

# CASE MANAGEMENT CONNECTION

Central Virginia Chapter  
Case Management Society of America  
December 2008 Edition

## OFFICERS AND BOARD MEMBERS

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Sandra McKinney  
Lana Allen

**Past President:** Betty Overbey: [med.rehab@verizon.net](mailto:med.rehab@verizon.net)

# President's Message

I am very much looking forward to leading the 2008-2009 CVC CMSA Board. As I assume the office of President, I want to assure current and future members that I plan to continue supporting the programs established by the 2007-2008 CVC Board under the direction of Betty Overbey. I plan to have a board meeting in September between the two boards to assure a smooth transition.

Educational opportunities will continue this fall beginning with a program on “Diabetic Disease Management” on September 11, 2008. On October 16, 2008 we will celebrate National Case Management Week with a day long program at The Place in Glen Allen, Va. and we will close out the year in November with a program on pain management. The current board is collecting program, sponsor, and location information so we can develop a resource guide for use by future boards.

I encourage members to take advantage of the networking/socialization opportunities provided at the monthly dinner gatherings. Also, we will be having our annual holiday social in December.

The board wants our chapter to continue to grow. I encourage each and every member to invite a colleague to attend our case management activities and join the organization. Successful organizations are made based on the involvement of its members. Please get involved by volunteering to help on one of our committees. Do not hesitate to contact any board member with your comments and suggestions about educational programs or to volunteer your services. Let's have a great year!!

Derenda Lovelace  
President  
Central Virginia Chapter  
Case Management Society of America

# 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@mevh-vcu.edu](mailto:bkitchen@mevh-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](mailto: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:

January 8, 2009

February 12, 2009

March 12, 2009

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](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 – contact Carole Wallis at [carole.wallis@pmsionline.com](mailto:carole.wallis@pmsionline.com)  
Or go to [www.pmsionline.com](http://www.pmsionline.com) directly for information.

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Sarah M. Clark, a member in the Tidewater area, will be teaching classes to prepare individuals for the CCM exam. She has been teaching this class for the past 4 years! She can be reached at 757-747-4621 or [smclark@sentara.com](mailto:smclark@sentara.com)

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

## Potential to prevent Knee Injuries

The growth of organized amateur sports over the past 30 years has spawned an unexpected and unwanted increase in sports-related injuries. Many young athletes suffer sports-related injuries that can turn into lifelong problems.

To learn *why* our knees are injured so frequently, it's important to know *how* the knee works. The knee joint is composed of four bones: the femur, the tibia, the fibula and the patella. Cartilage covers the joint and provides a smooth, lubricated gliding surface so the knee can move. The shape of the knee joint is stable, but to function properly, the ligaments have to be in good shape, too! Those ligaments include the anterior cruciate ligament (ACL), the posterior cruciate ligament (PCL), the medial collateral ligament (MCL) and the lateral collateral ligament (LCL).

While the ACL works as the main stabilizer when the knee is bent, the PCL works as the main stabilizer when the knee is extended. The collateral ligaments are used when you move side to side. The medial and lateral menisci are located within the joint and act as "shock absorbers" and also influence knee stability. The most commonly injured parts of the knee are the ACL and the medial meniscus. Tears of the meniscus usually take place during twisting, pivoting, or decelerating movements, or as a result of direct impact.

A vast majority of people, young and old, excessively pronate. This means that when the foot hits the ground, it flattens out or unlocks, rolling inward and creating a twisting stress up the leg and into the knee. These twisting stresses do three things to the knees: stretch the ACL, stretch and twist the medial meniscus, and inhibit contraction of the quadriceps muscle.

Common sense tells us to prevent the excessive damaging motions by supporting the foundational structures (your feet) so they function within the functional range of motion. If the arches aren't supporting the legs and pelvis sufficiently, it can create stresses that lead to injury or joint wear and tear. It's just like the foundation of your house; if it settles too much, it creates stress in other parts of the structure.

Take a proactive step to avoiding injuries and preserving the health of your knees, hips and spine. After all, you know what they say about "an ounce of prevention." Ask your doctor for a thorough foot evaluation, particularly if you're experiencing knee pain or participate in activities that put you at risk for a knee injury.

# JOB POSTINGS

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None at this time.