

March, 2024



LETTER FROM YOUR PRESIDENTS

To our CMSA Members and Sponsors,

How the weather changes in Oklahoma. We have seen winter, summer, and spring then back to winter.....hopefully the real spring is just around the corner.

We are so excited for the upcoming Member Appreciation Dinner/Membership Event with guest speakers Suzanne Kimball, AuD., CCC-A & Jennifer Thompson Tetnowski, PhD., CCC-SLP on April 9th, 5:30pm at Mama Roja's on Lake Hefner - sponsored by supporters at Select Physical Therapy, Cohesive Healthcare Management and Consulting, Allied Wound Care, and Centre for Neuro Skills. Please don't forget to register as spots are filling up fast!

One of the biggest topics that has been requested is "Difficult Discharges". We are excited to announce that our June 11th Education Event at Mercy Hospital will be focusing on this topic. Registration will be sent out soon so sign up quickly as this one will fill up before you know it.

We have started to look for sponsors and teams for our Golf Tournament on September 12th at Surrey Hills. Many sponsorship opportunities are available. We will be posting all the information about these opportunities soon. Please reach out to Julie Harvey, Executive Director, by email at director@cmsa-ok.org anytime!

Thank you to our CMSA Members, Sponsors, and Business Partners for their dedication to advancing our profession and improving healthcare outcomes. Together, we will continue to shape programs that benefit case managers and the patients we serve. Stay up-to-date on the latest information through our website, Facebook, Linked In, Emails, and Educational events. Watch for opportunities to get involved and make an impact - not only in your life, but the patients we help on a daily basis.

If you have any questions regarding our upcoming educational events, sponsorship opportunities, or for our Board of Directors, please do not hesitate to visit our website: cmsa-ok.org or reach out by email to any of your Board Members. We are here to support you and case management in Oklahoma.

As your Presidents, we want to thank our dedicated Board for their hard work during the first quarter of 2024 and our members who continue to enhance the concept of case management.
See you at our upcoming events!

Debbie Moffett and Kyle Spencer
CMSA-OK Presidents



2024 CMSA-OK Event Calendar

- ❖ April 9th – Membership Drive Dinner, Mama Roja – 6:00 pm
- ❖ May 14th – Jim Thorpe – 12:00 pm
- ❖ June 11th – Mercy – 4:00 pm Mix & Mingle Hors d'oeuvres; 5:00 pm Presentation
- ❖ August 13th – NeuroScience Specialists - 6:00 pm - Hors d'oeuvres
- ❖ September 12th – Golf Tournament at Surrey Hills Golf Course
- ❖ October 8th – Hanger – 6:00 pm – Hors d'oeuvres
- ❖ November 12th/13th – CMSA-OK Annual Conference, OKC

CMSA MEMBERSHIP ADVANTAGES



- **FREE ELECTRONIC STANDARDS OF PRACTICE BOOKLET**
- **FREE EDUCATION RESOURCE LIBRARY**
- **FREE WEBINARS**
- **DISCOUNTED CMSA ANNUAL CONFERENCE RATE**
- **DISCOUNTED INTEGRATED CASE MANAGEMENT COURSE & MANUAL**
- **DISCOUNTED JOB POSTING RATES THROUGH THE CAREER CENTER**
- **20% OFF CCM CERTIFICATION AND RENEWAL**
- **FREE CMSA WRITER'S WORKSHOP**

HOW TO JOIN: Go to www.cmsa.org and click on Individual Membership information. You can join through their website. After joining CMSA National, you then will join CMSA-OK Oklahoma City.

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NORMAN

3700 36th Ave NW

McBride Clinic
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5050 SW Lee Blvd

McBride Clinic
LAWTON

5050 SW Lee Blvd, Ste 2

McBride Clinic
YUKON

1491 Health Center Pkwy

Member Payment Plan Options

Membership Dues Options

CMSA now offers several options for paying your membership dues.

Traditional Annual Payments

Pay your annual dues in full and receive a renewal notice/invoice prompting payment for the next member year. This payment option is available to all Member Types.

