



HEALTHCARE EXECUTIVE FORUM, INC. (HEF)

The Western New York Chapter of the American College of Healthcare Executives (ACHE)

2016 Q4 NEWSLETTER

From our Leader

Quarterly message from the chapter leader.



Greetings Members of HEF and Friends,

I hope you all had a wonderful holiday season and I wish you all a Happy and safe New Year.



Here are the events we have lined up for you for early 2017.

The annual HEF Winter Networking Event at the Pearl Street Grill & Brewery on Thursday, January 26, 2017. Please register at <http://winter2017.eventzilla.net/>.

We are partnering with D'Youville College for an early careerist event on February 16, 2017, on the topic, "Career Pathways in Healthcare Management - Keys to Success in Building a Career in Healthcare Management". This event will be particularly helpful to those who are entering the healthcare field,

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Chapter Officers

President:

Sudha Bommedi, MBA, CPHQ, CMRP, CSSBB, FACHE

Immediate Past President:

Vi-Anne Antrum, MSN, MBA, RN, NEA-BC, FACHE

Treasurer:

Rachael Nees, MBA, FACHE

Program Committee:

Tauheedah Scott, MBA
Warren Marcus

Membership Committee:

Momba Chia, MHA
Warren Marcus

Communications Committee:

Ju Yi Chen
Momba Chia, MHA

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and emerging careerist or those in a career transition. Additional event details will be sent to you soon.

On April 7, 2017, we will be partnering again with D'Youville College for a 1.5 credit Face to Face education event on the topic of "Road to Mission Accomplished, Innovation in WNY Electronic Health Records". This program will also serve as the culminating event of the DYC Public Health Week (April 3 to 7) sponsored by the Department of Health Services Administration (HSA).

We are also partnering with HFMA (Healthcare Financial Management Association) for a 3 credit Face to Face educational event on the topics: "Improving the Bottom Line by Optimizing Patient Throughput" and "Financial Implications: The Push From Inpatient to Outpatient Care". Planning for this event is currently underway and more details will be forthcoming.

Stay tuned as we roll out more information on these and other future events.

Also, I am pleased to share with you that we have quite a few seasoned and new members who have stepped forward to be part of our Board. Here is a complete list of the Board officers and directors:

Officers:

- Chapter President: Sudha Bommididi
- Immediate Past-President: Vi-Anne Antrum
- Treasurer: Rachael Nees

Directors:

- Sean Beecher
- Kofi Cash
- Ju Yi Chen
- Momba Chia

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- Brian D’Arcy
- Christopher Kalkhof
- Roger Leising
- Brittney Merritt
- Marna Metcalf
- Gary Meyn
- Warren Marcus

More information about our Board Members will be published in the next Newsletter. There is a lot going to happen in 2017 and I encourage you all to take advantage of the educational and networking opportunities.

Thank you!

Best wishes,

Sudha Bommididi, FACHE

President, Healthcare Executive Forum Inc.

Articles of Interest

Articles about leadership/management from ACHÉ.

7 Ways Accomplished People Begin Their Morning Routine

Travis Bradberry, author of the best-selling book Emotional Intelligence 2.0, recently published an article on Forbes.com outlining seven early-morning habits people who want to be successful should adopt, summarized below.

- 1. Drink lemon water.** The nutrients in lemon water improve physical and mental energy levels.
- 2. Exercise.** Research has shown exercising can boost a person's energy as well as their outlook. Positive, energized people tend to get more done.
- 3. Disconnect from technology.** Avoid jumping onto your phone before you even get out of bed. Texts, emails and social media alerts can clutter the mind.
- 4. Eat a healthy breakfast.** There's a reason breakfast is called the "most important meal of the day." Eating a healthy breakfast can enhance short-term memory and concentration levels.
- 5. Be mindful.** Many successful leaders begin each day by meditating. The quiet time allows the mind to focus, combat stress and be more creative.
- 6. Set goals.** Setting specific, feasible goals helps leaders remain calm and productive in the face of a hectic workday.
- 7. Say no.** It's important for leaders to honor their commitments, even if the commitment is to a quiet, work-free morning routine. People who can say "no" to taking on a new commitment that would encroach upon a previous engagement are less likely to overextend themselves.

—Adapted from "[7 Things Wildly Successful People Do Before 7:30 A.M.](#)," by Travis Bradberry, Forbes.com, Oct. 18, 2016.

How to Sustain Healthcare Improvement Efforts: 4 Keys to Success

There are few things more frustrating than pouring time and effort into a process improvement just to see those new workflows forgotten and an organization regress to its bad habits. Highlighted below are four tips to help overcome that obstacle.

