



4thThursday eNews

Jan/Feb 2009
Volume 3 Issue 1

Orlando, Florida.
www.centralfloridacmsa.org



Message from the Board

By Lisa W. Bloder RN, CCM, President.
CMSA 2009

At the first board meeting of 2009 your board of directors were charged with redefining the mission of our chapter. At the conclusion, we decided that our goal was to help continue the professional growth and education of our members which will subsequently assist in providing the best possible service for the patients we serve.

Your board is committed to providing top quality educational opportunities for you at each meeting. The only thing we would ask of you is to share with us your opinions. We need to know how you perceived the speakers that we have and your desires for new topics going forward. In working together we will continue to provide the best services for each other and our patients. [\(Continued Page2\)](#)

INSIDE THIS ISSUE

- 1 President's Message
- 1 Keep The Date
- 2 Chapter Notes
- 3 Government News
- 3 National CMSA News
- 4 Bulletin Board
- 5 Contact information

KEEP THE DATE 2009

Happy New Year!

"Then sing, young hearts
that are full of cheer,
With never a thought of
sorrow;
The old goes out, but the
glad young year
Comes merrily in
tomorrow."- Emily Miller

Feb 26th
Topic: **The Bionicare Knee System**
Speaker: TBD
Lunch Sponsor: **RS Medical Solutions**

BECOME A MEMBER

National Office
CMSA
8201 Cantrell Rd.
Suite 230.
Little Rock, AR. 72227.
501-225-2229
Fax 501-221-9068

Website: www.cmsa.org



Chapter Notes

By Brenda Randall, RN, CCM, Secretary

Chapter Announcements...

- We had a lovely dinner at our December Christmas Luncheon, there were 100 in attendance.
- There were beautiful poinsettias decorating each table and lots of prize drawings.
- A \$500 check and 131 pounds of canned goods were donated to the Food Bank from the Orlando Chapter CMSA.
- The check and food collected will provide 2087 meals to the needy.
- The CMSA Case Manager of the year award was presented to Marilyn Doty.
-

MEETINGS
MEETINGS

Cont'd from page 1- President's Message -----

I invite each and every one of you to our board meetings, which take place the first Friday of the month at the Denny's in Altamonte Springs at 8:00 am. Come join us to see what all goes into making these programs take place and to share any ideas that you may have on how we can continue to expand our services to our members.

I look forward to a great year.

Lisa W. Bloder, RN, CCM

4TH THURSDAY OF EVERY MONTH.
Educational offering with CEU & CCM

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

RSVP- Member-free
Non-member-\$15
Non-RSVP- Member-\$5
Non-member-\$20

First time guest—FREE

RSVP to: -Darlene Armstrong
@ 866-838-1580 or
Via website @
www.centralfloridacmsa.org

Government News

Science Daily (Jan. 19, 2009) — With an epidemic of antibiotic-resistant infections growing, experts are warning grocery-store pharmacies that antibiotics giveaways are an unhealthy promotional gimmick. If grocery stores want to help customers and save them money during cold and flu season, the Infectious Diseases Society of America (IDSA) says, they should offer free influenza vaccinations instead

Source:

<http://www.sciencedaily.com/releases/2009/01/090116111137.htm>



Join today: www.cmsa.org

National CMSA News

The offering of this program is not an endorsement by CMSA

CMSA would like to challenge each chapter to help support the 2009 Collaborative Practice Support by sharing information with Directors, CEO's, CFO's, and other key decision makers in large organizations within your community. By bringing together these key leaders, you are helping to shape future resources and best practices that will be available to the care management community.

The Collaborative Practice Summit is for any leading edge leader in the care management industry who wants to connect with other key leaders and decision makers to share best practices, find out the latest technology, create a united vision for the health care field. It will host CEO's from large healthcare related organizations who want to come and help make a difference. It's not just an educational event but a showcase of ideas and resources.

Encourage your chapter board and members to help us make a difference in healthcare. Share the word about this elite summit and help transform the future.

For additional information, visit www.cmsa.org/cps.

BULLETIN BOARD

\$10,000 Research Grant Offered Annually

CCMC believes that because the practice and the job settings of case managers have evolved rapidly over the past two decades, research is needed in order to accurately identify the current state of the field and to document how case management has evolved in response to the changing environment of healthcare.

