

BRAGGING PAGE

TOWSON UNIVERSITY'S HEALTH CARE MANAGEMENT ALUMNI ASSOCIATION

THE BRAGGING PAGE IS BACK!

Towson University Health Care Management Alumni,

It has been several months since the last newsletter, so it's time to catch up on what the alumni are doing these days! This newsletter has two feature articles. The first article is from Karen Boyce (Class of 2001) and details her experiences with The Susan G. Komen 3-Day Breast Cancer Walk. The second article was written by Brian Graybow (Class of 2002) and describes the challenges of balancing work and graduate school.



I want to thank everyone for keeping in touch! If anyone is interested in writing an article for the next newsletter, please let me know.

Happy Holidays!

Julie Apel
Class of 2002

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Another special
congratulations to Dr.
Buchbinder on her new title as
the chairperson for the
Department of Health Science!

GOOD NEWS ON HCMN SCHOLARSHIP FUND!

Dr. Buchbinder would like everyone to know that the goal to raise \$10,000 for the HCMN Scholarship Fund has been met. The student awards will be distributed next year. Although the initial goal has

been reached, we need your help by continuing to fund the scholarship. Thanks for all of your contributions, and remember to **KEEP DONATING!**

Support the fund by making checks payable to:

TU Foundation, Inc.

Make sure you include "Health Care Management Program Scholarship Fund" in the memo line. Send checks to:

Towson University Foundation
PO Box 17165
Baltimore, MD 21298-8403

**TOWSON
UNIVERSITY'S
HEALTH CARE
MANAGEMENT
ALUMNI**

*Taking Pride in
Ourselves!*

Check out Dr. Buchbinder's
Alumni Website
<http://wwwnew.towson.edu/hcmn/ALUMNI.htm>

IN THE NEXT ISSUE, LOOK
OUT FOR "ALUMNI IN THE
SPOTLIGHT!"



Did you change jobs or
email addresses?

Do you have an idea for the
next newsletter?

Email Julie Apel
Julie.Apel@cms.hhs.gov

WHAT ARE THE ALUMNI DOING THESE DAYS?

In a recent email, alumni were asked if they had any updates in their professional and personal lives that they would like to share. Here's what they had to say!

Tricia Springer (Class of 2005)

The biggest news for me is that I left Baltimore County Government where I was working for 5 ½ years as a Benefits Specialist to work for PinnacleCare in downtown Baltimore as a Medical Records Assistant. Aside from working to gather and analyze medical records, eventually I will head up the PC Key project, which is a project/service we offer to some of our members. The PC Key is a USB port keychain that contains a member's complete medical record history. It is useful, because a member can plug the PC Key into any USB port on a computer and have access to their entire health history. We're really pushing to market the PC Key for not only peace of mind but emergency medical situations where a doctor might need to have immediate access.

Amy Purdum Martin (Class of 1999)

I had my first child on August 23rd. She weighed 7 lbs. 2.5 ounces and was 20 inches long. Her name is Kaylee Ann Martin.

Josanne Williams (Class of 2004)

I am currently at St. Agnes Hospital. I just got a promotion to Office Coordinator. I have been here for almost 2 years and am still learning a lot.

Brittany Arnold (Class of 2004)

I have been promoted at NAMI. I am now the Outreach Project Coordinator. I have also decided to pursue Law School.

Patrick Elliott (Class of 2001)

I have been promoted to a Senior Mortgage Consultant for the Affinity Mortgage Corporation located in Bel Air, MD.

Haley Barnes (Class of 2005)

I delivered my third baby on 9/15/05. His name is Payton Michael David Barnes and was 9lbs 5 oz, 21 1/2 inches! He is a month old now and weighs 13lbs! I will be staying home for a while, I am going to apply to the federal governments emerging leaders program this spring.

Julie Apel (Class of 2002)

I have been busy planning a wedding, which will take place November 19th. My new last name will be Botterill, which I am not thrilled about! I will also be graduating from Loyola's MBA program in December. I also recently bought my first home in Towson.

Brian Graybow (Class of 2002)

I began a new position in June 2005 as a Contract Manager in the Office of Managed Care at NYU Medical Center in New York City, responsible for the maintenance and negotiations of contracts between the hospital's Faculty Group Practice and various managed care organizations. I am also in my second of three years at the Baruch College/Mt. Sinai School of Medicine Health Care MBA program. I am serving on the Host Committee for the Towson University Alumni New York Chapter reception on November 9th.

