

*Mid-Atlantic Chapter*

# *News*

*Winter 2009 Volume 8*



## *Professional Geriatric Care Managers*

**Welcome to the Quarterly Newsletter for the Mid-Atlantic Chapter of the National Association of Professional Geriatric Care Managers (NAPGCM)!!**

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**Disclaimer: The Mid-Atlantic Chapter does not issue or make endorsements referrals, or recommendations of service providers, including but not limited to geriatric care managers,physicians,facilities,and programs.** Any recommendations included in this newsletter are expressions of opinion by the individuals making them. The Mid-Atlantic Chapter assumes no responsibility or liability for any advice, treatment, or service s rendered by any provider named in this newsletter. A reader considering engaging the services of a provider should ensure themselves of the qualifications and suitability of such provider and obtain additional information necessary to make an informed decision.

# Brain Injury Services in the Mid-Atlantic Region

## From the Desk of Stephanie Thomopoulos

The **Brain Injury Resource Center** is a wonderful website that offers services and resources all over the US. This includes housing options, attorneys, learning about TBI, rehabilitation facilities, doctors and a special section on "Life After Brain Injury". Please check out their website at <http://www.headinjury.com>.



## From the Desk of Mary Joe Reed

Just wanted to get some information to you regarding Brain Injury Services in Virginia that I am familiar with.

**Woodrow Wilson Rehabilitation Center, located in Fishersville, VA.** They are well-known for being one of the first state-owned rehabilitation facilities. They have a Brain Injury Department, along with many other types of rehabilitation.

Go to [www.wwrc.virginia.gov](http://www.wwrc.virginia.gov) for more information.

**Lakeview Blue Ridge** is located in Blacksburg, VA and is one of our newest community-integrated programs for people with brain injuries. Other Lakeview facilities include **Virginia NeuroCare** in Charlottesville, VA and **Shenandoah at Breezy Hill** in Weyers Cave, VA. You can obtain additional information at [www.lakeviewsystem.com](http://www.lakeviewsystem.com).

Virginia also has a very active Brain Injury Association. The **BIAV** (Brain Injury Association of Virginia) will be having their annual conference on March 7, 2009 at the Holiday Inn Richmond Airport. Brett Leake is the keynote speaker. Nathan Zasler, MD will also be speaking on anxiety spectrum disorder after TBI. You can go to [www.biav.net](http://www.biav.net) for more information. In this area, our Brain Injury Services of SWVA is also very active in the community. More information can be obtained at [www.bisswva.org](http://www.bisswva.org).

Nathan Zasler, MD is the most often-heard name when it comes to brain injury specialists in Virginia. I hesitate to mention him because he has been quite controversial. Despite the controversy, he has quite a following. His office is located in Glen Allen, VA (Richmond area). You can go to [www.tree-of-life.com](http://www.tree-of-life.com) for information regarding his acquired brain injury facility and what it has to offer. Dr. Zasler's biography: <http://www.northeastcenter.com/nathan-zasler-bio.htm>

## From the Desk of Louise Mohardt

**The Brain Injury Association of Virginia (BIAV)** has programs and services for people with brain injury and their families. They are the primary source of information and personal support for thousands of individuals, families, and professionals living in Virginia whose lives have been touched by a life-altering, often devastating, brain injury. They have assisted more than 200,000 individuals by providing outreach to those reported to the Registry, giving brain injury information and referral assistance, establishing a statewide network of support groups, and advocating for improved rehabilitation services. Brain Injury Association of Virginia: 1506 Willow Lawn Dr., Suite 112, Richmond, VA 23230. 804-355-5748 or 1-800-334-8443.



## From the Desk of Diane Schaefer

Here are a few local resources for TBI:

**Brain Injury Asso of MD, INC.;** 2200 Kernan Drive, Baltimore, MD 21207

(410) 488-2924

**Kennedy Kreiger Home Health Providers;** Terry Bischoff McDonald at (443)-923-9200

**Sinai Hospital** -BTI program coordinator Mark Huslig 443 827 6048 cell or Ellen Zerps 410 601 5580

**Sinai Hospital BTI support group** meets in the lobby of Schoeneman Building; 2401 W. Belvedere Ave from 7-8:30 PM on the 3rd Tuesday of the month.

