



Colorado Women's Forum in Health Administration February 2009 Newsletter

*Celebrating 25 years of Healthcare Education and Networking for Women in Colorado
1985 – 2010*

FEBRUARY MEETING INFORMATION

SPEAKER: Melinda McIntyre, RN
Rocky Mountain Cyberknife

TOPIC: “New Directions in Radiation Therapy”

DATE: Thursday, February 18th at 5:30 p.m.

TIME: Social time begins at 5:15 p.m.
Speaker begins at 5:30 p.m.
Meeting ends approx. 7:00 p.m.

WHERE: The Children's Hospital
2nd Floor Conference Center
13123 E. 16th Avenue
Aurora, CO 80045

Charity/Volunteer Opportunities

Time to begin your spring cleaning and clean out those closets: bring men's, women's or children's used coats, scarves, hats, and gloves to donate to The Gathering Place, a non-profit women's drop-in shelter dedicated to helping women and their children in poverty or homelessness.

On March 6th, we will be volunteering at the Food Bank of the Rockies – stay tuned for further information.

PARKING: Validated parking in the Children's Hospital parking structure located directly across from the front entrance.

Directions from I-225: Exit at Colfax and go west. The hospital is on the north side of Colfax. Turn north (right) on Children's Way or Aurora Court and look for dedicated parking for The Children's Hospital.

SPEAKER BIO

Melinda McIntyre, RN, received her B.A degree in biology from Berea College in 1978. She attended nursing school at the University of Kentucky and taught anatomy and physiology laboratory at the Lexington Community College. In 1981, she took time out from school to manage a pulmonary research laboratory at the University of Kentucky College of Pharmacy where she met her husband, Ralph Altieri. She and her family relocated to Boulder, CO in 1987 when her husband was recruited to the University of Colorado School of Pharmacy. She completed her nursing degree at Front Range Community College and served as a Medical-Surgical nurse at University of Colorado Hospital (UCH) from 1990-2000, five of those years as a charge nurse. While at UCH, she served as co-chair of the Policy and Procedure Committee, as a member of the wound team and completed a research project on effective wound treatment modalities and outcomes in cardiac patients. She left UCH in 2000 to work closer to home and her children where she served in home health care and at Boulder Community Hospital. In 2003, she entered an emerging field of cancer treatment by joining the team at Rocky Mountain Cyberknife, only the eighth such center to open in the United States. She serves as Patient Care Coordinator for the center and, along with her colleagues, has presented and published numerous studies demonstrating improved patient outcomes provided with cyberknife treatment. She continues to live in Boulder with her husband, now Dean of the University of Colorado Denver School of Pharmacy, her two children who currently attend college and their Golden Retriever and Yorkshire Terrier.

A Brief History of CWFHA

by: **Ellen E. Stewart, member and past president**

Incorporated on Halloween in 1985 as a Colorado non profit corporation the Colorado Women's Forum in Health Administration's mission was:

- To provide an opportunity for networking
- To provide resources and support women in health care
- To increase visibility for women health care administrators
- To provide professional education
- To promote recognition of unique values and attributes women bring to the health care field
- To support career advancement
- To encourage members to serve as role models for each other and for students in health care administration
- To support the development of self-esteem in members

The first President of CWFHA was Margo Berkler who was then in hospital administration at what is now University of Colorado Hospital. CWFHA was originally formed as the women's affiliated network of the American College of Healthcare Executives (ACHE). CWFHA membership was initially limited to members of ACHE and students but soon expanded to include all women in positions of health administration without regard to ACHE affiliation.

Shortly after its incorporation, CWFHA obtained its 501(c)(3) tax exempt status from the IRS. In the early years, CWFHA had its meetings at St. Joesph Hospital in the Mullen Building. When it was no longer possible to meet at St. Joe's, the meetings moved downtown to Gorsuch Kirgis and then later to Berenbaum Weinshienk PC.

From its inception the organization always sponsored an award for an outstanding student in health administration. For many years the funds for the award came from the membership dues but CWFHA was lucky to be able to attract corporate funding for the scholarship program as well.

Membership in the organization has varied in number with over 120 paid members at its zenith. The first male admitted to membership of CWFHA was Dr. James Suver. Dr. Suver was the Director of the Health Administration Graduate program at CU. He continued to be a member of CWFHA even after he moved out of state and up until his death. He really enjoyed his interactions with the group as many of the members had been his students.

Looking over the list of the early members, it is amazing how many of the women involved in CWFHA are still in actively working in health administration in Colorado as administrators, consultants, and department directors. CWFHA was always fortunate to draw its membership from all sectors of the field, not just hospitals and several of the early leaders were from health plans, alternative delivery systems and even a professional association. It is encouraging that an organization of professional women still has relevance after 25 years. Congratulations to us!



January 2010 CWFHA Meeting



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CWFHA Survey

Welcome to the 2010 Survey for CWFHA. As we move into the new year, we want our members to let us know how we can continue to improve your experience with CWFHA and the value that we bring to you as a member. By taking a moment to answer these questions, our Executive Committee can put together a vision of what CWFHA can offer to you, our member, to continue to add value to your professional growth within healthcare.

