



CAPITAL AREA
HealthAlliance

17th Annual Meeting

December 7, 2011

Hannah Community Center
East Lansing, Michigan

Working together
to empower our community
to achieve better health



Welcome and thank you for joining us today for the 17th Annual Meeting of the Capital Area Health Alliance. The Alliance was founded in 1994 as a coalition of organizations, businesses, health care professionals, and volunteers from Clinton, Eaton, and Ingham counties to advocate for community health and for improvements in quality, cost, and access in health care resources in the tri-county area. This year the voluntary efforts of members have enabled Alliance accomplishments, such as:

- The **Access to Health Committee's** continued work to examine alternative means of funding care to insure access for all of our citizens.
- The **Capital Area Community Nursing Network's** celebration of Nurses Week with a continuing education program. That committee has highlighted nursing practice and workforce issues and expanded the available teaching and learning opportunities for nursing students, hospitals, and universities. It also nominated and awarded its 4th annual *Nursing Excellence Award*.
- The Alliance Board of Directors has authorized the development of an **End-of-Life Care Committee**, which in 2012, will start addressing issues associated with best practices and opportunities for interdisciplinary integration for end-of-life issues.
- The **Healthy Lifestyles Committee** facilitated the development of a movement with 85 organizations called "**Choosing Health!**"[®] that focuses on four issues:
 - **Encouraging Physical Activity**
 - **Increasing Healthy Eating**
 - **Preventing Substance Abuse, and**
 - **Promoting Mental Health**

And that committee developed and implemented a community-wide rally that had over 350 people get acquainted with the services offered by 32 different agencies concerned about Healthy Lifestyles.

- The **Mental Health Partnership Council** worked to advocate for availability and equality for mental health patients. This year hundreds of people attended presentations dealing with numerous mental health issues.
- The **Capital Area Physician Experience (CAPE)** once again sponsored its "Dine a Round" to introduce area residents and interns to local physicians to enhance recruitment and retention of physicians and completed a survey about resident retention. This year, CAPE also inaugurated its *Physician Retention Leadership Award* and will be offering that award to its first recipient.

Throughout 2011, the Alliance engaged in a **Healthy Lifestyles Planning** process that has resulted in an orientation that not only reflects the Alliance's mission but also the lifestyle needs that affect all of us in this region. We also are most pleased to see that the Capital Area Regional Health Information Organization has become the **Great Lakes Health Information Exchange** and has grown to not only serve the physicians and other healthcare providers in our region, but also expanded to include the University of Michigan as a partner.

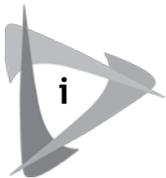
This morning's activities will include the presentation of the 8th Annual *Community Service Awards*, 4th Annual *Nursing Excellence Award* and a new award for *Physician Retention Leadership*, presented to individuals who helped to further the mission, goals, and values of the Alliance. And, we'll hear our guest speaker, Stephen Fitton, the Director of Michigan's Medicaid Program, talk about the issues facing Medicaid as the changing economy has required more people to seek enrollment. We hope this is a valuable experience for you.

The strength of the Alliance is the people who contribute their time, talents, resources, and expertise in order to make a difference in our community! If you would like more information about the Alliance, to be placed on our mailing list, or to become a part of the ongoing work for the health of our community, please visit our website at CapitalAreaHealthAlliance.org and contact us at 517-347-3377 or CAHealthAlliance@AOL.com.

With my appreciation and best regards,

A handwritten signature in black ink, appearing to read "James Randolph Hillard".

James Randolph Hillard, MD
Chairperson, Capital Area Health Alliance Board of Directors





17th Annual Meeting • December 7, 2011 • Hannah Community Center

Agenda

1. **Call to Order** Valerie Glesnes-Anderson
2. **Welcome** Randy Hillard, MD
3. **Thanks to Platinum Annual Meeting Sponsors**
 - Blue Care Network of Michigan
 - DCS Disability Claims Specialists
 - Community Mental Health
 - Ingham County Health Department
 - Physicians Health Plan

Special thanks to Blue Care Network for providing our breakfast
4. **Board of Directors and Activity/Committee Acknowledgments** Randy Hillard, MD
 - Access to Health
 - Capital Area Community Nursing Network
 - Capital Area Physician Experience
 - End-of-Life Care Committee
 - Healthy Lifestyles/*Choosing Health!*® Committee
 - Mental Health Partnership Council
5. **Guest Speaker Introduction** Kevin Klobucar
Stephen Fitton, Director, Michigan Medicaid
6. **Presentation of Service Awards**
 - Nursing Excellence Award** Margie Clark, RN
 - **Nursing Excellence Nominee:**
Jeannie Iacopelli, RN
 - **Nursing Excellence Honorees:**
Eileen Pizanis, RN, APRN-BC
Suzanne Saltman, RN, FNP
 - Physician Retention Leadership Award** Randy Hillard MD
 - William Strampel, DO
 - Community Service Award** Valerie Glesnes-Anderson
 - **Organizational Honoree:**
Meijer
 - **Individual Nominee:**
Elizabeth Holcomb, RN
 - **Individual Honoree:**
Louise Knott Ahern and the *Lansing State Journal*
7. **Door Prize Drawings** Randy Hillard, MD
8. **Adjournment** Randy Hillard, MD



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Board of Directors and Supporting Organizations

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Michigan State University

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Hayes Green Beach Hospital

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Executive Director
Valerie Glesnes-Anderson
Capital Area Health Alliance

Guest Speaker

Stephen Fitton

Director, Michigan Medicaid



Stephen Fitton has been serving as the Director of Michigan's Medicaid program since 2008. In this capacity, he oversees a health care program that serves 1.9 million of Michigan's low income citizens, 40% of whom are children, with an annual budget of approximately \$12 billion. Medicaid arranges and pays for a broad range of health care services including physician, hospital, and long term care. Michigan's Medicaid program has a staff of over 350 people. Before assuming the Director's role, Mr. Fitton directed the Bureau of Medicaid Policy and Actuarial Services focusing on a range of policy and financing issues.

