

CASE MANAGEMENT CONNECTION

Central Virginia Chapter
Case Management Society of America
June 2008 Edition

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President's Message

I've always liked giraffes, but never really stopped to think why. On numerous occasions, I walked through a local home décor store, admired a giraffe on display, and debated with myself over whether to purchase it. I received that giraffe as a Christmas present this year. But now I know why I admired that giraffe for so long.

I keep a folder in my office of inspirational messages that I come across. One day in looking through that folder, I found one that had appeared in *Innsbrook Today* several years ago. It was entitled, 'Why does Hugh look up to giraffes?'

It was from that article that I issued a challenge at the first meeting of 2007-2008 Board. It is that same challenge that I now extend to the entire membership of the CVC of CMSA. As individuals and as a chapter, my challenge is that:

- We stand head and shoulders above the crowd.
- We have great vision to reach goals others never attain.
- We become a chapter that others look up to.

It takes a lot of giraffes to live up to this challenge. Your Board cannot do the job alone. We need the involvement of every member to become a chapter that others look up to. None of us were born case managers, but we developed the characteristics that led us to case management. Now is the time to unleash that giraffe within you!

Betty Overbey, RN, CRRN, CDMS,CCM,CRP,MSCC
President
Central Virginia Chapter
Case Management Society of America

Top 10 Foods your Body Needs brought to you by:

Dominion Chiropractic Clinic

Dr. Elliot Eisenberg,DC

3904 Meadowvale Boulevard

Richmond, Va.23234

804-271-7920

What do guava, cabbage and a weed have in common? They're all foods you should be eating. Here's why you should add the following 10 fruits, vegetables and plants to your diet.

FRUITS

1. **Guava** is a slightly pear-shaped tropical fruit known for its sweet, acidic flavor and yellow or pink color. It contains such cancer-fighting agents as lycopene, known for wrading off prostate cancer. And with 688 mg of potassium and 9 grams of fiber, this fruit is a must for anyone's diet.
2. **Gogi Berries** resemble raisins, taste sweet and sour, and are red in color. Eating them can help protect the liver, improve sexual function and increase circulation. They also have the highest Oxygen Radical Absorbance Capacity (ORAC) rating (a method of measuring antioxidant levels in food) of any fruit, according to researchers at Tufts University.
3. **Dried plums**, also known as prunes, are somewhat infamous for their high fiber content. However, don't forget that they also include high amounts of neochlorogenic and chlorogenic acids which fight the "superoxide anion radical," known to cause structural damage to cells, one of the primary causes of cancer.
4. **Pomegranate juice** has been consumed for decades in the Middle East as a popular juice beverage; now it's becoming popular in the United States. Just 4 oz. a day provides 50 percent of daily vitamin C needs.

VEGETABLES

5. **Cabbage** is a leafy, green vegetable. Its benefits: a healthy supply of nutrients including sulforaphane, a chemical which increases your body's productions of enzymes that combat cell damaging free radicals and reduce the risk of cancer.
6. **Beets** are a root known for their dark red coloring and are surprisingly sweet for a vegetable. It is one of the best sources of both folate and betaine, which help to lower your blood levels of homocysteine. That's good news because homocysteine can damage arteries and increase the risk of heart disease.
7. **Swiss chard** is a slightly bitter and salty vegetable. It contains huge amounts of lutein and zeaxanthin, plant chemicals known as carotenoids that protect the retinas from age-related damage.

PLANTS

8. **Purslane** is a broad-leaved weed. It features the highest amount of heart-healthy omega-3 fats of any edible plant and has 10 to 20 times more melatonin than any other fruit or vegetable.
9. **Cinnamon** is a common spice most of us think of when we make cake or cookies- but don't overlook a pinch or two on your oatmeal or in your coffee. Cinnamon's health benefits include controlling your blood sugar and lowering triglycerides and LDL (bad) cholesterol. Active ingredients include methylhydroxychalcone polymers, which increase your cells' ability to metabolize up to 20 times.
10. **Pumpkin seeds** are too frequently tossed away during the traditional October pumpkin carving. That's a mistake, because just 1 oz contains 150 mg of magnesium. Pumpkin seeds are also high in zinc and shtosteroids, shown to lower cholesterol and defend against cancer.

