure takes about 1 hour and minimal amounts of local anesthesia are used.

The downtime is minimal and some people go back to work!

PDO Threads are coming to Dr. Blanchard's Office in April.



Now offering Rejuvepen Microneedling Treatments with Exosomes! Improves skins elasticity, fine lines, and much more!

Have droopy eyelids and don't want surgery, We now have Upneeq a new product. Call/come to the office!!

With years of experience and expertise, Dr. Blanchard will proudly be serving Lake County and surrounding area residents for all of their Plastic Surgery needs.

- Botox
- Fillers
- Cosmetics consultations
- Facelift
- Necklift
- Breast Lift
- Tummy Tuck
- Liposuction

**SAVE \$100 ON ANY SYRINGE OF RESTYLANE FILLERS (excludes .5ml).
DYSPORT \$12 PER UNIT! THROUGH 9/20 OR WHILE SUPPLIES LAST!**

**We also offer
the Perfect
Peel with
powerful
ingredients
that deliver
results fast!**

**6 months
no interest with
CareCredit!**

How old you are is
your business...
How **young** you look
is **our business...**

JANET M. BLANCHARD, M.D.

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www.blanchardplastics.com • blanchardplastics@gmail.com

Introducing MaxStrength Wellness Coaching



been keeping you stuck, and we can progress your program accordingly until you ultimately reach your goals.

What this program is not:

This is not a diet. MaxStrength Wellness Coaching will not provide you with the promise of overnight weight loss that isn't healthy or sustainable. Structurally we will arm you with the right information about what we recommend for you to eat and what to avoid, but there won't be any meal plans. During your first visit we will provide you with an Inbody Scan, which will provide starting metrics of your bones density, body fat, and lean muscle mass which will allow us to strategize and target problem areas so that we can optimize programs by identifying muscle or fat imbalances with the Segmental Lean and Fat Analysis section. Utilizing the Body Fat - Lean Body Mass Control helps to provide us with a general recommendation/baseline for goal setting.

If weight loss is your journey, we will create a path for getting your mind right and motivation you as you take each step along the way. This isn't a bandaid or just a quick easy fix. You have to be willing to do the work and commit to change and if you think that's too hard, it won't be. That is the benefit of working with a coach. Support and tools that make you prepared to face the obstacles that have been holding you back.

Coaching can help people overcome one of the main reasons diets often don't work -- the person hasn't "yet connected their heart and their head," says Ellen Goldman

What is a wellness coach?

Glad you asked. Beyond the need to complete your workouts each week at MaxStrength Fitness, there is an overwhelming demand to have support in all areas of personal wellness. People always want to know how to lose weight! And while we have that information and are happy to share it, where the disconnect tends to occur is in getting through the day-to-day with the ability to make the right choices consistently in order to be able to create any real and lasting change. Most people have a basic understanding of what

it takes to be healthy and strong (there is no lack of information on the internet, that is for SURE.) but what they don't have is a support system in their life to help create the mindset that you need to act on those lifestyle changes. It's hard out there on your own!

How does MaxStrength Wellness fit in my life?

Our coaches will work with you on a weekly basis to identify the areas in your life that you need the most support. Oftentimes the things that are holding us back can be discovered through thoughtful conversation and questions that will allow your coach to see the key areas in your life that you need to begin to focus on. Through accountability and support, you will begin to solve those issues that have been holding you back from achieving

the next level in your health and fitness goals. And it doesn't end there.

Our program is completely custom to each individual. When working with your coach, you will begin to understand that there are many levels in which to find personal improvement and we will begin by identifying the core issues that create the swirling chaos around you, to the effect that once we help you course correct you begin to peel away the layers of barriers that have

**For a limited time receive
4 FREE personal training sessions with the
purchase of a Wellness Package. Go to www.maxstrengthfitness.com/wellness to learn
more and purchase your package today!**

Offer expires 9/30/22

Are You Struggling With Low Energy, Aches and Pains, Increasing Body Fat and Muscle Loss?

We believe there is a better way to live. We understand what it feels like to worry about your health. We've created a powerful, no-sweat workout that helps you achieve your goals while still having time for everything you enjoy.

This Month We're Gifting The First 14 New Clients Our Path To A Better Tomorrow Initial Appointment **valued at more than \$450!**

If you've been suffering with your health and fitness...this is your chance to get on your path to feeling better, in all aspects of your life.

Are you experiencing any of these issues?

- ✓ Declining health
- ✓ Low self-esteem
- ✓ Loss of mobility
- ✓ High stress
- ✓ Cardiovascular issues
- ✓ Osteopenia
- ✓ Joint Inflammation

If you answered yes to one of these, claim this **FREE OFFER NOW** at www.maxstrengthfitness.com/offer or call us at (440) 835-9090.

- Here's what you'll receive:
1. Initial Consultation: We will go in depth to discuss your goals, medical and fitness history, limitations and create a personalized plan to maximize your results in minimal time to transform your current state and create the best YOU yet.
 2. An In Body Scan: Our medical-grade body composition analyzer relies on four pillars of technology to provide clients with accurate and precise direct segmental measurement multi-frequency bioelectrical impedance analysis (DSM-MFBIA) results that have been extensively validated to gold-standard methods.
 3. Four Free 1-1 Training Sessions: Work with Cleveland's premier personal trainers using our proven, science based protocol that will achieve actual results without wasting hours in the gym.



We're gifting the first 14 New Clients the opportunity to receive a complimentary Initial Consultation, Inbody Scan, and Four 1-1 training sessions to provide you with a road map to getting fit, fast!

Most people think they don't have time to fit in workouts that deliver results. At MaxStrength Fitness, our expertly guided workouts transform your life in only 20 minutes, twice a week without breaking a sweat so you can get back to your life. Our goal is to help you become the strongest YOU in all areas of your life.

If you're starting to miss out on the things you love, or you just don't love how you feel, it's likely that training at MaxStrength Fitness can help you feel better again.

You'll watch your body change and feel your strength increase. Whatever your health and fitness goals, MaxStrength Fitness is here to help you achieve them.

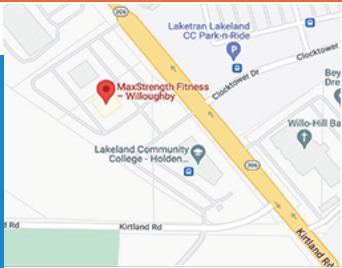
You have nothing to lose, except another day feeling less than your best.

MaxStrength Fitness
4212 State Route 306, Suite 120
Willoughby, OH 44116
(440) 226-8080

★★★★★
Dozens of 5-Star reviews on Google.

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This offer is strictly limited to the 1st 14 New Clients
Who Book Their Appointment Today!



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