



# 4<sup>th</sup>Thursday eNews

Feb 2008  
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Orlando, Florida.  
[www.centralfloridacmsa.org](http://www.centralfloridacmsa.org)

## Message from the Board



By Jackie Snook RN, CRRN, CCM, President.

I always think of hearts, happiness, and love in February.

February is American Heart Month. Friday February 1 was **National Wear Red Day**. I hope you all remembered to wear red. *The Heart Truth*—a national awareness campaign for women about heart disease—created and introduced the Red Dress as the national symbol for women and heart disease awareness in 2002 to deliver an urgent wake up call to American women. Heart disease is the #1 killer of American women.

In fact, one in four women die of heart disease. But heart disease can also lead to disability and a significantly decreased quality of life. As Case Managers we all know the tips on avoiding heart disease and advise our patients to: control your blood pressure; exercise regularly; don't smoke, maintain a healthy weight; eat lots of fruits and vegetables; & keep your cholesterol and triglycerides levels under control. However how many of us practice what we preach?

President's message continued on Page 2

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*"I believe there's an inner power that makes winners or losers. And the winners are the ones who really listen to the truth of their hearts."  
Sylvester Stallone*

## KEEP THE DATES-2008

Feb 28<sup>th</sup>

Topic: Orthopedic Injuries

Speaker: Dr Steven Webber

Lunch Sponsor: **Orlando Orthopedic Center  
Black Diamond & Shepherd Center**

Contact: Karen Ursulich 407-254-2519

Mar 27<sup>th</sup>

Topic: ABC's of Nutrition

Speaker: Lenny Starks - Managed Care

Lunch Sponsor: **Option Care**

Contact: Mary Ann 727-254-9711

Apr 24<sup>th</sup>

Topic: Medicare Set Asides

Speaker: Barbara J. Fairchild RN, BSN, CLCP, MSCC

Lunch Sponsor: **Nuquest/Bridgepointe**

Contact: Barbara Fairchild 321-689-5492

BECOME A MEMBER  
National Office  
CMSA

8201 Cantrell Rd.  
Suite 230.

Little Rock, AR. 72227.  
501-225-2229

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Website: [www.cmsa.org](http://www.cmsa.org)

<http://www>

# Chapter Notes

By Brenda Randall, RN, CCM, Secretary

## Chapter Meeting Highlights...

If you did not attend the prior meeting, here's what you missed:

**Jan 24<sup>th</sup> 2008**

Central Florida-Orlando area

- ❖ The meeting was called to order at 11.30am by Past President Marilyn Doty
- ❖ The luncheon meeting was sponsored by **Evercare Health Plan.**
- ❖ We enjoyed our luncheon and wonderful presentation by speaker **Dr Randall "An overview on the Nursing Home Diversion Program."**
- ❖ The Evercare Health plan is for people with limited incomes such as Medicaid and Medicare
- ❖ There were 72 persons present including guests.
- ❖ **Marietta Colter** from Hartford won the dues refund drawing
- ❖ The meeting was adjourned at 1 pm.

By Patti Dorrell RN, MSN, CCM, Treasurer

Treasurer Report for the Month of Dec 2007

<b>Income</b>	<b>\$265.00</b>
<b>Expenses</b>	<b>\$406.84</b>

**Dollars & Cents**



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On a lighter note I am happy! It has taken me too long to realize that I don't need to let all the day-to-day little annoyances and distractions become my focus. I, like most people, have a lot to be happy about. As Abraham Lincoln said "*Most folks are about as happy as they make up their minds to be.*" So I have made my mind up to be happy. I hope all of you take this quote to heart and make up your mind to be happy. "*Happiness is a journey, not a destination; happiness is to be found along the way not at the end of the road, for then the journey is over and it's too late. The time for happiness is today not tomorrow.*" Quoted by Paul H. Dunn

I was married on Valentine's Day 2001. My husband James and I decided before we were married that we wanted to be sure our Anniversary was always a special day so we made a pact to always be on Vacation the week of Valentine's Day. So far we have spent our Anniversaries in Jamaica, New York City, The Biltmore Estate, Utah, Bahamas, and St. Thomas. This year we are cruising and will be in Grand Cayman. And yes every anniversary has been special.

Wishing you all Healthy Hearts, Happiness and Love for 2008!  
Jackie Snook, RN, CRRN, CCM



*"Just as the body cannot exist without blood, so the soul needs the matchless and pure strength of faith."*

*Mahatma Gandhi*

MEETINGS  
MEETINGS

4<sup>th</sup> Thursday of every month.  
Educational offering with  
CEU & CCM

**Location:** Bahia Shrine  
Auditorium.  
2300 Pembroke Dr.  
Maitland. 32701

**New Rates Feb!**  
**RSVP-** Member-free  
Non-member-\$15  
**Non-RSVP-** Member-\$5  
Non-member-\$20

First time guest—FREE

**We apologize for the increase  
but must do so to offset our  
lease increase**

**RSVP to:** -Darlene Armstrong  
@ 866-838-1580 or  
Via website @  
[www.centralfloridacmsa.org](http://www.centralfloridacmsa.org)

## News From CCMC

### All future CCM exams to be administered in electronic format

To access the Certification Guide and Application, please visit the CCMC's website at [www.ccmcertification.org](http://www.ccmcertification.org).

CCMC is partnering with Prometric to deliver the certification examinations electronically, starting with the **Fall 2008 examination cycle**.