If you have not yet taken the survey, the deadline is February 16th. We want to hear from you:

<http://www.surveymshare.com/survey/take/?sid=100205>

CWFHA Committees

CWFHA will be organizing several committees for next year: Program Committee, Membership Committee and a Meeting Sponsorship Committee. If you would be interesting in serving in a position with CWFHA, we welcome you!

Sign up sheets will be available at the February and March meetings. If you are unable to attend, please contact Janine Costantini at 720-777-3951 or at costantini.janine@tchden.org.

Upcoming CWFHA Events:

March 18, 2010 –

Jandel Allen-Davis, MD –

Vice President , Government and External Relations, Kaiser Permanente

April 15, 2010 –

Katherine Reed, MA, LPC

Manager, Ponzio Creative Arts Therapy Program and

Geri Nelson, MSW, LCSW

Bereavement Coordinator

The Children's Hospital

Title: ***Creating from Loss: Teen/Young Adult Video Project***

May 20, 2010 –

Ellen E. Stewart, JD

Partner, Berenbaum, Weinshienk & Eason
Colorado Healthcare Legislative Update - 2009

SCHOLARSHIP INFORMATION

The Colorado Women's Forum in Health Administration will award \$1,500 to a female graduate student demonstrating commitment to enhancing the role of women in health care administration.

SCHOLARSHIP CRITERIA

- A graduate student in a health administration master degree program in Colorado with minimum grade point average of 3.0.
- A member of CWFHA during the 2009-2010 program year.
- Must be enrolled in an accredited graduate program.
- Available to serve as a member of the CWFHA Membership Committee as Student Liaison for the 2010-2011 program year.

APPLICATION REQUIREMENTS

1. Application letter (max 3 pages) containing the information below:
 - Reason for applying for the scholarship.
 - Short-term and long-term career goals.
 - The role of the female health administrator (present and future).
2. Copy of school transcripts from all undergraduate and graduate institution(s) attended.
3. Faculty letter of nomination. A copy is acceptable if the faculty member has already sent this letter separately.
4. Letter of nomination by CWFHA member (**optional**).

Please send hard copies to: CWFHA Scholarship Application c/o Kathy Morgan, 15252 E. Hialeah Pl., Aurora, CO 80015

Deadline for applications: March 1, 2010

Interviews: First two weeks of April, 2010

Scholarship will be presented at the

May 20, 2010 CWFHA Meeting.



January 2010 CWFHA Meeting

Please visit our website at <http://CWFHA.org> for more information including job postings, book recommendations and more!

Minutes from Meeting Jan. 21, 2010

Guest Speaker: **Dr. Anita Kumar-Gill, MD**
Psychiatrist & Medical
Director
Eating Disorder Center of
Denver

Topic: **The Other Side of the**
Mirror: Reflections on
Eating Disorders

Dr. Anita Kumar-Gill spoke about the causes and effects of Eating Disorders treated at the Eating Disorder Center of Denver. This program provides diagnosis and treatment of anorexia, bulimia, binge eating and diabulimia.

Eating disorders are often associated with other conditions, such as depression, anxiety disorder and obsessive-compulsive disorder. The center follows the bio-psycho-social-spiritual model of therapy and incorporates a unique approach, which is called CAMSA (Connection, Acceptance, Mindfulness, Sense of Self and Action). This mindfulness-based treatment model guides individuals through recovery and beyond, focusing on the individual on a personal level.

Dr. Kumar-Gill also showed some websites which are Pro-Ana (sites which promote anorexia as a lifestyle or choice and provide tips to others who might want to accept the lifestyle) and Pro-Mia sites (for bulimics).

She discussed a study performed by Ancel Keys during the 1940's. The **Minnesota Starvation Experiment** was a clinical study performed at the University of Minnesota between November 19, 1944 and December 20, 1945. The investigation was designed to determine the physiological and psychological effects of severe and prolonged dietary restriction and the effectiveness of dietary rehabilitation strategies.

The motivation of the study was twofold: First, to produce a definitive treatise on the subject of human starvation based on a laboratory simulation of severe famine and, second, to utilize the scientific

results produced to guide the Allied relief assistance to famine victims in Europe and Asia at the end of World War II. It was recognized early in 1944 that millions of people were in grave danger of mass famine as a result of the conflict and information was needed regarding the effects of semi-starvation—and the impact of various rehabilitation strategies—if post-war relief efforts were to be effective.

One of the crucial observations of the Minnesota Starvation Experiment discussed by a number of researchers in the nutritional sciences — including Ancel Keys — is that the physical effects of the induced semi-starvation during the study well approximates the conditions experienced by patients afflicted with a range of eating disorders such as anorexia nervosa and bulimia nervosa. Indeed, it has been postulated that many of the profound social and psychological effects of these disorders may actually result from symptoms of undernutrition and that recovery depends critically upon physical renourishment as well as psychological treatment.



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