

Continuing
Education



Networking
Opportunities

for Healthcare Professionals

September 2009

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

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

This month's meeting will be at North Austin Medical Center Auditorium on the 2nd floor, Tuesday, September 8, 2009. (Click here for [MapQuest 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 Click on "RSVP," complete the information, and you are done. Visitors are welcome for a \$5.00 charge which includes lunch and the CEUs.

This month's topic is "Cross Train Your Brain" - This presentation was written by **Kevin W. O'Neil, MD, FACP**, a renowned geriatrician who is a specialist in Internal Medicine and Geriatrics and Medical Director of Optimum Life for Brookdale Senior Living. Brenda Calbow, R.N., Regional Director of Clinical and Resident Services for Brookdale Senior Living-

SW Division will present the topic that will discuss ways to improve cognitive health and reduce the risk of developing Alzheimer's disease or other dementias through practicing several lifestyle factors which will be featured. Attendees will learn the benefits of brain fitness and the many ways to accomplish improved cognitive ability, including physical activity. This talk is normally aimed at older adults but you are never too young to start exercising your brain.



Our sponsor, Brookdale Senior Living, has 5 communities in the Austin Area - Summit at Westlake, Heritage at Gaines Ranch, Summit at Northwest Hills, Summit

at Lakeway and Sterling House Georgetown providing Independent Living, Personalized Assisted Living, Alzheimer's & Dementia Care and Rehabilitation & Healthcare. Also, ISC=Innovative Senior Care is Brookdale's own provider of Therapy and Home Health. ISC provides a wide range of services for our residents or for those in their own homes including preventative care, therapy and rehabilitative services and home health.



Housekeeping: A Big Thank You to everyone for picking up after the August meeting. The place looked great when we left. Remember NAMC has been gracious enough to allow the ACMA to meet in their building for free and have food in the Auditorium so we need to take care of it.

Job Opportunities

Questpro Consultants is looking for **RN Case Manager with Workers Compensation Experience**, for an Insurance Carrier. It is all Telephonic/In office position. Looking to pay \$70-75,000. Contact Kevin M. Burch, CPC- 972-960-1305 ext. 106.

HealthSouth Rehab Hospital of Austin is looking for **VOLUNTEERS**. As a Volunteer for HS hospital you could assist with Meeting-and-Greeting the patients and family members, read to the patients, work in the Mobility Garden, or help with light office duties. If you would like to Volunteer, please feel free to contact us directly at 512/479-3540, or you can email doris.moon@healthsouth.com.

Central Texas Rehabilitation Hospital is seeking a **clinical/marketing liaison** to do pre-admission screens and physician marketing. We are an exciting new facility partnered with Seton Family of Hospitals with great growth opportunities. If you want a dynamic team, great clinical care and outcomes, then check us out. Just give me a call at 512 406 6343 or 923 2803 or email your resume to mabarrett@rehabcare.com, Peggy Barrett CEO.

Elderhaven Adult Day Center in Round Rock is looking for an **LVN**. Elderhaven Adult Day Center of Williamson County is a program of Austin Groups for the Elderly (AGE). AGE is a non-profit organization empowering caregivers, the elderly and their families through education, advocacy, resources and support. Job requirements: Licensed by the State of Texas as an LVN, in compliance with the Nurse Practice Act, Rules and Regulations and other guidelines of the Texas Board of Nursing. Hours: 9:30 - 5:30 Monday through Friday. To apply: please email cjleto@ageofaustin.org or fax resume to 512-255-4865.

Registered Nurse possessing Texas Workers' Compensation background needed for Telephonic Case Management position with large insurance carrier in Austin. This is a permanent, full-time position with excellent benefits. For in-depth information please call: 888-477-9104 or email: proplay@gate.net.