# More Brain Injury Services in the Mid-Atlantic Region

## From the Desk of Barbie DeVellis

There is a residential facility in Blacksburg, VA for people with TBI. It sounds like a phenomenal program, however, it is extremely expensive. Some state Medicaid pays for it but unfortunately VA is not one of those states. They are still working on that. The website is: [www.lakeviewssystem.com](http://www.lakeviewssystem.com). Their phone # is: 540-951-1903 or 800-473-4221. They have locations in other states, also.

I also know of a Brain Injury group called the **Phoenix Star Clubhouse** located here in Roanoke but they also have other locations in VA. They are not a residential facility but somewhat like a "Day Care" that focuses on job-skills. I have a client who belongs there and she likes it a lot. There is an application process but it is fairly easy as long as there is legal/medical documentation on the brain injury. The number here in Roanoke is: 540-904-5903. I'm sure if you contact them, they can give you the locations of their other facilities.



## From the Desk of Marilyn Fall

**Neurological Rehabilitation Living Centers (NRLC)** provides comprehensive post-acute rehabilitation services in a community-based setting to persons with acquired brain injuries and other neurological impairments. These services include Physical Therapy, Occupational Therapy, and Speech and Cognitive Therapy. Vocational Evaluation and Job Coaching Services are offered as a part of the return to work program. This program offers services to individuals who are continuing to implement cognitive and behavioral strategies developed to compensate for their disabilities. The program is able to prepare individuals for discharge to an independent living situation.

We have a Brain Injury Center here in Virginia Beach that is operated by Robert Voogt. It also has a Memory Center that is truly state of the art with residents' Village. See website <http://nrlcenters.com>.

## From the Desk of Carole Stolte Upman

The Brain Injury of Association of Maryland puts out a directory. The national association is located in Alexandria Virginia at [www.biausa.org](http://www.biausa.org) and the local is [www.biamd.org](http://www.biamd.org). The book they have lists every service in each county by region. they offer a free "help line" at 800- 221-6443 .

## From the Desk of Ellen Walderman

You probably got this but here's the information for Kennedy Krieger at John Hopkins.<http://www.kennedykrieger.org>. If you have any questions about the Institute in general please give us a call at 443-923-9200 or 800-873-3377 or email [info@kennedykrieger.org](mailto:info@kennedykrieger.org).

## From the Desk of Henriette Kellum

For general info about NRH and info about in-patient services <http://www.nrhrehab.org/>; or a list of NRH outpatient facilities:

<https://secure.medstarhealth.org/nrhrehab/index.htm>.

NRH Brain Injury Program, the busiest in the region, cares for patients with all types of brain injuries, including traumatic brain injury (TBI), brain tumors, infections and brain hemorrhages. They offer an inpatient program, as well as a day program and traditional outpatient services.

## From the Desk of Arlene Saks-Martin

Every state has a Department of Vocational Rehabilitation services. They may call it something different but it is usually under the Department of Education because that is where the funding comes from. They pay for all kinds of services including retraining for work, college courses, etc. In MD it is called Division of Rehabilitation Services -410-767-0100. There are also, in most states, a consumers group, usually listed under Services to the Disabled. They do advocacy and other things.

In MD the University of MD Law School has a program, MD Disability Law Center 410-727-6352. They know all about financial, legal and services for the disabled. All disabled.

The League for People with Disabilities 410-323-0500, 1111 E. Cold Spring Land, Baltimore. All kinds of services, recreational, heated swimming pool, courses, Gym, day program, etc.

# More Brain Injury Services in the Mid-Atlantic Region

## Inova Mount Vernon Hospital

2501 Parker's Lane, Alexandria, VA 22306 Phone: (703)664-7190

### **Inova Rehabilitation Center**

The nationally recognized Inova Rehabilitation Center offers comprehensive inpatient and outpatient services for people with brain injuries, stroke, spinal cord, orthopedic, neurological and workplace injuries.

### **Inpatient services for neurology patients**

- The Brain Injury Program offers comprehensive, individualized inpatient rehabilitation services for children, adolescents and adults with acquired brain injury.
- The Stroke Program helps patients and their loved ones recover from stroke. Specialists offer a range of therapeutic recreational activities to match skills and abilities, while providing home assessments to identify barriers.

