



CMSA
CASE MANAGEMENT SOCIETY OF AMERICA
The Rio Grande Chapter
PO Box 30092
Albuquerque, NM 87190-0092

The Link

March/April 2008
Volume 9 Issue 2

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

Newsletter Committee Chair
Vicki Dahn
(505) 816-2279

Board of Directors

- **PRESIDENT**
Carla Metzner
(505) 272-6171
cmmetzner@salud.unm.edu
- **PRESIDENT—ELECT**
Gary Oppedahl
(505) 828-3918
gary@tbahcs.com
- **VICE PRESIDENT**
Linda Lunn
505 232-3311
LLUNN@heritagehomehealthcare.com
- **SECRETARY**
Kathy Stanley
505 293-1913
stanleytkgs@comcast.net
- **TREASURER**
Karen Cooper
(505) 344-0900
cooperk@coramhc.com
- **DIRECTOR / MEMBERS AT LARGE**
Beth Martin
(505) 816-2281
Beth_Martin@bcbsnm.com
and
Leslie Slow-Goldfine
505-250-9889
laugh317537@yahoo.com
- **PAST PRESIDENT**
Susan Hazeltine
(505) 816-2062
Susan_Hazeltine@bcbsnm.com

web sites

Local
www.cmsanm.com

National
www.cmsa.org

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, Aztec Room. The Inn is just off I-40 Westbound 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.**

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2008 MEETING SCHEDULE

- **Feb 21: LDL Management in Diabetes and People with Metabolic Syndrome**, speaker Dr. James Underberg from Liposcience Sponsors are: VistaCare Family Hospice and Walgreens Option-Care
- **Mar 20: Pediatric Drowning** by Brian Moore, MD Sponsored by United Seating & Mobility
- **Apr 17: Legislative Update** by Joie Glenn, Executive Director of the NM Assoc. of Home & Hospice Care. Sponsors are KCI and LifeMasters

MARK YOUR CALENDARS!!!!
October 2 & 3, 2008



The 2008 CMSA, Rio Grande Chapter Conference
“Weaving a Tapestry of Case Management”
To be held at the Wyndham Hotel in Albuquerque, NM

Welcome to the new CMSA Rio Grande Chapter Board!

Carla Metzner, RN, President

Carla is a native of New Mexico who graduated from the UNM College of Nursing in 1975 and got her case management certification in 2005. She has a varied background in medical and surgical nursing, and has worked for several Albuquerque hospitals including the VAMC for 20 years. She started in CM 7 years ago in Cardiac Rehab and then at UNMH, Care Management Services about 5 years ago and currently is the outpatient clinic CM. She has been active in CMSA. She also was President and Treasurer in the local Desert Mountain Chapter of ASPMN.

Gary Oppedahl, President-Elect

President and CEO of TBAB Health Care Services. An Electrical Engineer by degree, he started his career at Intel Corporation, where he held various engineering and management positions. While at Intel, Gary's mother was diagnosed with a non-Hodgkin's lymphoma. This experience became a crash course in being a caregiver within the medical and home health systems. Gary's career then took him from semiconductors, to semiconductor lasers to laser medical devices from California to Ireland and ultimately (with the birth of his Grandson here) back to New Mexico, where he was the CEO of a laser medical device company. In July of 2005, Gary formed TBAB (To Be A Blessing) Healthcare Services. He is also a Managing Partner of 1-800-HomeCare, a consortium of the highest quality healthcare services. He is a member of the Board of Directors for Silver Horizons, a senior support organization. He is a Big Brother in the Big Brother program working with at-risk youth and volunteers one day per week at "Noon Day" feeding the homeless. Gary's purpose in life is to be a blessing, reduce fear, and promote peace of mind to all he encounters, and he is blessed to be able to work at this to the best of his ability every day.

Linda Lunn, RN, Vice-President

I served predominantly as a medical-surgical nurse in hospitals in Arizona, California and Washington for twenty years. I took a twenty year hiatus from nursing and became a mortgage banker and then a realtor. I returned to school and re-licensed as an RN in 2000, working at UNM. Three years ago I became a nurse case manager for Heritage Home Healthcare and became their Nurse Liaison in 2005. I have a total respect for the stress and demands placed on case managers to utilize all resources and maintain the health, safety, and quality of life of the patient. I look forward to continued work with CMSA to promote the knowledge and professionalism of all case managers and associates.

Kathy Stanley, BSN, RN, CCM, CRRN, CPUR, Secretary

Kathy graduated from the University of New Mexico College of Nursing in 1973. She worked at St. Joseph Hospital for 15 years in home health care, discharge planning and rehabilitation with neurological and orthopedic patients. She became the Director of Rehabilitation Services. Kathy then moved to Blue Cross Blue Shield of New Mexico where she became the Director of Case Management Services. She developed the case management program at BCBSNM. She then worked for LifeMasters Self Supported Care as a Team Manager. Kathy is currently working at Presbyterian Health Plan as an Inpatient Case Manager for Long Term Acute Care, Skilled Nursing and Rehabilitation. Kathy has been secretary for three years, has been active in the development of the CCM Preparation Course and the Program Committee. Kathy is always promoting CMSA and encouraging her peers to attend functions and join the organization. It keeps you in touch with current technologies, services and is an extraordinary networking system.

Karen Cooper, Treasurer

Karen has 11 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. Karen mostly works with hospital and insurance case managers specializing in IV Antibiotics and qualifying patients for Home TPN and Enteral Nutrition. She was raised in Eastern New Mexico and has been in Albuquerque for the last 10 years. She has been the CMSA Treasurer for the past three years, has been active on the Seminar and Membership committees and has spearheaded the Case Management Week activities for the last three years.