- 1. Test new work processes in a pilot unit.** Rolling out a new work model tends to be easier when the model has already been tested on a small scale. Having a pilot unit allows management to standardize good habits and ensure the new model is aligned with the organizational goals.
- 2. Implement improvements on the front line.** Engaging frontline clinical staffers who deal with the day-to-day operations of an organization is critical to the success and sustainability of a process improvement. Without the frontline staff, systems frequently revert to their old ways.
- 3. Celebrate small successes to build morale.** Change is difficult and asking for too much too quickly can be demoralizing for any staff. During the early stages of major process change, be prepared to recognize small, short-term achievements that could boost buy-in and momentum.
- 4. Address staff grievances with improvement efforts.** Positive performance reviews and promotions are not the only ways to motivate employees; frontline managers are also more likely to stick with an improvement effort if it eliminates a daily hassle in their own work processes.

—Adapted from [*“4 Steps to Sustaining Improvement in Health Care”*](#) by Kedar S. Mate, MD, and Jeffery Rakover, *Harvard Business Review*, Nov. 9, 2016.



National News

Articles about leadership/management from ACHE.

Save the Date for the 2017 Congress on Healthcare Leadership

The American College of Healthcare Executives' Congress on Healthcare Leadership brings you the best in professional development, opportunities to network with and learn from peers, and the latest information to enhance your career and address your organization's challenges in innovative ways. The [2017 Congress on Healthcare Leadership](#), "Discovering Possibilities & Opportunities," will be held March 27–30 at the Hilton Chicago/Palmer House Hilton.

Join us in 2017 and be part of this dynamic, energizing event that draws the top healthcare leaders from across the nation and around the world.

This premier healthcare leadership event provides:

- Access to more than 150 cutting-edge professional development sessions
- Networking opportunities with more than 4,200 professionals from around the globe
- Innovative solutions from the nation's top thought leaders
- The latest tools and techniques designed to enhance your career

The opening date for Congress 2017 registration and to reserve hotel accommodations was Nov. 16.

IFD, ACHE Alliance to Expand Healthcare Internships for Diverse Individuals

The American Hospital Association's Institute for Diversity in Health Management and ACHE have entered into a strategic collaboration to co-promote the Summer Enrichment Program, which is designed to grow and strengthen the pipeline of healthcare leaders from underrepresented groups. The SEP places diverse graduate students pursuing advanced degrees in healthcare administration or a related field in 10-week, paid internships at healthcare organizations. As of Oct. 31, 2016, hospitals, health systems and other healthcare organizations interested in hosting an SEP intern in 2017 can register at diversityconnection.org/SEP. IFD staff will work with organizations to match SEP students with host sites beginning in February. Internships generally will take place from June through August. The SEP will be administered by IFD and co-promoted by ACHE, primarily through ACHE chapters across the country.

For more information about the SEP or on becoming a host site, visit diversityconnection.org/SEP or contact Jasmin Clark, membership and educational specialist, IFD, at ifd-sep@aha.org or (312) 422-2658; Terra L. Levin FACHE, CAE, regional director, Division of Regional Services, ACHE, at tlevin@ache.org or (312) 424-9329; or Cie Armstead, director, Diversity and Inclusion, ACHE, at carmstead@ache.org or (312) 424-9306.

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ACHE Announces Nominating Committee 2017 Slate

The ACHE Nominating Committee has agreed on a slate to be presented to the Council of Regents on March 25, at the Council of Regents meeting in Chicago. All nominees have been notified and have agreed to serve if elected. All terms begin at the close of the Council meeting on March 25. The 2017 slate is as follows:

Nominating Committee Member, District 2 (two-year term ending in 2019)

Dolores G. Clement, DrPH, FACHE
Sentara Professor and Director, Dual Degree Programs,
Department of Health Administration
VA Commonwealth University
Richmond, Va.

Nominating Committee Member, District 3 (two-year term ending in 2019)

Stephen J. Pribyl, FACHE
President
District One Hospital/Allina Health System
Faribault, Minn.

Nominating Committee Member, District 6 (two-year term ending in 2019)

Adam C. Walms, FACHE
Austin, Texas

Governor (three-year term ending in 2020)

Anthony A. Armada, FACHE

Executive Vice President and Chief Executive, Western
Washington
Providence Health and Services
Seattle

Governor (three-year term ending in 2020)

Nancy M. DiLiegro, PhD, FACHE
Vice President, Clinical Operations/Physician Services
and Chief Clinical Officer
Trinitas Regional Medical Center
Elizabeth, N.J.

