



February 2016

# RNS Newsletter

## ~ February 25<sup>th</sup> Meeting ~

### 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

### Upcoming Meetings

#### 2016

- February 25
- March 24
- April 28
- May 26
- July 28
- August 25
- September 22
- October 27
- December 1

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Visit us on our website:  
[www.rns-ca.org](http://www.rns-ca.org)

**Topic:** Life Care Planning  
How To... A Saga ...

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

**Speaker:** Barbara Greenfield, RN, BSN, CCM, CNLCP  
President BG Nurse Consultants



Barbara Greenfield is a Registered Nurse, Certified Case Manager, Certified Nurse Life Care Planner and President of BG Nurse Consultants. She specializes in research for lifetime rehabilitation needs of the catastrophically injured and provides expert testimony. In addition, she Mentors Nursing students by providing hands-on case management experience as they complete requirements for the clinical course: Case Management in Advanced Nursing. She has also authored several publications including "Case Study" published in the Journal of Nurse Life Care Planning, Spring 2010, (ISSN 1492-4460). The BG Nurse Consultants company provides medical case management services for the catastrophically injured and those with complex injuries. Mrs. Barbara Greenfield served RNS as President from 2010-2014.

### **Objectives of the Program:**

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

- ❖ Define Life Care Plan (LCP)
- ❖ Identify Who, What and Where for LCP
- ❖ List processes of developing a Life Care Plan
- ❖ Explain LCP's consultant role
- ❖ Apply learned concept via case studies

### **Agenda:**

- 11:30 Registration & Networking
- 12:00 Lunch & Networking
- 1:00 What is a Life Care Plan (LCP)
- 1:30 Who, What and Where
- 2:00 Developing a Life Care Plan
- 2:30 Consultation
- 2:50 Case Study
- 3:00 Meeting Adjourn

### **Cost:**

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

CEU's: Approved for 2 hours  
BRN provider # 01219  
CCMC Approval Pending



To register for meeting contact: Merrilee De Bry  
(714) 280-1816 (preferred) or (951) 237-8500  
[mfdebry@gmail.com](mailto:mfdebry@gmail.com)

Dear RNS Members and Friends;

How's your heart doing? Do you really know? While February is known for Valentine's Day and heart decorations are practically everywhere you look, did you know it is also known as American Heart Month? Which leads to the question, have you done your own heart check lately? We at RNS would like to give you all a gentle reminder of how important it is to take care of your own heart with these helpful reminders from The American Heart Association:

Heart disease is the leading cause of death for men and women in the United States. Every year, 1 in 4 deaths are caused by heart disease. The good news? Heart disease can often be prevented when people make healthy choices and manage their health conditions. Heart disease is the leading cause of death for both men and women. You can make healthy changes to lower your risk of developing heart disease. Controlling and preventing risk factors is also important for people who already have heart disease. To lower your risk:

- ❖ Watch your weight
- ❖ Quit smoking and stay away from secondhand smoke
- ❖ Control your cholesterol and blood pressure



- ❖ If you drink alcohol, drink only in moderation
- ❖ Get active and eat healthy
- ❖ Get your blood pressure checked every 2 years starting at age 18. Learn why: <http://1.usa.gov/mRFcKh>

Other helpful topics and resources regarding heart health are:

- ❖ How you can lower your risk for heart disease: <http://1.usa.gov/13d8oBq>
- ❖ Worried about your blood pressure? Check out these questions to ask your doctor: <http://1.usa.gov/1wGp3ta>
- ❖ Are you over age 55? Talk to your doctor about taking aspirin to reduce your risk of stroke: <http://1.usa.gov/jnchQM>

Let's all make a commitment to do a heart check-up this month and encourage others to do the same!

*The RNS Board*



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## Brain Injury Awareness Month March 2016

The Brain Injury Association of America (BIAA) leads the nation in observing Brain Injury Awareness Month by conducting an awareness campaign in March each year. The theme for the 2015 to 2017 campaign is: **Not Alone.**

The **Not Alone** campaign provides a platform for educating the general public about the incidence of brain injury and the needs of people with brain injuries and their families. The campaign also lends itself to outreach within the brain injury community to destigmatize the injury, empower those who have survived, and promote the many types of support that are available.

Visit the [www.biacal.org](http://www.biacal.org) and [www.biausa.org](http://www.biausa.org) websites to find out more about Brain Injury Month and the events in your area.

*Please RSVP for meeting by e-mail, phone or mail.*  
E-mail: [mfdebry@gmail.com](mailto:mfdebry@gmail.com) or Call: Merrilee De Bry  
(714) 280-1816(preferred) or (951) 237-8500

### February 25<sup>th</sup> 2016 Luncheon and Meeting Registration

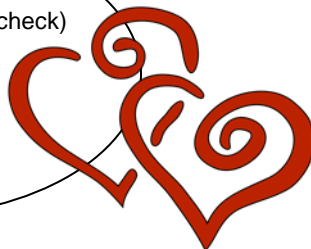
**Topic:** Life Care Planning, How To... A Saga ...

**Speaker:** Barbara Greenfield, RN, BSN, CCM, CNLCP, President BG Nurse Consultants

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

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

Merrilee De Bry  
c/o RNS  
7963 E. Quinn Dr.  
Anaheim, CA 92808



Regular Meal  Vegetarian Meal

Number of members \_\_\_\_\_ at \$25.00

Number of non-members: \_\_\_\_\_ at \$35.00

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ ZIP: \_\_\_\_\_

**Remember, if you register, you are still responsible for paying for the meal, even if you don't attend.**

Mark your calendar to attend  
the February 25<sup>th</sup> meeting .....

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

[mfdebry@gmail.com](mailto:mfdebry@gmail.com)

To RSVP by phone call:

Merrilee De Bry  
(714) 280-1816<sup>preferred</sup> or (951) 237-8500

Mail your completed registration to:

Merrilee De Bry  
c/o RNS  
7963 E. Quinn Dr.  
Anaheim, CA 92808

We're on the Web!

see us at

[www.rns-ca.org](http://www.rns-ca.org)

## RNS 2016

### Meeting Dates & Locations

February 25 - Quiet Cannon, Montebello

March 24 - Quiet Cannon, Montebello

April 28 - TBA

May 26 - TBA

July 28 - Quiet Cannon, Montebello

August 25 - Quiet Cannon, Montebello

September 22 - Quiet Cannon, Montebello

October 27 - Casa Colina, Pomona

December 1 - Quiet Cannon, Montebello



### Membership Enrollment

We are accepting memberships for 2016.

Applications are on the [RNS website](http://www.rns-ca.org) or will be  
available at the February 25<sup>th</sup> meeting.

### RNS c/o

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[tbethke@caremeridian.com](mailto:tbethke@caremeridian.com)



**Look inside for RNS February 25<sup>th</sup> Meeting Info!**