Leslie Slow-Goldfine, Member-at-Large

For the past two and a half years, Leslie has worked as a Volunteer Bereavement Facilitator for the Children's Grief Center of New Mexico and is an avid fundraiser and spokesperson for that organization. Leslie may be reached at 505-250-9889.

Beth Martin, RN, Member-at-Large

Beth has been a nurse for the past 29 years. She worked maternal infant for 6 years at a private hospital in Birmingham, Alabama, leaving to work in the home health field where she then started marketing infusion therapy. In 1987 she went to work for a managed care company doing utilization review and case management. She moved to NM in 1999 and has worked for Cimarron, Molina and Presbyterian Hospital. Presently she works for BCBS doing case management for the federal employee program. She has been a member of CMSA for the past 5 years and has been active on several seminar committees.

NEW AND RENEWING MEMBERS

Joyce Chimoni-Wilson
Dorothy Coelho
Grace Daniel
Melba Dyer White
Phyllis Gorman
Shelley Hanton
Catherine Logue
Sandra Mathers
Diane McDonald
Elizabeth Reil
Jeanine Sukis
Liz Tennyson

The Give-N-Get Program



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 Vicki Dahn 816-2279 or Vicki_Dahn@bcbsnm.com for more information or to reserve your spot in the newsletter, share your knowledge, and receive your prize!

SPECIAL THANKS TO OUR MARCH & APRIL SPONSORS!



CLIENTS  HEALTHCARE PROVIDERS



Are you interested in doing a presentation 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 .

Thanks to our 2007 “Case Management : A Rainbow of Opportunity “ Sponsors

Indigo Sponsors:



Gold Sponsors:

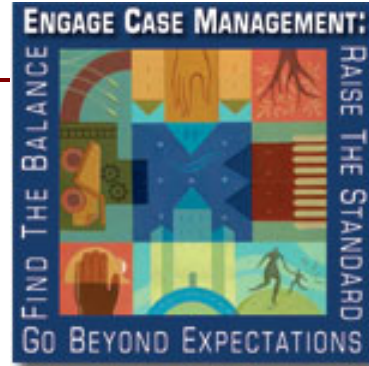


Magenta Sponsors



CMSA's 18th ANNUAL CONFERENCE & EXPO

Orlando, FL • June 17-20, 2008



CMSA's Annual conference & Expo is the largest case management event of the year and an exclusive opportunity for you to connect with over 300 companies that will be available and ready to share knowledge, insights, and cutting-edge solutions.

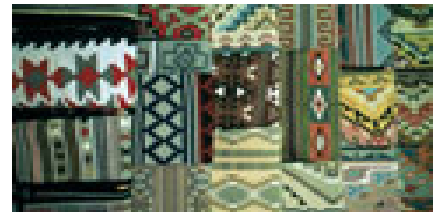
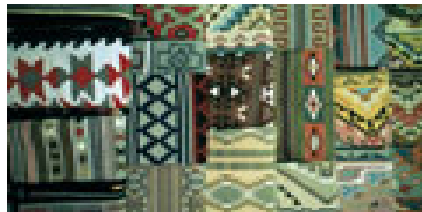
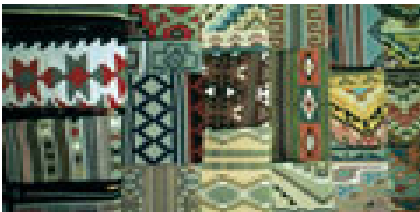
The educational sessions will engage your unique abilities to move from "what is" toward "what can be". You're invited to join us on this incredible journey as we create new ways to add professional value, develop critical thinking skills, enhance careers and learn experientially. This conference will be your source of cutting-edge practical advice, proven strategies, and how-to guidance.

MARK YOUR CALENDARS!!!!

October 2 & 3, 2008

The 2008 CMSA Rio Grande Chapter Conference
"Weaving a Tapestry of Case Management"

will be held on Thursday, October 2 and Friday, October 3, 2007
at the Wyndham Airport Hotel in Albuquerque, NM.



Come join us for the Conference
and also attend the 2008
Albuquerque Balloon Fiesta. Log
on to <http://www.balloonfiesta.com>
for more details.



Daylight Savings Time Survival Tips

(HealthDay News) -- Planning ahead and following a few simple steps can help you minimize the impact of lost sleep when the clocks go ahead one hour on March 9, says the American Academy of Sleep Medicine.

The academy offers the following tips to cope with the return to Daylight Saving Time (DST):

- Begin to readjust your sleep schedule a few days prior to the time change by going to bed an hour earlier.
- Modify your eating schedule by having dinner one hour earlier.
- Be careful when driving or operating machinery on the day of the time change.
- Avoid napping, particularly before bedtime.
- Keep a light schedule -- such as minimizing driving and avoiding strenuous physical activity -- on the Monday after the time change.

Eat properly, stay hydrated and remain physically active.

"The conversion to DST, with its forced loss of one hour of sleep and a change in sleep schedule, can sometimes result in complaints of disrupted daytime functioning," Dr. Ron Kramer, medical director of the Colorado Sleep Disorders Center, said in a prepared statement. "This problem, surprisingly, can last as long as one to two weeks in some people, especially in the 'night-owl' type of person."

But he added that the change can be a good opportunity to examine your sleep patterns and behaviors.