We have all been in this together...and we are still in this for you as your NorCal Chapter Board

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After careful evaluation and consideration of the COVID-19 pandemic, the ACMA Northern California Chapter Board has made the decision to shift our 17th Annual Case Management and Transitions of Care Conference to a virtual format.

Public health is our highest priority and we understand how critical you are to your organizations and the communities you serve. We will be offering a virtual option for all attendees that will include the opportunity to access the same educational content, earn CE credit, learn about the latest innovations in case management from our exhibitors and share knowledge with your peers. Your current registration will be automatically transferred to the virtual conference.

We will host one live session on July 3, with additional on-demand sessions offered shortly after. Specific agenda and detailed virtual conference information will be sent via email as soon as they are confirmed. We ask for your patience as we finalize these details.

Please note that you are responsible for canceling or modifying any hotel and travel arrangements directly. The Meritage Resort and Spa website can be accessed here. Thank you for continuing to support the case management profession and we look forward to creating a new experience for our attendees.

Matthew Chappell LCSW ACM

ACMA Northern California Chapter President
Social Work and Case Management
Manager Care Coordination
Stanford Health Care

Please contact us at acma.northernca@gmail.com
Please welcome our new
ACMA NorCal Chapter Board Members!!!

Kimberly Browne, LCSW, ACM-SW
Chapter Secretary

Kim is the Administrative Director of Social Work and Patient & Family Services at Lucile Packard Children’s Hospital. With a background in medical social work focusing on oncology, critical care, and trauma, Kim is passionate about developing strong, hospital-based social work and case management teams.

A Northeastern Native at heart, Kim completed her undergraduate education at Bucknell University in Lewisburg, PA. She subsequently went on to earn her MSW from the University of Pennsylvania (and she doesn’t miss a chance to head back for a Philadelphia Eagles game!) In her free time, she enjoys cycling, kickboxing and spending time at the beach.

Yvonne Chan, RN, MSN, CGNS-BC, NE-BC, CCM, PHN
Chapter Treasurer

Yvonne currently oversees a Palliative Care service line with Sutter Health. She obtained her MSN with a concentration on Geriatric Clinical Nursing and Nursing Education. Yvonne has a diverse clinical background across the care continuum and has worked as a charge nurse, a hospice case manager, an advanced practice nurse and an adjunct professor.

Fun fact: Yvonne presented at last year’s ACMA National Conference! When she isn’t working, Yvonne enjoys travelling and visiting museums.
Please welcome our new ACMA NorCal Chapter Board Members!!!

Tracey Landrito, BSN, RN, CCRN, PCCN, ACM Member at Large
Tracey is a Critical Care Case Manager with Stanford Healthcare. Tracey worked at the San Francisco VA from 2009-2017 as a Bedside Nurse as well as a Charge Nurse in the Step-Down ICU Units and also has a background in ICU and Ortho Case Management.
Tracey lives in San Francisco, where she enjoys walking her 2 “fur babies”, Maestro and Louie. She appreciates a good pinot noir and loves spending time in the great outdoors with her family and friends, where she enjoys hiking, snowboarding and diving.

Donald Rowland, MSN/MBA, RN-BC, CCM Member at Large
Don works with UCSF Parnassus Hospital as an Emergency Department Case Manager as well as with CPMS Van Ness Campus as a Float Case Manager. He has been an ACMA Northern California Chapter Member since 2014 and is an active member of the Education and Public Policy Committee.
Don lives in the Bay Area and in his free time, he enjoys walking his dog, drinking coffee in the park and watching Netflix.

