



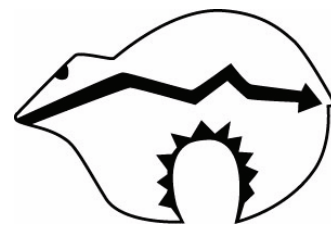
July & August 2009
Volume 10 Issue 3

The Link is a publication of The Rio Grande Chapter of The Case Management Society of America

Newsletter Committee Chair
Monica Vickery
(505) 323-5569

The Rio Grande Chapter

PO Box 30092
Albuquerque, NM 87190-0092



The Link

The Rio Grande Chapter of CMSA meets monthly on the **THIRD** Thursday of the month.

Join us for a breakfast buffet starting at 7:30 and the presentation from 7:45 to 8:45 a.m. RSVP to Gloria Martinez-Newton via e-mail: havencare@qwest.net or phone: 275-2275 **by NOON Monday prior to the meeting.**

◆◆◆◆◆◆◆◆◆◆ **We are on the move in August** ◆◆◆◆◆◆◆◆◆◆

◆◆◆◆◆ **Meetings will be moving to a new location** ◆◆◆◆◆

◆◆◆◆◆ **Please stay tuned for the new location** ◆◆◆◆◆

Board of Directors

- **PRESIDENT**
Gary Oppedahl
(505) 828-3918
gary@tbahncs.com
- **PRESIDENT- ELECT**
Linda Lunn
505 232-3311
LLUNN@heritagehomehealthcare.com
- **VICE PRESIDENT**
Michelle Tirado
michelle.tirado@kirtland.af.mil
- **SECRETARY**
Robert Dillon
505 816-2075
Roberta_Dillon@BCBSNM.com
- **TREASURER**
Lynda Beaty
Lynda.Beaty@healthsouth.com
- **BOARD MEMBERS**
Beth Martin
(505) 816-2281
Beth_Martin@bcbsnm.com

Grace Daniels
(505) 272-1989
Gdaniel@salud.unm.edu

Elizabeth Ramos
(505) 298-6884
Elizramos@aol.com
- **PAST PRESIDENT**
Carla Metzner
(505) 272-6171
cmmetzner@salud.unm.edu

Calendar of Events

2009 Breakfast Program Schedule

- July 16, 2009 CMSA Business Meeting
- August 20 CMSA Breakfast will move to its new location
- September 17

2009 Evening Program Schedule

- **October 1 and 2 2009- CMSA Rio Grande Chapter Conference**

In this Issue:

- **Page 2:** New Members, June July August & September meeting sponsors, Sharing information, Email address
- **Page 3:** Opportunities and Contacts
- **Page 4-5:** 2009 Rio Grande Chapter of the CMSA Annual Conference
- **Page 6:** Gary's Corner and CMSA National Resources
- **Page 7:** 2008 Rio Grande Chapter Conference Sponsors

web sites

Local

www.cmsanm.com

National

www.cmsa.org

NEW & RENEWING MEMBERS

Monica Collins
Rebecca Davidson
Jenny Davis
Melba Dyer-White
Sylvia Henderson
Linda Lunn
Sandra Wiley
Ogulijan Young

Sharing Information

- Have you read an interesting article lately?
- Do you have something you would like to share with other case managers?
- Would you like to win a prize for contributing to the newsletter?

Contact Monica Vickery at 505-272-4179 or mmvickery@salud.unm.edu for more information or to reserve your spot in the newsletter, share your knowledge,

*** NOTICE ***

All CMSA reimbursement requests must be received within 90 days of purchase. Send to: Karen Cooper, treasurer c/o CMSA Rio Grande Chapter, PO Box 30092, Albuquerque, NM 87190-0092. If questions, please contact Karen Cooper at 453-2390.

CMSA Rio Grande Emails:

CMSANM@gmail.com

Gary@tbabhcs.com

Special Thanks to our June, July, August and September Meeting Sponsors!

HEALTHSOUTH

Hill-Rom

GrandCanyon

 Evercare

 **Boehringer
Ingelheim**

**We need
YOU!**

**Are you
interested in doing a presentation
EITHER for the MORNING meeting
time or EVENING for our local
chapter of CMSA?
We'd LOVE to have you!**

As Case Managers, we are eager to be educated about your products and services. Please remember that to meet our educational needs we do ask that you be able to provide a case management focus.

Contact Patricia Heinzman for more information;

orthoqueen79@gmail.com .

Opportunities

Do you have a vacancy? Advertise it here and on the website!

The NM RioGrande Chapter prices per month for advertising job postings on our website and for putting these same job postings in our bi-monthly newsletter are:

1/4 page = \$100.00/month on website and per issue of newsletter
1/2 page = \$200.00/month on website and per issue of newsletter
1 page = \$400.00/month on website and per issue of newsletter

Your company's logo and/or advertisement will be in **FULL COLOR**

Our newsletter is electronically submitted to 120+ case management professionals.

