



CMSA® *The Hampton Roads Chapter*

The Wave-Hampton Roads Case Management

Welcome New Members!

Moriah Everhart
Sally Sekowski



Spring into CMSA this Spring

April showers bring May flowers and National's Spring membership drive initiative makes it much easier to start enjoying the benefits of CMSA membership. Between now and May 31st National is offering a \$30 discount off National dues for new members. If know any deserving individual who's been contemplating joining please be sure to pass this along. Visit cmsa.org/join and enter the discount code; SPRING2014 when enrolling.

National Nurses Week 2014

National Nurses Week celebrates nurses and their role in society and was first observed in October 1954, the 100th anniversary of Nightingale's mission to Crimea. Every day, nurses step forward embracing new technologies, resolving emerging issues, and accepting ever-changing roles in their profession. They lead the way for their patients, colleagues, organizations, and the health care industry as a whole.



Learn more about the history of Nurses Week at <http://nursingworld.org/DocumentVault/NNW/NNW-History.pdf>

President's Corner

Elaine Bruner

I am so thrilled that our winter weather has melted into spring. This means that the yard work begins at my home. This year, the work includes building a shed for all the usual items that homeowners collect. As I have watched my husband, and his buddy, construct this 10x12 building, it occurs to me that they spent a great deal of time on the floor, or foundation, of this shed. It started with leveling the ground followed by a layer of gravel, then wood struts, and finally the plywood floor was nailed to the struts - A solid foundation for our newest structure. By now, you could ask, "OK, Elaine, what does your shed have to do with HRCMS?" Just as our shed deserves a solid foundation so does HRCMS. Our chapter's foundation starts with a dedicated Board of Directors (BOD). The BOD is charge with conducting our chapter business, including executing our educational mission, as well as being responsible stewards of our finances. The Nominating Committee, chaired by Gail Brown-Immediate Past President, will produce a slate of candidates for the July election. Each candidate brings diverse talents as well as knowledge and leadership to HRCMS. I urge you to use your vote to create the solid foundation for HRCMS.

Our educational mission is a vital element of our chapter's foundation. Our monthly CE events, the Pearl programs plus the 2014 Conference offer a variety of content with knowledgeable speakers. The sponsors and speakers devote time and energy to produce a valuable program. I always find a "factoid" or resource, usually in an area where I have less experience, during each program. Maybe it's a resource for transition planning or meeting someone that I only knew from phone calls-it's a worthwhile benefit from HRCMS. Won't you join me in June for our CE event?

To close this edition of President's Corner, I'd like you to consider this question: What forms the foundation of your case management practice? Is it your education? Your generic discipline and its license? What about case management certification? Certification is validation of your knowledge to stakeholders as well as opening possibilities in your case management career. CMSA has developed a series of webinars on certification; I encourage you to participate to discover the particulars and strive to achieve your certification. Learn more at www.cmsa.org; check the home page for more information.

Happy Spring!
Elaine

UNIQUE MEMORY CARE BRIDGE PROGRAM FOR THOSE WITH ALZHEIMER'S & DEMENTIA

*Collaborative partnership between Seniorcorp and Clare Bridge
Virginia Beach Estates – a Hampton Roads First*

By Kim Labidi, M.S.W., Geriatric Care Manager, PrimePlus Norfolk Senior Center

Caring for an elderly loved one's physical, emotional, spiritual and mental health has its blessings, but it can also present some very real challenges. As the years pass, these challenges may compel you and your family to look into alternative options to help care for your aging parent(s).

The goal of such care is to help a senior loved one maintain their health and independence for as long as possible. "Senior care is not a single decision; rather, it's more likely to be a series of decisions at different points in time based on the changing needs of your senior loved one," states Mark Broughton, CSA (Certified Senior Advisor) and Regional Director for personal care agency Seniorcorp. "It's so important for families to understand what types of services are available so they can tailor the most appropriate care based upon a senior's lifestyle, resources and needs at any point in time. That's why Seniorcorp's focus is not only to provide exceptional in-home care for seniors, but also to stimulate their hearts, minds, and bodies through activities, outings and socialization *outside* the home."

Living in a time where the average life expectancy continues to rise, Alzheimer's and dementia have become an increased reality as well. "The prevalence of cognitive impairment in the form of varying types of dementia doubles every 5 years between the ages of 65 and 85," comments Cat Klett, Executive Director of Clare Bridge Virginia Beach Estates (a Brookdale Property), a local residential community specializing in and dedicated to memory care. "Some common signs of this disease noticed by family and friends may include increased loss of short term memory as well as a decline in cognitive functions that affect daily life, frequently resulting in isolation and depression."

Since research has shown that social interaction among seniors is the leading predictive factor for continued health – over nutrition and exercise alone – it is ever more important to develop ways in which seniors can socialize in settings appropriate to their level of ability and need. This recognition has inspired a special relationship between Clare Bridge, PrimePlus and Seniorcorp. Together, the three organizations are working hard to provide innovative opportunities for seniors with cognitive impairment to participate in social activities, stay mentally stimulated, and build outside friendships. "It's our combined commitment to area families and their senior loved ones to provide premier continuing senior care programs and services," adds Lynne Berg, Executive Director at PrimePlus Norfolk.