### **Outpatient services for neurology patients**

The Bridge Program offers day treatment for those recovering from acquired brain injury. Treatment provides a structured setting for renegotiating independence and community living skills following a life-changing neurological incident. Our professionals designed this unique program to "bridge" the gap between hospitalization and the multiple services and agencies available within the community. The program combines group and individual therapies, with group therapy being the primary way clients work on their life-management skills. The Bridge Program offers a fully individualized approach to treatment, built around the client's unique needs and rate of improvement.

The Neurological Rehabilitation Program helps achieve day-to-day functioning and independence for patients affected by stroke, brain or spinal cord injury, or neuromuscular disease. An interdisciplinary team treats the physical, psychological, cognitive, perceptual and visual challenges of neurological dysfunction.

## Brain Injury Services of Northern Virginia **The Northern Virginia Brain Injury Association,**

Since 1989, BIS has helped individuals in Northern Virginia and outlying suburbs. In the past few years, BIS has expanded services to include Fredericksburg and many other Counties. Case Management Services are provided at no cost. They offer additional services either at no cost or on a sliding scale, including independent living skills training, respite care, specialized clubhouse programs and social skills training.

or NVBIA, is a non-profit organization composed entirely of dedicated volunteers. We are a Chapter of the [Brain Injury Association of Virginia](#) (or BIAV), which is one of 45 state [organizations](#) of the national [Brain Injury Association of America](#).

**Address:** 1108 Jefferson Street, Alexandria, VA 22314  
**Mailing Address:** P.O. Box 2148, Springfield, VA 22152  
**Phone:** (703) 569-1855

## Head Injury Rehabilitation and Referral Services, Inc. (HIRRS)

<http://www.headinjuryrehab.org> is a not for profit agency located in Rockville, MD. The agency serves individuals with neurological impairments, specializing in those with brain injury. HIRRS currently serves approximately 100 individuals in our outpatient day treatment, community support services and vocational programs. Call (301) 309-2228. **Debra Levy wrote** They help one of our clients with counseling and serve as her Rep Payee for Social Security. They've collaborated well with us in figuring out approaches to this very challenging client. I understand they provide residential and day programs as well.

There is a new website, [www.brainline.org](http://www.brainline.org), that offers information to those that have suffered a traumatic brain injury. Brainline offers such online tools as web-casting, videos, a Facebook page, font enlargement, a glossary that can pop up inside text and a one-click option that translates all text into Spanish.



# Resources in the Community

## From the Desk of Mary Jo Reed:

Have you ever had a caregiver who may need to rent a handicap-accessible van for a disabled family member who may be coming to visit for a short period of time?

M.I.T. S. of Virginia has been a great company to work with. They are located in Waynesboro, VA 22980, Phone: 540-932-7300 or 800-420-6470. Vans are available on a daily, weekly, or monthly rate. They have many other items available for rental including manual wheelchairs, all-terrain wheelchairs, and ramp systems. Check them out at [www.mitsofvirginia.com](http://www.mitsofvirginia.com).

Eligible veterans of any age have the option to get a wheelchair ramp at no charge thru their local Veterans Medical Centers. Ramps can be gotten for a permanent or temporary basis.

American Ramp works closely with Veterans Medical Centers offering free home evaluations. Their ramps are made of high quality steel with a gripping mesh design that lets moisture to pass through making it safer than a solid ramp surface such as wood and aluminum.

For more information visit [www.americanramp.com](http://www.americanramp.com) or call 1-800-649-5215.

## From the Desk of Ann O'Neil

Speech - Lee Silverman speech treatment for Parkinson's Disease  
Yvonne Keys - Virginia Hospital Center Rehabilitation Center -

## From the Desk of Mary Faith Ferreto

Here's a tip on a home trainer: Mr. Steve Penn, CPT, (410)615-0685; [www.spenn53157@msn.com](mailto:www.spenn53157@msn.com). He goes to assisted living homes, private homes, as well as teaches at senior centers. He brings his own equipment to help seniors get exercise on a 1:1 basis. He has many years of experience, having taught for the Baltimore County Department of Aging. He is great with folks who need extra motivation and cuing.

## From the Desk of Stephanie Thomopoulos

Recently, I assisted a woman come to the US from Greece. I was uncertain about Residency Requirements to help her get Medicaid. Vanessa Bishop introduced me to a great website which helped me tremendously:  
[https://www.vcu.edu/vissta/training/bps2140\\_VDSS\\_OctoberEdits/topic1.html](https://www.vcu.edu/vissta/training/bps2140_VDSS_OctoberEdits/topic1.html)

## From the Desk of Margi Helsel-Arnold

Here are a few professional organizers/bill payors, who I can recommend highly for seniors. They are nice people, reliable, and efficient with their time.