Mark Catalano, LCSW with Carousel Pediatrics wanted to pass this message on: "It's regrettably official; I have 2 bilingual and 1 Spanish proficient social workers (LMSW) who will be on the job market in the next few weeks. Anything you can do to shop them around would be appreciated. I can get resumes out to any interested parties or put them into contact with the staff. All have been wonderful and flexible with me for the last few months. They have all kept positive, can do attitudes. They are very committed to patient care and working responsibly with clients. They all get along well with coworkers and are excellent social workers. I can provide more specific reference as needed." Mark's contact information is: Phone: 512.917.3822 and email: mcatalano@austinkidz.com.

2009 Membership

If you would like a 2009 membership directory please let a board member now. If you have changed your email address, employment, or address, please let membership know so we can ensure that you continue to get the newsletter. For your convenience we have attached the link to download the membership form on the ACMA website at: http://www.austin-cma.org/membership_forms.html If you do not have internet access, you can contact Cheryl Carter, Terri Martinez or Valerie Krueger. We also accept membership at the monthly meetings. Membership is good from January 2009 to December 2009.

ACMA 2009 Board of Directors and Committee Chairs

2009 ACMA Board of Directors

Co-Presidents

Knoel Babin, RN, Health South, 512-656-5522

president@austin-cma.org

Cyndie Lefler, RN-HealthSouth at Home, 512-479-3608

president@austin-cma.org

Vice President

Valerie Krueger-The Summit at Northwest Hills, 512-454-5900

vice-president@austin-cma.org

Secretary

Stacie Dement, Health South Hospital 512-423-9250

Treasurer

Lee Bowman, RN -Bowman Insurance, 512-836-1234

treasurer@austin-cma.org

Each year we ask our members to become more involved with the ACMA. Please consider joining a committee.

2009 Committee Chairpersons:

Membership

Terri Martinez-Parmer Woods, 512-835-9080

Cheryl Carter-Colonial Gardens, 512-799-6515

Valerie Krueger-The Summit at Northwest Hills, 512-454-5900

Scheduling & Education

Lillian Phillips, LMSW, Innovative Senior Care/Brookdale
512-529-0747

Amy Braur, LCSW, Visiting Physicians, 407-8880

Mary Uherek, CCM, CDMS, 512-828-5829

education@austin-cma.org

Conference

Lee Bowman, RN, Bowman Insurance, 512-836-1234

Upcoming Events

H.A.N.D. (Helping the Aging, Needy & Disabled) is having the "Roaring Twenties" Casino Night Gala and Silent Auction, Thurs. Sept. 24th at the Mexican American Cultural Center from 7pm to 11pm, tickets are \$55 per person. You may contact Karen Christensen @ 477-3796 #215.

18th Annual Austin Memory Walk on October 10, 2009 at the Alzheimer's Association. This critical fundraiser and awareness event supports research and resources for families, caregivers, and individuals affected by this disease in 17 central Texas counties. Over 1,000 Austinites will participate in the walk through Austin in support of the Capital of Texas Chapter of the Alzheimer's Association, and we invite you to be one of them, either through corporate sponsorship or team formation. Team members gather donations through community fundraising and a user-friendly website leading up to Memory Walk and participate as a group the day of the event. Lead sponsors at the \$5,000 level receive a banner and exhibit table at the event, their logo on chapter and event websites, and their prominent logo on the event t-shirt and flyer. Donations to the Alzheimer's Association are tax deductible. Thank you in advance for your support! For sponsorship opportunities and additional information, please contact Michaela Morris by phone at (512) 241-0420, ext. 16 or via email at MMorris@TxAlz.org.

October is Breast Cancer Awareness Month, and we hope you'll help us honor every person who has been touched by breast cancer by joining our first-ever American Cancer Society Make Strides While Making Breakfast event. Make Strides While Making Breakfast lets you host a breakfast at home, or choose to meet friends at one of your favorite dining spots. It's as easy as signing up online, making a personal donation of \$25, and then asking friends and family to join you. Together you'll be raising money to support the American Cancer Society's work to fight breast cancer and create more birthdays by helping people stay well, helping people get well, by finding cures, and fighting back against the disease. Contact the American Cancer Society for more information.

