



Colorado Women's Forum in Health Administration October 2010 Newsletter

www.cwfha.org

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

OCTOBER MEETING INFORMATION

- SPEAKER:** Dianna Kunz
Chief Executive Officer
Volunteers of America
- TOPIC:** *Volunteerism... Making a Difference in Your Life and the Lives of Others"*
- DATE:** Thursday, October 21st
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
- BRING:** Please bring an item 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.

Everyone who brings a donation will be entered into a drawing for a gift certificate!

**Meeting sponsored by
Lorri A. Kohle
Manager of Strategic Alliances
Delta Dental of Colorado**

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. Dianna Kunz is the President & CEO of Volunteers of America of Colorado, a Christian non-profit human service organization that serves approximately 175,000 men, women and children annually providing service to the citizens of Colorado and the nation since 1896. She has served with Volunteers of America in various capacities since 1973.

The Volunteers of America is an interdenominational Christian Church. The Volunteers of America was established at the turn of the century after a break with the Salvation Army and has continued with its Ministry of Service for over 114 years. Dianna Kunz is an ordained minister in the Volunteers of America.

Dianna Kunz holds a Doctor of Public Administration Degree from the University of Colorado at Denver, a Master of Social Work Degree from Arizona State University and a Bachelor of Science Degree from Colorado State University.

Dianna Kunz has served those in need in Colorado for over 36 years.



PRESIDENT'S MESSAGE

Dear Friends and Colleagues!

It is hard to believe that we have entered into the Fall of 2010. It seems as if it were New Years just yesterday! We are now entering into the 'giving season'. This is typically the time we support others in need whether it be via donation of a tangible good or our own time. CWFHA has made it a practice to give the entire year, instead of just the season that is the reason we support *The Gathering Place*. Very timely to my comments, please plan on attending our next meeting on October 21, 2010 when our honored guest will be Dianna Kunz, President and CEO of Volunteers of America - Colorado Branch. Her speech will be on "Volunteerism... making a difference in your life and the lives of others".

I had the distinct honor of meeting Ms. Kunz 15 years ago when I personally volunteered to serve Thanksgiving dinner at the downtown VOA shelter. To this day I have never forgotten that experience and how it impacted me and both of my children. We look forward to seeing you there!

Best,
Kathy Ryan Morgan, President, CWFHA



September 2010 Meeting

Upcoming CWFHA Events:

October 23, 2010

Food Bank of the Rockies
Volunteer Day
(see details below)

November 18, 2010 –

Dr. Judy Regensteiner
Professor, Divisions of
Internal Medicine & Cardiology
University of Colorado School of Medicine

December 16, 2010

The Gathering Place
Volunteer Breakfast
(volunteers prepare breakfast for women and children at the drop-in shelter)

January 20, 2011 –

Leslie Foster
President, CEO
The Gathering Place

February 17, 2011 –

Dr. Rachel Rabinovitch
Radiation Oncologist
University of Colorado Cancer Center

March 17, 2011 –

Jan Eyer –
CEO
Kindred Hospital

April 21, 2011 –

Erin Denholm
CEO
Centura Health at Home

May 19, 2011 –

Ellen E. Stewart, JD
Partner, Berenbaum & Weinshienk
CO Legislative Update

2010-2011 CWFHA Board

President:	Kathy Ryan Morgan
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Volunteer Coordinator:	Janine Costantini
CAHE Liaison:	Jami Craig
Webmaster:	Stephanie Franszczak
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Programs:	Manda Dinkel, Tammy Schlei Gerri Morris Laurie Burnside

Don't forget to invite a friend or colleague to a meeting. They come free as a guest for the first meeting.



September 2010 Meeting

Food Bank of the Rockies

Volunteer Day!

Join us in volunteering at the Food Bank of the Rockies on Saturday, October 23, from 8:30 am-12 noon.

All volunteers will meet in the parking lot at 8:15 am. Anyone interested can email Janine Costantini at costantini.janine@tchden.org 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. Janine Costantini is our contact person for CWFHA.



September 2010 meeting

Meeting Minutes September 16, 2010

Maren Stewart, President and CEO from LiveWell Colorado was our first guest speaker for the 2010-2011 session

LiveWell Colorado is an organization focused on reducing obesity in Colorado by encouraging Healthy Eating and Active Living. Although Colorado is listed as the leanest state in the country there is still cause for concern. Statistics show we are approximately 20% obese; 1/3 of adults are overweight and 1 in 2 people are not at a healthy weight.

We also rank worse for children, 23rd in the country for overweight kids.

28% of children age 2-4 are obese or overweight

25% of children age 10-17 are obese or overweight.

If the trend continues, in 7 years only 35% of adults and children will be at a healthy weight.

LiveWell Colorado started 1 ½ years ago with generous funding from the Colorado Health Foundation, Kaiser Permanente and the Kresge Foundation.

Although LiveWell Colorado has a 50 year strategic plan to reduce health disparities the focus for the next 5 years is

- Funding Community Coalitions – 22 multi-stakeholder coalitions
- Informing and advancing multi-sector policy efforts at the state, local and national levels to promote healthy lifestyles
 - State – empowering communities to take the lead.
 - So many different agencies at the State level touch our food (Health department, transportation, agriculture).

- Decisions and regulations are made in a vacuum and do not see the overall picture.
- Local- support state in the form of grass roots advocacy
- Federal – support of bills such as the Transportation bill and the Farm bill
- Marketing Initiatives
 - The goal is to reach every Coloradoan with a message of Health
 - Social Change Campaign – Q1 2011 – continue to elevate issues of obesity as urgent and important
 - Lay ground work for sustainable change

The funding cycle is for 7 years recognizing that the problem of obesity is too vast.

The underlying strategies are

- Reducing health disparities
- Building synergy and reducing duplication of efforts among organizations
- Sustainability – prevention and sustainability by education and outreach; encourage prompt healthy behaviors in a sustainable way
- Accountability – evaluation

Sample programs – 350 strategies in 22 programs:

- 1) Healthy eating > partnership with schools > vending machines > cafeteria > community gardens
- 2) Farmers markets > accessibility > location
- 3) Worksite wellness