Melanie Patt-Corner, "A Place for Everything", based in Cabin John, MD, works in Montgomery County and NW, DC. (301) 263-9482

Helen Montfort, "Creative Order", based in Bethesda, MD, also services Montgomery County, (301) 320-8970. Helen also provides a follow-up coaching over the phone (more for younger clientele I think). Both also serve younger clients.

Roberta Gosier and Kate Finan, "Help Unlimited, Inc." based in Silver Spring, MD, Services Montgomery County, DC, limited service in VA., Also provides escort/companions, (301) 589-7438. Range seems to be \$60-80/hr. for all these Services.

Cory Kallen with "Square Away", covers Montgomery County, upper N.W. DC, and lower Frederick area (240) 246-6346.

Also, Eldercaring of Northern Virginia, is a new branch of Eldercaring Montgomery County, a private duty home care agency, call Sarah Taylor, (703) 956-3564 or [www.eldercaringofnova.com](http://www.eldercaringofnova.com)



# More Resources in the Community

## From the Desk of Felice Grunberger

[Montgomery County \(MD\) Stroke Association www.mcstroke.org](http://www.mcstroke.org)--volunteer organization with worthwhile newsletter, programs and supports for patients and families.



## From the Desk of Stephanie Thomopoulos

There is a great website, [www.hearmore.com](http://www.hearmore.com) that specializes in products for the Deaf and Hard of Hearing. It has a large range of vibrating clocks and watches, amplified telephones, alerting devices, personal listening devices and a large selection of books, videos and DVD's.

**United Phlebotomy Group, LLC** have serviced the Baltimore, Northern Virginia, Maryland,, Washington Metropolitan area since 2005. We provide phlebotomy service to Nursing and Rehab Centers, Assist Living Facilities, Doctor Offices, and support the local hospitals. We will send staff to your residential **homes** and obtain blood work that your physicians ordered for, homebound clients or just for anyone in need. We also transport clients to and from doctor appointments and many other outings. Our transportation vehicles supports wheelchairs and stretchers. For further information please contact: Claudius Jones @ (202)203-8706 or email @ [cj@unitedphlebotomy.com](mailto:cj@unitedphlebotomy.com)

## From the Desk of Linda Aufderhaar

**The Multiple Sclerosis Society** has financial assistance programs to support people living with MS in the National Capital Chapter area. Funds are available as long as the chapter budget remains healthy. I have recently requested the respite and independent living stipend (\$500) for one of our current clients to be reimbursed for care management services. This is a great resource. Programs include an equipment stipend, children's fund, emergency fund, transportation, respite and independent living stipend, and physical health/wellness scholarship stipend. For more information, call Chapter Services at (202)296-5363.

## From the Desk of Regina Curran

**The Alzheimer's Association** has recently started a telephone education program called "Connected Conversations." This program has been established as a means to provide effective and efficient information and education to caregivers and those affected by Alzheimer's Disease with the convenience and comfort of using a telephone. All take place at 1 PM. Call 1-800-920-7487; Access Code:29324725#

### TOPICS for 2009:

- Alzheimer's Disease: the who, what, where, when and why?** February 5, 2009
- Life after Diagnosis: Strategies for Coping** February 12, 2009
- Understanding Communications and Behaviors** February 19, 2009
- Caregiver Burnout: Resources that Can Help**- February 26 2009
- Finding Appropriate Residential Care: What You Need to Know**- March 5, 2009
- Healthy Brain Aging: Bright Ideas For a Healthy Mind** March 12, 2009
- Brain Aerobics: Strategies You Can Use**: March 19, 2009
- Research Update 101** March 26, 2009

To Request additional Topics, call the Diversity Outreach Coordinator at (410)561-9099 or 1 (800)272-3900.