There are many benefits to computer-based testing (CBT):

**More flexibility in site locations.**

**More flexibility in choosing when to take the exam.**

**More opportunities to apply.**

**Shorter exam.**

**Faster results.**

## APPLICATION PROCESS UPDATE

With the ability to offer exams three times per year, CCMC will also streamline the application process. The new application (**available in February 2008**) will contain all forms required for certification:

- **Application**
- **License Verification Form**
- **Employment Verification Form**

Rather than requiring a separate application and examination fee, only one fee will be submitted for the entire certification process. A partial refund for those not found eligible to sit for the exam will be provided.

This will greatly reduce the steps and challenges applicants have reported in the past in meeting deadlines and obtaining their employment documentation and other verifications. More improvements to the process are anticipated, and will be announced in February.

If you have questions or need more information, visit the website ([www.ccmcertification.org](http://www.ccmcertification.org)) or Email at [info@ccmcertification.org](mailto:info@ccmcertification.org)



Join today: [www.cmsa.org](http://www.cmsa.org)

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*"Our limitations and success will be based, most often, on our own expectations for ourselves. What the mind dwells upon, the body acts upon."*

*Denis Waitley*

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## Government News

**Three Broward County, Fla., residents filed a federal class-action lawsuit against the state's Medicaid program.** The plaintiffs allege that the state moved 200,000 beneficiaries into an HMO-style plan in an attempt to reduce costs — but the state did not properly inform the affected members that they could change plans — under federal law — if they have "good cause." According to the suit, materials sent to recipients didn't fully explain the right to change plans, and state-hired counselors incorrectly advised recipients that they were locked into the reformed plan for a year. Subsequently the recipients stayed in plans that did not cover their providers or medications, according to Legal Aid Service of Broward County, which is representing the plaintiffs. The Florida Agency for Health Care Administration, which runs the state's Medicaid program says "it would be inappropriate for us to comment on it right now" since the suit is in litigation.

Reprinted from the Jan. 21, 2008, issue of [HEALTH PLAN WEEK](#).

## BULLETIN BOARD

### Cross Country Education

Presents:

**IMPROVING MDS SKILLS AND PERFORMANCE-**  
*An important seminar for LTC nurses, MDS  
 Coordinators and Key Clinical Personnel*

**Tampa, FL- March 12, 2008**

*Crowne Plaza Tampa East  
 10221 Princess Palm Ave., Tampa FL. 33610*

**Orlando, FL- March 13, 2008**

*Hilton Garden Inn Orlando East/UCF  
 1959 N. Alafaya Trail, Orlando, FL. 32826*

**Register Today!**

Online- [www.express.CrossCountryEducation.com](http://www.express.CrossCountryEducation.com)

Use express number: 101990

Phone: (800) 397-0180

### Experience the Excitement: CMSA's 18th Annual Conference & Expo

CMSA's 18th 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.

Our educational sessions will engage your unique abilities to move from "what is" toward "what can be."



**June 17-20, 2008**

Orlando, FL.

Rosen Shingle Creek Hotel & Golf Club

Register Online Today!

View the Attendee Brochure online in its entirety for complete program information: [www.cmsa.org/conference](http://www.cmsa.org/conference)

Dear Central Florida CMSA members and regular attendees

# Win a Prize!

**Email this Code: UR2008X**

To the Prize Committee @

[www.info@centralfloridacmsa.org](mailto:www.info@centralfloridacmsa.org)

**Before 11.00am on Thursday, 2/28/08**

All eligible entries will be acknowledged at the regular scheduled meeting on the same date.

Thank you for your continued support of our chapter.

**The Board, CF-CMSA 2008**

**ORLANDO REGIONAL HEALTHCARE  
 Visiting Nurse Association Spiritual Care  
 Presents:**

**HEALING THE BODY, HEALING THE MIND**  
*Spiritual Care in times of illness and injury*

**APRIL 15, 2008**

8.30am- 1.00pm

**ORMC MPR C&D**

1414 Kuhl Ave. Orlando. FL. 32801

CEUs for RN & Social Workers-pending

For more information or to register call:

**321-841-5322**



## 2008 BOARD

NAME	Office/Chair	CONTACT
Jackie Snook	<b>President</b> (Website)	Optimal Translation & Transportation 407-699-9011 x106
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Victor Sargent	<b>Programs</b>	CSI Nurse World 321-720-1153.
Brad Reynolds	<b>Programs Assistant</b>	<a href="mailto:BradfordR@cgsi.c">BradfordR@cgsi.c</a> <a href="#">c</a>
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Cheryl Gulasa	<b>Member at Large</b>	<a href="mailto:Cheryl.Gulasa@amerisys-info.com">Cheryl.Gulasa@amerisys-info.com</a>
Terry Grein	<b>Member at Large</b>	<a href="mailto:Terri.grien@hartfordlife.com">Terri.grien@hartfordlife.com</a>

## AALNC

American Association of Legal Nurse Consultants

Invites you to attend:

**JOURNEY TO EXCELLENCE**

**2008 National Education Conference**

**April 9-12, 2008**

*Tampa Marriott, Tampa, Florida.*

Three days of keynote and concurrent sessions covering topics such as elder care, life care planning, general litigation, expert witness testimony and more.....

For more information, visit [www.aalnc.org](http://www.aalnc.org)

or call 877-402-2562

# Happy Presidents Day!!

To all our past and present Central Florida CMSA Chapter Presidents:

1992 Betty Reid	2001 Lisa Bloder
1993 Mary Lee Till	2002 Marty Bassett
1994 Belinda Brice	2003 Robin Courtney
1995 Lori Flemming	2004 Winsome Jeffrey-Robbins
1996 Laurie Davis	2005 Patti Dorrell
1997 Dona Swenderman	2006 Angela Clemons
1998 Sherrie Jones	2007 Marilyn Doty
1999 Cheryl Cooper	2008 Jackie Snook
2000 Susan Gregory	

Thank you for all that you do/did for our Chapter..



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