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Gary Smith, FACHE

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Scott Tackett

Steven Saxe, FACHE

Military Representative:

Maj. Brian J. Bender, CHE

Student Chapter Presidents:

Cole White – WSU

Catherine Murphy – UW

Marissa Hagman – EWU

ACHE Leadership in WA:

Steven Saxe, FACHE – Regent

Newsletter – January 2007



Washington State Healthcare Executives Forum
An Independent Chapter of the American College of Healthcare Executives



American College of
Healthcare Executives
for leaders who care®

President's Message

James Sapienza, FACHE

james.Sapienza@vmmc.org

Dear Healthcare Executives – I welcome you to our 2007 Program Year and encourage you to attend our February program on Health IT Legislation, by Jac Davies of INHS. Our IT focused sessions have been some of our most interesting, informative and well-attended events. Join me for education and networking at one of our statewide VTC sites.

Board Retreat. Your Board was busy in January at a mini-retreat. I am happy to report to you some important actions:

- a. Approved Student Chapter funding of \$1,000. Scholarships of \$500 each to the UW and WSU MHA Programs, awarded in behalf of the Capstone Project Team selected by each school to present at the June 5, 2007 WSHEF Member Meeting. WSHEF expects to host and fund this on an annual basis moving forward.
- b. In preparation for WSHEF to approve the contingent model of the ACHE Chapter Choice options (effective January 1, 2008):
 - 1) Approved a revised application that requests you to choose either alignment of ACHE and WSHEF membership OR for you to choose to be on the WSHEF e-mail and meeting notification list, and
 - 2) Beginning September 1, 2007, approved meeting fees to change to \$25 for non-ACHE members, \$15 for ACHE members, Free for students. [More information will be available at Member Meetings.] The change is to increase the "catering" fee for non-ACHE members.

Board and Officer Elections. Pam Rock is coordinating candidate nominations for 2 new Board positions, filling open Board positions and ensuring we have a full-slate of Officers from our Board. I thank those of you who have submitted your resumes and statements of interest. The Nominating Committee will name candidates in February and ballots will be presented for a vote of the WSHEF membership by mid-March. Terms begin April 1, 2007.

ACHE Congress. ACHE's 2007 Congress on Healthcare Leadership! is in New Orleans, LA from March 19–22, 2007. **Last year more than 4,500 healthcare leaders attended Congress. Will you be part of the excitement in 2007?** Register today at <http://www.ache.org/Cong2007/congressintropage.cfm> .

Advancement. Congratulations to all of you who advanced to FACHE! Thank you for the many calls and e-mails you sent me to notify me of your advancement. A brief Summary of the new criteria are:

- Post baccalaureate degree (effective 2009)
- Three years tenure as an ACHE Member
- Board of Governors Examination
- Five years healthcare management experience
- Three Fellow references—including a structured interview
- 40 Hours of CEU—at least 12 Category I (ACHE education)
- Professional and community/civic participation

The new requirements took effect on January 1, 2007.

We are the leaders in our profession – a noble profession where we focus our attentions on serving the healthcare needs of patients. We strive daily to ensure that patient care is given safely, with quality and fiscal responsibility. WSHEF is here to provide you with the continuing education to meet your need to stay current in the profession. I urge you to take full advantage of what ACHE membership and WSHEF have to offer in 2007.

Sincerely,

Jim Sapienza, President

WSHEF

**Remember WSHEF
now meets the 1st
Tuesday of the
month!**

WSHEF Upcoming Events

Please join us as WSHEF proudly presents:

February 6, 2007

Current Topics in Health Information Technology Legislation

**Jac Davies, MS, MPH – Director of Program Development
Inland Northwest Health Services**

Other Meeting Dates:

**March 6, 2007 – The National Quality Agenda:
A Short History of Healthcare in the 21st Century**

April 3, 2007 – Topic TBD

May 1, 2007 – WSHA Legislative Update

June 5, 2007 – UW and WSU Top Capstone Project Presentations

WSHEF Meeting Information

In an effort to make WSHEF activities more accessible to our members state wide, we are videoteleconferencing the meetings from Seattle to locations around the state.

Regular Meetings: WSHEF regularly meets on the first Tuesday of the month for networking and a guest speaker. The social with light refreshments is from 5:15 - 6:00 pm and a program follows from 6:00-7:00 pm. \$15 is payable at the door.

Meeting Locations:

****Seattle Area****

Virginia Mason Medical Center

DIRECTIONS TO VMMC VTC SITE:

VMMC is located at the corner of 9th and Seneca on First Hill in downtown Seattle. 1100 Ninth Ave. Seattle, WA 98101 Main Line: (206) 223-6600

Parking is hourly in the garages, and arrive at the main hospital campus front door on Seneca Avenue.

