

Submission Date: Feb. 14, 2008

Priority: 1 of 2



Ted Stevens

United States Senator for Alaska

Please Note:

- Fill out one request form for each request
- This form (and any attachments) can be returned via:

Fax - (202) 224-2354
 Mail - The Honorable Ted Stevens
 United States Senate
 522 Hart Senate Office Bldg.
 Washington, D.C. 20510

Requests are due by February 15, 2008.

FISCAL YEAR 2009 PROJECT REQUEST FORM

Project Name: Maniilaq Health Center Elder Care Addition

Project Location: Kotzebue, Alaska

Project Description (please attach additional pages as required):

Maniilaq Health Center Elder Care Addition will provide assisted living /long term care services to the elderly and disabled in Northwest Alaska. The facility is an eighteen bed, 14,340 square foot addition, co-located with the Maniilaq Health Center. Please see attached project description. This request is for capital funds and supporting language.

Related Appropriations Bill:

Amount of federal funding requested for FY09: \$ 7,000,000.00

Total funding to complete this project: \$14,000,000.00

Number of years to fund this project: 2

Matching funds from the State of Alaska: \$ 7,000,000.00

Amount requested

Matching funds from local and private entities:

[Empty box for matching funds from local and private entities]

If this project was funded in prior appropriations bills (within the last five years), list each bill and the amount funded:

[Empty box for listing prior appropriations bills]

Amount included in the President's FY09 Budget:

Amount included in the State of Alaska FY09 Budget: \$ 7,000,000.00

Amount requested

Check this box if state funding was sought but not provided.

List legislation that authorizes this project:

[Empty box for listing legislation]

Check all that apply:

- A change in the current law is necessary in order to proceed with the project. (If so, attach language and a list of laws that need to be amended)
- Bill or report language is needed. (If so, attach requested language)

Maniilaq Elders – Planning for the future
Assisted Living/Long Term Care
Maniilaq Health Center Elder Care Addition
February 2008

Executive Summary

The Inupiat people of Northwest Alaska, the Maniilaq Board of Directors and Maniilaq Association staff have for years recognized the elders of the region as teachers of the traditional values and the cultural spirit of the people of the region. Maniilaq Association has worked to develop a home and community based support system for the elders wishing to keep them in their own homes and communities. The last link in a local continuum of elder care is the development and construction of a residential facility to provide assisted living/long term nursing care to elders.

We have worked for the past ten years refining both the program needs and the design of this facility. During a meeting with Senator Stevens' staff two years ago, they requested that we re-scope the project to the minimum necessary to provide the care needed and we have done that.

Senator Stevens' joined us here in Kotzebue last year for another meeting and he suggested we work with his office and the Denali Commission to develop a pilot project that would allow us to demonstrate:

- It is feasible to increase the level of care provided in a tribally operated IHS facility without increasing the IHS budget.
- Appropriate care can be provided to elders in a geographically isolated region.
- It is feasible to co-locate an assisted living/long term care facility with an IHS owned hospital.

We believe the project outlined below meets all of these goals.

According to feasibility studies conducted by Mather and Associates an eighteen bed facility will meet the need for nursing home and assisted living (CHOICE waiver) patients until at least 2015 and be financially sustainable. To facilitate staffing, enhance clinical quality of care and to generate sufficient revenue for financial sustainability the facility will be co-located with the Maniilaq Health Center. The Eden Care Alternative philosophy will be used to provide a warm positive place for our elders to live. Construction of a 14,340 sq. ft. elders care addition will cost approximately \$13,900,000.

Elders Care is a priority for the Maniilaq Association and has been a long standing initiative in the organizations long term plan. It is clear from everything we have learned that elders want to live independently at home. If that is not possible elders want to live in the least restrictive environment as possible, close to their family and friends.

Vision

It is our vision to have healthy elders, living comfortably, close to their families in the most home like environment possible. We know elders would prefer to live at home. However, as people age they require more attention socially and medically. Oftentimes families are unable to provide the level of care that is required. Maniilaq Association is committed to building a continuum of elder services to help bridge this gap.

Maniilaq Association has defined continuum of elders care to include:

- Elders Meals
- Home Care
- Independent Living
- Hospital Swing Beds
- Assisted Living
- Long-Term Nursing Care

The status of Elders Services in the region is as follows:

Elder Meals

Congregate elder lunches are provided five days week at the Kotzebue Senior Citizens Cultural Center in Kotzebue and at the school cafeterias in the villages. Home delivered meals are provided in Kotzebue.