The Michigan Medicaid Health Care Program provides medical and health-related assistance to low-income individuals and families who have no medical insurance or inadequate medical insurance. Generally, the program serves: children; persons aged 65 or older; blind or permanently disabled persons; members of families with dependent children; children in foster care homes; pregnant women; and individuals under age 21 in psychiatric hospitals. The Michigan Medicaid program manages contracts so that citizens who are granted eligibility can be connected with services. Michigan Medicaid contracts with providers and service delivery organizations so that care is accessible for Medicaid enrollees.

Mr. Fitton's office administers the Michigan Medicaid State Plan, which is an agreement between the state and federal government that identifies health care service coverages, reimbursement, and eligibility policies in effect under Michigan Medicaid. It is the basis for the federal government (CMS/HHS) to pay its federal financial participation (FFP) for the program's operation.

Mr. Fitton has worked in health policy and budget in Michigan state government for over thirty-five years. He began work in Medicaid Policy in the early 1970's. The majority of his experience prior to Medicaid was in the Children with Special Health Care Needs program. Experience in the Children with Special Health Care Needs program was valuable to Mr. Fitton in a number of ways; it required an understanding of the health service delivery system and its financing, it presented a public health perspective especially as it relates to prevention, and it helped him develop a sensitivity to the challenges faced by families of children with special health needs, all of which informed his roles in Medicaid.



Capital Area Health Alliance Strategic Planning Goals 2011–2014

In June 2010, the Capital Area Health Alliance (CAHA) Board of Directors voted to launch a Strategic Planning Process. Since the last CAHA strategic plan for 2006 was published, CAHA has accomplished most of its organizational goals. The organization has successfully played its role as a neutral convening body to bring together the Capital Area health community's diverse stakeholders to identify and support important initiatives to improve health access, promote cost savings, foster collaboration, and advance quality health care. The Alliance also achieved a major programmatic goal by directing the design and implementation of a Health Information Exchange (HIE) for our region. A new organization, the Great Lakes Health Information Exchange, has been successfully established to deploy and operate the HIE.

A Strategic Planning Work Group was appointed to meet, plan, and bring recommendations for a new strategic plan. Members of the Strategic Planning Work Group, chaired by Dr. James Randolph Hillard, included:

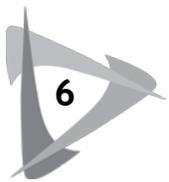
Marcus Cheatham	Ingham County Health Department
Margie Clark, RN, MSN	Lansing Community College
Phil Gillespie	Blue Care Network
Valerie Glesnes-Anderson	Capital Area Health Alliance
James Randolph Hillard, MD	Michigan State University
Rick Lantz	Delta Dental Plans of Michigan
Larry Leatherwood	Management Consultant
Maureen Hillary	Hayes Green Beach Hospital
Gordon White, Jr.	Glengarry Associates

After a thorough and enlightening strategic planning process, which included numerous board member and other interviews, meeting with Alliance committees, surveys, discussions, and document preparation, the members of the Board of Directors approved unanimously a new strategic plan that contains seven goals for the next three years. Those goals are:

- ◆ Enhance the Alliance's role as a Health Resource Development Collaborative
- ◆ Be a trusted authority on health and health care performance improvement in the Capital Area
- ◆ Create a culture of healthy lifestyles with emphasis on healthy eating and physical activity
- ◆ Shape the community's Health Care Reform strategies
- ◆ Engage the community in the initiatives of the Alliance and its Committees
- ◆ Optimize relationships with other community organizations focused on health and health care improvement
- ◆ Obtain sustainable funding that enables CAHA to carry out its mission and achieve its goals

The results of that process and the goals generated will guide the work of the Alliance as we turn goals into strategic directions and action plans, some of which are seen here today as we explore the implications of Health Care Reform on the health system in our area. We would like to ask you join with the Alliance to achieve these goals, either through involvement in committees and/or in comments and recommendations as we move forward.







Alliance Activities & Committees

The work of the Capital Area Health Alliance is carried on through the committees, taskforces, and activities that embody its commitment to collaboration. The Alliance is a coalition of organizations, businesses, health care professionals, and other volunteers from Clinton, Eaton, and Ingham counties, working together to empower our community to achieve better health. If you would like to participate in any of these activities or committees, please call the Alliance at 517-347-3377.

Access to Health Committee

Committee Sponsor—
Ingham County Health Department
Committee Chairperson—Renee Canady, PhD

The Access to Health Committee formed in 1998 as a forum for community dialogue on strategies to improve access to health care in the Capital Area. In 2001, 2004, and 2007, the committee sponsored extensive community dialogue processes to determine actions and strategies for increasing the percentage of residents who were able to see a health care provider, and eliminating persistent barriers to quality care. By marshalling the community will to assure access to care as a right of all residents, the committee helped to promote the Ingham Health Plan (IHP) as an innovative strategy for covering the uninsured, one that became a model for counties throughout Michigan. With the IHP, the Barry-Eaton Health Plan, and the Mid Michigan Health Plan established as vital, sustainable resources for the uninsured, the committee turned its attention to other access issues, specifically the **elimination of health inequities** based on race, class, and other forms of difference; **unifying the concept of health** access to include oral health, mental health, and substance abuse treatment; and advancing the deployment of **grassroots advocates and outreach workers** in neighborhoods of greatest need.

The Access to Health Committee remains committed to the goal of increasing and improving access to care, and awaits the implications of the federal Affordable Care Act (ACA) as they unfold locally. Community members concerned about these issues are encouraged to contact the following partner entities: The **Michigan Consumer Coalition for Health Care** (consumersforhealthcare.org@mail48.us1.rsgsv.net), which monitors ACA implementation and advocates for consumers' access to care; the **Ingham Health Plan Corporation** (<http://inghamhealthplancorp.org/>) which continues to optimize local resources to ensure health care access for the uninsured; and the Ingham County Health Department **Social Justice Initiative** (dbloss@ingham.org), which seeks to transform local public health practice within a framework of health equity and social justice.