<u>Traveling south on I-5:</u> Take Union Street exit Turn right on 7th Avenue Turn right on Pike Street Turn right on 8th Avenue Turn left on Seneca Street	<u>Traveling from Pier 52 – State Ferries:</u> Go east from Ferry on Marion Left on 4th Ave. for two blocks Right on Spring Left on 9th Ave.	<u>Traveling north on I-5:</u> Take Exit 164A, Madison Street Turn right on Madison Turn left on Ninth
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Volney Auditorium at Virginia Mason Medical Center. The room is located on the first floor of the Lindeman Pavilion (across Seneca from the main hospital, enter off of Terry Avenue). Take the elevator down to the first floor and the Volney Auditorium is the large room straight ahead.

****Eastern Washington****

St. Luke's, Rehabilitation Institute, Room 200, 711 S. Cowley Street, Spokane.

To arrive at St. Luke's from Sacred Heart Medical Center: Drive east on 8th Ave to Cowley. Turn north, approx 2 blocks to the parking lot on the south end of St. Luke's. Go through the front doors of the Medical Office Building. Room 200 will be on the right side of the entrance. If you have any questions, call Gary Smith, 509-220-5923. (No reservation required)

****Tri-Cities Site**:**

Kennewick General Hospital - Battelle Meeting Rooms in the basement of the Family Health Center building on the Medical Park Campus; 203 West Eighth Avenue.

If planning to attend at this site, please RSVP to Angel Trump at angel_trump@kphd.org or 509-586-5119, or fax 509-586-5718.

****OakHarbor**:**

NAVAL HOSPITAL OAK HARBOR (NHOH) 3475 N. Saratoga Street, Oak Harbor, WA 98278 POC - LT Andre Hoburg, Department Head, Managed Care 360-257-9549 achoburg@nhoh.med.navy.mil Please contact Lt Hoburg if you would like to attend the WSHEF meeting via VTC at NHOH as civilians need to be placed on a list to be admitted on base.

****Tacoma****

Madigan Army Medical Center Bldg 9040 Fitzsimmons Ave Tacoma, WA 98431. Please contact Maj. Brian J. Bender, CHE at brian.j.bender@us.army.mil or 253-968-2501 if you would like to attend the WSHEF meeting via VTC at Madigan Army Medical Center - Civilians must contact Brian ahead of time to be allowed on base.

New sites:

Dayton - Dayton General Hospital
Clarkston - Tri-State Memorial Hospital
Republic - Ferry County Memorial Hospital
Davenport - Lincoln Hospital
Forks - Forks Community Hospital

(Details for these sites were unavailable at time of publication - if you are near one of these sites, wish to attend, but do not know the details, please contact Gary Smith)

Are these sites too far from where you are?

Interested in linking your site and hosting a WSHEF VTC Site? Contact Gary Smith Promotion/Outreach Committee Chair, smithgj@st-lukes.org

WSHEF Community Service Update

Healthiest State Collaborative - Get Involved!

Sandra Slater-Duncan, FACHE

sduncan2@u.washington.edu

Help WA State get in shape by logging your fitness miles on www.HealthiestState.org on a regular basis. Every mile logged on this website helps WA State move that much closer to it's goal of being the Healthiest State in the Nation.

This is the neat thing - EVERY MILE MATTERS! This is the other neat thing - IT'S SOOO EASY!

If you want to support not only your own fitness goals but also WSHEF's Community Service Initiative, this is how to do it! Today, we have only 8 members registered to log their miles. Why wait? Put the link to the Healthiest State website into your "favorites" and when you are drinking your morning latte, log on and record your daily or weekly fitness miles. The website becomes your personal fitness journal while you simultaneously gain the professional satisfaction of supporting both the campaign and raising the visibility of WSHEF as a participating organization.

As you can see, our Community Services Committee is not really a committee at all, but more of a grassroots campaign among ALL WHSEF members. This means it requires very little extra commitment from you but offers you a great deal of personal and professional satisfaction. What a winner!

WHAT'S NEXT

I plan on meeting with WA Health Foundation to discuss options for designing a WSHEF-specific health and wellness challenge. Anyone interested in providing suggestions or getting involved in the process can contact me at (206) 598-9139 or email me at sduncan2@u.washington.edu.

Thanks,
Sandy

American College of Healthcare Executives News

From: www.ache.org

ACHE's 50th Congress on Healthcare Leadership

Join us in New Orleans for the 50th Congress on Healthcare Leadership, as ACHE continues its tradition of providing an unparalleled professional development event. The March 19–22 program offers sessions on the hottest topics, access to the top leaders in the field and opportunities to meet and learn from colleagues—while offering cutting-edge information and innovative strategies to overcome your greatest managerial challenges. If you are looking for ways to improve quality, increase operational efficiency and strengthen physician relations, Congress is for you.

Congress will be held at the New Orleans Marriott and the Sheraton New Orleans. Access the Congress brochure and online registration at ache.org. If you need to request a printed copy of the Congress brochure, contact the Division of Education at (312) 424-9300.

ACHE Congress Breakfast – Don't Miss Out!

Johnson Controls, Inc. is proud to again host a breakfast for the ACHE Chapter's at the Annual Congress. This year, as we will be in New Orleans, the breakfast will not only represent an excellent opportunity to meet with your peers, but should also include a Cajun twist.