Home Care

Agency based personal care attendant as well as home chore services are currently provided in all regional communities. Consumer directed personal care attendant services are planned for implementation beginning later this year.

Independent Living

Iglut Senior Living Apartments – This 20 unit apartment provides independent living to low income elders living in Kotzebue.

Tupqich Elder Apartments - The five unit Tupqich Elder Apartment project, located in Kotzebue is now complete and occupied.

Maniilaq is currently exploring the feasibility of independent living facilities located in the villages.

Assisted Living

Kotzebue Senior Citizens Cultural Center, located in Kotzebue is a licensed 20 bed assisted living facility. Funding for this facility is provided through a State of Alaska grant, Medicaid CHOICE waiver billing and Maniilaq Association general funds. Over the past two years the State of Alaska grant has been reduced substantially.

Swing Beds

A six bed licensed swing bed program is currently being planned for the Maniilaq Health Center. Certification of the swing bed program is expected in 2008.

Long Term Nursing Care

Long term nursing care is not available in the region. Elders whose medical needs require this level of care must relocate away from family and friends, usually to Anchorage. Construction of an assisted living/long term nursing facility is needed to end the isolation of our most frail elders from their families.

Work to Date

Maniilaq Association has completed the following efforts in support of the proposed project:

- 1997/98 - Elders Needs Assessment – Mather and Associates
- 2003 - Elder Care Addition Concept design – Architects Alaska/NANA Dowl
- 2004 – Financial Feasibility of MHC Elder Care Addition – Mather and Associates
- 2006 – Impact of Greenhouse/Eden Alternative... - Mather and Associates
- 2006 – Design Options evaluated – Architects Alaska/ NANA Dowl
- 2006 - Participate with ANTHC on state wide elder care planning effort
- 2007 – Design and Development Phase Completed
- 2007 – Identified as priority by State Medicaid Reform initiative

Key findings in the work to date are as follows:

Demand – Currently in the Maniilaq service region area there is a demand for 13 nursing home/assisted living CHOICE waiver beds. That demand is expected to grow to 18 by the year 2015. A nursing facility designed with rooms that can accommodate single or double occupancy will allow for expansion of bed space over time to meet a growing demand.

Feasibility – Nursing home care is supported by direct charges for each day of care provided to Medicaid eligible residents. Therefore revenue for operations is a function of the Medicaid rate and the numbers of Medicaid eligible elders living in the facility. Operations are projected to cost in the range of \$2,065,000 during the initial years of operation. Assuming an estimated daily rate of \$581 (most recent average rate for rural Alaska nursing facilities), a break even occupancy level of 65-75% must be maintained for financial sustainability. A substantial operating deficit should be planned for the first two years due to the reimbursement penalty that the current rate process imposes on small facilities. The Maniilaq Association has funded a \$1,000,000 operations reserve in anticipation of this deficit.

Design Completion and Construction

The last step in the development of the Maniilaq Association continuum of care for elders is to complete the design and construction of an assisted living/long term care facility located here in Kotzebue. Maniilaq Association has spent the last ten years performing detailed studies of both program needs and design concepts. The studies were performed by a combination of Mathers and Associates, the NANA Dowl/Architects Alaska design team, and the senior management staff of Maniilaq Association. More recently, we have coordinated our efforts with a statewide elders group coordinated by ANTHC.

Our mutual conclusion is that an 18 bed assisted living/long term care facility co-located with the hospital will allow us to both meet the needs of the region for the foreseeable future and complete our continuum of care for elders.

The result of our efforts is shown in Figure 1, Elder Care Addition and Related Program Improvements. This new 18 bed, 14,340 square foot facility will be co-located with our present 88,000 square foot hospital as shown. The advantages of co-locating the facility are as follows:

- Much of the infrastructure of the existing hospital such as water, sewer, heat, hot water, air conditioning, electricity, back-up power, sprinkler system, fire alarm, and control system are sized such that they can handle the additional loads.
- Existing services such as laundry, housekeeping, central supply, and the cafeteria have the capacity to provide needed services.
- The clinical staff needs of the assisted living/long term care facility mirror those of the hospital which will allow the sharing of work loads during slow periods to minimize operating costs.

The capital funding needed to construct this new co-located facility totals approximately \$13,900,000. This is comprised of \$12,250,000 for the new assisted living/long term care facility, \$1,550,000 for directly related program space for physical therapy, Home Health, and Social Services, and \$100,000 for the renovation of the Specialty Clinic.

At a funding meeting held here in Kotzebue during the summer of 2007, it was agreed that we would use a modified Denali Commission business plan template. This plan will be completed later this year.