If you wish to post a job opportunity on our website and newsletter please contact Michelle Tirado at (505) 846-3629 or michelle.tirado@kirtland.af.mil or Monica Vickery at (505) 272-4179 or mmvickery@salud.unm.edu

Contacts

Contact Person:

Gary Opedahl
gary@tbabhcs.com
Phone: (505) 828-3918
Fax: (505) 821-6130
Mailing Address:
P O Box 30092
Albuquerque, NM 87190

General Information:

Gary Opedahl
gary@tbabhcs.com
Phone: (505) 828-3918

Marketing Contact:

Dolores Cordova
Dolores@tbabhas.com
(505) 828-3918

Membership Chair:

Karen Cooper
KarenSCooper78@yahoo.com
(505) 453-2390

Program Chair:

Linda Lunn
Lunn@swcp.com
(505) 803-0254

Seminar Chair:

Carla Metzner
cmmetzner@salud.unm.edu
(505) 272-6171

Newsletter Chair:

Monica Vickery
mmvickery@salud.unm.edu
(505) 272-4179

Website:

Michelle Tirado
michelle.tirado@kirtland.af.mil
(505) 846-3629



New Mexico Rio Grande Chapter
of the
Case Management Society of America

presents the

2009 Annual Seminar October 1 & 2, 2009

at the

Albuquerque Grand Airport Hotel



Sailing the Rough Seas of Case Management

Credit Hours:

2 days of conference = up to 12 Certified Case Management (CCM) Credit Hours

2 days of conference = up to 12 Social Work CEUs

(The NM Board of Nursing accepts continuing education, which has been approved by a recognized approval agency such as the national or state nursing organization; another state board of nursing, or a NM approved local monitoring system).

Location & Lodging:

The seminar is being held at the **Albuquerque Grand Airport Hotel** (formerly the Wyndham Hotel). Room rate is \$99 + tax for 1-2 people, and \$10 each additional person thereafter per room. Reserve your rate in the **CMSA Block**. Offer expires Sept. 15th. Visit their website: www.albuquerquegrandairporthotel.com or call 505-843-7000.

Website: www.cmsanm.com

Please contact Carla Metzner at 505-272-6171 or e-mail her at cmmetzner@salud.unm.edu with any questions

2 day Conference Registration

2 attendees for \$275*

CMSA Member \$165

Non-member \$235

1 day Conference Registration

Thursday, October 1

CMSA Member \$110

Non-Member \$135

Friday, October 2

CMSA Member \$110

Non-Member \$135

"2 for \$275"

- ◆ Offer expires Sept 1st
- ◆ May be CMSA member(s) or non-member(s).
- ◆ Registration forms must be submitted together.
- ◆ Separate payments are permitted.
- ◆ Payment(s) is/are due at the time of registration.
- ◆ Please identify your "partner" on the registration forms.



Celebrate Case Management Week

Thursday, October 1st following completion of the last speaker (4:30pm),
JOIN US at the

Albuquerque Grand Airport Hotel for
CELEBRATION HOUR

ALL CASE MANAGERS ARE INVITED

Case Managers are recognized during a yearly weeklong celebration which serves to recognize case managers, to educate the public about case management and to increase recognition of the significant contribution of case managers to quality healthcare for the patient, healthcare provider and payor.

Gary's Corner

Surviving Tough Economic Times

The economy isn't doing well right now; there's no denying that. However, be careful not to buy into statements that this is the worst recession since the depression. It isn't. Those of us who lived through the 1980s remember a much darker time – where home mortgage rates were 18%, oil and gas prices had doubled, inflation was out of control and unemployment was much higher. While we can all acknowledge that people are spending less money now, we should focus on prudent financial decisions and strategies to take us through until the next economic expansion. We all need to focus on the facts:

These conditions are temporary

Economic recessions are a necessary part of the process

The economy will transform itself going forward

A constant flow of positive ideas is essential

Who you associate with and listen to is critical

There have been 10 recessions since 1945 but only 2 in the last 25 years, so this one may be a little deeper. The average recession lasts 10 months while the average expansion lasts 67 months. So, we can all watch our pennies during this time, (and maybe carry this frugality into better strategies going forward) but will stand on solid footing and prepare for the next expansion by continuing to focus on the right things.

So Gary, what can I do?

You have an opportunity to grow through these tough times. As the CEO of your life, I recommend that you adapt to the changing times by increasing your knowledge and improving your skill set. Keep your head up for new ideas, reflect on your unique strengths and gravitate toward activities that utilize those strengths. As you improve your skill set and do more of what you love, you will provide more value to those around you, including your patients/clients, and be a part of better outcomes; and isn't that what we're all here for?

Be safe out there!

Gary

CMSA National Resources

- **Membership & Chapter Support:** Phone: (501) 225-2229 or
Toll-Free: (800) 216-2672 Email: cmsa@cmsa.org
- **Events & Education:** Phone: (501) 225-2229 or
Toll-Free: (800) 216-2672 Email: events@cmsa.org
- **Continuing Education:** Phone: (501) 225-2229 or
Toll-Free: (800) 216-2672 Email: ceinfo@cmsa.org
- **Corporate Partners, Exhibitors & Sponsors:** Email: partners@cmsa.org
- **Press & Media Communications:** Email: press@cmsa.org

Thank you to our 2008 CMSA Seminar Sponsors!

Three Skein Package Sponsors:



Two Skein Package Sponsor:



One Skein Package Sponsors:



Case Management Week Celebration

Hour Sponsor:



Seminar Breakfast or Lunch

Sponsors:



Seminar Break Sponsors:



Transitional Learning Center