



May 2017

# RNS Newsletter

Advocates for Quality Healthcare

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

Topic:

**Management of Chronic Obstructive Pulmonary Disease (COPD)**

Speaker:

**Dr. Chi Lam, MD, FCCP**

Location:

**Kindred Healthcare  
(Conference Room)**

**14148 Francisquito Ave. Baldwin Park, CA 91706**

*Parking is available in the rear of the building.*

*Attendees may also use the physicians parking spaces located in the front of the building.*



Dr. Chi Lam is a board certified pulmonologist and critical care (intensivists) specialist. He graduated with honors in 1977. Having more than 40 years of diverse experiences in critical care, internal medicine, and pulmonary disease, Dr. Lam has an affiliation with many hospitals in the San Gabriel area including Kindred Healthcare. The American Lung Association ranks COPD as the third leading cause of death in the U.S. and it continues to be a major health issue especially among middle-age and elderly Americans. Dr. Lam will review the general aspects of COPD, its definition, prevalence, and pathophysiology. Emphasis will be in the medical management of acute exacerbation and chronic stable disease including early detection, pharmacological intervention, pulmonary rehabilitation and non-pharmacological treatment.

Objectives of the Program:

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

1. Describe the general aspects of COPD, its definition, prevalence and pathophysiology of the disease.
2. Identify current guidelines for management of COPD during acute exacerbation and chronic stable disease.
3. Recognize interventions for COPD including early detection, pharmacological and non-pharmacological interventions, and pulmonary rehabilitation.

Agenda:

- 11:30 Registration & Networking
- 12:00 Luncheon, Networking, Introductions
- 1:00 General aspects of COPD
- 1:30 Guidelines for management of COPD
- 2:00 Early detection, pharmacological and non- pharmacological interventions, pulmonary rehabilitation
- 3:00 Q & A, Meeting Adjourn

Cost:

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



Target Audience:

RN, CCM, other allied health care professionals  
 Approved for 2 BRN CEUs (BRN provider # 01219)  
 Approved for 2 CCM CEUs (CCMC approval # 170001924)

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

**2017**

May 25

July 27

August 24

September 28

October 26

December 7

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Visit us on our website:

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

**To register for meetings see page 3 or contact: Debbie Morris**

**E-mail: [dmorris@caremeridian.com](mailto:dmorris@caremeridian.com) or Call (949) 422-8703**

Dear Members and Friends,

Well May is here and I for one am ready to enjoy the beautiful weather here in Southern California. One of the things I love best about where we live is that if you want to enjoy the beach, it's close; if you want to enjoy the mountains, they are close; if you want to spend time seeing beautiful flowering deserts, they are close as well. We are very lucky to have so much natural beauty around us.

May is also Mental Health Awareness Month. I found this information at [www.GoodTherapy.org](http://www.GoodTherapy.org) I thought, as health care professionals, it is important to share this with you.

Mental Health Awareness Month was founded in 1949 to increase awareness of [mental health issues](#), reduce stigma, and share resources to help people cope, live a higher quality of life, and heal emotional and psychological wounds. These are our friends, family members, and loved ones who may be experiencing symptoms of mental health issues that aren't obvious or visible. Keep resources on hand, learn how to recognize the signs, and know where you would go for help if someone you care about were to experience a crisis.

Stigma toward mental health issues and treatment often stems from the way we come to understand concepts through pop culture and influential others. Many commonly used phrases and idioms can contribute to misunderstanding and a reluctance to seek treatment for fear of being perceived as "weak" or "crazy." Help challenge the stigma in your corner of the world by spending some time thinking and reading about how words and experiences may feel from a different perspective.

Here are a few resources I found that I think are worthy of sharing.

1. <https://www.nami.org/Learn-More/Mental-Health-By-the-Numbers>
2. U.S. Department of Health and Human Services. <https://www.hhs.gov/opioids/about-the-epidemic/>
3. [www.Mentalhealthamerica.net](http://www.Mentalhealthamerica.net)
4. Substance Abuse and Mental Health Services Administration [www.SAMHSA.gov](http://www.SAMHSA.gov)

