

CASE MANAGEMENT CONNECTION

Central Virginia Chapter
Case Management Society of America
March 2009 Edition

OFFICERS AND BOARD MEMBERS

- President:** Derenda Lovelace: derenda.lovelace@na.amedd.army.mil
- Vice President:** Paula Simpson: psimpson@frankgates.com
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Sandra McKinney: Sandra.Mckinney1@hcahealthcare.com
Lana Allen
- Past President:** Betty Overbey: med.rehab@verizon.net

President's Message

Greetings CVC CMSA Members!

We have had a very busy year so far with some wonderful education programs and an awesome Case Management Week Seminar. Thanks to Paula Simpson for her work in coordinating our education programs and Gail Lyddane for coordinating with VARN on our Case Management Week Seminar. Please let us know if you have any suggestions or ideas for our future programs. We are planning to join with the Hampton Roads CMSA Chapter for Case Management Week 2009. Lana Allen has volunteered to represent CVC in the venture. Thanks Lana!

Last year, I had the pleasure of representing CVC CMSA at the 2008 President's Luncheon at the National CMSA Conference where I listened to submissions from the different CMSA Chapters across the country for the Awards of Excellence. I thought to myself that we at CVC have some wonderful programs that deserve recognition. I am very excited that we submitted entries for the 2009 Awards. We submitted entries for Awards of Excellence for : Chapter Conference (thanks to Gail's submission), Best Use of Internet Technology (for our e-communication method thanks to Lee's submission); Chapter Education Program (I submitted our annual business/education meeting); and In Print (I submitted the document I created to use as a flyer and CEU submission form for our educational activities). It will be great to win any of the awards, but I am so glad that CVC will receive recognition for the nominations. Please start thinking of submissions for 2010.

I also nominated Betty Overbey to represent CVC for the National CMSA Award of Service Excellence. She is not only a super case manager in the USA, but she also gives her nurse case manager talents to serve on International Medical Missions. Thanks to Marty Wells for writing a recommendation letter. Good luck, Betty!!

I am so proud to serve as the President of the CVC CMSA. I have had the opportunity to meet and work with the most dedicated case managers in CMSA. We have a phenomenal Board this year. Thanks to all of you for your support! I encourage each CVC member to consider volunteering to serve on the CVC Board. I have learned so much in the last 5 years from my experience on the Board. Please contact Betty or say "yes" if the Nomination Committee contacts you.

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). 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 welcome our new officers to the board. In the coming year, they will need your support and any ideas that you may have to make our organization better. In August, we met at the James River Winery to install the new officers and hear our new President speak on military case management. 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

Welcome to new members: Linda McKinley, Kimberly Propst and Melinda Coleman.

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:

March 12, 2009

Topic: "An Explanation of Work Hardening, Functional Capacity Evaluation's & Impairment Ratings"

Speakers: Bryan Gilreath, DPT, CWCE and Lynn Hewett, PT

Location: 8700 Stony Point Parkway

Conference Room, first floor

Richmond, Va 23235

Time: 6:00-7:30 pm

Dinner will be provided. Please RSVP to Lee Banks at LBank@vmlins.org

April 19, 2009

May 14, 2009

June 11, 2009

July 9, 2009 Pool Party

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.

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 and 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 – contact Carole Wallis at carole.wallis@pmsionline.com
Or go to www.pmsionline.com directly for information.

Brain Injury Association of Virginia presents “Opening Doors: New Answers for a New Era, March 7, 2009 at the Holiday Inn Richmond Airport 445 International Center Dr. Sandston, Va. For more information contact the BIAV at 804-355-5748.

The Annual Senior Living Guide Social Worker/Case Management Appreciation Luncheons in Virginia are scheduled:

March 11, 2009	March 12, 2009	March 23, 2009
11:00-1:30	11:00-1:30	11:00-1:30
Hampton Roads	Newport News	Richmond
Holiday Inn Select	Omni Newport News Hotel	Holiday Inn Koger Center
1570 North Military Hwy	1000 Omni Boulevard	1021 Koger Center Blvd

All professionals who work with Senior are invited to attend. Social workers and case managers are FREE!

Speaker topic: “I Just Recently Met Myself”

Networking*door Prizes* lunch*Exhibitors

DEADLINE TO REGISTER: March 4

All attendees must pre-register/ Online registration available at : www.eventinginc.com or www.seniorlivingguide.com

Questions: email Tori at Eventing@tampabay.rr.com or call 727-656-4566.

VARP 17th Annual Conference, April 2, 2009 Virginia Beach , Va. Topic: “Reducing Stress During Rehabilitation: YES! We Can!! For further information contact: Barbara Byers, VARP Treasurer at 757-399-0900 or email barbarabyers@atlanticvocationalservices.com

Breakfast Education Seminar presented by Sheltering Arms on Friday, April 3, 2009, 8:00-10:00 am at the Science Museum of Virginia on using the latest technology for balance issues. There will be two continuing education units offered for CRC, CDMS and CCM. For additional information contact Meagan Molnar at 804-764-5738 or email at mmolnar@shelteringarms.com

Interesting articles from "To Your Health" by Dr. Eisenberg:

Heart Healthy Exercise Habits

People always talk about how they're going to the gym to do some "cardio". What's that really mean? Whether they're running on a treadmill, riding the recumbent bicycle or using an elliptical machine, they're talking about doing aerobic exercise-otherwise known as cardio because of its profound cardiovascular benefits.

Plain and simple, when you're doing aerobic exercise, you're using oxygen to replenish energy stores, which means the heart and lungs are working harder and getting stronger in the process. By comparison, anaerobic exercise (for example, weight training), requires your body to create energy without using oxygen. As you might imagine, aerobic exercise gets the entire body involved all at once, especially the respiratory system, while in general, anaerobic exercise works isolated muscle groups. Both types of exercise are good for you, but aerobic exercise is ideal for the heart because it improves cardiovascular and cardiorespiratory function. Here are some other significant benefits of aerobic exercise, courtesy of the Mayo clinic and the University of Georgia Department of Kinesiology and Health:

- Increases blood supply to muscles and ability to utilize oxygen
- Increases amount of blood pumped (per beat and per minute)
- Increases HDL ("good") cholesterol and lowers triglycerides
- Increases blood supply to muscles
- Reduces resting heart rate
- Reduces resting systolic/diastolic blood pressure
- Reduces high cholesterol and risk of developing high cholesterol

To achieve the maximum cardiovascular benefit during aerobic activities, you should exercise for at least 20-30 minutes at a time and build to your "target heart rate"-this is a range of beats per minute that represents approximately 60-85 percent of your maximum heart rate. The more time spent exercising within this safe range, the more you stand to gain, cardiovascularly speaking. The Mayo Clinic has a free online calculator you can use to determine your target heart rate (www.mayoclinic.com/health/target-heart-rate/SM00083).

So, now that you know how aerobic exercise can help your heart, what are you waiting for? Remember, you don't need to go to a gym to do aerobic exercise; jogging, hiking, rowing, swimming and other outdoor pursuits work just as well as long as they're sustained and keep your heart pumping. Of course, always talk to your doctor before beginning any exercise program, particularly if you have any pre-existing heart condition.

JOB POSTINGS

None at this time.