For further information about the Access Committee, please contact Doak Bloss at dbloss@ingham.org or 517-887-4503.

Capital Area Community Nursing Network

Committee Sponsor—Lansing Community College
Committee Chairperson—Margie Clark, MSN, RN, GNP

The Committee serves as a resource and advises the Alliance's Board of Directors on topics related to nursing and nursing care and serves as a resource in identifying area challenges and issues facing nursing. CACNN collaborates as a group in identifying solutions for these issues through community based initiatives. The committee provides a unique perspective on current nursing topics such as clinical nursing education, scope of practice issues, and workforce shortages.

The Committee membership reflects the community and includes representatives from local health systems, the Schools of Nursing and other nursing professionals throughout the Capital Area as well as workforce representatives. CACNN is committed to the mission of the Capital Area Health Alliance to work together as nurses to empower our community to achieve better health.

Mission Statement

The Capital Area Community Nursing Network (CACNN) collaborates with community, academia, home, and health based agencies to identify solutions through community based initiatives for challenges facing nursing.

Strategic Goals

- Goal 1: Nurses should achieve higher levels of education and training through an improved education system that promotes seamless academic progression.
- Goal 2: Create sustainable partnerships with other health professions and community organizations to ensure a safe and quality healthcare for residents of the capital area.
- Goal 3: Use workforce data to promote workforce planning and effective policy making.
- Goal 4: Nurses should practice to the full extent of their education and training.
- Goal 5: Encourage Nurse representation on all local committees and other state and community boards.

2011 Accomplishments

- Updated Strategic Plan to align with the Institute of Medicine Report - The Future of Nursing: Leading Change, Advancing Health, March 2010.
- Increased membership to include wider community base
- Solicited nominations and selected recipients of the 4th Annual Nursing Excellence Award
- Supported CAHA health and wellness initiatives in the community
- Produced CACNN Third Annual Nurses Week Celebration

For further information about the Capital Area Community Nursing Network, contact Margie Clark at clarkm@lcc.edu or 517-483-1461.

Capital Area Physician Experience (CAPE)

Committee Sponsor—Michigan Health Council
Committee Chairperson—Scott Kuhnert, MD

The purpose of this committee is to profile the tri-counties' physician population, document physician need, project shortages for the Capital Area, and build a model for regional physician workforce planning with the stated goal of attracting and retaining physicians to the Capital Area. CAPE is a coalition effort among the Capital Area Health Alliance (CAHA), Ingham County Medical Society (ICMS), Michigan Osteopathic Association (MOA), Graduate Medical Education Institute (GMEI), the Michigan Health Council (MHC), Michigan State University College of Osteopathic Medicine, Michigan State University Health Team, Sparrow Health System, Ingham Regional Medical Center, Hayes Green Beach, and Mid-Michigan Physicians.

Current efforts based on the strategic plan for 2011–2012 include:

- Physician Retention Leadership Award.
- Re-survey of resident physicians in the Greater Lansing Area using the initial 2008 CAPE survey questions to identify shifting trends and opinions about why residents may leave the area upon completion of their training
- CAPE Annual Medical Student Networking Dinner
- Network for resident physician spouses/partners to integrate them into the community and support their career efforts
- Outreach event to connect regional resident physicians with regional practice opportunities

Guest speakers at the 2011 CAPE meetings included: Terri Wehrwein, RN, PhD, Associate Dean of Nursing, MSU, who presented on the *Doctorate of Nursing Practice degree*; Anne Rosewarne, President, Michigan Health Council, who reviewed the report on *Zero Out Medical Education and the Impact on Physician Recruitment*; and Brian Peters, Executive Vice President–Operations, Michigan Health and Hospital Association, who presented *Significant trends that are shaping the environment for physicians including federal health reform*.

The re-survey of resident physicians in the Greater Lansing area was conducted in June 2011, and the results were reviewed and compared to the 2008 survey results. Key indicators include:

- 51.5% of resident physicians plan to further training through a fellowship program.
- 56.3% indicated that a competitive recruitment package/salary could have persuaded them to remain in the Greater Lansing area compared to 49% in 2008.
- 25.5% decided where they wanted to practice before they began residency training.

In November 2011, CAPE hosted its Third Annual Medical Student Networking Dinner Event at the Eagle Eye Golf Club. The event is open to all regional medical students who enjoy a buffet dinner and are joined by area practicing physicians in various specialties who each host a roundtable discussion regarding their professional and personal experiences as a physician practicing in the Greater Lansing area. Using the “speed dating” format, each student can participate in five different discussions about career choices and the benefits of living and working the area. The event is valued by the students who recognize the importance of networking with positive mentors who promote the merits of a medical career.

To learn more about CAPE and future meeting dates, contact Deb Collier, Michigan Health Council, at **517-347-3336** or deb.collier@mhc.org.

End-of-Life Care Committee

Committee Sponsor—
Michigan State University School of Social Work

The Board of Directors of the Capital Area Health Alliance has approved the commencement of an End-of-Life Care Committee for the greater Tri-County Area, as a standing committee of the Alliance. That committee will begin meeting in the first quarter of 2012.

The End-of-Life Care Committee will aim to promote collaborative efforts:

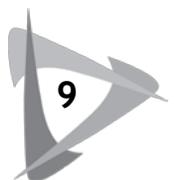
- To educate about the medical, psychological and social dynamics associated with end-of-life care
- To educate professionals and the public about end-of-life decision-making, and
- To support best and promising professional practices with regard to individuals and families experiencing end-of-life challenges and choices.

This committee will disseminate information about and engage in educational initiatives to promote knowledge about advanced directives and other planning processes associated with end-of-life decision-making. The committee will also promote interdisciplinary continuing education and support a continuum of care for individuals and families.

Membership will include a range of health care professionals, including physicians, nurses and social workers, as well as other professionals representing hospitals, Acute Care, hospice organizations, other mental health and family support providers, laypersons and consumers, University faculty and researchers, and members of the faith community.