To illustrate the high priority Maniilaq Association places on this project, we committed \$250,000 last year and another \$570,000 in 2008 from our general fund to complete the design and earmarked another \$1,000,000 to offset the operating losses anticipated during the first two years of operation.

In addition to the challenge of obtaining the capital required for design and construction, Maniilaq Association is working on two other challenges. The first is a certificate of need (CON). We are working with a consultant on the application and should be submitting the application within the next couple months. In addition, we are working with the State of Alaska and through our cooperative effort with the state wide elders planning group lead by ANTHC.

The second challenge is obtaining the land to build on and sharing the existing hospital central systems such as heating, cooling, water, etc. As you can see by Figure 2, Hospital Site Plan, the new assisted living/long term care facility is located on what is now a federally owned lot that includes the hospital. Our goal is to have the land that the Maniilaq owned assisted living/long term care facility would occupy transferred to Maniilaq Association. We have generated the legislative language that would accomplish these objectives. We are requesting the assistance of Senator Stevens' office and the rest of our national congressional delegation in getting that legislation passed.

Operations

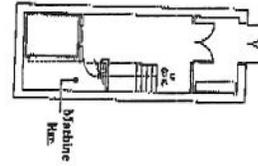
Maniilaq Association is committed to providing nursing home care in a manner that is culturally relevant and satisfying to elders and their families utilizing the Eden Alternative philosophy. The Eden Alternative model of care embraces the philosophy that nursing homes are not places to die, but places to live. It employs the use of companionship from both children and other adults from inside and outside the facility, the opportunity to nurture plants and other living things and the variety and spontaneity that mark an enlivened environment in order to make a positive difference in the lives of elders.

The organization or work at the new facility will rely on a combination of direct care providers employed by the nursing wing supported by a clinical support team that is based off site in the co-located Maniilaq Health Center.

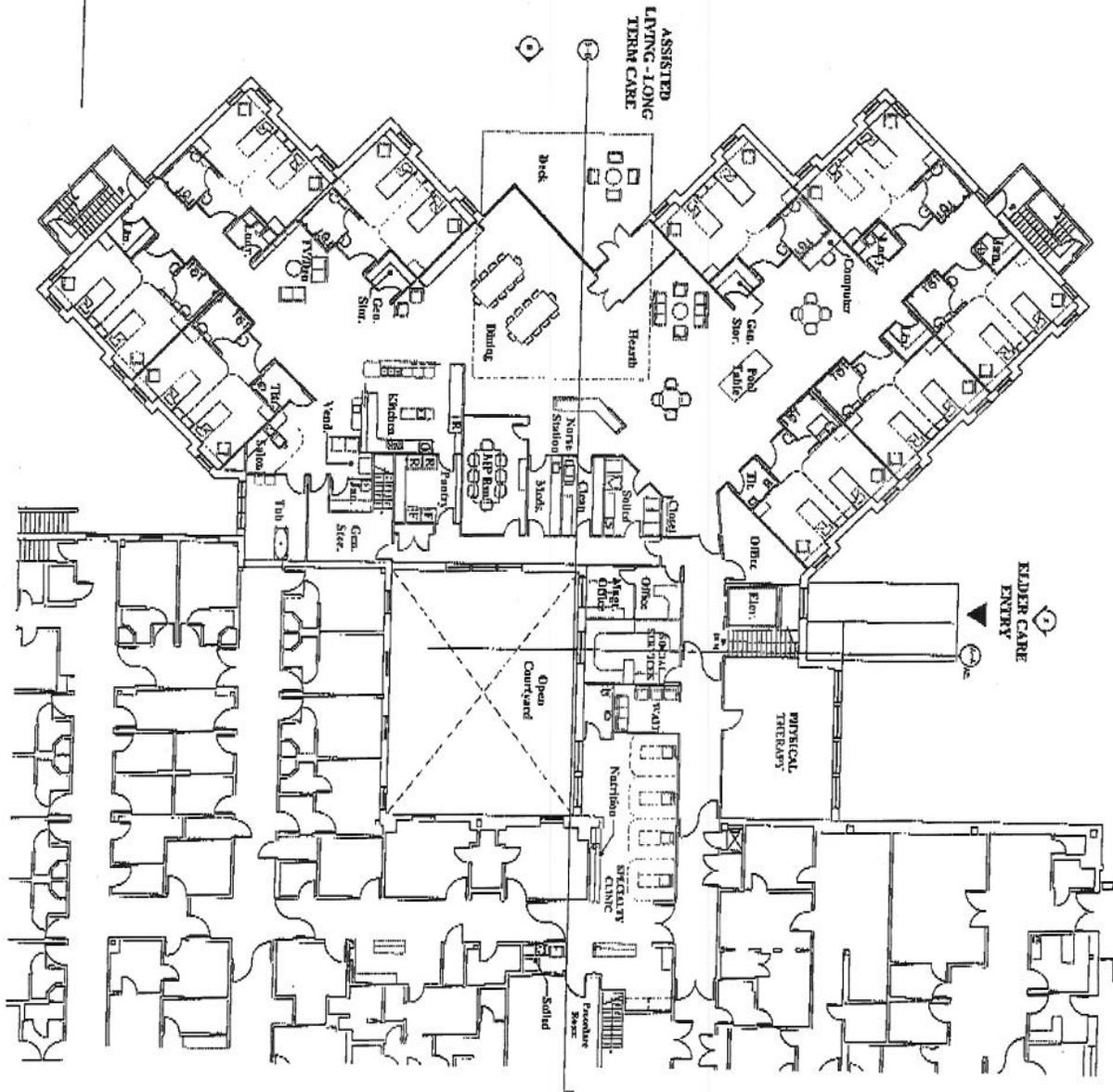
The projected operating budget is as follows:

<u>Budget Category</u>	<u>Annual Budget</u>	<u>Service Source</u>
Salaries		
LTC Director (1 FTE)	\$ 89,000	Direct
Nursing (4 FTE)	\$ 240,000	Direct
CNA (14.5 FTE)	\$ 440,000	Direct
Social Work Associate (.5 FTE)	\$ 33,000	Direct
Activities Director (.5 FTE)	\$ 24,000	Direct
Support Staff (2 FTE)	\$ 70,000	Direct
Fringe @ 28%	\$ 250,880	
Supplies		
Misc.	\$ 45,000	
Food	\$ 80,000	
Facility		
Housekeeping (\$1.10/sq ft/mo)	\$ 168,498	Allocation
Utilities (\$1.45/sq ft/mo)	\$ 222,111	Allocation
Maintenance (\$.60/sq ft/mo)	\$ 91,908	Allocation
Dietary Food Services	\$ 78,400	Allocation
Laundry	\$ 22,000	Allocation
Business Office/Medical Records	\$ 20,000	Allocation
Ancillary Services		
PT/OT Therapy consultants	\$ 50,000	Allocation
Speech consultant	\$ 15,000	Allocation
Dental/Medical/Pharmacy	\$ 25,000	Allocation
General Corp. Admin	\$ 100,000	Allocation
Annual Operating Cost	\$2,064,797	

PARTIAL LOWER ENTRY PLAN
SCALE: 3/64" = 1'



FLOOR PLAN
SCALE: 3/64" = 1'



<p>Elder Care Addition and Related Modifications Maniilaq Health Center Kotzebue, Alaska Maniilaq Association, Inc.</p> 	<p>FINAL SCHEMATIC PHASE FLOOR PLAN</p> <p>Nov 24 2007 02/14/2008</p>	<p>NANA/DOWL ENGINEERS <small>A Division of DDWS LLC</small></p> <p><i>Architects</i> Alaska®</p> <p>3:23PM</p>
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DRAFT MEMORANDUM

The attached draft legislative language would direct the Secretary of Health and Human Services, through the Indian Health Service, to donate to the Maniilaq Association, fee title to a specific parcel of land, adjacent to the Maniilaq Health Center, for construction of an 18 bed assisted living/long term care facility, which shall be joined to the Maniilaq Health Center to permit shared access between both facilities. The legislative language contains a legal description of the specific parcel of land to be donated for construction of the assisted living/long term care facility, which shall be constructed, owned and operated by the Maniilaq Association.

The draft language is a new and discrete statutory authority unencumbered by other provisions of law, including § 512(c)(2) of the Indian Self-Determination and Education Assistance Act, which contains limitations on transfer of title to real or personal property the IHS lets an Indian tribe use or purchase with IHS funds.

The design and construction of the assisted living/long term care facility will comply with Alaska state Fire Marshall requirements and Alaska Department of Health and Social Services standards and guidelines, including applicable sections of the *Guidelines For Design and Construction of Hospital and Health Care Facilities* published by the Facilities Guidelines Institute and the American Institute of Architects (AIA) Academy of Architecture for Health, with assistance from the U.S. Department of Health and Human Services. Review and approval of facility design and construction for compliance with state standards and requirements shall be carried out by the appropriate state officials. The Indian Health Service shall have no authority to review and approve the design and construction of the facility, except as necessary to assure that construction of the facility will not diminish or impair the provision of services at the Maniilaq Health Center.