Two Year Membership

CMSA now offers a 2-Year membership at a discounted rate of \$310 for A & B members, and \$216 for military members. A savings of \$15 per year over the regular annual rate. Two years local chapter dues are required at time of join/renew to take advantage of the savings. The 2-year membership is available only for Member Types Individual A/B, and Military. The 2-year membership is not available in conjunction with monthly dues payment plan.

Automated Monthly Dues Payment Plan

1. CMSA now offers the budget-friendly, monthly payment plan. These payments will be charged to your credit card each month until you choose to cancel your membership, or change payment types. See cancellation policy for more information. The first payment includes 1/12 of National dues, full payment of local chapter*, and .84 cents/month processing fee. Remaining 11 months will reflect 1/12 of National dues (and .84 cent monthly processing fee). *Available to Member types A and B only.*

**Chapter Dues will be charged in full in the first installment payment and automatically renewed annually when opting for the monthly payment plan. The installment plan is not currently available for chapter dues.*

Example Monthly Auto Installment Payment: National dues \$170. Chapter dues \$20.

First monthly payment: National= \$14.16, Chapter= \$20, and Processing Fee= .84 for a total of \$35. Remaining monthly payments: National= \$14.16 + Processing Fee= .84 for a total of \$15.

Case Management Society of America
5034-A Thoroughbred Lane, Brentwood, TN
37027

P: (615) 432-0101 • F: (615) 532-1715
cmsa@cmsa.org • www.cmsa.org

Playing Hurt? Don't!



LOCATIONS

Norman

3400 W. Tecumseh Rd., Suite 101
Norman, OK 73072

Norman

2201 Trae Young Dr., Suite 201
Norman, OK 73069

Midwest City

1624 Midtown Pl., Suite A
Midwest City, OK 73130

Tri-City

300 NW 32nd St.
Newcastle, OK 73065

Our team at Ortho Central helps you turn setbacks into comebacks. The Ortho Central team will meet all your orthopedic and sports medicine needs. **Our physicians are James Bond, MD; Ted Boehm, MD; Brian Clowers, MD; Carlton Fernandes, MD; Richard Kirkpatrick, MD; Zakary Knutson, MD; Jeremiah Maupin, MD; Aaron Smathers, MD; and Joshua Wilson, MD.**



ORTHO
CENTRAL

405.360.6764

OrthoCentralOK.com

CMSA-OK BOARD
AT WORK

A promotional graphic for the CMSA-OK 2024 Conference. The background features a blurred roulette wheel and a hand holding three red dice. The text is as follows:

*November
12-13, 2024*

WELCOME
TO *Fabulous*
CMSA-OK
2024 CONFERENCE

*"Roll The Dice
For A **WIN** In
Case Management"*



OKLAHOMA CITY



2024 CMSA-OK Partnership Opportunities

CMSA-OK is offering a new, improved sponsorship program for our business partners. We would like for your business to be actively involved with the association. You will have early selection of your conference booth before registration opens to the general public and non-sponsor members. Memberships will run January to December.

 <p>CMSA-OK Partnership - \$250</p>	 <p>BRONZE Partnership - \$500</p>	 <p>SILVER Partnership - \$1000</p>
<p>Professional directory listing in quarterly newsletter</p>	<p>Includes: CMSA-OK benefits PLUS:</p>	<p>Includes: BRONZE benefits PLUS:</p>
<p>Invitation to all CMSA-OK events</p>	<p>Ad in Quarterly Newsletter</p>	<p>3 Free Attendees at monthly Education Events</p>
<p>Logo on website</p>	<p>Co-Sponsorship for 1 Education Event</p>	