This committee will meet routinely and report on their goals and activities to the Board of Directors of the Alliance. A representative, usually the Chairperson of the Committee, will sit on the Board of Directors of the Alliance as a non-voting member to report on and seek approval for initiatives. When the committee begins meeting it will develop vision and mission statements for approval by the Board of Directors of the Capital Area Health Alliance. When appropriate and possible, the End-of-Life Care Committee will seek funding for initiatives under the auspices of the Capital Area Health Alliance.

If you are interested in participating in the End-of-Life Care Committee, please contact the Alliance at: **(517) 347-3377**.



Healthy Lifestyles/Choosing Health[®] Committee (HLC)

Committee Sponsor—Hayes Green Beach Memorial Hospital
Committee Chairperson—Maureen Hillary, RN

For the past 10 years, the Healthy Lifestyles Committee of the Capital Area Health Alliance has been developing and/or supporting programs to promote health and wellness in the tri-county area. The Healthy Lifestyles Committee includes representatives of organizations throughout the Capital Area who are dedicated to promoting healthy behaviors and well-being. Membership on the Healthy Lifestyle Committee is open to the public. The Healthy Lifestyles Committee (HLSC) reports its activities to the Board of Directors of the Capital Area Health Alliance.

2011 Accomplishments of the Healthy Lifestyles Committee:

Creating a Culture of Healthy Lifestyles 2011 – May 25, 2011

Modeled after a 2007 program “Creating a Culture of Healthy Lifestyles in our Community,” this May 2011 event was attended by 90 organizations represented by over 120 health care professionals who enthusiastically shared ideas to shape the community’s future healthy lifestyle agenda. The consensus vision of the group was for the Healthy Lifestyles Committee of the Capital Area Health Alliance to facilitate a movement and campaign that draws from and enables enhancement and symbiosis of existing community programs and resources to promote healthy living and wellness in the region.

Movement Development

In follow up to the May 25, 2011, symposium, the Healthy Lifestyles Committee, with the approval of the Alliance Board, developed a plan to establish a community-wide movement and campaign. Through planning and research, “*Choosing Health!*” was selected as the name of the movement.

Choosing Health![®] the Movement

The “*Choosing Health!*” campaign will “create a culture of Healthy Lifestyles” by highlighting the full range of existing health and wellness programs available in this region. The movement is a year-round campaign that provides existing programs a fresh platform to display their activities and invite community members to choose those programs to help people achieve their healthy lifestyle goals. The *Choosing Health!*[®] movement focuses on four issues:

- Encouraging physical activity
- Increasing healthy eating
- Preventing substance abuse
- Promoting mental health

The *Choosing Health!*[®] Structure: Healthy Lifestyle Committee (HLSC)

The Healthy Lifestyles Committee, as part of the Capital Area Health Alliance, provides the organizational framework for *Choosing Health!*[®]. In their monthly meetings, HLSC Chairperson Maureen Hillary, RN, and the members concentrate on the overall design of the campaign to structure the *Choosing Health!*[®] movement and the development of an anchoring website. To facilitate establishment of the movement, a year-round series of events is being designed to highlight existing community programs that engage the widest possible range of programs, businesses, faith communities and the general public in the community-wide effort to improve lifestyles.

2011 Events and Activities Included:

- Meeting monthly as a committee and the steering body for “Creating a Culture of Healthy Lifestyles”

- “Creating a Culture of Healthy Lifestyles 2011” May Symposium for community health professionals
- Creating and using a *Choosing Health!*[®] Event Planning Taskforce
- Hosting a Fall Community Leaders’ Breakfast to describe *Choosing Health!*[®] and seek their counsel.
- *Choosing Health!*[®] Rally for 350 people and 32 organizations on October 18, 2011.
- Exploration of potential website
- Participation in the Capital Area Health Alliance Annual Meeting

Community Leaders’ *Choosing Health!*[®] Breakfast – September 28, 2011

In the first meeting, the community’s influential leaders in health care, government, business and advocacy were invited to participate to hear about the progress of launching and growing the *Choosing Health!*[®] movement. They were asked to help shape the campaign to achieve maximum effect in engaging our community members in improving health. This included providing advice about the healthy living improvements that should be targeted for *Choosing Health!*[®]. More than 60 community leaders from across the tri-county area participated in the September 2011 Community Leaders’ Breakfast. After completing the first Community Leaders’ Breakfast and *Choosing Health!*[®] Rally, the HLSC is contemplating the feasibility of sponsoring and/or partnering with other organizations to offer events throughout the year to broaden and deepen the reach of the *Choosing Health!*[®] movement.

Choosing Health![®] Community-Wide Rally – October 18, 2011

The 2011 rally served as a community kick-off event for the *Choosing Health!*[®] campaign. The event was an unqualified success, drawing approximately 350 participants to the Union Missionary Baptist Church for an interesting and exciting evening.

Event publicity. An invitation was issued to the entire tri-county area for this event. Thousands of Capital Area residents saw flyers and heard ads about *Choosing Health!*[®] WKAR produced a Public Service Announcement promoting the rally. The station ran the PSA frequently and shared it with other media outlets. The *Lansing State Journal* announced the event in its community calendar column. Many CAHA and HLSC members announced the event in their communication materials. CAHA sent a press release to all local media outlets and to a national press release posting service.

Event features. The *Choosing Health!*[®] rally brought together over 350 health care professionals and community members to learn about healthy living and resources available throughout the tri-county area. This rally included:

- A keynote address by renowned pediatrician, Dr. Stacy Leatherwood, and a motivational presentation by America’s nutrition leader, Zonya Foco, RD.
- Opportunities for over 30 community organizations and agencies to display their programs, engage community members and, sign up potential participants.
- A showcase of healthy food in “A Taste of Health” where nine area restaurants and food purveyors shared with rally participants their culinary developments that reflect healthier trends.
- 35 door prizes donated by area businesses and organizations promoted participants’ interest until the very end of the evening.
- Free transportation provided by CATA
- Sponsorship by numerous community organizations

Overall, the event had great turnout, a convenient and welcoming community location, stimulating presentations, excellent display tables with a significant range of information and resource descriptions, and a substantial mix of participants in terms of race/ethnicity, age, gender and regional origin.