"Notwithstanding any other provision of law, including § 512(c)(2) of the Indian Self-Determination and Education Assistance Act (25 U.S.C. 458aaa-11(c)(2)), the Secretary of Health and Human Services, through the Indian Health Service, is directed to donate to the Maniilaq Association in Kotzebue, Alaska, fee title to a parcel of land owned by the United States and located in Kotzebue, Alaska adjacent to the Maniilaq Health Center, for construction of an 18 bed assisted living/long term care facility which shall be joined to the Maniilaq Health Center to permit shared access between the two facilities. The parcel of land to be donated is **[describe metes and bounds from a survey for this purpose unless can refer to a numbered lot in a previous survey]**. The 18 bed assisted living/long term care facility shall be constructed, owned and operated by the Maniilaq Association. The design and construction of the facility will comply with Alaska state Fire Marshall requirements and Alaska Department of Health and Social Services standards and guidelines, including applicable sections of the *Guidelines for Design and Construction of Hospital and Health Care Facilities* published by the Facilities Guidelines Institute and the American Institute of Architects (AIA) Academy of Architecture for Health, with assistance from the U.S. Department of Health and Human Services. Review and approval of facility design and construction for compliance with state standards and requirements shall be carried out by the appropriate state officials. The Indian Health Service shall have no authority to review and approve the design and construction of the facility, except as necessary to assure that construction of the facility will not diminish or impair the provision of services at the Maniilaq Health Center.

Submission Date: 02-14-2008

Priority: 2 of 2



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FISCAL YEAR 2009 PROJECT REQUEST FORM

Project Name: Mapsivik Family Rehabilitation Camp

Project Location: Spud Farm, 13 miles outside of Selawik, Alaska

Project Description:

Traditional Family/individual alcohol and substance abuse rehabilitation facility. This camp offers both long term and short term treatment for individuals and families using both western and traditional healing modalities. Long term treatment up to 2 years in a camp setting. Current recurring funding of \$290,000. Annual budget of \$600,000. Fourth year operation.

Related Appropriations Bill: None

Amount of federal funding requested for FY09: \$ 200,000

Total funding to complete this project: \$ 600,000

Number of years to fund this project: RECURRING

Matching funds from the State of Alaska: \$ 0.00

Matching funds from local and private entities:

Maniilaq \$100,000

If this project was funded in prior appropriations bills (within the last five years), list each bill and the amount funded:

Bill # ? \$290000

Amount included in the President's FY09 Budget: \$ 0.00

Amount included in the State of Alaska FY09 Budget: \$ 0.00

Check this box if state funding was sought but not provided.

List legislation that authorizes this project:

Old AFN appropriation

Check all that apply:

A change in the current law is necessary in order to proceed with the project. If so, attach language and a list of laws that need to be amended.

Bill or report language is needed. If so, attach requested language.

Alcohol and Drug Abuse prevention and Treatment

Alcohol and drug abuse is the number one health disparity in Alaska. Most crimes that occur in our communities involve the use of drugs and alcohol. Maniilaq Association is always looking for alternatives to combat the problems associated with the use of drugs and alcohol.

Maniilaq has been operating a short term residential treatment center under a State grant for over 20 years. Unfortunately, State funding for this facility has been cut over the years to nearly 50% of what we were funded prior. Short term treatment has been proven effective for the non chronic user, but in most cases has not worked for the chronic user. Short term treatment does however provide immediate relief and effective techniques and tools for a person to use to aide in their recovery process. In addition, there are only a few short term rehabilitation facilities in rural Alaska.

Statistically, we know that it takes the body a minimum of 12 months to begin cleaning itself from the effects of chronic drug and alcohol abuse. It seems apparent that long term treatment would be more effective in the recovery process. Using funds appropriated by Senator Steven's Maniilaq opened a long term culturally relevant family treatment facility at Mavsigvik, in addition to our short term residential program in Kotzebue. This program is located approximately 17 miles from the village of Selawik. Current statistics from Mavsigvik have shown a 90% completion rate, a 30% increase from short term treatment which is 60% statewide. We have also noticed a decrease in the recidivism rate.

The Camp services all of Northwest Alaska and is one of only a few long term facilities located in rural Alaska. It offers treatment services from 6 months to 2 years and the capability for individual and family treatment with a capacity of up to 35 residents.

Maniilaq Association supports any grant initiatives to fight substance abuse thru prevention efforts and looks forward to funding opportunities that could support the efforts of Mavsigvik.