

CASE MANAGEMENT CONNECTION

Central Virginia Chapter
Case Management Society of America
March 2010 Edition

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Past President: Derenda Lovelace

President's Message

Health Care Reform---Meet Case Managers!!

As I begin my new role, as president of the Central Virginia Chapter of CMSA, I am aware of many changes in health care. What the focus of my presidency will be is building from the firm foundation established from past leadership and allowing for future growth of the chapter. Derenda Lovelace, our past president, is a role model of what this chapter can be. The knowledge is here to share with new members and the timing is right to invite others to join us.

With the changes Health Care Reform will bring, we need all the knowledge and contacts to assist Case Managers in being the resource person for help in a changing environment. If case management wanted a symbol it may be Superwoman's cape. We are powerful, quick to respond, and able to jump through barriers. Case management should be one of the supporting players in any Health Care Reform.

Case Managers need to obtain knowledge to be able to work with Health Care Reform and all of its changes. Know we will bring as much information to our chapter as possible. This information will go back to the community through you as Case Managers. It is encouraged to invite new people to come to our education meetings to meet us and learn what CMSA does for its members.

There are many changes ahead, we have the talent and qualifications to help others and grow in numbers. Health Care Reform meet Case Managers.

Paula Simpson, R.N.
President of CVC CMSA

COMMITTEE REPORTS

Communication: We are committed to publishing as fine a newsletter as possible and we thank everyone who has submitted information to be included in the newsletter. We still need everyone's help to keep the information flowing so please continue to send in information of events and articles of interest to Brenda Kitchen by email (bkitchen@mcvh-vcu.edu). We need your experiences to give direction to others in the case management arena. We continue to publish the newsletter 4 times a year - Sept, Dec, March and June. If you have information to put into the newsletter please get it to Brenda by the 15th of the month prior to publication.

Leadership: If you would like to become more involved with our organization please contact one of the board members with ideas or to see just how you can become involved. The board is always open to new ideas and assistance in making our organization better for you. Also a special thanks to those that serve on our board. They work tirelessly to ensure that our local chapter is a success. What you might not know is they are responsible for such things as setting up the educational meeting and getting CEUs as well as submitting information for awards received by our local chapter to national. We even have a representative from our chapter going to Washington D.C. These are just a few things that board members work on for you our members, so if you see a board member don't forget to thank them for all their hard work.

Membership Development: Anyone interested in receiving a copy of our membership list please contact Lee Bank at lbank@vmlins.org

Educational: There are many exciting educational opportunities planned for this year. If anyone has a topic of interest or speaker for the upcoming year, please notify the board.

NATIONAL NEWS

Keep your records current: If you need to change any of your information contact Michele Lee in Member Services at 501-225-2229 ext 20 or mlee@acminet.com.

Please note that nominations for the Chapter Excellence and Innovation awards have been submitted to our chapter's educational programs.

Your vote counts!!! Don't forget to vote for our national board. Our own Betty Overbey is running for office on the National CMSA Board.

Mark your calendars for CMSA's 20th Anniversary Conference & Expo, "Dreaming and Doing: Making A Difference Together" on June 8-11, 2010 at Walt Disney World's Coronado Springs Resort in Orlando, FL. This event offers all case management professionals a variety of opportunities to become involved in activities designed to influence the new health care system and to incorporate current information and best practices into the activities designed to advance optimal client-centered care delivery. Discover new and updated evidence-based practices and cutting-edge technologies, treatments, services and pharmaceuticals.

COMMUNITY NEWS

**ANNOUNCING THE CMSA DINNER CLUB
WHEN: THE THIRD THURSDAY OF EVERY MONTH
WHERE: DIFFERENT RESTAURANTS EACH MONTH**

**Next dinner is March 18, 2010
Ma Ma Wok
7801 West Broad Street
Richmond, Va. 23294
804-672-8989**

THIS IS A PURELY SOCIAL GET TOGETHER. IT IS PAY YOUR OWN WAY. IT IS AN OPPORTUNITY TO DINE AND CHAT WITH OTHER CASE MANAGERS OUTSIDE THE WORK AND FORMAL MEETING SETTINGS.

Please RSVP to LEE BANK. Hope to see you there!

LEE'S EMAIL IS lbank@vmlins.org

A scholarship has been formed in memory of Mary Gambosh. Mary was instrumental in getting the Central Virginia Chapter, Case Management Society of America started. The scholarship money will be available to members of the Central Virginia chapter who are in good standing. Anyone wishing to make a donation may do so.

EDUCATIONAL/RESOURCE OPPORTUNITIES

PMSI has continuing education courses – you can go online at www.pmsionline.com directly for information.

Interesting article from “To Your Health”

Simple Ways to Reduce Your Cancer Risk

As of late November 2009, the National Cancer Institute’s Surveillance Epidemiology and End Results (SEER) program estimated that nearly one in two men and women born in 2009 will be diagnosed with cancer at some time during their lifetime. With those depressing odds in mind, there’s no time like the present for you and your family to pursue natural ways to help ward off cancer. Here are a few to consider:

Watch What You Weigh: According to the American Institute for Cancer Research (AICR), approximately 100,500 cancers that strike Americans annually are the result of excess body fat, underscoring the central role that overweight and obesity play in the development of cancer (and in the ability to survive the disease).

Think Natural, Not Chemical: An October 2009 report by the American Cancer Society’s Cancer and the Environment Subcommittee advises the public to minimize exposure to known carcinogens (cancer-causing substances), calling for new strategies to more effectively and efficiently screen chemicals.

High Cholesterol Is Not Your Friend: A recent large-scale study, results of which were published in November 2009, suggests that a person’s risk of cancer may be significantly lower when cholesterol levels are kept low.

Try Sugar and Spice: Irish researchers have determined that curcumin, an extract found in the curry spice of turmeric, promotes death of cancer cells. Another study suggests that certain compounds in pomegranate, a rich source of antioxidants, inhibit a liver enzyme and thus may confer beneficial effects against prostate cancer development.

Live the Good Life: Earl Ford, from the Centers for Disease Control and Prevention, and colleagues studied data from 23,153 German men and women, ages 35 to 65 years, who participated in the European Prospective Investigation Into Cancer and Nutrition-Potsdam study. The researchers found that four lifestyle factors—never smoking, body mass index (BMI) of 30 or less, exercising 3.5 hours a week, and eating a healthy diet—slashed the risk of cancer, as well as cardiovascular disease and diabetes, by a staggering 80 percent.

This might not seem all that important now, but think how you’ll feel if cancer strikes you or a member of your family. Why risk having that happen? Now is the time to improve your health and help ensure a long, healthy life free of cancer and other diseases. Talk to your doctor for more information.

JOB POSTINGS

None at this time.