In 2013 the area's first Memory Care Bridge Program was launched by Seniorcorp and Clare Bridge as a way to smooth out the transition between traditional senior care at home and full-time memory care inside a community. Deciding on the best place to care for a senior loved one who has Alzheimer's or dementia is an agonizing choice for most families. Nearly every family wants to keep their loved one at home, but for many reasons that's often not possible. The Memory Care Bridge Program is unique because it allows families to continue having Seniorcorp care for their senior loved one at home, but ALSO participate in the activities and events at Clare Bridge memory center during the week (*at no additional charge*). Under this program Seniorcorp's caregiver brings your senior loved one to Clare Bridge several times each week to enjoy activities and engage with the community's residents and trained staff. This effectively allows your family to "test" how your senior loved one will react to and accept a full-time memory care environment *before* committing to it.

And if a family decides to transition to full-time memory care at Clare Bridge, Seniorcorp's already-familiar caregiver will remain with the senior for the first few weeks, slowly weaning themselves away over time in order to minimize confusion and disruption for the senior. This approach not only gives the family peace-of-mind, but also allows the senior to remain calm, build self-esteem and avoid experiencing a sudden change in their care journey.

"It's important to encourage and support families caring for a loved one with Alzheimer's or dementia by helping them create special, happy times so they can relax and enjoy their time together. We think providing this unique program between Clare Bridge and Seniorcorp is another important way we can help make that happen," adds Cat.

For more information about the Memory Care Bridge Program, call 757-640-0557, or 757-493-9535.

Veterans; Dental Coverage

The Federal Government has authorized a national dental insurance program for veterans who are enrolled in Veterans Affairs (VA) health care and individuals enrolled in the VA's CHAMPVA program. Individuals must enroll through the VA but can receive care through any dentist who is signed up for the program. [Learn more.](#)

Upcoming Opportunities

Healthcare Pearls by Robert Kohan

On May 21st Elaine Bruner will be presenting *Bluf My Military Life after TBI* at Angelo's Pancake and Steak House in Newport News. Having had the privilege of listening to the presentation I can honestly say it is without a doubt one of the most impactful presentations I've ever heard. The topic is timely and the problem is epidemic and growing. If you'd like to learn more plan on joining us for dinner and Bluf. For more information and to RSVP your attendance please contact Bob Kohan 757-206-1167 or rkohan@brightstarcare.com.

Our topic for June 10 is titled *Send Me: Case Management for the Underserved, Uninsured and Socially Complex*. CEs available for Nursing; SW; and CCM! This meeting will be held at United Way of South Hampton Roads, 2515 Walmer Avenue in Norfolk. Watch for the flyer being sent by Angela Mitchell.

Both programs are accredited for CEs in Nursing, CCM and Social Work

CMSA's 24th Annual Conference & Expo

Join CMSA in Cleveland, Ohio June 17 - 20, 2014 for the sole health care event designed to deliver clinical, professional, regulatory and personal growth for the present and future of cross-continuum case management. <http://registration.experientevent.com/ShowCMS141/>

Save the Date!

The 8th Annual HRCMS Conference will be on Saturday, September 27, 2014 at the Hampton Roads Convention Center. Our keynote address will be given by Teri Treiger Past President of CMSA and Ellen Samnick-Fink MSW. Both speakers come highly credentialed and are published authors.

2014 Educational Calendar

June 10, 2014 (Southside)

August 12, 2014 (Peninsula)

Southside Location: United Way of South Hampton Roads, 2415 Walmer Avenue in Norfolk.

Peninsula Location: Sentara Careplex Hospital, 3000 Coliseum Drive in Hampton.

"ED Web"

**Continuing Education for Case Managers
Elaine Bruner, MSN, RN-BC**

Educational Resource Library is located in CMSA's Knowledge Center. It offers 120 online courses with approved credits.

[Click Here to Access the ERL](#)

See a website or CE offering that you want to share? Contact Elaine at millereli2@aol.com.

Upcoming Elections

By Gail Brown

The window for Nominations of the vacant President Elect and Director closed on April 30th. The Nominees will be presented to the BOD at their regular meeting on May 15th. Two weeks before the Annual Membership Meeting on July 17th our election process will begin electronically. Stay tune and keep checking your email for the Bio's of our candidates in late June. Most importantly we need you to cast your vote. This will be the first time we are offering electronic voting. The winners will be announced at the Annual Membership Meeting in July.

2014 Board Meeting Calendar

July 17, 2014

September 18, 2014

November 20, 2014

DME & Medical Supplies for Uninsured & Underinsured

Candie Driskell, MS, RN, CCM, CPC

FREE

The South Hampton Roads Chapter of the Foundation for Rehabilitation Equipment Endowment (FREE) has a large selection of gently used durable medical equipment available to those in need. The equipment includes: walkers, bedside commodes, raised toilet seats, shower benches, shower chairs, crutches and walkers with attached seat (rollators). To order, visit FREE's website at <http://www.free-foundation.org>, complete an application for the South Hampton Roads FREE and mail or fax it to the address or fax number listed on the application. Email shr@free-foundation.org or call 757-771-6183 for additional information.

Virginia Reuse Network

Apply for or donate gently used assistive technology (AT). AT includes medial mobility equipment and bathroom safety equipment such as scooters, wheelchairs, walkers, tub benches, shower chairs, canes, grab bars, and bariatric equipment. In general, the VRN serves persons who are uninsured, underinsured, or lack resources to purchase appropriate rehab equipment on their own. Each program has financial and medical eligibility requirements and inventory is limited to donations made by the community. www.vats.org/atrecycling.htm

Access Partnership

New and Used Donated Supplies and Equipment are available free of charge to those in need. To receive notices when items are available, email admin@accesspartners.org and request to be added to the listserv.