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: It is never too late to plan so if you are interested in getting more involved with CVC of CMSA just let any board member know. The nomination committee is beginning to work on our slate for new officers. If you are interested in serving on the board or have someone you know who would be a good leader please contact Barbara Harding at bharding@vcu.edu.

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

Welcome to new members and renewing member.

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:

August 14, 2008 6:00-8:00pm

This will be our annual meeting and installation of officers

Speaker: Derenda Lovelace, RN,CCM

Location: To be determined

CEU: 2

RSVP to LBank@vmlins.org

September 11, 2008 6:00 pm

Topic: Diabetes

More details to follow.

October 12-13, 2008 is Case Management Week

October 17, 2008

Location: The Place in Innsbrook

An all day informative educational program that will recognize you as a case manager in your efforts to educate and increase recognition of the significant contribution of case managers to quality healthcare for the patient, healthcare provider and payor.

November 13,2008

Topic: Pain Management

Speaker: Dr. Steven Long

*****ALL MEETINGS ARE AT 6 PM AND REFRESHMENTS WILL BE SERVED*****
Nonmembers will be charged a \$10.00/CEU to cover expenses
Join CMSA TODAY!!!

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.

18th Annual Conference & Expo, “Engage Case Management” is being held June 17-20, 2008 in Orlando, FL. at the Rosen Shingle Creek Hotel & Golf Club. Visit the CMSA website to find out more about presentations and discounts. Our Vice President, Derenda Lovelace, will be speaking at this year’s conference. www.cmsa.org Also Congratulations to our own President Betty Overbey who will be installed as secretary at the National Chapter of CMSA.

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 June 19, 2008
at 6:30 pm
Burnette’s
9167 Atlee Road
804-730-2339

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.

Physicians for Peace and AT Home Care, Inc are holding their 6th annual Limb Drive on Saturday, June 7th to collect new and used prosthetic limbs and braces for amputees in developing countries. The event takes place from 1 to 4 pm in the parking lot of the Richmond Diamond at 3001 North Boulevard and is sponsored by AT Home Care, Hanger Prosthetics & Orthotics, Inc, VCU's Physical Therapy Department, along with Physicians for Peace. If you can help out with any donations just bring it to the Diamond.

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.

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

Lakeside Third Thursday at Three Speaker Series:

June 19-The Role of Speech Language Pathology in Assessment and Treatment of Mild Traumatic Brain Injury. Presented by Gary Levine, M.S., CCC-SLP.

Participate and Earn One Certified Education Contact Hour

- 1.Participants call the speaker series phone number (800-704-9804) between 2:50-3:00 pm eastern standard time on the date of the seminar. At the prompt, participants enter the conference call code (741266). At this time, participants will be in conference to attend the seminar.
- 2.Lakeview NeuroRehabilitation Center will enter into the conference call at 3:00 pm eastern standard time and begin the presentation. The presentation will last for one hour.
- 3.After the presentation, participants will fill out the attached evaluation form and return the evaluation form by email or mail.

Return the Evaluation and Receive your Certified Education contact Hour

- Return by email to:lcs@lakeview.ws

- Return by mail to: Lakeview Community Services
- C/O Tri-County CAP
- 448 White Mountain Highway
- Tamworth, NH 03886
- Attention: Speaker Series Coordinator
- Make sure that you include the name and mailing address of each participant PLEASE PRINT
- Lakeview will mail to you, your certified education contact hour.

Purchasing your own DVD copy of the Presentation

- To purchase your own copy of the presentation on DVD, please send an email to ics@lakeview.ws at Lakeview community Services to request information about this purchase.

Register and direct questions to 603-323-7434 or lcs@lakeview.ws

JOB POSTINGS

None at this time.