



December 2017

RNS Newsletter

Advocates for Quality Healthcare

December 7th Annual Holiday Meeting

Topic: Effects of Chronic Stress on the Brain and Body

Location: Quiet Cannon Conference and Event Center,
901 Via San Clemente, Montebello, CA 90640

Speakers: Angie Jung, RN, BSN, CRRN, CCM
Cassidy Sharp, Certified Yoga Instructor



Break the rules, come dressed in your yoga outfit and bring a mat

Angie Jung has nearly 30 years of case management experience with the workers' compensation industry. She has served as a nurse case management supervisor, regional medical product coordinator, and in-service instructor and health care curriculum developer for professionals in the workers' compensation and healthcare communities. Angie will discuss how chronic stress affects the brain and the body, as well as the general concept of stress, difference between eustress, distress, acute and chronic stress. Techniques for stress reduction will be reviewed and how this can be applied to self or patient education. Lastly, certified yoga instructor, Cassidy Sharp, will invite attendees' participation to yoga techniques for relaxation and stress relief.

Objectives of the Program:

At the end of this presentation, the attendants will be able to:

- Define the general concept of stress and differentiate between eustress and distress
- Describe the effects of chronic stress on the brain
- Outline the effects of chronic stress on the body systems
- List strategies to decrease the negative effects of chronic stress
- Demonstrate basic yoga techniques for relaxation (participation optional)

Agenda:

- Registration: 11:00 am – 11:30 am (note earlier time)**
- Lunch & Gift Exchange: 11:30 am – 1:00 pm**
- Presentation: 1:00 Define Stress**
 - 1:30 Describe the effects of stress/brain
 - 1:45 Describe the effects of stress/body
 - 2:00 Strategies to decrease the negative effects of chronic stress
 - 2:30 Yoga techniques for relaxation
 - 3:00 Q&A

To register for this meeting contact: Debbie Morris
DMorris@caremeridian.com / (949) 422-8703

Cost: (no refund for this event)

- Members -\$25.00
- Non-members - \$35.00
- Vegetarian meal available upon prior request

Approved for 2 CEU's
BRN provider#: CEP01219
CCM # 17000448



Our Mission

RNS is a membership organization for medical care coordination that provides continuing education and networking.

The professional goal of its members is to advocate for quality patient care while utilizing community resources in a cost effective manner

2018

Meeting Schedule

January 25—
Northridge Hospital

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Visit us on our website:
www.rns-ca.org

Holiday Gift Exchange!

If you wish to participate, bring a wrapped gift to exchange.

Value not to exceed \$25.00

RNS Advocates for Quality Healthcare



Follow us on for the latest news and events



Dear Members and Friends,

Happy Holidays! I know it may seem almost impossibly fast, but 2017 is coming to a close. With an end we know a new beginning is close at hand. So, with that thought in mind, we listened to your suggestions and are instituting these changes starting in January, 2018.

Our meetings will be shortened to a lunch and learn format so that more people can attend and take advantage of the education and networking opportunities. We will continue to have registration from 11:30 am – Noon. Our speakers will present during our luncheon and we should be finished by 2 pm or sooner allowing our attendees to return to work or beat the LA traffic a bit. You will still have the opportunity to earn 2 CEUs for each meeting.

We have also made changes in our meeting dates. In the past we have been dark in June and November. In 2018 we will also be dark in August due to the many summer activities that have been in conflict with our meeting. Please save the following dates on your 2018 calendars so you won't miss a meeting. *Our 2018 meeting dates are: January 25; February 22; March 22; April 26; May 24; dark in June; July 26; dark in August; September 27; October 25; dark in November and then our annual holiday party on December 6, 2018.*

Speaking of holiday parties, our 2017 party is going to be awesome! As we all know the holiday season can be extremely stressful so we are going to help you destress. On December 7, 2017 we are meeting at the Quiet Cannon starting at 11:00 am. We ask you to provide a \$25 gift if you want to participate in the gift exchange. Also, we will have a raffle for many wonderful prizes with the money from the sale of raffle tickets going into our RNS Cares Fund. This fund has provided money to awards such as the RNS Cares Non-Profit of the Year award, Thomas Gucker Award and Case Manager of the Year award, as well as helping families in need when requested. This year we provided over \$1,250 to needy families and organizations. Our guest speakers for this event are our own RNS Vice President, Angie Jung, who will discuss the effects of stress and Cassidy Sharp, certified yoga instructor, will teach us stress reducing breathing techniques. This year, dress in your Yoga comfortable attire and bring a Yoga mat if you have one. This is going to be a hoot!

As always, we want to thank our previous speakers and hosts for their generosity in underwriting our meeting as well as providing valuable education to our attendees. In September, Casa Colina Hospital hosted the meeting and we thank Liz Reeves for providing RNS with a meeting site, a lovely lunch and outstanding speakers Dr. Aaron Cutler, MD Neurosurgeon and Emily Rosario, PhD. Director of Research.

In October, one of our favorite speakers and dear friend Michael Demoratz, PhD. presented an eye-opening talk on "Ethical Considerations in Palliative Care." This talk also met the ethical education requirements for many healthcare licenses. We also thank Career Smart and A+ Healthcare Marketing for their Autumn raffle prizes.

We, your RNS Board of Directors, encourage you to attend our meetings and to bring a friend. The education and networking are so important to you and your employers/employees. We also encourage resource providers to bring their marketing materials to share with our attendees. It is free and we provide a table for you to display items.

Personally, I want to thank the RNS Board of Directors: Angie Jung; Deb Morris; Hanna VanDerWalt; Laura Weiss; and Toni Bethke for all their hard work this year. You guys are awesome! I just know 2018 is going to be even better.

Respectfully,
Francine Aron, President

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*From all of us,
RNS, Board of Directors*

December 7th, 2017 Luncheon and Meeting Registration
Topic: Effects of Chronic Stress on the Brain and Body
Speakers: Angie Jung, RN and Cassidy Sharp, Certified Yoga Instructor
Location: Quiet Cannon Conference and Event Center, 901 Via San Clemente, Montebello, CA 90640

Detach and mail to...
(Please include your check)

Debbie Morris c/o RNS
163 Technology Dr., Ste. 200
Irvine, CA 92618



Number of members _____ at \$25.00
Number of non-members: _____ at \$35.00

Name: _____

Address: _____

City: _____

State: _____ ZIP: _____

Regular Meal Vegetarian Meal

Mark your calendar to attend
the December 7th meeting

To e-mail your reservation,
send an e-mail to:

DMorris@caremeridian.com

To RSVP by phone call:

Debbie Morris
949-422-8703

Mail your completed registration to:

Debbie Morris c/o
RNS
163 Technology
Drive, Suite 200
Irvine, CA 92618

We're on the Web!
see us at

www.rns-ca.org



Please join us for the:

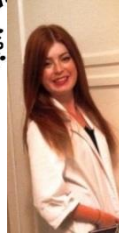
RNS December 7th, 2017

Holiday Luncheon & Meeting



Topic: Effects of Chronic Stress on the
Brain and Body

Speakers: Angie Jung, RN &
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Instructor



Location: Quiet Cannon Conference and Event Center,
901 Via San Clemente, Montebello, CA 90640

Membership Enrollment

We are accepting memberships for 2018.
Applications will be available at the
December meeting.

RNS c/o

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