The Alzheimer's Foundation of America awarded "Excellence in Care Dementia Program of Distinction" to IONA Adult Day Health Center this week. We are the 2<sup>nd</sup> Adult Day Health Center in the Nation to receive the designation. We can be found on their website <http://www.excellenceincare.org/caresettings>. Thanks for letting me share this information with my fellow geriatric care manager colleagues. **Jewelyn Sims.**

# And More Resources in the Community

## Odyssey Health Care

The end of life can be a deeply meaningful time filled with love and profound care. Yet it can be also be confusing and isolating, even painful. It is during this journey that Odyssey Health Care offers compassion, comfort, support and care. Odyssey's interdisciplinary team members focus on the physical, emotional and spiritual needs of the patients and their loved ones, offering the care they choose in their home and a variety of settings. Our families of Caregivers are committed to assisting with real concerns, relieving and managing medical symptoms, helping with a wide-range of needs of our patients and their loved ones.

As one of the largest providers of hospice services in the country, Odyssey HealthCare's uniquely talented interdisciplinary teams care for patients who have many different types of illnesses and who come from every walk of life and background. Here at our Arlington Location we have both RN and psychosocial team members available 24 hours a day, 7 days a week to help alleviate suffering and fear, and assure that patients and their loved ones are not alone. Our care enables patients to live each day to the fullest, while sharing their remaining time in the supportive circle of family and friends.

- Odyssey Healthcare offers many services, some of which include, but are not limited to:
- Admission within 3 hours with a physician's order
- Pain and symptom management
- Daily contact
- Power of Seven 1<sup>st</sup> week care
- 13 month Bereavement support
- Volunteer services
- 24 hour/ 7 day a week Nursing and Psychosocial support

Odyssey can also place patients for respite care in numerous facilities in the area, including Fairfax Nursing Center, Sunrise Brighton Gardens, and Heritage Hall Nursing Home. We currently are providing services at

## From the Desk Of Jewelyn Sims

IONA Senior Services' Adult Day Health, Wellness & Arts Center is starting the New Year with a new program. Starting in January 2009, the Center, in partnership with the National Capital Area Chapter of the Alzheimer's Association, will be hosting a year-long series of monthly seminars covering a wide range of issues related to Alzheimer's disease. The seminars, which are free, will be held on the first Wednesday of each month through December 2009 at 4:00-5:30 pm and again at 7:00-8:30 pm. Upcoming seminars in 2009 include the following:

Feb. 4—Partnering with Your Doctor: Alzheimer's Patient Care and Research

Mar. 4—Finding Resources in Your Community

Apr. 1—Elder Law and Financial Decisions

May 6—Communicating with People Who Have Alzheimer's

Jun. 6—Managing Behaviors of People Who Have Alzheimer's

Jul. 1—Activities of Daily Living in People Who Have Alzheimer's

Aug. 5—Ensuring the Safety of People Who Have Alzheimer's

Sep. 2—Activities to Do with People Who Have Alzheimer's

Oct. 7—Late Stage Care

Nov. 4—Caregiver Stress: Being Good to Yourself

Dec. 2—Brain Health



## Membership Report:

The Mid-Atlantic Membership has increased to 96 members as of November 2008. Nationally, the Chapter members have increased to 1470. No monthly chapter rosters were received in December, because National's office move occurred during that time. We would like to welcome our new chapter members: Henriette Kellum (McClellan, VA) and Patricia Cushnie (Glen Allen, VA), Chrisine Warfel and Angela Whitlock.

# Special Section: Veterans Information and Benefits

## **VA Grants Disability and Health Benefits to Military Veterans with Lou Gehrig's Disease; The ALS Association Calls New Policy a Historic Victory for Veterans**

CALABASAS HILLS, Calif. (September 23) -- The Department of Veterans Affairs published groundbreaking new regulations today that **grant military veterans diagnosed with Lou Gehrig's Disease full access to health and disability benefits, regardless of where or when they served in the military. The new rules take effect immediately.**

The decision to establish a presumption of service connection for ALS (amyotrophic lateral sclerosis) is a tremendous victory for veterans living with the disease and is the culmination of years of work by The ALS Association to expand benefits for those diagnosed with the fatal neurodegenerative disease made famous by baseball legend Lou Gehrig. The Association has been the leading organization advocating for this policy change at the VA for many years. In 2001, The Association strongly supported the VA's decision to grant benefits to veterans of the 1991 Persian Gulf War and has championed legislative efforts to build on that policy so that it applies to all veterans with ALS. According to studies, military veterans within the last century are nearly twice as likely to develop ALS as those with no history of military service, regardless of where or when they served in the military.

For more information please go to: [www.alsa.org](http://www.alsa.org). Click on Public Policy and the click on ALS in the Military/Veterans Resources.