Governor (three-year term ending in 2020)

Sara M. Johnson, FACHE
Director, Executive Education
Indiana University School of Public and Environmental
Affairs
Indianapolis

Governor (three-year term ending in 2020)

Edmund L. Lafer, MD, FACHE
Medical Director
Health Partners Plans
Philadelphia

Chairman-Elect

David A. Olson, FACHE
Chief Strategy Officer
Froedtert Health
Milwaukee

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Additional nominations for members of the Nominating Committee may be made from the floor at the annual Council of Regents meeting. Additional nominations for the offices of Chairman-Elect and Governor may be made in the following manner: Any Fellow may be nominated by written petition of at least 15 members of the Council of Regents. Petitions must be received in the ACHE headquarters office (American College of Healthcare Executives, 1 N. Franklin St., Ste. 1700, Chicago, IL 60606-3529) at least 60 days prior to the annual meeting of the Council of Regents. Regents shall be notified in writing of nominations at least 30 days prior to the annual meeting of the Council of Regents.

Thanks to the members of the Nominating Committee for their contributions in this important assignment:

Christine M. Candio, RN, FACHE

Richard D. Cordova, FACHE

Brian C. Doheny, FACHE

Ed Hamilton, FACHE

John M. Hauptert, FACHE

Kim A. King, FACHE

Stephen M. Merz, FACHE

RADM Anne M. Swap, FACHE

ACHE Call for Nominations for the 2018 Slate

ACHE's 2017–2018 Nominating Committee is calling for applications for service beginning in 2018. All members are encouraged to participate in the nominating process. ACHE Fellows are eligible for any of the Governor and Chairman-Elect vacancies and are eligible for the Nominating Committee vacancies within their district. Open positions on the slate include:

- Nominating Committee Member, District 1 (two-year term ending in 2020)
- Nominating Committee Member, District 4 (two-year term ending in 2020)
- Nominating Committee Member, District 5 (two-year term ending in 2020)
- Four Governors (three-year terms ending in 2021)
- Chairman-Elect

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Please refer to the following district designations for the open positions:

- **District 1:** Canada, Connecticut, Delaware, Maine, Massachusetts, New Hampshire, New Jersey, New York, Pennsylvania, Rhode Island, Vermont
- **District 4:** Alabama, Arkansas, Kansas, Louisiana, Mississippi, Missouri, New Mexico, Oklahoma, Tennessee, Texas
- **District 5:** Alaska, Arizona, California, Colorado, Hawaii, Idaho, Montana, Nevada, Oregon, Utah, Washington, Wyoming

Candidates for Chairman-Elect and Governor should submit an application to serve that includes a copy of their resume and up to 10 letters of support. For details, please review the Candidate Guidelines, including guidance from the Board of Governors to the Nominating Committee regarding the personal competencies of Chairman-Elect and Governor candidates and the composition of the Board of Governors.

Candidates for the Nominating Committee should only submit a letter of self-nomination and a copy of their resume.

Applications to serve and self-nominations must be submitted electronically to jnolan@ache.org and must be received by July 15. All correspondence should be addressed to Richard D. Cordova, FACHE, chairman, Nominating Committee, c/o Julie Nolan, American College of Healthcare Executives, 1 N. Franklin St., Ste. 1700, Chicago, IL 60606-3529.

The first meeting of ACHE's 2017–2018 Nominating Committee will be held March 28, during the Congress on Healthcare Leadership in Chicago. The committee

will be in open session at 2:45 p.m. During the meeting, an orientation session will be conducted for potential candidates, giving them the opportunity to ask questions regarding the nominating process. Immediately following the orientation, an open forum will be provided for ACHE members to present and discuss their views of ACHE leadership needs.

Following the July 15 submission deadline, the committee will meet to determine which candidates for Chairman-Elect and Governor will be interviewed. All candidates will be notified in writing of the committee's decision by Sept. 30, and candidates for Chairman-Elect and Governor will be interviewed in person on Oct. 26.

To review the Candidate Guidelines, visit ache.org/CandidateGuidelines. If you have any questions, please contact Julie Nolan at (312) 424-9367 or jnolan@ache.org.



Event Highlights

Conversation with an Executive: Victor A. Filadora



We had a good conversation with Dr. Victor A. Filadora on Thursday, October 6, at Roswell Park Cancer Institute.

Extra thank you to Dr. Filadora for sharing his experience and wisdom with us.

Upcoming Events


Healthcare Executive Forum, Inc. (HEF)
Presents



**WINTER
NETWORKING
EVENT**

**Thursday, January 26, 2017
5:30 - 7:30 PM**

**Pearl Street Grill & Brewery
- The Pan American Room**
76 Pearl St, 14202 Buffalo

Free and open to the public,
RSVP TODAY @
<http://winter2017.eventzilla.net/>

An Independent Chapter of
 American College of
Healthcare Executives
for leaders who care®

Healthcare Executive Forum, Inc. (HEF)
Email: info@hefny.ache.org
Website: <http://hef.ache.org>  

Contact Us

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