



Colorado Women's Forum in Health Administration March 2009 Newsletter

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

MARCH MEETING INFORMATION

SPEAKER: Jandel Allen-Davis, MD
Vice-President, Government
and External Relations, Kaiser
Permanente

TOPIC: *Health and Productivity in the
21st Century Workforce*

DATE: Thurs., March 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

**Meeting sponsored by Regis University
Rueckert-Hartman College for Health
Professions.**

Charity/Volunteer Opportunities

Bring canned food items or toiletry items 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.

Volunteer at the Food Bank of the Rockies on Saturday, March 20th - see details on Page 3 of the newsletter (below).

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



Dr. Allen-Davis is the Vice President of Government and External Relations for Kaiser Permanente. In this role she has responsibility Kaiser Permanente's community benefit investment, local and national government relations, and internal and external communications and brand management. Her past roles at Kaiser Permanente included Associate Medical Director of External Relations for the Colorado Permanente Medical Group, Regional Director of Patient Safety, Physician-in-Charge of the Wheat Ridge Medical Office, and office chief of Obstetrics and Gynecology at Wheat Ridge. Dr. Allen-Davis was elected to the Colorado Permanente Medical Group Board of Directors in 1998 and chaired the Board in her final year.

She graduated from Dartmouth College in 1980 with a B.A. in Sociology and Dartmouth Medical School in 1984. She completed her residency in Obstetrics and Gynecology at Thomas Jefferson University Hospital and is board certified. Before coming to work at Kaiser Permanente in 1994, she was an Assistant Professor of Ob/Gyn at the University of Colorado Health Sciences Center in 1992-1994. She spent 4 years in the Indian Health Service in Tuba City, Arizona from 1988-1992, and was a past member and chair of the American College of Obstetrician

Gynecologists' Committee on Alaska Native and Indian Affairs.

Dr. Allen-Davis is an active participant on community boards. She is currently serving her second term as a member of the Colorado State Board of Medical Examiners and assumed the role of president of the Board in May of this year. Dr. Allen-Davis is a member of the CU Foundation Board of Directors, the Denver Metro Chamber Leadership Foundation Board of Directors, and Metro Volunteer Board of Directors. She was a member of the Provider Advisory Task Force of the 2008 Blue Ribbon Commission on Health Care Reform and recently resigned her position as Co-Chair of the Colorado Medical Society Physician's Congress on Health Care Reform.

She is married with 2 children.

PRESIDENT'S MESSAGE

How do you look at the world? Is the glass half empty or half full? When you approach a problem in your professional and personal life do you view the challenge in a positive manner, as something to conquer and work through, or do you view it as a negative obstacle and an additional stress to your life?

Recently I attended a seminar on the problem-solving approach to medical and mental health issues. Did you know that negative attributions towards a challenge can exacerbate a medical condition? And often times, this increases the rate of mental health disorders such as depression. This is a vicious cycle to break, but there is hope! Identify your problem-solving style. Life is flush with problems – from coping with natural disasters as our neighbors are doing in Chile and Haiti, with work concerns both big and small, and within your personal life amongst relationships, health conditions and mental well-being. But! by identifying your problem-solving approach and learning better adaptive and effective problem-solving skills, you will help increase your optimism, hope, self-confidence, and achieve greater health and mental well-being. It is important to be self-aware of your style and approach, as it not only

affects you, but it affects those around you, in the community, at work, and among your family and friends. This is especially important for our lives and our dedication to the healthcare community. The state of healthcare is in turmoil yet we need to continue to provide care and reach out to those who are suffering, regardless of socioeconomic status, ability to pay, language barriers, and cultural differences. Our ability to effectively identify problems and employ creative, adaptive solutions will better the community and increase our own sense of self and well-being.

Thus, with no further ado, CWFHA invites you to welcome Dr. Jandel Allen-Davis this month to discuss ways in which we can increase our health and productivity in the workplace and ways in which this knowledge and skill will improve the healthcare community in which we serve.

Big thanks, once again, to all of our members and guests who have contributed supplies, donations, and volunteer time to the Haitian relief efforts and we continue to encourage you to have open hearts for the Chileans in need after the earthquake. If you prefer to contribute to charities closer to home, we invite you to join us for Food Bank of the Rockies Volunteer day Saturday March 20th. Further information regarding this event can be found below. We look forward to seeing you there!

Yours in health, Lisa Betthausen

CWFHA COMMITTEES

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

Sign up sheets will be available at the March meeting. If you are unable to attend, please contact Janine Costantini at costantini.janine@tchden.org.

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. Several applications have been received and the interviews will be held during the first two weeks in April. Scholarship will be awarded at the May CWFHA meeting on May 20th.

Upcoming CWFHA Events:

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

Colorado Healthcare Legislative Update - 2009

Food Bank of the Rockies Volunteer Day!

Join us in volunteering at the Food Bank of the Rockies on Saturday, March 20, from 8:30-12.

All volunteers will meet in the parking lot at 8:15 am. Anyone interested can email Tracy King at tbird1918@yahoo.com and she will create a volunteer list and send out a reminder email.

Volunteers must be at least 14 years old. Come dressed appropriately for warehouse work. This includes wearing comfortable closed toed shoes, and shirts with sleeves.

Watch for the big Food Bank of the Rockies sign and turn into the parking lot at 10700 E. 45th Ave., just north of I-70 and east of Havana, between Embassy Suites and Denver

Mattress. Drive past the Agency parking and park on the east side of the building between the Volunteer Parking signs. Enter at your shift start time through the Volunteer Entrance (you'll see the sign). Follow the yellow line on the floor to the center of the warehouse. There you'll see a table where you can sign-in. Tracy King is our contact person for CWFHA.

Minutes of February 18, 2010 Meeting

Speaker: Melinda McIntyre, RN

Rocky Mountain Cyberknife

Title: New Directions in Radiation Therapy

The Rocky Mountain CyberKnife Center offers a revolutionary new process for treating harmful tumors that does not require an invasive procedure or anesthesia and lets the patient go home immediately afterwards.

The CyberKnife is a computer-controlled radiosurgery system that delivers radiation to tumors in the brain, spine and anywhere in the body with sub-millimeter accuracy while avoiding damage to surrounding healthy tissue. This pinpoint accuracy allows physicians to reach cancerous and benign tumors and abnormal tangles of blood vessels (vascular malformations) that in the past may have been impossible to treat.

The CyberKnife system uses the combination of a robotics and image guidance to deliver concentrated and accurate beams of radiation to intracranial and extracranial targets, many of which are inoperable. The robotic arm is highly flexible, allowing access to tumors in difficult-to-reach locations.

The CyberKnife, unlike other stereotactic radiosurgery systems, is able to position the patient without the use of an invasive stereotactic head frame. The CyberKnife system compensates for patient movement during treatment, constantly ensuring accurate targeting.