## **OUTSTANDING CHAPTER MEMBER AWARD .....** **This may be your year !!!!**

On behalf of your Nominating Committee, we are seeking your input and intuition. With many volunteer hours, dedication and consistency of members of our Chapter, we have grown and flourished. Once a year, we reflect on the person(s) behind the work, behind the scenes and choose to publicly honor one individual who stands out. We call this The Outstanding Chapter Member Award. As a recipient, I can tell you it is a thrill and an honor, to be recognized in front of members from across the Nation. The award is bestowed at the National Conference. We are calling on members to think about this activity, and assist us in celebrating the time and professionalism of working so hard for our Chapter. If you have a person in mind that fits this image for the year 2008, let me know privately at [joan@advancedcaremanagement.com](mailto:joan@advancedcaremanagement.com) or call me at 703-706-9595 by February 15<sup>th</sup>. This traditionally is not given to the same person twice and it is a surprise to the recipient!. Joan M Richardson' Advanced Care Management

**From the Desk of Lauren Watral** in North Carolina- I attended a fantastic seminar about VA benefits and I suggest you call Karen McIntyre: Veterans Information Services, Inc. 770-924-3253, 866-869-2777 is the toll free number. Her email is: [Info4vets@aol.com](mailto:Info4vets@aol.com). She is the guru of VA benefits.

Helpful website's for VA Aid and Attendance Information: (<http://www.seniorveteran.org>)  
•[www.Hadit.com](http://www.Hadit.com) • <http://www.VA.gov>)  
•[www.lawelderlaw.com](http://www.lawelderlaw.com)  
•[www.veteranaid.org](http://www.veteranaid.org) •  
([http://vabenefits.vba.va.gov/vonapp/about\\_vonapp.asp](http://vabenefits.vba.va.gov/vonapp/about_vonapp.asp))

For those who trying to find out about about VA benefits, go to the web site [www.canhr.org](http://www.canhr.org) and go to Veterans Affairs Aid and Attendance Benefits . Is very helpful.

Here is a great Resource for Military Members, Spouses and Families:  
<http://www.militaryonesource.com/skins/MOS/home.aspx>

Eligible veterans of any age have the option to get a wheelchair ramp at no charge thru their local Veterans Medical Centers. Ramps can be gotten for a permanent or temporary basis.

**American Ramp** works closely with Veterans Medical Centers offering free home evaluations. Their ramps are made of high quality steel with a gripping mesh design that lets moisture to pass through making it safer than a solid ramp surface such as wood and aluminum. For more information visit [www.americanramp.com](http://www.americanramp.com) or call 1-800-649-5215

# Welcome New Mid-Atlantic Chapter Members!!!

## Henriette Kellum, LCSW



Henriette Kellum, LCSW recently retired from the Arlington County Department of Human Services, Aging and Disability Services Division. There she worked for 28 years as a manager, clinician, case manager, advocate and case consultant with the Older Adult Mental Health Program and for the last 6 years as manager of the Adult Protective Services Program. Now in private practice as a therapist and case manager the focus of her work is helping adults over 40, including the elderly and disabled, who are experiencing adjustment difficulties with life transitions; experiencing stress, anxiety or depression or are struggling with caregiver issues. Specific services provided are counseling/psychotherapy; case management; assessments including psycho-social, mental health and capacity assessments; and consultation and training to facilities or other professional agencies. Visits to clients in their home environment as well as in the office are available. More detailed information about Henriette and her work can be found on Henriette's website: [www.hkellum.com](http://www.hkellum.com).

## Tricia Cushnie, BSN, MEd, CNAA , Mature Options, Inc.



Tricia, Director of Business Development and owner, has extensive experience in health care management as a senior executive and consultant. Tricia received a bachelor of science degree in nursing from the Medical College of Virginia and a master's degree in education from Virginia Commonwealth University. She is certified by the American Nursing Association in Nursing Administration, Advanced.

