

CASE MANAGEMENT CONNECTION

Central Virginia Chapter
Case Management Society of America
September 2009 Edition

OFFICERS AND BOARD MEMBERS

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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: Please give a great big thank you to the outgoing board for all their hard work over the past year. A special thanks to our outgoing President Derenda for helping to get CVC of CMSA on the map. We won an award for Educational Programming at the national conference. Congratulations also to our past president, Betty Overby for winning Case Manager of the Year at the National Conference. Betty is also serving as Vice President on the National Board.

Please note our 2009-2010 Board is now taking office and all are listed on the newsletter. 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.

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. Please mark your calendars for the following events:

September 10, 2009

Topic: Wound Healing

Speaker: Cherly Sloan, R.N., B.S.N., Clinical Nurse Manager

Where: Southside Regional Medical Center (SRMC)

3335 S. Crater Road

Administration Board Room

Time: 6:00-7:30 pm

Dinner provided by SRMC. Please RSVP to Lee Banks at LBank@vmlins.org

Questions contact Paula Simpson at psimpson@mcvh-vcu.edu

October 16, 2009

Celebrate Case Management

Where: The Place at Innsbrook

Glen Allen, Va. 23060

Time: 8:00 am-4:30pm

Agenda:

8:00-8:30 am Registration and Welcome

8:30-10:00 am Delegate John O'Bannon
Healthcare Legislation

10:00-10:15 am Break and Exhibits

10:15-11:45 am Betty Overbey
CMSA & You

11:45 am – 1pm Lunch and Exhibits

1:00-2:30 pm W. Stanley Jennings
Transcranial Magnetic Stimulation

2:30-2:45 pm Break and Prize Drawings

2:45-4:15 pm Catherine A. Wilson
Virginia Wounded Warriors

4:15-4:30 pm Evaluation and Dismissal

For additional information please contact Bobbi McCarty at mccarthy3805@comcast.net

****Non-refundable pre-registration due by October 9, 2009.**

Make checks payable to CVCMSA and mail to:

P.O. Box 4256

Glen Allen, Va. 23058-4256

Pre-registration___\$30 CMSA members___\$50 non-member___\$75 on-site

****There is a \$25 return check fee.**

November 12, 2009 To be determined

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.

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
OUR NEXT GET-TOGETHER IS ON THURSDAY 09/17/09
AT 6:30 PM**

**Mimi's Café
11275 W. Broad St.
Glen Allen, Va. 23060
(804)364-9275**

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 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

Job Opportunity—SIGN ON BONUS-Case Manager

Please call Laura Throckmorton, RN-BC,CRRN,CCM,CDMS,LNCC,CRP at 188-257-0518, ext 3;fax# 540-343-6009 or email laura@letprohelp.com .