

ACHE FALL NEWSLETTER

It seemed like a good idea at the time to pack the Summer Newsletter with volumes of material. However, now when the Fall Newsletter is due, I find myself with a shortage of pertinent material for affiliates. Consequently, this newsletter will be mercifully brief.

Regent Election

This is to again encourage you to vote in the Regent's election that is currently underway. The declared candidate so far is Trace Swartzfager, FACHE, Vice President, Professional Services, St. Dominic-Jackson Memorial Hospital, Jackson, MS. I have taken the liberty of presenting below the statement of interest of why Trace would like to serve on ACHE's Council of Regents:

I would appreciate the opportunity to serve on ACHE's Council of Regents. I would consider it to be an honor to further serve my profession and my colleagues. If given the opportunity, I will strive to effectively represent the ACHE affiliates of Mississippi and will work with you as we enhance the development of our professional society.

I am disappointed that Trace did not put in his statement of interest that he wanted to follow the footsteps of the current Regent...I supposed he wants to blaze his own trail.

Additional Supporting Information:

Regent's Advisory Council, Mississippi, 2002 – Present President, Mississippi Chapter of ACHE, 2005 ACHE Regent's Early Careerist Award (Mississippi), w002 ACHE Credentials Committee, 2005-2006 Advanced to Fellow status in 2002.

The voting procedure is the affiliates receive an email ballot to vote. For those who do not have an email address, a paper ballot is sent by mail. The process started October 4 and the last day to vote is October 26. Each week, another email is sent to those who have not yet voted to encourage them to vote.

Please vote for the Regent and I know Trace, if elected, (and since he is the only candidate, he probably will be), he will make an outstanding Regent and will represent the affiliates in an exemplary manner.

I want to thank William E. Peaks, FACHE, for his service on the RAC and as Southern District ACHE Board Member for the Mississippi Healthcare Executives. Bill recently retired as Executive Director of Garden Park Medical Center in Gulfport, MS. Bill has also been very active in Mississippi Hospital Association and has been a good friend of healthcare in Mississippi for many years. Best wishes on his retirement.

From the desk of your Regent-at-Large for District 4...

Last May I made an appeal to affiliates within District 4 to participation in the *Fund for Innovation in Healthcare Excellence*. The fund is an initiative of the Foundation of the American College of Healthcare Executives. This philanthropic program funds innovative programs in key areas in healthcare management including:

- Importing Innovation: Establishing best practices in the industry
- Implementing Innovation: Funding grants to extend clinical research beyond the academic setting
- Integrating Innovation with Future Leadership: Supporting the future leadership of healthcare executives

This fall ACHE will launch the first program made possible by the fund, an **Industry Incubator**, which will give ACHE affiliates the opportunity to learn from leaders and experts from other fields emerging

best practices that can be adapted to our industry. ACHE is very excited about this first **Industry Incubator** that will focus on leading-edge supply chain management practices. The discussion among invited healthcare leaders and executives from customer service, transportation and retail industries should prove highly stimulating and, we hope, an agent for improvement overall. As the fund continues to grow, ACHE will continue to expand its programming to promote innovation and excellence in healthcare leadership.

I write to remind you that we have set a goal for all affiliates in District 4 to contribute to the fund and be the first district to reach 100% participation. Any amount you choose to contribute is welcome. Since my first appeal we have received a number of contributions from affiliates that have answered the call. I thank those of you that have already contributed and encourage those that haven't to consider a donation today.

As a reminder, I have asked all chapter presidents to make this a standing item on their chapter meeting agendas. Also the first chapter to self-report having reached 100% participation will receive my two tuition waivers for the 2008 Congress to be used for affiliates that meet waiver criteria.

Finally, I have not received responses from my earlier request to select affiliates within the district to receive the Regent's award and be recognized as a senior and early career executive. Nominees should have demonstrated leadership skills, involvement with the College and noteworthy contributions to the field. If you would like to nominate someone for me to consider please submit their name, bio, resume and explanation of why they merit this recognition at frank.lopez@uhsinc.com.

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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.