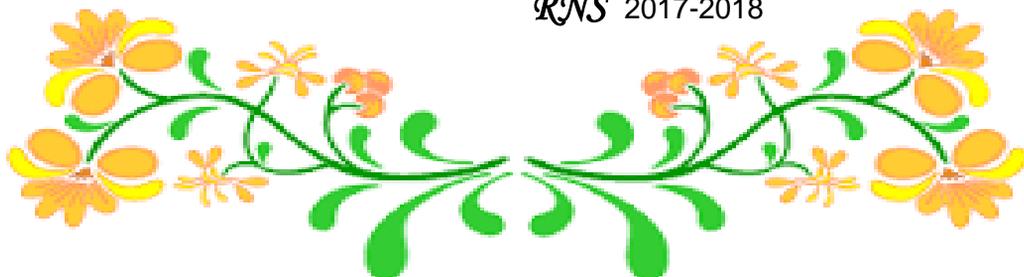
RNS has many people to thank this month for such a successful meeting in April. Our first thanks are to Pam Kauss and team for hosting us at their lovely CareMeridian Winways venue and providing a wonderful lunch. It is always our pleasure to meet at your beautiful facility. Secondly, thank you to Carolyn J Ortega, Psy.D for a very informative presentation on Issues of Cultural Diversity in Continuity of Care. And next we thank Casa Colina Hospital for the Macy gift card and tulip plant; Continuity Care for filled coffee mugs; CareMeridian for the Beach Ensemble; and A+ Healthcare Marketing for the jewelry bag and Lularoe gift card raffle prizes. It was so wonderful to see so many new people in attendance as well as a couple of members we hadn't seen in quite a while.

Please note that Angie Jung has arranged amazing speakers for our upcoming meetings. We invite all of you to attend our meetings and bring a friend. Education, networking and resources are plentiful at our monthly meetings. Don't forget we are dark in June, but will return in July at Quiet Cannon in Montebello.

Wishing all of you a very Happy Spring,

Francine Aron, President

*RNS* 2017-2018



**Prizewinner Donates to HOPE Fund**

By Fiona Basa-Reyes, Chief Executive Officer

Baldwin Park, CA -- On March 23, one of our own at Kindred Hospital Baldwin Park, Assistant Administrator Lily Lee-Martyn, was a recipient of the Thomas Gucker Award (Nurse Case Manager of the Year, 2016) from the Rehabilitation Nurses Society (RNS). This prestigious award included a \$1,000 gift to a charity chosen by the recipient, and Lily, true to the Kindred spirit, chose to gift it to our Kindred HOPE Fund. Lily has witnessed the positive impact the HOPE Fund has had for needy employees at Baldwin Park, and throughout the other Kindred Hospitals. Her intention is to pass on this monetary gift to her fellow Kindred employees who might be experiencing devastating life events and catastrophic difficulties.



*Pictured from left to right are Kindred Hospital Baldwin Park CEO Fiona Basa-Reyes, Assistant Administrator Lily Lee-Martyn and Angie Jung, Vice President of Rehabilitation Nurses Society*

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**Membership Enrollment**

**We are accepting memberships for 2017.  
Applications are on the [RNS website](#) or will be  
available at the May 25<sup>th</sup> meeting.**

**May 25<sup>th</sup> 2017 Luncheon and Meeting Registration**

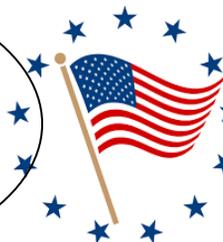
**Topic:** Management of Chronic Obstructive Pulmonary Disease (COPD)

**Speaker:** Dr. Chi Lam, MD, FCCP

**Meeting Location:** Kindred Healthcare (Conference Room), 14148 Francisquito Ave. Baldwin Park, CA 91706

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

Debbie Morris  
c/o RNS  
163 Technology Drive, Suite 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

**Please 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 May 25<sup>th</sup> meeting .....

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

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

To RSVP by phone call:

Debbie Morris  
(949) 422-8703

or

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

## June – DARK - No RNS Meeting



## July 27<sup>th</sup> RNS Meeting & Luncheon

### Topic:

The Challenges in Working with Individuals with a Brain Injury  
and a History of Drug Addiction  
The Dysfunctional Cocktail: One Part Brain Injury and One  
Part Addiction, Abuse or Misuse...

### Speakers:

Celeste Ann Racicot, M.Ed., CRC, CVE,  
Nancy Porcella, MACCC, and Lisa Jones, OTR/L

### Location:

Quiet Cannon, Montebello

### RNS c/o

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