Joel Gontang, MSN, RN, PHN Member at Large
Joel is a manager for Ambulatory Care Coordination with Dignity Health. As a member of Dignity’s ever growing Population Health team, he manages multiple teams and has also been part of the inaugural CommonSpirit Population Health team tasked with developing organizational policies designed to provide care management, transitional care, and behavioral health services to patients in their respective communities.
Joel currently resides in Sacramento but is originally from Soledad, CA. He made his way north to settle in Sacramento where he is active in Brazilian Jiu Jitsu and a member of local basketball leagues.
COMMUNITY OUTREACH DURING MY QUARANTINE

By Tracey Landrito, BSN, RN, CCRN, PCCN, ACM
Member at Large

As Shelter in Place came to order, my mind immediately went to all my canceled trips, canceled family and social gatherings, and canceled upcoming plans. My life was on pause. The anxiety instantly set in, and thoughts such as, “What am I going to do now, what are we going to do,” plagued my mind. One of my best friends from college shared a podcast with me, Ten Percent Happier with Dan Harris, Episode: How to Handle Coronavirus Anxiety. This episode talked about ways to alleviate anxiety through meditation, by shifting anxious thoughts into productive actions, and by helping vulnerable populations as this was our moral duty. The episode also talks about how studies have shown that compassion and acts of kindness helps calm the mind down. My takeaway from this episode was how to channel my anxious energy and shift them into positive thoughts and actions.

My boyfriend and I live in a 9-story apartment building in San Francisco. We have lived here for 9 years and have become familiar with our neighbors, who range from tech employees, international students, and elderly residents. Since my boyfriend and I are young and healthy, we decided to help our community. We posted flyers in our main lobby and on the floor we live on to get the news out that we are ready and willing to help. We got a few responses.

Our neighbor Donna had long-awaited plans to move to Tennessee with her sister since she has no family in the Bay Area. Donna suffers from a herniated disc and is planning to have spinal surgery in the near future. Her sister was planning to help her after surgery. In preparation of her move, we were able to help Donna with her cable set up and offered to bring her moving boxes to the postal office. We also have two dogs of our own, and we frequently met Donna and her dog, Kizzy, in the garage to have play dates. As of May 1, Donna made it safely to Tennessee with Kizzy.
Richard, my almost 90-year-old, thriving neighbor, has had two syncopal episodes since December 2019 and needed a pacemaker. I would describe him as a spry, powerful, and extremely good looking young gentleman (he wanted to make sure I included this). Richard had a pacemaker placed and has successfully recovered from surgery. Richard has resumed his 3-mile daily walks (he also wanted me to include that he finished his most recent walk 4 minutes over his average time before his last syncopal episode), and constantly tells me, “I am powerful.” Richard gave me a key to his apartment to check in on him from time to time.

Donna, Shirley, and Richard have taught me that kindness and compassion goes a long way. They are resilient. They taught me how to be in the present, how to not take things too seriously, and how to always appreciate the small things. The most important lesson that they taught me was to focus on the things that matter. We became a little COVID family.

Lastly, Richard shared with me the story behind “I am powerful.” The phrase comes from a 5th grade boy that Richard taught during his first teaching assignment. Whenever the student was asked to do something, he answered, “Sure, I am powerful.” Richard has adapted that phrase ever since. Now, I have adapted that phrase. I think we all need to know and have the constant reminder that we are truly powerful especially during times like these.

Thank you Tracey, for sharing your beautiful story!
NOW OPEN: CALL FOR PRESENTATIONS

Open until May 29, 2020

Do you have a unique solution, intervention or strategy to improve case management? What tips and best practices could you share with case management professionals to implement into their practice?

The 2021 National Conference will bring together case management and transitions of care professionals from across the country to network and exchange ideas, engage with innovation in the field and discover new health care practices.

If you have new approaches, best practices or groundbreaking insights in one or more of the following topic areas, we invite you to submit a proposal for 2021 National in Orlando, April 11–14.

For 2021, we are seeking topics of interest under the following content areas—including but not limited to—

- Value-based care
- Transitions of care management
- Collaboration
- Utilization management strategies
- Social determinants of health
- Research and innovation

For more information about the 2021 ACMA National Case Management and Transitions of Care Conference April 11-14, 2021 | Orlando, FL, please visit www.acmaweb.org
Moment of Calm

Square Breathing
Start at the bottom right of the square, and follow the arrows around the whole square to complete one deep breath.

STAY CONNECTED WITH US ON FACEBOOK & LINKEDIN

VISIT OUR CHAPTER WEBSITE:
HTTP://WWW.ACMAWEB.ORG/NET/CHAPTER_SITE_NEW.ASPX?EID=1537&CHID=17