Austin Community College, in partnership with ArrangeCARE PC, will offer Austin's first-ever **Validation® Worker (level one) Certification Course** beginning in November 2009. The course, comprising five 2-day course blocks over the coming year, is open to care giving professionals and others who want to improve their ability to relate to and communicate with elders with Alzheimer's-type dementia and improve the elder's participation in community life. To earn Certified Validation®

SOCK Drive

If you remember, last year our Holiday Community Sponsor was the Ladies from Delta Kappa gamma-an International Teachers Honor Society. Each year they make up bags for the needy in nursing homes. Well this year the ACMA is going to help them out with having a "SOCK" drive. We are asking our members to bring a NEW pair of socks to the Sept, Oct. and/or Nov. meetings. We will collect them and give them to the ladies to add to the bags. Along with the socks you can also bring travel size shampoo, lotion, combs, etc too. (Make sure they are NEW). Valerie said that if a company(s) want to contribute a large number of socks and supplies that she will have their name listed.

Worker status, students must complete five theory/instruction sessions and twenty-six weeks of hands-on practice in the Validation Method of dementia communication and pass final written and practice exams. Each session consists of two full days of instruction, and all practicum work must be documented in writing. Two sessions with clients must be videotaped for evaluation purposes. Continuing education units will be provided for social workers, nurses, licensed chemical dependency counselors and are being requested for certified care managers and certified guardians. The course will be taught by Vicki de Klerk-Rubin, B.A., M.B.A., C.V.M., an International Validation® Master who is a Registered Nurse (Dutch Equivalent) and the European Manager of the Validation® Training Institute. Tuition is \$1000 (not including text book). To register, call 512-223-7542 or go online to <http://www.austincc.edu/ce/> and register for the course SCWK 1075 100 97254 Validation Worker Certification.

Naomi Feil Validation® Method Workshop Naomi Feil, M.S., A.C.S.W., C.V.M., Executive Director of the Validation® Training Institute, will return to Austin on Nov. 4, 2009 to present a one-day introductory workshop on the Validation® Method, developed over her lifetime of working with persons who have Alzheimer's-type dementia. Validation® enhances the quality of care given to elders with dementia. It improves caregiver morale and dedication and interpersonal relationships as well. Validation® enhances the quality of care given to elders with dementia. It improves caregiver morale and dedication and interpersonal relationships as well. Validation® is for family members, activity directors, aides, nurses, social workers, administrators, clergy, mail carriers, law enforcement officers, i.e., anyone in frequent contact with disoriented elders and their caregivers. For more information about Validation®, visit www.vvalidation.org. The workshop, hosted by Gray Panthers of Austin with the support of a number of community sponsors, will be held from 8:30 a.m. - 4:30 p.m. on Nov. 4, 2009 at the Norris Conference Center, 2525 West Anderson Lane #365, Austin, TX 78758. To receive a registration form, email graypanthers@grandecom.net or phone 512-458-3738 and leave your contact information, preferably email. Registration fees are \$25 for family members, nurse's aides, and students; \$50 for activity directors; and \$75 for nurses, social workers, and activity directors. Continuing education credits (6) are approved for nurses and social workers and are being requested for facility administrators.

Conference News

SAVE THE DATE...April 22, 2010

The conference committee is working hard to bring you another fantastic conference.

We would like to announce the 2010 sponsors: GOLD; Brookdale Senior Living. SILVER; Girling Health Care and our BRONZE sponsors; American Home Patient, Encompass Home Health, Parmer Woods, a Merrill Garden Community, St. David's Rehab., and CORE Health Care. There are still 3 Bronze Sponsorships available. Please visit the conference link on the website for Sponsorship applications. Look for the Exhibitors Brochure in the mail soon. If you have an interesting topic or speaker, feel free to email.

Conference Committee Meeting

The conference committee will meet immediately after the regular meeting briefing.