

# CASE MANAGEMENT CONNECTION

Central Virginia Chapter  
Case Management Society of America  
June 2009 Edition

## OFFICERS AND BOARD MEMBERS

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# President's Message

Greetings CVC CMSA Members!

It is hard to believe that I have been serving as CVC CMSA President for almost a year and that this will be my final note in that capacity. I will not be going away, however as I will be assisting Paula Simpson as she transitions from Vice-President to President in August. I will be serving as the Past President for 2009-2010.

The annual CMSA National Convention was held in June and was quite an exciting event for CVC CMSA. Betty Overbey received the CMSA Award of Service Excellence (AOSE) and if that was not enough, she was the winner of one of the \$500 drawings held in the exhibit hall. I had the honor of accepting the Award for Service Excellence in Educational Programs on behalf of our Chapter. We won a trophy!! We nominated our August 2008 Annual Membership Program for the award. I am not sure if it was because we had it at the James River Winery or if it was for the program which was repeated of the "Cost Benefit Analysis for a Psychiatric Nurse Case Manager" I presented at the 2008 CMSA conference. Many thanks to all the board members who worked very hard to complete the applications as we applied for four awards in addition to the AOSE. We were recognized for each of them at the CMSA Banquet on June 16<sup>th</sup>. I hope the Chapter will continue to strive for excellence and apply again next year for these awards.

We are in the process of a membership drive where if you join our Chapter between now and August, we will waive our Chapter fee. Not only will this help our Chapter grow but this will be a perfect nomination for the 2010 Chapter Membership Award. We have come into the computer age in 2009. We not only purchased a Chapter computer, but we have computerized our financial records. This will be a great nomination for the 2010 Chapter Technology Award. We have a very active and vibrant Chapter. Let's keep it that way.

Thanks for giving me the opportunity to serve CVC CMSA.

Derenda Lovelace  
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](mailto: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.

**Leadership:** Please consider serving on the board. Nominations are being taken and now is as good a time as ever to become more involved in your local Chapter. It is never too late, so if you are interested in getting more involved with CVC of CMSA just let any board member know.

**Membership Development:** Anyone interested in receiving a copy of our membership list please contact Lee Bank at [lbank@vmlins.org](mailto: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. Please mark your calendars for the following events:

July 9, 2009 Pool Party

Where: Carole Wallis' house  
9343 Summer Oak Drive  
Mechanicsville, Va.

Time: 6 pm

Save the date to join us for fun, good food and pool games at our annual summer get together. Please bring a covered dish to share. CVC CMSA will provide the meat for the cookout.

August 13, 2009 Annual Meeting

September 10, 2009

October to be determined

November 12, 2009

December 10, 2009 Holiday Gathering

# 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](mailto:mlee@acminet.com).*

# COMMUNITY NEWS

**Please note the change in day that the Dinner Club gathers!!!**

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

**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 CAROLE WALLIS OR LEE BANK. Hope to see you there!**

**CAROLE'S EMAIL IS [Carole.Wallis@pmsionline.com](mailto:Carole.Wallis@pmsionline.com) and LEE'S EMAIL IS [lbank@vmlins.org](mailto:lbank@vmlins.org)**

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**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.

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# EDUCATIONAL/RESOURCE OPPORTUNITIES

PMSI has continuing education courses – you can go online at [www.pmsionline.com](http://www.pmsionline.com) directly for information.

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Interesting articles from “To Your Health” by Dr. Eisenberg:

## **The Sunscreen Dilemma**

Experts have encouraged sunscreen use as protection against the skin damage that leads to malignant melanoma. Unfortunately, these sunscreens prevent the skin from making vitamin D from sunlight-and many studies now suggest that vitamin D is protective against cancer. Sunscreen is designed to block UV penetration into the skin. That’s precisely why it prevents sunburn. This is also why it prevents production of vitamin D. Even relatively weak sunscreen (as low as SPF-8) will block UV and stop vitamin D production.

But does sunscreen help prevent skin cancer? A 1999 meta-analysis of 13 epidemiological studies on the relation of sunscreen use to melanoma risk found that three studies showed a decreased risk of melanoma, but four showed an increased risk and six were inconclusive. Why would it increase risk? The explanation is simple. Most chemical sunscreens block ultraviolet B (UVB), but are transparent to ultraviolet A (UVA). More than 90 percent of the ultraviolet light from the sun is UVA.

Sunscreens work very well to prevent your skin from getting red or sunburned. They allow us to stay out in the sun much longer than we would if we were getting burnt. As a result, the skin ends up more damaged than if we hadn’t used sunscreen.

So, wearing sunscreen prevents sunburn, but research suggests it might not reduce your risk of developing cancer; in fact, it might actually increase your risk. That’s the sunscreen dilemma. Is there an easy solution? Not necessarily. Applying sunscreen will prevent Vitamin D production and result in more skin damage, since it enables you to increase your sun exposure without burning. On the other hand, staying out in the sun for hours without sunscreen certainly won’t help you avoid skin cancer, either.

Perhaps the morale to this story is that sun exposure for as little as 10 minutes a day will stimulate ample vitamin D production, but is not likely (unless perhaps you are extremely fair skinned) to cause any sunburn or skin damage-and that’s the best way to reduce your risk while still enjoying the health benefits of vitamin D. Talk to your doctor for more information.

# JOB POSTINGS

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None at this time.