 <p>GOLD Partnership - \$1500</p>	 <p>PLATINUM Partnership - \$2000</p>	 <p>DIAMOND Partnership - \$3000</p>
<p>Includes: SILVER benefits PLUS:</p>	<p>Includes: GOLD benefits PLUS:</p>	<p>Includes: PLATINUM benefits PLUS:</p>
<p>3 Free Attendees at Annual Conference</p>	<p>2 Additional Free Attendees at monthly Education Events and Annual Conference</p>	<p>1 Individual CMSA-OK Membership from your Company</p>
<p>1 Standard Booth at Annual Conference with Gold Partnership Signage</p>	<p>1 Showcase Booth upgrade at Annual Conference with Platinum Partnership Signage</p>	<p>Up to 10 Free Attendees at monthly Education Events and Annual Conference</p>
<p>1 Article per year in one of our newsletters</p>	<p>Co-Sponsor of Annual Conference Break</p>	<p>Platinum Partnership Signage at Showcase Booth</p>
	<p>Full Page Ad in CMSA-OK Conference Program</p>	<p>4-person team at Golf Tournament</p>
	<p>Hole Sponsor at Golf Tournament</p>	



2024 CMSA-OK Partnership Form

Company Name: _____

Contact: _____ **Phone:** _____

Business address: _____

City: _____ **State:** _____ **Zip:** _____

Email: _____



Email Blast - \$150 per page

At the discretion of the CMSA-OK Board, sharing of professional events, such as Open House, CEU Meetings/Webinars, etc. will be shared with the CMSA-OK Membership for \$150 per page. Must be an active Business Sponsor or CMSA-OK member to participate.

Sponsorship Level:

___ - \$250 Business Partnership

___ - \$500 Bronze Partnership

___ - \$1000 Silver Partnership

___ - \$1500 Gold Partnership

___ - \$2000 Platinum Partnership

___ - \$3000 Diamond Partnership

Payment/Date:

___ Check being mailed, due within 30 days Today's Date _____

___ Credit Card - Call with information - 405-406-1933 or provide below:

CC#: _____ **Exp Date:** _____ **CCV:** _____

Card Zip Code _____ **Today's Date** _____

Thank you for your support,

Julie A. Harvey, M.Ed., NCC, LPC, CRC, CVE

CMSA-OK Executive Director

P.O. Box 14734, OKC, OK 73113, (405) 406-1933

Impact Rehab and Wellness

Providing Physical and Occupational Therapy in Okmulgee OK

What is blood flow restriction therapy and how can it help patients recover faster?

Therapy services:

Our private practice clinic sees a variety of patients from rural Oklahoma with a range of injuries, chronic and acute. We offer PT and OT services such as functional dry needling, surface EMG biofeedback, and instrument assisted soft tissue mobilization. We offer specialty services by our certified lymphedema and certified hand therapist (CHT). We also offer functional movement screening.

Blood Flow Restriction (BFR):

Over the years we have found significant improvement in our patients as they report decreased pain and demonstrate improved ROM and strength with the use of personalized Blood Flow Restriction (BFR) training during their therapy sessions. We have seen those patients also recover faster and achieve their goals faster.

We are one of around 10 clinics in Oklahoma that specialize in the use of personal Blood Flow Restriction (BFR) training specifically with the Delfi PTS unit by Owens Recovery Science. Research has demonstrated how exercise with the use of BFR is beneficial with injuries and post-operative patients as patients can perform gentle low load exercise but get the benefit of a higher intensity more physically demanding work out. The reason for this effect is that when you are traditionally exercising your muscles are in an aerobic state, but when you exercise with the BFR cuff on your arm or leg it creates an anaerobic state in the muscle which causes chemical changes in the muscle and surrounding tissues such as higher lactate levels, increased growth hormone, increased insulin like growth factor, increased myogenic stem cells, and a decrease in myostatin. Even using the BFR without exercise can help avoid atrophy in the muscle by inducing protein synthesis. Research has shown that on average, people lose at least 30% of their muscle strength within the first few days following surgery. It has been found that post operative patients do not lose as much muscle strength when their exercises include the use of BFR. This results in a quicker recovery time and less therapy visits to achieve rehab goals. Lastly and also noteworthy, many patients report a reduction of pain after performing exercises with the BFR. Unique to the Delfi unit, is a large tapered cuff patients wear during their exercise that also contains a real time doppler that continually monitors the optimal and safest pressure when performing exercises and this prevents the chance of skin or nerve injury that may occur with other types of BFR. Please check out our website's home page as it has a video showing how BFR training is used during a variety of patient treatments.