Preliminary Exploration of Website

The Healthy Lifestyles Committee directed an initial assessment of issues and needs for the development and operation of a *Choosing Health!*[®] website. The HLSC established parameters around its website vision. As a result, the Alliance Board has authorized a feasibility study and plan for website development to be completed during 2012.

HLSC Activities Planned for 2012:

Participation in the Capital Area Health Alliance Annual Meeting. At its November 2011 meeting, the Healthy Lifestyles Committee confirmed its plan to showcase its work at a display table and in an annual report to the Alliance Board.

Healthy Lifestyles Planning Retreat. The HLSC will conduct a retreat to plan for 2012 to accomplish the goals of *Choosing Health!*[®] That retreat will take place in the first quarter of 2012

“Creating a Culture of Healthy Lifestyles/Choosing Health![®]” Symposium – Spring 2012. Planning for this symposium is underway. The event will highlight community collaboration and initiatives and provide:

- Exchange of information and ideas about successful programs and available resources.
- New collaboration opportunities to create a culture of wellness in our community.
- An overview of what issues we should understand about integrated health
- The current status is of health behavior based on analysis of recently compiled analysis from extant data sources.

The event will include a strategic planning process to enhance collaborative synergies among our community programs. The results of the strategic planning process will inform the future work of *Choosing Health!*[®].

Community Leaders’ Choosing Health![®] Breakfast. On September 28, 2010, the community’s influential leaders in health care, government, business and advocacy gathered to hear about the progress of launching and growing the *Choosing Health!*[®] movement. They were asked to help shape the campaign to achieve maximum effect in engaging our community members in improving health. This included providing advice about the healthy living improvements that should be targeted for *Choosing Health!*[®]. More than 60 community leaders from across the tri-county area participated in the first Community Leaders’ Breakfast. The HLSC is planning a second “Community Leaders” breakfast for fall 2012 to continue the process.

Choosing Health![®] Community-Wide Rallies – Spring and Fall 2012. The 2011 rally served as a community kick-off event for the *Choosing Health!*[®] campaign. The event was an unqualified success, drawing approximately 350 participants to the Union Missionary Baptist Church for an interesting and exciting evening. The HLSC will work to have a Spring Rally in May, partnering with Community Partners in Health and a Fall Rally, once again highlighting the availability of community resources.

Website Development. An initial review has indicated that several Healthy Lifestyle websites are now functioning in communities throughout the U.S., such as Oklahoma City, OK, Tallahassee, FL, Calhoun County, MI, Cape Fear, NC, Tulsa, OK, and several others. An assessment of the benefits, opportunities and costs associated with implementing a website have been explored. In 2012, a committee will be assembled to explore the options, expenses and potential revenue available to establish and run a *Choosing Health!*[®] website.

Healthy Lifestyles Committee. All of the above-cited work will occur under the guidance of the HLSC, which meets monthly on the second Wednesday of each month at 8:00 am at the Michigan Health Council in Okemos, MI. You are welcome to join us in this exciting process.

For further information about the Healthy Lifestyles/*Choosing Health!*[®] Committee and/or campaign, and how you can be a part of the movement, please call the Alliance at 517-347-3377.

Mental Health Partnership Council (MHPC)

Committee Sponsor—Community Mental Health

Committee Chairperson—

Robert Sheehan, Pamela Stants

The Capital Area Health Alliance Mental Health Partnership Council promotes mental health and wellness of those living in the tri-county area, provides resources for quality and accessibility of mental health services within the community, and offers educational events and information to increase awareness and reduce stigma.

In 2011, the Mental Health Partnership Council felt it would be important to bring information to the community on bullying. Speaker Kevin Epling, whose son took his own life because of being bullied, presented “Bullying & Suicide: A Lesson in Acceptance and Prevention.” This presentation was well received by over 125 people in the audience. The presentation was held at Peckham Industries.

Taking care of the caregiver was another area of Council interest. Jennifer Burley from the Tri County Office on Aging presented “Loving Your Caregiver.” There were 100 people in attendance.

Other presentations included:

- Seasonal Affective Disorder
- MSU Research project with the 8th grade at Ovid Elsie Middle School
- Vet2Vet with co-sponsor NAMI
- Depression as it relates to Veterans
- Intervention: Helping someone Who Does Not Want Help

As administrative focus shifts to integration of physical and mental health, the Partnership Council will be shifting to include both physical and mental health in their presentations. This year, over 1,000 people in the tri-county area attended the presentations sponsored by the Capitol Area Health Alliance Mental Health Partnership Council.

Current active members include Michigan State University School of Social Work, Sparrow Behavioral Health, Tri County Office on Aging, Peckham Industries, Lansing Community College, NAMI, Cristo Rey, consumers of services, United Way, Ingham County Health Department, Michigan State University Counseling Center, Association of Children’s Mental Health, Rainbow Homes, and Michigan Protection & Advocacy.

For more information on the Council, you may contact Judy Hazle at 517-346-8238 or hazle@ceicmh.org. The Council does not take the place of the governing bodies nor consumer services/complaint and grievance offices of CMHA-CEI or any other organization.

Oral Health Committee

Committee Sponsor—Lansing Community College

Made up of dentists, government officials, hygienists, educators, administrators, and social workers, the Oral Health Committee (OHC) specifically addresses the dental needs of underserved Capital Area populations. The OHC has been responsible for procuring grants that have resulted in the creation of the Healthy Smiles dental clinic and the coordination of volunteer dental professionals to provide patient care for hundreds of patients who lack access to dental care. For further information about this committee, please contact the Alliance at **517-347-3377**.

