

*Continuing Education*  *Networking Opportunities*

*for Healthcare Professionals* **June 2015**

**Enhancing professional skills and relationships for Austin-area Nursing Professionals, Social Workers, CCMs, CRCs, CDMs and Home Health Administrators**

# LOCATION CHANGE

*Due to various issues at NAMC, the Austin Case Management Association will now be meeting at*  
**ST. DAVID'S MEDICAL OFFICE BUILDING**  
**3000 North IH 35 • 5th Floor classroom**

## Join us for our monthly meeting on Tuesday, June 9

Join us on Tuesday, June 9, 2015 for our monthly meeting, held at **St. David's Medical Office Building**. Turn off the south IH 35 frontage onto East 30<sup>th</sup> Street, ([click here for Map Quest Directions](#)) turn into the first parking garage, #2, go to top of garage which would be the 5<sup>th</sup> floor. The door on 5<sup>th</sup> floor will go directly into Classrooms B, C, and D. Parking will be validated.

The meeting will begin at 11:45am preceded by lunch from approximately 11:15-11:45am. You can [RSVP](#) on our web site, [www.austin-cma.org](http://www.austin-cma.org). Click on "RSVP", complete the information, and you are done. Visitors are welcome for a \$5.00 charge which includes lunch and the CEUs.

Our topic this month is "**Current Concepts in Parkinson's Rehabilitation**" presented by **Pamela Welsh, MS OTR/L** and **Rachel Throp**. This is a lecture-driven

presentation covering primary and secondary symptoms of Parkinson's Disease, the importance and effectiveness of a multidisciplinary team utilizing specialized techniques for treatment. It includes a review of current research and medical management from a social work perspective. A new program available for patients in Central Texas will be introduced.

**Pamela Welsh, MS OTR/L** is a senior occupational therapist at St. David's Rehabilitation Hospital. She has been practicing for over 13 years and has been with St. David's since 2008. Pamela is passionate about treating patients with neurological diagnoses, particularly Parkinson's disease. After becoming certified in the LSVT BIG(r) program, a protocol for treating individuals with Parkinson's, Pamela co-created an outpatient program at St. David's founded on these principles. Last year she also became a Parkinson Wellness Recovery (PWR!®) certified therapist. PWR! (®) uti-

lizes the Exercise4BrainChange(r) framework that she has since been incorporating into St. David's inpatient and outpatient Parkinson's treatment programs.

**Rachel Throp** graduated from Washington University in St. Louis and returned to Austin, Texas to begin her career as a physical therapist. She has worked at St. David's Rehabilitation Hospital in the inpatient department for almost nine years and assisted in development of the outpatient Parkinson's Program, Texas Steps. Aside from the hospital setting, Rachel also works with individuals with Parkinson's Disease in the home health setting and facilitates community-based exercise groups with a music therapist at the Center For Music Therapy. Rachel is a certified LSVT(r) BIG therapist and a PWR! Instructor and she enjoys improving individuals' quality of life through evidence-based exercise programs.

### This month's Speaker Sponsor

The 110-bed St. David's Rehabilitation Network offers four inpatient rehabilitation facilities in Austin and Williamson County. All facilities are located on the campuses of comprehensive medical centers with access to the full range of clinical specialists and diagnostic technology. Specialty programs include Cancer, Active Adult Stroke Rehab, 6000 Steps, Parkinson's, Spinal Cord Injury and Amputee rehabilitation.



The medical directors include neurologists and physical medicine specialists who collaborate with an interdisciplinary team of certified rehabilitation nurses and therapists. Therapy teams consist of a wide variety of specialists with post-graduate training in areas including Neuro-Developmental Treatment, vestibular, cognitive, vision and orthopedic rehabilitation. Treatment plans focus on evidence-based practice including Body-Weight-Supported Treadmill Training, LSVT Big and Loud (a Parkinson's rehabilitation program), neurological re-education with biofeedback, as well as others. Additionally, two research studies are in progress. For more information about our services and facilities, please visit [www.StDavidsRehab.com](http://www.StDavidsRehab.com)

### This month's dessert sponsor

**Ellen Martin** is the Director of Clinical Practice and Regulatory Affairs at the Texas Association for Home Care and Hospice. She is also a doctoral student at the University of Texas at Austin School of Nursing. The focus of her dissertation research is hospital to home discharge transitions of seniors with dementia from the family caregiver perspective. Dementia caregivers volunteering for the study will participate in an in-person interview of about one hour. Results of the study will be used to inform improvement interventions to ease care transitions for persons with dementia and their caregivers. For more information or to refer a potential participant to the research study, please email [ellenmartin@utexas.edu](mailto:ellenmartin@utexas.edu)

### This month's Food Sponsor

U.S. Memory Care/Cedar Park is dedicated to providing a safe, comfortable and loving home for those challenged by memory loss. Our unique community offers three separate neighborhoods, 25 beds each, which provide residents an individualized continuum of care for all stages of dementia and Alzheimer's.



The neighborhoods, The Oak, The Ivy, and The Willow, provide a real sense of home and come together around a charming and unique Main Street area. Main Street offers amenities and entertainment such as a movie theater, hobby room, family inn, sweet shop, beauty salon, and music hall, plus access to different types of doctors, therapies, and dental and lab services. Through Inspirations, our innovative memory care program, we help to enrich the lives of our residents by engaging them in activities that are meaningful to them. U.S. Memory Care is currently accepting reservations and will open in mid-June of this year. [www.usmemorycare.com](http://www.usmemorycare.com) 512-710-3838

# ACMA's annual conference: OCTOBER 29, 2015

Come be a part of all the creepy & kooky, mysterious and spooky  
and altogether groovy Case Management Family



**VENDORS: reserve your booth NOW!**  
Download the reservation form (available on  
our website) and fax yours today!

Thanks to our  
2015 conference sponsors



### 2015 Membership

The 2015 membership application is available on our website at [www.austin-cma.org](http://www.austin-cma.org). You may bring the completed form to the monthly meeting or you may mail it in.

Membership is good from January 2015 thru December 2015. All renewals are due by May 2015. To ensure you receive the newsletter via email, please be sure to include your email address on your application. Also, don't forget to specify which committee(s) you would like to serve.

### Check the Jobs & Events pages of our website

Remember the "Job Posting" and "Events" tabs on the website. If you have case management related job opportunities or a CEU or any other event, please email it to [newsletter@austin-cma.org](mailto:newsletter@austin-cma.org). (Posting subject to board approval).

For other events, please visit the [Central Texas Association of Healthcare Quality \(CTAHQ\) website](http://www.ctahq.org) and [Facebook page](#).

### Looking for Speakers, Speaker Sponsors and Food Sponsors

If your or your company have a great speaker and have CEU's or are interested in sponsoring the food for our monthly meeting, please contact Shallen Conner at 512-431-7131 or Lorna Allen at 512-627-1544.

If yours is a small agency that can't quite afford to sponsor a monthly meeting with lunch how about sponsoring Desserts at a monthly meeting.

Sponsors receive space in the newsletter to put their company's info and logo, space at the meeting for their collateral and time at the beginning of the meeting to talk about their company - don't delay, sign up now!

## ACMA 2015 Board of Directors

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