## Angela M Whitlock, BS,CSA,CMC

### Vice President of Client Services, FamilyCare Senior Solutions



Angela Whitlock graduated from Radford University and studied at the Medical University of South Carolina with an emphasis on health administration. She began her career in Charleston, S.C., coordinating medical equipment services between senior clients, their physicians and insurance intermediaries. Angela also worked for a regional HMO as a supervisor in its member services division, coordinating client services and payments. She is currently the Vice President of Client Services with FamilyCare Senior Solutions in Portsmouth, Virginia. In addition to being a Certified Geriatric Care Manager, Angela is a Certified Senior Advisor. She has served on the board of the Portsmouth Service League, is the past chairperson of the Portsmouth Social Services Advisory Committee, and is a member of the Portsmouth Task Force on Aging. For additional information about FamilyCare's geriatric care management services, go to [www.forfamilycare.com](http://www.forfamilycare.com)

## Christine Warfel, BA,CSA,CMC

### Care Manager, FamilyCare Senior Solutions



Christine Warfel has held several human services management positions; first with Portsmouth Psychiatric Center and then with The Barry Robinson Center in Norfolk, followed by two years with the Alzheimer's Association. Prior to joining FamilyCare Senior Solutions as a Geriatric Care Manager, Christine led a company that assisted seniors with analyzing and filing medical claims. She graduated magna cum laude from Virginia Wesleyan College with a degree in social science. In addition to being a Certified Geriatric Care Manager, Christine is a Certified Senior Advisor. She is on the board of directors of Senior Services of Southeastern Virginia, holds memberships in the Portsmouth, Norfolk, Virginia Beach and Peninsula chapters of the Task Force on Aging, and is a member of the Senior Services Coalition of Williamsburg. For additional information about FamilyCare's geriatric care management services, go to [www.forfamilycare.com](http://www.forfamilycare.com).

# Units Within the Mid-Atlantic Chapter

If there is not yet a Unit in your area, the chapter will support you in an effort to get one started. Members of Units decide how they will operate. Meetings are set at a location and time convenient for members. The structure of Units is determined based on the goals of the members. Contact Regina Curran or Stephanie Thomopoulos if you want additional information about starting a Unit in your area.

The Maryland/Northeast DC Unit-A new Mid-Atlantic Chapter Unit is now active. This Unit will meet on the third Friday of each month at 9:30am at the IKEA Cafe in College Park, MD. If you want additional information about this Unit, please contact Rosemary Allender [[familyeldercare@verizon.net](mailto:familyeldercare@verizon.net) or 301-262-5082].



**The Baltimore Unit (left photo)** dines at Café Hon in Hampdem. Attending were: Regina Curran, Diane Schaeffer, Betty McDonnell [not a current member], Beth Slepian, Sandy Berkely, Ellen Platt, Marilyn Goldman, Arlene Saks-Martin, Ellen Walderman, and Mary Faith Ferretto.

**The Central VA Unit** has had 2 very successful peer review conference calls. Our next meeting is an "in-person" quarterly peer review being held at Java Jacks in Tappahannock on February 4, 2009 at 10:00 a.m.

Java Jacks-504 S Church Lane, Tappahannock, VA 22560 (804) 443-5225

Please RSVP to Valerie Hopson Bell [[vhopsonbell@eldercareconnections.net](mailto:vhopsonbell@eldercareconnections.net)] if you're planning to attend so that we will know the number to expect. If you have a case you'd like to present, please let us know so we can send the presentation form. We look forward to seeing you in February.

In December, the Baltimore Unit closed out the third year of the Baltimore Unit's "peer review" sessions. For 2008, 13 people participated for a combined total "peer review" hours of 107.25. [Individually, the totals ranged from 1.5 hours to 19.75 hours. Four people had more than 10 hours.]

For 2007, 12 people participated for a combined total "peer review" hours of 85.25. [Individually, the totals ranged from 1.5 hours to 16.25 hours. Four people (same four as 2008) had more than 10 hours.]

For 2006, 18 people participated for a combined total "peer review" hours of 108. [Individually, the totals ranged from 1.5 hours to 14.5 hours. Again, the same four people had at least 10 hours.]

Obviously, we seem to have created "a winner"!! Other Units might want to follow our lead. One basic rule that we follow is that anything said during our meetings stays in that room. I think some rather imaginative suggestions have been made for some challenging problems. Everyone is expected to contribute to the discussion. Diane Schaeffer has developed a spread-sheet for local resources that will be shared with others during our meetings.

In December, one of the social work students in the University of Maryland's care management program contacted me about joining NAPGCM as a student member. I invited her to participate in our "peer review" sessions--this is one good way to develop our chapter.