Performance Improvement Committee

The Performance Improvement Committee focuses on analyzing data related to the quality, cost, and access of healthcare in the Capital Area. That data comes from multiple sources, including data generated by the Capital Area RHIO. Data analyzed is used to inform healthcare policy and suggest actions for the Capital Area. Members include physicians, nurses, insurance executives, healthcare administrators, public health officials and professionals from allied community health organizations.

Preparing for the Future

To help provide a foundation for future health care system planning, the Performance Improvement Committee seeks to develop an understanding, specific to the area served by the Capital Area Health Alliance, of the nature of these important factors and their impact on the incidence of preventable disease and on health care outcomes for tri-county residents. For some areas of inquiry, data and information are readily available for Capital Area counties. Other information will require investigation.

What You Can Do

If you are interested in this Performance Improvement initiative, please:

- Sign up to serve as a member of the Performance Improvement Committee

For more information about the Performance Improvement Committee, please contact the Capital Area Health Alliance at **517-347-3377** or CAhealthalliance@aol.com or visit www.CapitalAreaHealthAlliance.org.

Resource Development Committee

Committee Sponsor—Blue Cross Blue Shield Blue Care Network

Committee Chairperson—Kevin Klobucar

The purpose of this committee is to work with the Alliance to manage organizational finances and opportunities and enhance CAHA membership to support goals and programs of the organization.

Future Goals

- Increase membership of CAHA and resulting membership dues:
 - Look for diversification of membership to include more business
 - Understand needs of current constituents and prospects
 - Work with board and other committees to ensure programs, goals, and outcomes align with constituent needs
- Increase and leverage grant opportunities for CAHA
 - Develop capabilities to identify and write grants
 - Build relationships with foundations and grant letting organizations
 - Increase grant awards and funding
- Increase visibility and communications of CAHA
 - Expand web site
 - Increase external communications about CAHA's work

For more information about the Resource Development Committee, please contact the Capital Area Health Alliance at **517-347-3377** or CAhealthalliance@aol.com or visit www.CapitalAreaHealthAlliance.org.



Service Award Nominees & Honorees

Each year the Capital Area Health Alliance has the extraordinary pleasure of recognizing the service that is offered to this community by some of our fellow citizens in Service Awards. This year we have some exceptional nominees that are divided into four categories: Nursing Excellence, Community Service for Individuals and Organizations and a new award called Physician Retention Leadership Award. Please join us in congratulating these colleagues who have contributed so much to the health of our community.

Capital Area Community Nursing Network Nursing Excellence Award

2011 Nominee

Jeannie Iacopelli, RN

Jeannie Iacopelli is a positive role model for both patients and coworkers at Ingham Regional Medical Center. She is a nurse in the Telemetry Unit at IRMC and her strong work ethic, cheery disposition, and outstanding patient care have been felt by hundreds of patients over the years. Jeannie goes above and beyond routine nursing duties to help patients generate a positive attitude for healing and wellness. Jeannie's motivation to assist patients on the road to recovery has been an inspiration to patients and their families. While working in the field of nursing Jeannie has touched the lives of hundreds of individuals in the community and the nursing profession by modeling compassion and commitment.

Capital Area Community Nursing Network Nursing Excellence Award

2011 Honorees

Eileen Pizanis, RN, APRN-BC

Eileen Pizanis has been a nurse and family nurse practitioner in our local community for over thirty years. In addition, she holds a full time teaching position at Lansing Community College in the Nursing program and is the student advisor for the Student Nurses Association. Nurse Pizanis is a board certified Nurse Practitioner in Family Practice and holds an MSN from Michigan State University, a Bachelor of Arts and a Masters of Arts in Education from Florida State University. As an educator and healthcare professional, Eileen strives to obtain excellence in her work and has shown students a love for medicine along with the importance of empathy and understanding while caring for patients. Her strong work ethic and commitment to her profession has made her an outstanding mentor and role model for both colleagues and students. Throughout her years of healthcare, education and community service Eileen has impacted the lives of hundreds of students, patients and members of the community.

Suzanne Saltman, RN, FNP

Suzanne Saltman has been a practicing nursing professional for over 40 years serving the Greater Lansing community including her home town of Mason. Nurse Saltman holds a Nurse Practitioner advanced degree in both Family Practice and Pediatrics and holds an MSN and BSN from the University of Michigan. She spent 30 years in private practice and then focused her efforts on the community as a whole. She was instrumental in the establishment of the medical clinic at Cristo Rey in Lansing in the early 1990s and in 2004 Suzanne partnered with her husband, Dr. Barry Saltman, in establishing the Carefree Medical Clinic in Mason. Suzanne's passion and empathy for the underserved and underinsured population have facilitated the vision and growth of community clinics and provided the opportunity to mentor hundreds of other healthcare professionals on the importance of community service. While we can count her years of service, her legacy of servant leadership is a gift to the community which is infinite and priceless.

Physician Retention Leadership Award

2011 Honoree

William D. Strampel, DO

Michigan State University College of Osteopathic Medicine

Doctor Strampel, as Dean of the Michigan State University College of Osteopathic Medicine (MSU COM) has been the exemplar of both increasing physician supply and the retention of physicians in the Capital Area, specifically, and in Michigan. That commitment has been seen locally through his encouragement of area clinical programs, his support of the MSU Health Team in the community, the development of clinical education sites locally, and the creation of opportunities for Osteopathic Medical students, faculty and staff to be of service in our Greater Lansing community.

By training Osteopathic medical students, interns and residents in the Lansing area, Doctor Strampel has offered opportunities for future generations of physicians to envision themselves living and working in the tri-county region. When their training is complete, then know that the Capital Area is a viable option for practice and living. In addition, Doctor Strampel has not only retained, but also increased the number of students, faculty and clinical education options locally.

Doctor Strampel has worked to both anticipate physician shortages and address them. He expanded the Michigan State University College of Osteopathic Medicine's entering class size from 124 to 315 in less than seven years, keeping the college's commitment to primary care. At present, more than 450 MSU COM alumni are serving patients in Ingham, Eaton and Clinton counties.