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THREE DAYS / 60 MILES / BY FOOT

Karen Boyce, Class of 2001, wanted to share an article she wrote about her experience in The Susan G. Komen 3-Day Breast Cancer Walk .

We walked because we believed; we walked because it was for a good cause; we walked because we each challenged ourselves; we walked because one day breast cancer will be a thing of the past, these were the sentiments that could be heard echoed along the way as we walk for 3 days to cover some 60 miles. Individuals with strong desires to complete the challenge we set for themselves, the promises we made to women who are no longer of this earth and to women who because of the aggressive nature of the disease were with us in spirit but not able in body.

The Susan G. Komen 3-Day Breast Cancer Walk is a 60 mile walk for women and men who want to make a difference in the fight against breast cancer. Participants travel an average 20 miles per day and are provided with three meals a day, snacks, liquids, mobile showers, port-a-potties, sleeping tents, safety guidelines and medical support. Each participant raises a minimum of \$2,100 to help in the fight against breast cancer research and outreach programs.

My teammates and I raised some \$7,775.00 of which \$2,100 was a direct contribution from Erickson Retirement/Riderwood. We named our ourselves Kindred Spirits which consisted of April Punzo, Emily Leclercq and I, Karen Boyce. As we trained and began to feel the full impact of our commitment, we also began to realize our name was most appropriate; our challenges ranged from blisters to tired hurting feet to dehydration and sunburn. We each had a different reason for walking but as a team we endure and supported each other as the heat, humidity and blisters began to take their toll. Without a doubt we each were committed to finish each day on our own two feet and that we did.

Day one began at Core Creek Park and was only a 20 plus mile walk to camp one in Warminster Community Park. Day two which ended at Montgomery County Community College was definitely a hike in itself because we were still experiencing the agony from day one. We were bused from the community college to Chester Hill which is where day three and the final leg of the walk began. This walker can say without a doubt that Chester Hill is truly deserving of its name and a hill it was; day three finally ended in Mann Music Center at Fairmount Park with plenty of cheers and celebration as each walker makes their final descent to the finish line, only to collapse in the arms of waiting friend, families and volunteers. Oh, how we grew to love our volunteers, if it was not for them many of us would not have made it. They anticipated and met our every wish and desires. They banded sore legs and feet, covered many blisters, they massaged tired joints, they retrieved water for us just when you think you could not take another step; they fed us hot meals right along with hot showers; they entertained us; they even went so far as to collect our plates as we finish eating. Thank you volunteers.

As we began, we ended, we suffered, we endured, we bonded, we cried, we sang, we laughed and finally we walked because we believed. Emily, April and I, team "Kindred Spirits" took on the challenge and finished with lots of hug, cheers and tears and becoming closer friends.

Karen Boyce

Erickson Retirement Community - Renaissance Gardens
Assistant Administrator

PATRICK'S PROPOSAL

As a Senior Mortgage Consultant for the Affinity Mortgage Corporation located in Bel Air, MD, Patrick is offering to donate \$250 in the name of any alumni to the HCMN department at Towson University who closes a loan with him and his company. Not only could this be a great tax write-off, but you'll be giving back to your alma mater.

If you are interested, please contact Patrick Elliott, Class of 2001, at patrick@affinitymort.com.

<http://www.affinitymortgagecorp.com/>



WHAT ARE THE ALUMNI DOING THESE DAYS?

Kimberly McCurry (Class of 2002)

I am going back to school, just a two year program for Medical Diagnostic Sonography (sonogram imaging). I am taking it at Montgomery College, which is a community college here around DC. This program has a ton of clinical work, so I will be pretty busy. I have to apply to the program in April, so it is not official. I am taking the two courses, Physics and Human Anatomy, that I have to take before applying to the program.

Meghan McCool (Class of 2003)

I recently got engaged, and my wedding date is set for September 16, 2006. In the past year, I have taken a job as Decision Support Analyst with St. Joseph Medical Center. I also enrolled at Towson University for the Health Science/ Administration Graduate Program.

