



## Join us for our monthly meeting Tuesday, October 8 ★ 11:45 a.m.

This month's meeting will be at the Austin State Hospital, at the Nifty Fifty #626 Tuesday, October 8, 2013 ([See Map Quest Directions](#)). 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. [PLEASE RSVP](#)

Our topic this month is **"Having 'The Conversation:' Tools to Start the Sometimes-Difficult Discussion with your Parents about their Future"** presented by **Mary Koffend**. There comes a time in every family when the kids need to know if their parents have put any thought into their future. Each family has its own timetable, but the issues remain the same: Legal (advanced directives, power of attorney, etc); Financial (life insurance and long-term care insurance, etc); Health (doctors and medications, etc); Personal Perspective (what do they want, need, etc); and End of Life (funeral, burial or cremation, etc).

This presentation will fill in the "etc" and provide you with strategies to open the dialogue and also for each sibling to find their role.

Mary Koffend, President of Accountable Aging, is a specialist in eldercare services and government-funded programs. Having served elder and disabled clients for more than thirty years with the Social Security Administration (SSA) throughout Texas, including being responsible for Houston's largest and most complex SSA client service operation, and then managing the Medicaid provider services programs for the State of Texas, Mary is in a unique position to now help AACM clients deal with two of the biggest challenges related to aging: navigating the benefits maze and understanding healthcare options. But don't let Mary's government experience fool you; she brings a creative approach to each challenge she faces. She follows the spirit of the law without losing sight of the needs of the client. Additionally, Mary is gifted in supporting families and facilitating communication and has a particular heart for those who care for an elder with mental challenges. She brings both empathy and guidance into such situations.

### This month's Food Sponsor

The Cottages concept has been the leader in Alzheimer's care in the Greater Austin Area since we opened in 1997. Going beyond today's traditional assisted living facilities, which are still institutional in feel like nursing homes or hospitals; we offer a true home environment. Our cottages are uniquely designed to meet the needs of persons with Alzheimer's disease and related memory disorders. Under the direction of our highly qualified 24-hour staff, we provide personal care assistance, medicine supervision, meals, snacks and specialized activities. Adult day care and respite care provided. The Cottages at Chandler Creek is the caring answer to your loved ones needs for Alzheimer & Memory Care Assisted Living in Round Rock, Texas. Feel free to call us at 512- 218-9757 or visit our website: [www.alzcottages.com](http://www.alzcottages.com)



### This month's Speaker Sponsor

Accountable Aging Care Management (AACM) is an eldercare consulting and care management firm. We work with elder clients and their families to find the best care providers and services to meet their needs. We provide an objective, third-party perspective on the best options for the elder and a single-point-of contact for the care providers, elder and family. We then manage elder care situations on an hourly-fee basis. The advantage of our firm is that our team has experts in many areas from home care, rehabilitation, family, facilitation, financial oversight, nursing, Social Security and Medicare. For information, see [www.accountableaging.com](http://www.accountableaging.com) or call us at 512-342-9800.

**October 13-19, 2013 is  
National Case Management Week  
Thank your case managers for the great job they do!!!**

## October 10, 2013 is filled with great events!

### For Lunch, Shenandoah Villa BBQ Bonanza & Silent Auction

Thursday, October 10<sup>th</sup> Noon to 2:00 p.m. | \$10/plate with To-Go Options available  
1623 Shenandoah Drive Cedar Park, TX 78613 512-257-7526

Sponsored by: Harbor Hospice, Acadian Ambulance, Sagebrook Health & Rehab, Accolade HomeCare, What's For Lunch, Heavenly Care Senior Home Care & Statewide Moving, The Cottages at Chandler Creek, and Highland Estates.

Benefiting Drive A Senior  
(Round Rock and Pflugerville)  
512-310-1060



**Drive a Senior**  
Volunteers In Motion

### Then, for Happy Hour, come "Lift Your Spirits"

Thursday, October 10<sup>th</sup> 4 to 6:00 p.m.



3300 West Anderson Ln., #304 Austin, TX (512) 465-9463

Enjoy an assortment of hibiscus tea, coffee and hors d'oeuvres  
Raffle and Silent Auction. Raffle Prizes Visa Gift Cards \$1000, \$500, \$200.

Benefiting Drive A Senior North Central Austin

Sponsored by: Emeritus at Parmer Woods, Little Deli, and Nurses Unlimited. For info about the Raffle and Silent Auction call 512-453-2273

### 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).

### Stay in touch with the Central Texas Association of Healthcare Quality

Please visit the [Central Texas Association of Healthcare Quality \(CTAHQ\) website](http://www.ctahq.org) and [Facebook page](https://www.facebook.com/ctahq). CTAHQ meets the third Fridays of the month, except for October when the statewide TAHQ conference occurs, and December. We plan to change our meeting location to St. David's later in the year, for a change of pace.

### Looking for Food Sponsors for the Monthly Meetings

If you or your company is interested in sponsoring the food for our monthly meeting, please contact Lorna Allen, 512-627-1644 or Jessica Merritt, 512-431-7779. We have a couple of months open. Sponsors are given 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.

We would like to thank AUSTIN STATE HOSPITAL again for allowing us to have our monthly meeting at the Nifty Fifty Conference Room during 2013



### Attend the ACMA Conference Committee Meeting

The conference committee will finalize the topics and speakers at its next meeting on October 23 at 2 p.m. at HealthSouth. If you are interested in serving on conference committee, please attend this meeting or let us know of your interest.



**THANK YOU the Sponsors of the 2014 ACMA Conference: Centre for NeuroSkills, Acadian Ambulance Services, Reliant Central Texas, Emeritus at Parmer Woods and Epic Health Services.**

### Only 5 sponsor slots remain, so sign up now.

Sponsorship applications are available online now. Please visit the [conference page](http://www.austin-cma.org/conference) to download a sponsor application or email [conference@austin-cma.org](mailto:conference@austin-cma.org) for more information.

### Elections for the 2014 Board of Directors

The end of the year is fast approaching and it is that time to elect our new board. If you are interested in serving on the board, please contact one of the 2013 board members. Once the new Board has been nominated we will be emailing out the 2014 Ballots after the November meeting.

### ACMA 2013 Board of Directors

President	Stacie Dement	Health South	512-423-9250
Vice President	Terri Martinez	Parmer Woods	512-835-9080
Secretary	Jessica Merritt	Accolade Home Care	512-431-7779
Treasurer	Lee Bowman, RN	Bowman Insurance	512-836-1234

### 2013 Committee Chairpersons

Membership	Valerie Krueger	Colonial Gardens	512-799-6515
Scheduling & Education	Jessica Merritt	Accolade Home Care	512-431-7779
	Lorna Allen, LBSW	Heavenly Care Senior Home Care & Statewide Moving	512-627-1644
Conference	Lee Bowman, RN	Bowman Insurance	512-836-1234