

Date: January 13, 2021

To: Genesis Rehab Services Business Partners

From: Lou Ann Soika, Chief Strategy and Administrative Officer

Re: Business Partner Communication - Week of January 10, 2021

Our Leadership Change: As you may have recently read, after 17 years of leading our organization, George V. Hager, Jr. has retired as CEO. Mr. Hager will continue in a senior advisory role to our Board of Directors. We wish Mr. Hager a well-deserved and happy retirement and much success in achieving his goal of lowering his golf handicap. With George's retirement, Robert H. Fish, current Chairman of the Board, has been appointed as our new CEO. We are fortunate that Mr. Fish has a long history with Genesis and our predecessor companies Genesis HealthCare Corp. and Genesis Health Ventures, Inc. He has served on our current Board of Directors since 2013 when he joined Skilled Healthcare Group, Inc. as CEO until its merger with Genesis in 2015. Additionally, from 2003 to 2007, he served as Lead Director of Genesis HealthCare Corp., and from 2002 to 2003 he served as Chairman and Chief Executive Officer of Genesis Health Ventures, Inc. During his career, Mr. Fish has served as Chairman, President or CEO of several other healthcare companies. We look forward to our next chapter as we all emerge from the pandemic and navigate to recovery.

Regulatory Updates and Resources:

Update to the PDPM Grouper. The Centers for Medicare & Medicaid Services (CMS) has posted an update to the PDPM Grouper DLL, along with source code and test cases. This latest version (V1.0009) adds support for new ICD-10 codes used for assessments with a target date on or after January 1, 2021. Download the ZIP file marked [PDPM_V1.0009_Package](#) and the second ZIP file marked [PDPM_ICD_Codes_for_I0020B_01-01-2021](#).

CMS' post on the MDS 3.0 Technical Information [webpage](#) reads: An update to the PDPM Grouper DLL has been posted, along with its source code and test cases. This version, V1.0009, adds support for new ICD-10 codes that may be used for assessments with target date on or after January 1, 2021: Z11.52, Z20.822, Z86.16, M35.81, M35.89 and J12.82. (Note that codes M35.81 and M35.89 replace code M35.8, which should no longer be used on assessments with target date on or after January 1, 2021.)

In addition, the lookup files containing the allowable ICD-10 codes for item I0020B (as of January 1, 2021) have been updated to contain the new ICD-10 codes listed above, as well as remove M35.8. They are posted as a separate ZIP file.

Consolidated Appropriations Act of 2021. On December 27, 2020, President Trump signed into law the Consolidated Appropriations Act of 2021. Among the multitude of provisions of this omnibus legislation are provisions for COVID-19 pandemic economic relief and provisions related to various aspects of the Medicare program. Of particular impact to therapy services are provisions providing for adjustments to the 9% cuts to the Medicare Physician Fee Schedule (MPFS).

The new bill includes a partial fix to the 9% cuts that provides relief over a multi-year period and through a variety of mechanisms such as:

- Addition of \$3 billion for the Medicare budget for CY 2021 (3.75% relief through CY 2021)
- 3-year delay in implementation of the Medicare E/M G2211 complexity add-on code (expected to provide approximately 3% relief each year through CY 2023)
- Extension of the work 1.0 Geographic Price Cost Index (GPCI) floor under the MPFS through December 31, 2023
- As well as a 3-month extension of the pandemic waiver of the Medicare fee-for-service sequestration adjustment for Medicare Part A and Part B (2% relief through 03/31/2021)

In addition, on January 6, 2021, CMS posted a revised conversion factor (\$34.8931) as well as relief provisions that can be accessed via this zip file:

<https://www.cms.gov/medicare/medicare-fee-service-payment/physicianfeeschedpfs-relative-value-files/2021>

THANK YOU!!

Thank you for your advocacy in helping us fight the Medicare Part B cuts to get some relief for this coming year. We are facing additional cuts next year so we will need you to continue to help us. Our voices were heard so we know it can be done. We just need to keep up the efforts!.

Additional Information:

Please see attached for our new GRS “Your Wellness Matters” recorded video library and the January edition of our Wellness Tips newsletter. Be sure to check out our new wellness classes.



Welcome to our **GRS Your Wellness Matters Recorded mind-body-cognitive wellness class series** presented by our expert Clinical Director Instructors. You can access our wellness classes any time, any day, from the comfort of your own home.

Location: [Click Here](#) for access to our class library

Duration: Class durations range from 18 - 35 minutes

Class Descriptions: see below

NEW! Energy Conservation with Occupational Therapist Lynn Chatfield and Speech-Language Pathologist Jeanne Copeland

In this class we offer energy conservation techniques and strategies to complete everyday tasks more efficiently. Using these concepts can allow for greater participation in meaningful activities throughout your day.

Progressive Muscle Relaxation with Occupational Therapist Carolyn Gatty

Engage in this mind-body technique that involves slowly tensing and then relaxing each muscle group in the body.

Flexibility with Physical Therapist Cindy Gallo

Join us for a class designed to increase relaxation and flexibility.

Chair Yoga with Physical Therapist Kelly Repka

Mind and body balance is essential. It can help prevent falls, decrease pain, reduce anxiety, and help improve flexibility and strength. Join in as we engage in the mind and body connection through yoga.

Affirmations with Speech-Language Pathologist Delle Crowe

Discussion on topics such as gratitude and love.

Functional Strength with Physical Therapist Michael McGregor

Have fun and move through a variety of seated exercises designed to increase muscular strength, range of movement, and activities for daily living.

Maximize your Memory with Speech-Language Pathologist Bobby Maxwell

Interactive brain health classes to support your cognitive wellness!

Meditation and Mindfulness with Speech-Language Pathologist Jordan Bowman

Enjoy guided meditation including gentle stretching and mindfulness practices.

Tai Chi (Seated Modification) with Physical Therapist Jen Lucas

Engage in this gentle exercise while seated. Exercise consists of slow, graceful movements combined with deep breathing.

Clean House = Clean Mind



Whatever resolutions we made for the New Year – getting ourselves organized is often near the top of the list. Did you know though, that keeping things clean and organized is also good **for** you? One study found that people with clean houses are healthier and more active than people with messy houses. Another study found that those who described their living spaces as “cluttered” or full of “unfinished projects” were more likely to be depressed and fatigued than those who described their homes as “restful” and “restorative.”

<https://www.psychologytoday.com/us/blog/the-truisms-wellness/201607/the-powerful-psychology-behind-cleanliness>

How a Clean House Can Improve Your Thinking:

- ★ Puts your mind at ease
- ★ Encourages healthy eating
- ★ Promotes improved sleep
- ★ Fights off infections & illnesses
- ★ Reduces stress which improves focus

<https://ageinplace.com/at-home/clean-house-improves-thinking/>



What can you do?

- ★ Recognize when it's time to declutter
- ★ Make a plan
- ★ Create a decluttering checklist
- ★ Start with just 5 minutes a day
- ★ Take it a zone at a time - declutter in small increments
- ★ Take before and after photos of an area
- ★ Get help from a family member or friend
- ★ Ask yourself if you love it; make definitive yes and no piles
- ★ Donate clothes you never wear

We recommend you engage in physically and/or intellectually stimulating activities on a regular basis to enhance your overall wellness. Please join us for recorded GRS Your Wellness Matters Classes.

The wellness classes can be accessed by [Clicking Here](#).



Contact your local Genesis Rehab Services therapy team onsite
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