Elizabeth (Palmer) Chennamchetty (Class of 2002)

Vijay and I are going to celebrate our 1st year anniversary. We married November of 2004. We moved to Oak Park (first suburb west of Chicago, IL) and just bought a condo. We also recently adopted three cats! Vijay is chief resident this year at Loyola Health Care Center, and I am working as the Assistant Administrator of Operations and Finance for a long term care facility. We are having a lot of fun in the city but would like to eventually move back to California and settle after Vijay's residency is over.

Jessica (Roberts) Wakefield (Class of 2003)

I was married on June 18, 2005. I am still at Johns Hopkins and was promoted to Study Coordinator II, which means I now am a supervisor.

Mary Strzyzewski (Class of 2005)

I took the summer off and enjoyed some relaxation and traveling. After summer ended, I applied to many jobs and recently took an administrative assistant position at Johns Hopkins University. I work in the Oncology Clinical Research Office where I perform administrative duties for the Operations Manager, the Compliance Manager, and the Quality Assurance Supervisor. So far things are going great!

Marnetta Sanders (Class of 2004)

Teaching high school has been extremely rewarding as well as challenging. The school where I teach is a military academy high school in a very underprivileged area near DC. I teach health issues and sports medicine, as well as coach the varsity and JV cheer squads. However, teachers salaries are not the easiest to budget. I am currently taking classes in the masters of education / administration program for promotion to vice principal which I hope to complete within the next year and a half.

Lauren Koontz (Class of 2001)

I'll be starting a new job in December with Baltimore City Health Department as a Health Policy Analyst. I'm also applying to graduate school for a masters in public health.

Rose Matthews (Class of 2001)

I have been selected to be a member of a ten person "Quality Review Team" at GSA. My new position is going to involve traveling to all GSA regions for the purpose of reviewing procurement contract files. I will be reviewing files to check for compliance with laws, regulations, and organizational policies. I will also be involved in teaching associates and briefing officials on findings.

THE GRAND FINALE: Getting Use to the Work/School Balance

By Brian Graybow, Class of 2002

Many alumni have graduated from Towson's Health Care Management program and decided to pursue a graduate degree in the hopes of long-term advancement. Almost immediately after graduating from Towson I made that decision, opting for a part-time MBA program while working full-time. When I tell people my schedule, I'm constantly asked how I manage it. Hopefully I can provide you with some insights on how I survive, or don't survive, but keep sane throughout.

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If there is one word I could use to describe my life recently, it has to be “routine.” No matter how much I try to keep my timetable regular, there is a lot to get used to. Dealing with a commute to New York City everyday, my schedule spans from waking up at 5:30 AM to getting home at 11:00 PM on school nights, only to wake up the following day at 5:30 AM and begin the daily grind again. By Friday, the allure of the snooze button becomes my arch-enemy.

Once you are able to master your daily routines, the next phase of adjusting to graduate school is actually working. Some people love going to school and would make it their occupation if possible. I am not that type of person, so pushing myself is a constant battle. If you are like that, don't worry – there's nothing wrong with wanting to watch *Survivor* instead of learning about Regression Statistics. Unfortunately, you also don't want to find yourself “voted off” for not putting in enough effort. Find the time to open up the textbook and make sure you are at the same level as your classmates. It puts you in the best situation to share information with each other and understand the coursework.

By the time you get home, the last thing you want is to cook, wash the dishes, feed the dog, check work e-mail, or baby sit. Don't be surprised if you find yourself irritable. The stress, lack of sleep, and mixed feelings naturally collect in your body and seem overwhelming. Try to find some time to exercise, read a book for pleasure, or simply talk to friends or family members as a way to relieve yourself from the daily grind. Personally, after a day of work and school such as on Tuesday nights, I spend my down-time on the bus to briefly jot down my “to do” list for work the next day, listen to my iPod, and take a quick nap. I have realized that, unless it's finals time, I'm too drained to study after three hours of lecture.

The last piece of advice is this: you are not alone. Many people juggle numerous jobs at a time, have family commitments, date, go to school, and live to begin the next day. Many professors in graduate school understand that their course is not the center of your social life. Even if they do, you have plenty of classmates who feel exactly as you do and are happy knowing that they can give and exchange ideas with other cohort members. You need to prioritize how important your graduate degree is, and what you are willing to sacrifice in exchange. The goal is minimization, not extinction, of your current activities. So work hard, study harder, leave time to play, and know that the ultimate goal of job advancement and higher learning is just a few months away.

Happy Holidays!