**The Richmond Unit** held its first Peer Review phone conference on Wednesday, November 5th. The moderator is **Louise Mohardt**, who has chosen not to pursue the certification, but she has a genuine interest in helping her unit to achieve a professional status and to help the new care managers to develop their practice. Phone conferences are held every first Wednesday of each month, with physical meetings each quarter starting February 2009.



# Upcoming Mid-Atlantic Events

## From the Desk of Ellen Walderman

Just a brief note to say that Hopkins is offering CEU's for social workers for courses in their Aging program. Category 1 Continuing Education Credits to Social Workers Through JHU The Center for Liberal Arts offers spring courses that meet criteria for category 1 credit as defined by Maryland State Board of Social Work Examiners. Eligible JHU faculty/staff may be eligible for full tuition remission for professional development.

<http://web.jhu.edu/announcements/faculty-staff/targetpage.html?baid=26006>

## From the Desk of Rosemary Allender

Below is a copy of a monthly networking meeting held in Prince George's County MD that is growing in leaps and bounds. It is a great opportunity for GCM's in Washington, DC to find out about resources. There were about 40 participants at the January meeting. PG County Senior Provider Network-Thursdays, February 20, 2009, 8:30am-10 am. **This meeting is sponsored by ESM Cares: Geriatric Care Managers.** This organization is comprised of providers whose services are offered to the senior community. **Meeting Location: First Baptist Church of Glenarden, 3600 Brightseat Road, Landover, MD 20875-2414.** For More Information, call Vikki Kalitsi at 301-583-8820 at [vkalitsi@seniorcareangels.com](mailto:vkalitsi@seniorcareangels.com) Rosemary Allender at 301-262-5082 at [www.familyeldercare@verizon.com](http://www.familyeldercare@verizon.com).

**John's Hopkins School of Medicine** will be having the "Edmund M. Beachum 36th Annual "Current Topics In Geriatrics" conference from February 12-14 at the Sheraton Baltimore North Hotel. Please see website: <http://www.hopkinscme.edu/CourseDetail.aspx/80020130>.

**Debra Levy noted:** An upcoming seminar that sounds good is coming up on Saturday April 4th at Johns Hopkins School of Medicine: Treatment of Alzheimer's and Related Disorders: Defining the Standard of Care, Focus on Early and Early Onset Dementia: Diagnosis and Treatment ([www.HopkinsCME.edu](http://www.HopkinsCME.edu) for info). Dr. Onyike is speaking on FTD (his specialty). Remember we had him at our chapter conference and he was terrific.

**The 25th Annual National Association of Professional Geriatric Care Manager's Conference** will be held on April 23-26, 2009 at the Renaissance Chicago Downtown Hotel! **The Mid-Atlantic Chapter** will be having their Chapter Meeting on Saturday, April 25 from 4:45-5:45. For more information, please visit the National Website at [www.caremanager.org](http://www.caremanager.org).

## Continuing Education for Traumatic Brain Injury!

Here's your link to [www.AACEUS.com](http://www.AACEUS.com)'s January e-Newsletter

CONTINUING ED CHRONICLE: [TRAUMATIC BRAIN INJURY](#). And your link to the associated CEUS (Pre-Approved for RNs, ACM, CCM, CRC, CDMS, CLCP, CPUR, CPUM, CPHM, COHN, Social Workers, COP-S and more.) [Traumatic Brain Injury: Part 1 -- The Overview](#); 10 contact hours; \$60 AND

[Traumatic Brain Injury: Part 2 -- Rehabilitation and Community Re-Integration](#); 8 contact hours ;\$48

QUESTIONS? Call 1-866-850-5999

The 21st Annual Geriatric Medicine Conference will be held at The Hotel Roanoke & Conference Center on Thursday, February 26, 2009 in Roanoke, VA. The topic is "Innovative Approaches to Chronic Disease Management. For more information, contact Susan Curtiss at (540)-981-8830.

## **The Public Policy Committee-**

The Mid-Atlantic Chapter Public Policy Committee will meet on Friday January 30 at 8:45am. [All meetings are via conference call.] If you would like to join this committee, please contact Regina Curran.



**The Virginia Guardianship Association (VGA)** will have its 2009 Joint Conference on Guardianship and Elder Rights on April 27 & 28 at the Sheraton Richmond West Hotel (directly after our NAPGCM conference!). For more information, go to [www.vgavirginia.org](http://www.vgavirginia.org).