



CMSA
CASE MANAGEMENT SOCIETY OF AMERICA
The Rio Grande Chapter
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The Link

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Calendar of Events

The Rio Grande Chapter of CMSA meets monthly on the **THIRD** Thursday of the month. Breakfast Meetings are held at Best Western Rio Grande Inn. The Inn is just off I-40 West-bound and exit at Rio Grande Blvd. going South. The Inn is on the right (west) side of the street. Plenty of parking on the north side of the building. Phone: 843-9500.

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.**

2007 MEETING AGENDA

- March 15 "Take Control of Your Life" by Gary Oppedahl, from Footprints Home Care. The CMSA sponsor is Hill Rom and Kindred Healthcare.
- April 19 Topic to be announced by the sponsor, Advanced Bionics.
- May 17 Legislative Update by Joie Glenn, Executive Director of NM Association of Home Care and Hospice.
- June 21 COPD Guidelines. Sponsored by Boehringer Ingelheim Pharmaceuticals.

MARK YOUR CALENDARS!!!!

The 2007 CMSA Rio Grande Chapter Conference,

"Case Management: A Rainbow of Opportunity"

will be held on Thursday, October 4 and Friday, October 5, 2007 at the Wyndham Airport Hotel in Albuquerque, NM.

In this Issue:

Page 2:

- 2007 CMSA Rio Grande Conference, Albuquerque.
- CMSA National Conference in Denver, CO, June 2007.

Page 3:

- "This is Your Life"

Page 4 : Special Thanks to 2007 Sponsors.

Page 5:

- Special Thanks to 2006 Conference Sponsors.

Page 6:

- New & renewing Member

Page 7:

- 2007 Board

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www.cmsanm.com

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**2007 Conference &
EXPO: DENVER, CO
June 19-23, 2007**

If it's your job to assess, plan, facilitate or advocate for options and services to meet an individual's health needs through communication and available resources to promote quality cost-effective outcomes, then **CMSA's Annual Conference & Expo is designed expressly for you.**

CMSA's Annual Conference & Expo brings you the very best speakers, the most relevant educational sessions, the hottest new products and the most productive networking functions all in one easy-to-navigate and surprisingly affordable event.

Register on www.cmsa.org



Welcome to Your Life!



Have you ever wondered why everybody including the dog wants a piece of you and you can't satisfy any of them?

Have you ever thought that leaving town with no forwarding information and starting over is a viable alternative?

Well, **welcome to your life!** And mine and probably everybody else's who is reading this.

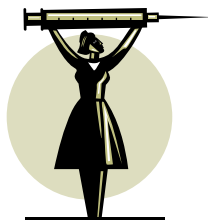
Gary Oppedahl from **1-800-Home-Care** actually seems to have a handle on this. At least it's worth a try. Before you groan and move on to something else read and think about this for a minute. This is basically what I got out of Gary's talk: **Life is about relationships!** All of it is relationships: work, home, friends, volunteer, etc, etc, etc. That's your life!

Take a few minutes and write down 5-7 of the roles you have in every area of your life. Write down one thing in each role that you would like to accomplish this week. Start doing **the next action** within 48 hours. That's it! **Then**, get people to hold you accountable. The more the better! It's not quite as easy to get out of now, is it?

By the way, these things that you decide on should reflect your values and what you want to accomplish long term. Otherwise the whole exercise is meaningless.

Ask me how I've done with this at the next meeting. Let's see....now for the dog....I will have **the kids** pick up the poop once a week...That should cover my parenting role **and** my pet owner role. This is easy!

Take care, Louis Wells



Thank you to our 2007
March and April Sponsors



Special Thanks to Our Sponsors— 2006 Conference

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Boeringer Ingelheim





Special Thanks to Our Sponsors - 2006 Conference

Lunch and Celebration Hour Sponsors:



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Albuquerque Care Center
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Valle Norte Caring Center

The Give-N-Get Program

NEW AND RENEWING MEMBERS

NEW

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Elizabeth Reil
Valerie Romero

RENEWING

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Linda Fredickson
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Jeanne Sukis
Stephanie Thirquist
Gail Jackson
Jean Kruthaupt
Catherine Logue
Leon Marler
Brenda McGill
Margaret Tras
Carolyn Willetts
Carol Zulauf



For each article you write for The Link, you will receive a gift. Some ideas:

- A summary of the monthly meeting
- Review of an interesting, educational article
- Changes in case management, rules or trends

Contact Lynette Napier 838-0202 or 363-3361 or lnapier@phs.org) for more information or to reserve your spot in the newsletter, share your knowledge, and receive your prize!

*Would you or your company like to present to our Chapter????
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 Carolyn Simon for more information;
Carolyn_Simon@bcbsnm.com or 816-2059.

Welcome to our 2007 Board

Susan Hazeltine, RN, President. She has 16 years of case management experience and 6 years of Marketing experience. Her past experience also includes President of the NMACC. She works for Blue Cross Blue Shield of New Mexico as a case manager.

Carla Metzner, RN, CCM – President-Elect. Carla has a varied background in medical and surgical nursing, and has worked for most hospitals in Albuquerque. She worked the longest, for the VA, 20 years. She started as a nurse case manager in Cardiac Rehab, about five years ago, then came to UNM Hospital three years ago to Care Management Services. She received her case management certification in 2005. She is working as an outpatient clinic case manager at UNMH.

Ellen Costillo, MSA, MPA. Vice-President. Ellen is the current immediate past-president of the Albuquerque NM Chapter of NASW. She is the supervisor of the Department of Senior Affairs for the City of Albuquerque.

Lynette Napier, RN, MN, CCM, Past President. Lynette has been in case management for five years as a nurse case manager with Presbyterian Health Plan. She was previously the Director of a HHC and Hospice agency.

Kathy Stanley, RN, CRRN, CCM, CPUR. Secretary. Kathy has been the Secretary for CMS, Rio Grande Chapter, for the last 2 years. She is very active in the program and CCM prep course committees. She also attends meetings and activities. Kathy has held supervisor positions with LifeMasters, Blue Cross Blue Shield of New Mexico and at Saint Joseph Hospital and Rehabilitation Center.

Karen Cooper, Treasurer. Karen has had 2 years of experience as the CMSA Rio Grand Chapter treasurer. Karen has 10 years experience in the healthcare field. She has worked in Home Health Care, DME and Home Infusion. She has been the Account Manager for Coram Healthcare for the past four years. She mostly works with hospital and insurance case managers specializing in IV Antibiotics and qualifying patients for Home TPN and Enteral. She was raised in Eastern New Mexico and has been in Albuquerque for the last 11 years.

Lynn Leninger,, RN, CCM, Treasurer in Training. Lynn's entire nursing career has been spent at University Hospital starting in 1992 as an extern in the Post Partum Unit. She then worked in the NBICU and SCN for 6 years until joining the case management department in 1999 as an RN Case Manager for the NBICU/SCN and the Mother-Baby Unit doing DC Planning and Utilization Review.

Cynthia Shelton, MA. Member-at-Large (Director). Cynthia has been active in the Rio Grande Chapter of CMSA for the last 2 years on committees and at meetings. Before coming to New Mexico she was active in the Kansas City CMSA Chapter. Cynthia currently works in the Healthcare field in Albuquerque.

Kris Van Deusen, RN, MSA, CCM, Member-at-Large (Director). Kris has been in the hospital-based case-management field for over 20 years. She was one of the founding members of the CMSA Rio Grande Chapter. She is currently the supervisor of the Out-patient case-management at UNMH.