Doctor Strampel has worked to encourage good local relationships with the College of Osteopathic Medicine, and is personally present at community events and functions. He regularly speaks about physician recruitment and retention and the importance of heading off the physician shortage before its impact is dire. He is generous with resources that benefit organizations and events that support positive change. He encourages student participation in local community service, and is an active, engaged member of our community. Doctor Strampel is a commendable recipient of the Capital Area Health Alliance's and Capital Area Physician Experience's first Physician Retention Leadership Award.

Community Service and Corporate Responsibility Award

2011 Honoree

Meijer

Meijer's is a regional American supermarket chain founded in 1934. Meijer is credited with pioneering the modern super-center concept in 1962.

Since 2009, Meijer has been promoting its **NuVal System** to help shoppers find the nutritional value in foods. Meijer has also hired a team of Registered Dieticians who work with stores and customers to promote healthy lifestyles. One of those dieticians, Kristen Johnson, RD, works with CAHA's Healthy Lifestyles Committee on its different initiatives.

Meijer's was the first retailer in Michigan and the third in the country to offer the program developed by a team of the country's nutritional experts and health organizations. NuVal uses an algorithm that weighs a food's favorable nutrients: vitamin, mineral and fiber content, against unfavorable nutrients: trans fats, saturated fats and added sodium and sugar to develop a simple rating system to inform customers about the relative nutritional value of the food they are purchasing.

The program has 8,000 labeled products from 15 different food categories that include fresh produce, frozen vegetables, cereal, cookies, crackers, eggs and egg products, fresh sandwich bread, milk, fresh seafood, meats, pasta, shortening/oil, salty snacks, canned vegetables and juices/drinks throughout the store.

The system helps customers see at a glance the nutritional value of the foods they are buying. Scores are displayed directly on shelf tags, scale labels, and other signage throughout the store so customers can make quick and easy nutritional comparisons between foods.

Along with the in-store information, Meijer's has a Web site, Meijerhealthyliving.com, where customers can find more information on the scoring system, meal planning ideas, recipes, tips and advice from the dieticians and information on special dietary needs like diabetes, gluten free and other allergies.

The Capital Area Health Alliance has, for many years, focused on Healthy Living through its Healthy Lifestyles Committee. This year, the Alliance launched a new community-wide initiative called **Choosing Health!**[®]. The purpose of that initiative is to find ways to get the community to use existing resources to aid in their pursuit of healthy lifestyles. Recognizing the work that Meijer has done to call attention to healthy eating and the investment Meijer has made to present the information in an attractive and aggressive manner, dovetails perfectly with the work the Alliance is doing in its **Choosing Health!**[®] movement. Meijer's investment in NuVal and other community programs like the Mid Michigan Food Bank, demonstrates Meijer's commitment to the health of the Capital Area community and reveals why Meijer was chosen to receive the Alliance's Community Service and Corporate Responsibility award.

Community Service Award

2011 Individual Nominee

Elizabeth Holcomb, RN

Clinton-Eaton-Ingham Community Mental Health

Elizabeth Holcomb has worked in nursing for over 45 years, worked at the Community Mental Health Authority of Clinton, Eaton, Ingham for the past 26 years and continues to work there as the current Recipient Rights, Access and Medical Records, and Quality Customer Service Director. She supervises each of these departments and often assists consumers directly, seeing that their needs and complaints are addressed.

Ms. Holcomb has helped to mentor and promote the use of Peer Support Specialists within the agency and she has done so in creative and innovative ways by providing many training opportunities so that the Peer Support Specialists can work with consumers and other staff members.

She is a true advocate for all consumers of the Community Mental Health Authority of Clinton, Eaton, and Ingham Counties. She has been instrumental in many outreach efforts, and promoting the quality of services provided. Because of her leadership Ms. Holcomb has helped make the agency she serves one of the leading mental health agencies in the state.

Even though she is the Director of several departments, she always has an open door policy always taking the time for open discussion with her employees. She is able to give her employees the freedom to do their jobs in their own way and is always encouraging them to grow.

Through Liz's compassion, leadership, and example she has taught many individuals about mental illness and how it affects people. Many consumers have learned from her that they are more than their mental illness and that they have much to offer.

Community Service Award

2011 Individual Honoree

Louise Knott Ahern and the *Lansing State Journal*

During the past year, Louise Knott Ahern has been responsible for an ongoing series of articles in the *Lansing State Journal* dealing with obesity and healthy lifestyles in the greater Capital Area community. In order to assemble those articles, she has interviewed hundreds of community residents and attended dozens of community events (including the Alliance's *Choosing Health!*[®] event) as well as researched the essential issues associated with obesity and healthy lifestyle issues. Louise has a personal interest in this subject as she pays attention to the life of her child in school and the lives of her neighbors. The lifestyle articles written by Louise and published by the *Lansing State Journal* have been insightful, exploratory and non-judgmental. They have been written to capture the nature of the problem and describe how this community is addressing that problem. Articles such as "Obesity: What You Eat and Where You Live Matters" are thoughtful descriptions of the issues involved in the obesity epidemic that extend beyond diet and exercise. The articles written and the interest shown by Louise are an asset to the Alliance's *Choosing Health!*[®] movement and any other effort in this community to address Healthy Lifestyles.

Louise Ahern's articles about Healthy Lifestyles in the Capital Area have addressed:

- Can Michigan Win the Battle Against Obesity July 17, 2011
- Living Large July 17, 2011
- Accident Fund Finds Ways to Help Employees Improve Their Health July 27, 2011
- Obesity: What You Eat and Where You Live Matters August 21, 2011
- Childhood Obesity, a Key Concern for Michigan September 25, 2011
- What Can be Done to Address Childhood Obesity September 25, 2011
- Choose Health: Lansing Rally Touts Benefits of Better Eating, Exercise October 19, 2011
(article about CAHA's *Choosing Health!*[®] event)
- Planning Out Meals for the Week Can Help Cut Out Processed Foods November 22, 2011

Louise Knott Ahern began her journalism career at the *Lansing State Journal* after graduating from Michigan State University in 1996. She went on to reporting jobs at the *Detroit News* and the *Press-Enterprise* (Riverside, Calif.) before making her way home to Lansing and back to the LSJ in 2010. Her work has been honored by the Society of Professional Journalists, the Michigan Press Association, the Michigan Bar Association and the Gannett Corporation.