As such, CCMC is offering a \$10,000 research grant per year, to be awarded each January. Completed grant applications are due no later than May 1 of each year and notification of awards will be made by October 1 of same year with the awards paid the following January. The brochure below describes the process in detail.

http://www.ccmcertification.org/pages/24frame_set.html

If you took your CCM exam this past December 2008.....

Exam results will not be available until the middle of January

People were having trouble getting seats for the exam, so the exam dates were extended. All the exams need to be processed and reviewed before they can send out results.

KEEP THE DATES-2009

Thank you for you continued patronage of our monthly educational lunches; we hope to see you in 2009!

Jan 15, 2009

Feb 26, 2009

Mar 26, 2009

April 23, 2009

May 28, 2009

June 25, 2009

July 23, 2009

Aug 27, 2009

Sept 24, 2009

Oct 22, 2009

Nov 12, 2009-Annual Vendor Show

Dec 10 2009- Holiday Party

CF-CMSA BOARD

Inspiration from the Past:

"The return of good times is not wholly a matter of money. There is prosperity of living which is quite as important as the prosperity of the pocketbook."

"It is not enough to be willing to make the best of things as they are. Resignation will get us nowhere. We must build what amounts to a new country. We must revive the ideals of the founders. We must learn the new values of money. It is time for pioneering----to create a new security for the home and family.....Where we were specialists in spending, we are becoming specialist in living."
Ladies Home Journal, October 1932

2009 BOARD



NAME	Office/Chair	CONTACT
Lisa Bloder	President	lbloder@wservices.org lbloder@embarqmail.com 407-839-5050
Marty Bassett	President Elect	mbassett@cfl.rr.com 407-623-3454
Teri Grein	Secretary	Terrie.Grein@hartfordlife.com
Patti Dorrell	Treasurer	patricidorrell@yahoo.com 407-647-3580
Cathi Borowski	Treasurer in Training	cathiborowski@gmail.com
Jackie Snook	Past-Pres/ Vendor Show	jsnook@cfl.rr.com 407-669-9011 ext 106
Darlene Armstrong	Membership	Jerry_darlenearmstrong@hotmail.com 866-838-1580
Joanne Davenport	Programs	joanne_v_davenport@uhc.com 407-520-7925
Lynn Roberts	CCM, CEU	louisegardner@cfl.rr.com 407-659-7219
Marilyn Doty	Legislative Chair	marilyn.doty@FLHOSP.org 407-616-6558
Cheryl Gulasa	Newsletter	cheryl.gulasa@amerisys-info.com 407-949-3100
Brenda Randall	Nominations	brenda.randall@orlandohealth.com 407-852-2740
Laurie Davis	Special Projects / CMOY	oakvalleyfl@cfl.rr.com
Susan Gregory	EMAIL / website	sgregory@cfl.rr.com 407-919-6745
Marsha Stein	Historian	marsha.stein@FLHosp.org 407-303-8095
Victor Sargent	Bylaws	vsargent@cfl.rr.com 407-629-1141
Lynn Bergey	Member at Large	lynne.bergey@flhosp.org 407-691-8297
Patricia LaBerge	Member at Large	Patricia.LaBerge@hartfordlife.com 407-919-6702

February - Take Care of Your Heart

Factor	Goal	
LDL ("Bad") Cholesterol	LDL cholesterol goals vary.	
	Less than 100 mg/dL	Optimal
	100 to 129 mg/dL	Near Optimal/Above Optimal
	130 to 159 mg/dL	Borderline High
	160 to 189 mg/dL	High
	190 mg/dL and above	Very High
HDL ("Good") Cholesterol	50 mg/dL or higher	
Triglycerides	<150 mg/dL	
Blood Pressure	<120/80 mmHg	
Fasting Glucose	<100 mg/dL	
Body Mass Index (BMI)	<25 Kg/m²	
Waist Circumference	<35 inches	
Exercise	Minimum of 30 minutes most days, if not all days of the week	



CF CMSA

2300 Pembroke Dr

Maitland, FL. 32701

Phone: 407-691- 5440

Fax:

E-mail: info@centralfloridacmsa.org