As in the past, this will be a popular event and seats are limited and will be given on a first come, first serve basis.

The breakfast will be held at the Sheraton Hotel on Monday, March 19 from 6:30am to 7:30am. Details will be provided when you check in to your hotel room. If you are interested in attending, please RSVP immediately to our Chapter's JCI healthcare executive, Kevin P. Schaeffner. Kevin can be reached at the following phone numbers: Office: (303) 904-7942, cell: (303) 854-7143.

American College of Healthcare Executives Articles of Interest

From: www.ache.org

Manage Effectively

High-performing teams have certain elements in common. Use the following list to identify your team's strengths—and to identify development opportunities.

- **Goals.** Make sure team members have no questions about your team's purpose, function and objectives.
- **Clarity.** Spell out roles and responsibilities, provide relevant information to each teammate and give teammates permission to share what they know.
- **Diversity.** Teammates who value one another's differences can leverage each contributor's strengths and work more effectively together.
- **Creativity.** When teammates value diversity of opinion, they become adept at seizing solutions and solving problems.
- **Flexibility.** Check your progress periodically and adjust the course as needed to meet the goal.
- **Accountability.** Teams that manage their time and performance well are more likely to meet their goals.
- **Morale.** Teams that value individuals and teamwork succeed in the long run. Low turnover and longevity are benchmarks of good morale.

Adapted from "Checklist for High Performing Teams," Susan Cullen, www.morebusiness.com.

Strategies for Career Growth

Are you ready to take on more responsibility? Take these steps to advance your career.

- **Go back to basics.** Simply projecting a positive attitude will make a difference. People with negative attitudes win few friends. Workers with positive attitudes, on the other hand, draw positive attention—and desirable assignments.
- **Update your skills.** Stay current to stay competitive. Take a professional development course, or attend a seminar or workshop.
- **Build your team.** Develop an internal network of supporters by sharing your knowledge and skills with more junior coworkers. Encourage them to give you feedback and support as well.
- **Share your ambitions.** Do you know the criteria for promotion to the next level? Ask your boss—and expect to hear that you need to earn the opportunity. Then look for ways to gain the skills and experience you need.
- **Emulate your organization's most successful workers.** Take cues from them on how to increase your visibility and project a more capable and professional image.

Adapted from Communication Briefings, June 2006; (703) 518-2343; www.briefings.com.

University of Washington Executive MHA Program

APPLICATIONS NOW BEING ACCEPTED

The University of Washington's Graduate Programs in Health Services Administration are now accepting autumn 2007 applications for the Executive Master of Health Administration (MHA) program, and registrations for the spring Certificate Program in Medical Management (CPMM) course. Both programs are designed for health care professionals who want to meet the need for skilled leaders in the ever-changing health care delivery system. Physicians, nurses, other experienced clinical practitioners and health service managers enter these programs to become more effective business leaders, and meet the increasingly challenging expectations of patients and families, stakeholders and communities they serve.

The Executive MHA program has a 24-month format that combines 3-day intensive onsite meetings with teleconferencing, independent assignments and team projects. Applications for admission are due by April 30. For details, visit: <http://www.uwexecutivemha.org>.

The spring CPMM course, Leadership and Change Management, takes place on Wednesday evenings and runs from March 28-May 30. This course examines practical approaches for motivating and leading people, building teamwork, dealing with conflict and managing change. For details, visit: http://www.extension.washington.edu/ext/certificates/mem/mem_gen.asp.

CPMM courses may be transferable to the Executive MHA program. To speak with someone about either program, call Bree Rydlun at 206-616-2947.

Career Opportunities

[Click Here](#) to visit the career section of the ACHE website. Find information on career advancement, development and opportunities.

WSHEF Committees and Chairs:

If you are interested in serving on a committee, please contact one of the committee chairs!

Outreach/Promotion Committee -

Chair: Gary Smith
smithgj@st-lukes.org

Community Service Committee –

Chair: Sandra Slater-Duncan
sandralduncan@comcast.net

Audit Committee –

Chair: Jim Sapienza
james.Sapienza@vmmc.org

Advancement Committee –

Chair: **Vacant**

**** Interested in promoting advancement within ACHE? Contact Jim Sapienza james.Sapienza@vmmc.org to fill this position ****

Communications Committee -

Chair: Martin Benning
mfbenning@evergreenhealthcare.org

Nominating Committee –

Chair: Pam Rock
pam.rock@overlakehospital.org

Program Committee –

Chair: Gary Smith
smithgj@st-lukes.org

Sponsorship Committee –

Chair: Pam Rock
pam.rock@overlakehospital.org

Don't forget to invite your friends and colleagues to join us for a WSHEF meeting! If you have not joined WSHEF by submitting an application, please visit our website to download an application. Or contact the WSHEF Secretary, Martin Benning mfbenning@evergreenhealthcare.org. MEMBERSHIP IS FREE!

Have you joined ACHE? A portion of ACHE dues supports WSHEF activities – join today! Visit the website at www.ache.org

If you have events, news or other content that members may find useful, please email them to: mfbenning@evergreenhealthcare.org