The *Lansing State Journal* not only supported Louise in the process of assembling this series of healthy living articles, but also made significant commitment to publish the series in installments over a six-month period, with substantial print space devoted to the series. Since 1855, the *Lansing State Journal* has worked to serve the public interest by encouraging dialog on complex issues. The *Lansing State Journal* is committed to being a positive force for change in the Capital Area community. Louise Knott Ahern's six-month project is one example of *Lansing State Journal's* commitment to public service and journalism. Louise Knott Ahern and the *Lansing State Journal* are commendable recipients of the Capital Area Health Alliance Community Service Award.



Principles and Values

The principles and values of the Capital Area Health Alliance reflect the spirit, deep compassion and committed volunteerism that are basic characteristics of the Capital Area community.

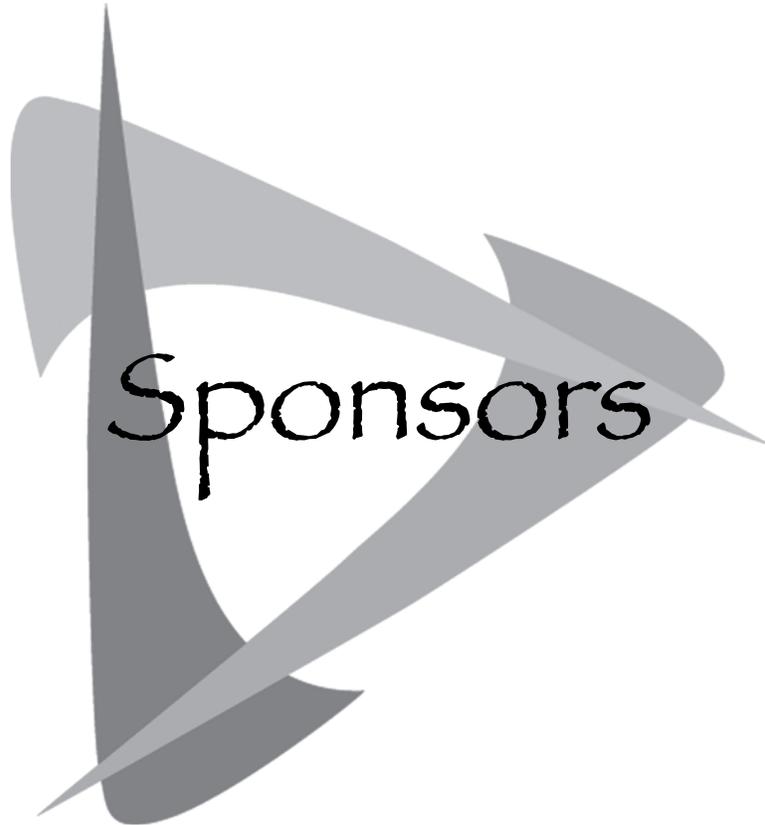
- 1 CAHA believes that the **collaboration of member stakeholders** can significantly improve the access, quality, and cost effectiveness of health care in the tri-county area.
- 2 CAHA believes the **integration of diverse sectors** of our community is necessary for a healthy community due to the complex nature of health care challenges and the health care system.
- 3 CAHA believes that **our health is in our hands**; that members of our community must **understand their own responsibility in ensuring their health and be empowered to achieve healthy living** through health care education and access to the highest quality, cost effective resources.
- 4 CAHA believes it is necessary to **invest in the health care of each other** to enhance the well-being of our entire community.
- 5 CAHA will strive to create an **environment that is inclusive** of multiple stakeholders to bring groups together.
- 6 CAHA will work to **build trust and mutual commitment** to collaborative relationships among stakeholders.
- 7 CAHA will be a **convening body** committed to bring together groups, organizations, professionals and volunteers.
- 8 CAHA believes we must be responsible **stewards of our community's health resources**.

Yes! I wish to become a member of the Capital Area Health Alliance.

Name _____
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Please email your response to CAHealthAlliance@aol.com or fax to (517) 347-3387.





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Congratulations to the
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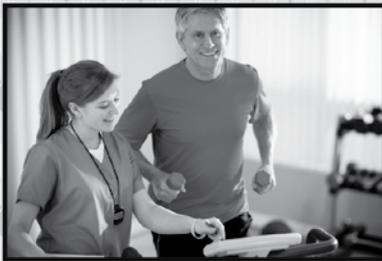
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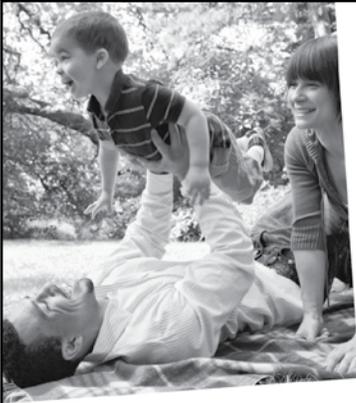
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Contact: Janine Sinno
Coordinator, ACHIEVE grant

E-mail: jsinno@ingham.org Tel: 517-887-4664

Congratulations to the Capital Area Health Alliance on their 17-year commitment to Michigan communities.

Blue Care Network of Michigan salutes the Capital Area Health Alliance for their 17-year dedication to the community and for their tireless efforts as advocates to the health and well-being of the people of Lansing and the greater tri-county area.

The voluntary efforts they have coordinated have enabled the successful implementation of countless programs designed to improve the quality of health care, lower costs and increase overall access to health care resources.

Blue Care Network is proud to sponsor today's event and congratulates all the award winners and participants. Together... we truly can lead Michigan to a healthier future.

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