To learn more about BFR and the clinics in Oklahoma that offer BFR with the Delfi PTS unit please check out the following link: <https://owensrecoveryscience.com/providers/?search=&label=oklahoma>

To learn more about Impact Rehab and Wellness please check out our website:

www.impactrehabwellness.com

Impact Rehab and Wellness

813 E. 6th St.

Okmulgee OK 74447

Phone: 918-756-3330

Fax: 918-756-3332



R. Garrett Steinmetz, MD

ORTHOPEDIC SURGEON

Dr. R. Garrett Steinmetz at Oklahoma Sports Science and Orthopedics is a fellowship trained orthopedic surgeon specializing in sports medicine treating adult and pediatric patients. Dr. Steinmetz has advanced training in both the arthroscopic and open treatment of shoulder, knee, elbow and hip injuries.

As a native Oklahoman, he strives to provide exemplary orthopedic care for his fellow Okies, explaining options and treatment plans in-depth.

"I encourage my patients to always be engaged with the decision-making process when it comes to their medical care," he said.

Dr. Steinmetz completed his medical school and residency training at the University of Oklahoma and fellowship training at the prestigious Washington University in St. Louis, where he was an associate team physician for the Stanley Cup Champion St. Louis Blues and multiple NCAA Division I, II and III universities. He has been and continues to be very involved in advancing orthopedic knowledge through his research.

During his residency, Dr. Steinmetz was published over 25 times in various major medical journals regarding orthopedic surgery and sports medicine. He completed multiple poster and podium presentations at conferences across the country and was awarded Best Clinical Manuscript at several orthopedic conferences. During medical school, he was a member of the Alpha Omega Alpha Honor Society.

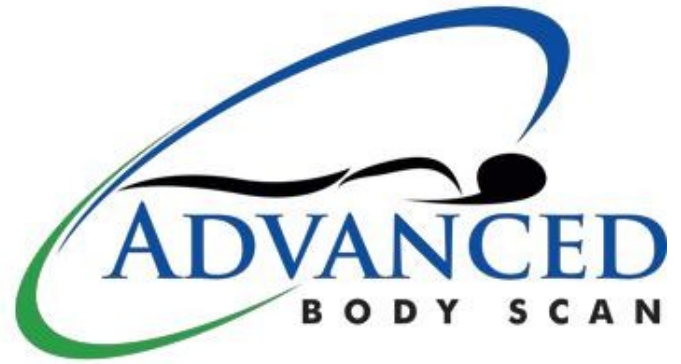
He is a member of the American Orthopedic Society for Sports Medicine, Arthroscopy Association of North America and the American Academy of Orthopedic Surgeons.







**2023
CMSA-OK
ANNUAL
CONFERENCE BOOTH
EXHIBITORS**





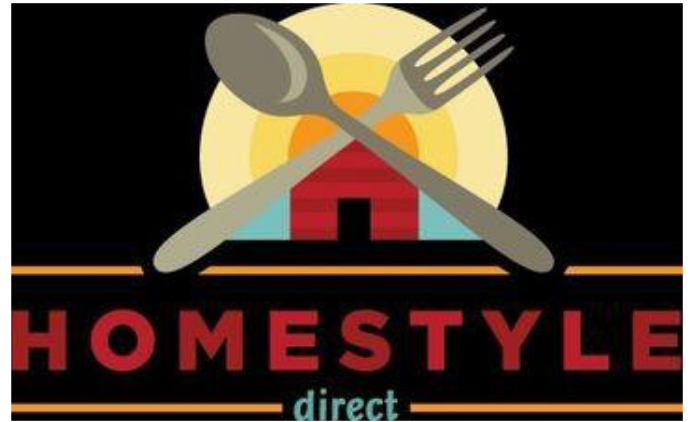
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A circular logo with a black border. Inside, the letters "Jk" are written in a purple, cursive font. Below "Jk", the word "CONSULTING" is written in a smaller, purple, sans-serif font. At the bottom of the circle, there is an illustration of two hands shaking in a purple and white color scheme.

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