

ACHE Winter Newsletter

The New Millennium

Can you believe it? The Year 2000 for which I have lived long enough to see and experience the new millennium. But wait! This is 2007 “can it be” six years ago when we ushered in the new millennium. This is a “tongue and cheek” reference as to how quickly time passes. 2007 is actually here. Perhaps you can relate to the phrase “I am much too young to be this old.”

Working in healthcare provides gratifying experiences. To know that you may have had a small part in making a life better or providing care to the sick and injured is certainly a rewarding feeling. It is easy to get bogged down with excessive bureaucracy, confusing and inadequate reimbursement systems, workforce issues, medical staff relations, community expectations, legal and other complex healthcare issues. However, in the end, we must keep our eye on the goal of improving the health status of the citizens that we all serve and to provide excellent care to the sick and injured. It is a new year, 2007, and it is my sincere desire that this will be your best year professionally and personally.

The Fall Newsletter contained information on the new ACHE Credentialing System. Since that time, on November 6, 2006, ACHE Board of Governors changed the credentialing system approving the Credentialing Task Force recommendation to offer a single credential, the FACHE. The Board’s decision was a culmination of a two year study by the Credentialing Task Force involving extensive research, evaluation and affiliate feedback. Sometimes with significant change, the process is as important as the end product. I applaud ACHE leadership for soliciting and listening to all the stakeholder groups. In the end, they did make several changes based on the feedback they received and it is my belief that the new credentialing system will strengthen our professional organization.

How Does This Affect Me?

There have been multiple levels of communication with membership including the ACHE.org, individual letters to affiliates explaining their particular status with the new credentialing system, and an article in the January-February issue *Healthcare Executive*. Just to repeat here, the major criteria for single credential FACHE effective January 1, 2007 are:

- Post Baccalaureate Degree – this requirement being effective January 1, 2009
- Three Years Tenure as an ACHE member/diplomate
- Board of Governors examination
- Five Years healthcare management experience
- 40 total CEU credits the last five years, with 12 of those hours being Category I (ACHE education) credits
- Three references from Fellows, one of which must be a structured interview
- Evidence of professional and community/civic participation

ACHE is working to communicate individually through letters and emails to those affiliates eligible for advancement either under the previous or new system. If you have questions, however, about your personal status, you can contact the Divisional Membership at (312)-424-9400 or credentialcomments@ache.org. You can also contact me as the Mississippi Regent.

Chapter Strategy: Chapter Choice Model

This proposed new issue is one that the officers and the Board of Mississippi Healthcare Executives have been following closely. Again, in my former newsletter, I presented a complete description of the Chapter Choice Model, so I will not regurgitate it again. This will be discussed throughout 2007 with the earliest changes to the ACHE Chapter Model being January 1, 2008. Stay tuned...

Mississippi Healthcare Executives Annual Meeting 2007

Please make a special effort to attend the annual meeting January 25-26 at the Beau Rivage Resort and Casino in Biloxi, MS. The meeting will begin at 11:30 AM with a welcome by Mike Zieman and lunch to follow. For Thursday afternoon and Friday morning, there will be a Category I two-hour program on Developing High Performance Teams and Fostering Ethical Decision-Making. This is an outstanding and economical way to earn Category I credit.

Also during the meeting, we will have a discussion about the new credentialing system adopted by the ACHE Board. Registration fee is \$125.00 if you register by January 5—after that date, the registration fee is \$150.00. For more information, contact Diane Clift at dclift@mhanet.org or 601-368-3217.

Tuition Waiver

As most of you know, the Regent has two tuition waivers that can be granted each convocation year. I have received some inquiries concerning these, but I wanted to insure that affiliates knew about them. The waivers are designed primarily for affiliates who are in career transition or those whose organization does not reimburse for ACHE meetings. Please contact me if you are interested.

DIET & EXERCISE

A cardiologist doctor who cares for a friend sent my friend this advice on diet and exercise. At this time of year you have probably been wondering about some of these very questions.

Q. I've heard that cardiovascular exercise can prolong life. Is this true?

A. Your heart is only good for so many beats, and that's it...don't waste time on exercise. Everything wears out eventually. Speeding up your heart will not make you live longer, that's like saying you can extend the life of your car by driving it faster. Want to live longer? Take a nap.

Q. Should I cut down on meat, and eat more fruits and vegetables?

A. You must grasp logistical efficiencies. What does a cow eat? Hay and corn. And what are these? Vegetables. So steak is nothing more than an efficient mechanism of delivering vegetables to your system. Need grain? Eat chicken. Beef is also a good source of field grass (green leafy vegetable). And a pork chop can give you 100% of your recommended daily allowance of vegetable products.

Q. Should I reduce my alcohol intake?

A. No, not at all. Wine is made from fruit. Brandy is distilled wine, that means they take the water out of the fruity bit so you can get even more of the goodness that way. Beer is also made out of grain. Bottoms up.

Q. How can I calculate my body fat?

A. Well, if you have a body and you have body fat, your ratio is one to one. If you have two bodies, your ratio is two to one, etc.

Q. What are some of the advantages of participating in a regular exercise program?

A. Can't think of a single one, sorry. My philosophy is: No pain...Good.

Q. Aren't fried foods bad for you?

A. YOU'RE NOT LISTENING!!!...Foods are fried these days in vegetable oil. In fact, they're permeated in it. How could getting more vegetables be bad for you?

Q. Will sit-ups prevent me from getting a little soft around the middle?

A. Definitely not! When you exercise a muscle, it gets bigger. You should only be doing sit-ups if you want a bigger stomach.

Q. Is chocolate bad for me?

A. Are you crazy? HELLO.....Cocoa beans...another vegetable!!! It's the best feel-good food around.

Q. Is swimming good for your figure?

A. If swimming is good for your figure, explain whales to me.

Q. Is getting in shape important for my lifestyle?

A. Hey! Round is a shape.

Well, I hope this has cleared up any misconceptions you may have had about food and diets and remember, "Life should NOT be a journey to the grave with the intention of arriving safely in an attractive and well preserved body, but rather to skid in sideways - Chardonnay in one hand - strawberries in the other - body thoroughly used up, totally worn out and screaming - "WOO HOO!" What a ride!

CONSIDER THIS:

A wife was making a breakfast of fried eggs for her husband. Suddenly her husband burst into the kitchen.

"Careful ... CAREFUL! Put in some more butter! Oh my GOD! You're cooking too many at once. TOO MANY! Turn them! TURN THEM NOW! We need more butter. Oh my GOD! WHERE are we going to get MORE BUTTER? They're going to STICK! Careful ... CAREFUL! I said be CAREFUL! You NEVER listen to me when you're cooking! Never! Turn them! Hurry up! Are you CRAZY? Have you LOST your mind? Don't forget to salt them. You know you always forget to salt them. Use the salt. USE THE SALT! SALT!"

The wife stared at him. "What the hell is wrong with you? You think I don't know how to fry a couple of eggs?"

The husband calmly replied, "I wanted to show you what it feels like when I'm driving".