



CMA

COORDINATING COMPLEX CARE FOR PATIENTS AND THEIR FAMILIES

Care Management Associates LLC

For Quality, Convenience & Peace of Mind



CMA

provides consulting on eldercare options and manages complex

care when families are faced with the intense demands associated with caring for an aging, frail, or seriously ill loved one.

What is a Care Manager?

Care managers have expertise in understanding and utilizing the health care system to maximize benefits to the individual facing illness or debilitation.

Whether the elder is currently at home or in an institutional

setting, care managers can evaluate their needs, suggest alternatives, help solve problems, put arrangements in place, and monitor the quality of services delivered.

How Can CMA Help?

CMA provides comprehensive care management services. We start by meeting with clients and families to assess the elder's entire situation—from health care to housing. This enables us to recommend strategies for improving the individual's quality of life and for helping him or her take advantage of the resources within the community and the healthcare system.



Our team includes nurses, a social worker, a psychologist, and a geriatric internist.

SUSAN F. JOHNSON, RN

Susan Johnson, RN is the Director of Care Management Associates. She is a Fellow of the Washington Area Geriatric Education Center Consortium, President of the Board of Directors of Joseph's House Hospice, and a committee member of the D.C. Partnership to Improve End-of-Life Care.

Susan has experience and expertise in illnesses such as Alzheimer's, Parkinson's, ALS, and HIV and has lectured on topics including care of the patient with dementia, care for the caregiver, and caring for a patient with terminal illness. She earned a service achievement award as Board Member of the Grass Roots Organization for the Well-being of Seniors.

A proponent of innovative approaches to caregiving, Susan has written articles about end-of-life care and has been featured in *The Washington Post*, *Washington Woman Magazine* and *Nursing Spectrum Magazine*.

Susan is a graduate of the Marymount University School of Nursing and holds a Bachelor of Arts degree from American University. Her clinical experience includes: Patient Care Coordinator at the Washington Home and Hospice; Clinical Manager of the Hospice of the Visiting Nurses Association of Washington; and Clinical Manager of Damien House and Joseph's House, hospice programs serving homeless and indigent people in the District of Columbia.

In addition to nursing, Susan has a background in business and government relations. She served as a political appointee during the administration of President Jimmy Carter and as a lobbyist at the U.S. Conference of Mayors and National League of Cities. She served as a volunteer for the Jewish Community Hospice, was appointed by the Montgomery County Executive to serve on the County HIV/AIDS Task Force and was a member of the Board of Directors of the Episcopal Caring Response to AIDS.

JACKIE LAPIDUS, Psy.D.

For over 20 years, Clinical Psychologist, Jackie Lapidus has worked in the areas of illness, death and loss, providing services to hospice patients, their families and hospice employees. Jackie has a clinical specialty in the treatment of anxiety disorders, has conducted workshops for people dealing with loss, and has published on such topics as suicide, Holocaust survivors and perpetrators, and marriage and family therapy.

Jackie is also a local and national crisis responder and trainer. She has been particularly active in Washington since the terrorist and anthrax attacks of 2001. She received the American Psychological Association Presidential Citation and the National Association of Social Workers' Distinguished Service Award for this work.

Jackie received a master's degree from Boston University and a doctorate from the Massachusetts School of Psychology. Formerly, she was an officer of the Albany Savings Bank.

We understand Medicare and private insurance systems. CMA can arrange home care or identify assisted living facilities or nursing homes best suited to each elder's situation. We have extensive experience in end-of-life care and can recommend appropriate hospice and palliative care programs.

Most importantly, we offer peace of mind by insuring that your loved one has the highest quality of care.

WWW.CMACARES.COM

Susan Johnson
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CMA Consultants are Active in:

- The Alzheimer's Association
- The American Geriatrics Society
- The National Association of Professional Geriatric Care Managers
- D.C. Partnership to Improve End-of-Life Care
- Grass Roots Organization for the Well-being of Seniors
- Washington Area Geriatric Education Center Consortium
- The National Association of Social Workers

Services to Suit Your Unique Needs

CMA provides:

- **Comprehensive assessments**
- **Crisis intervention**
- **Expert advocacy in the hospital, nursing home, or physician office**
- **Arrangements for home care**
- **Home or facility visits and ongoing monitoring of care**
- **Assistance in selection of alternative housing, including assisted living facilities, nursing homes, and hospices**
- **Participation in and coordination of care plan meetings**
- **Liaison with and referrals to physicians, mental health professionals, elder law attorneys, and financial managers**

WALTER GOOZH, MD

Walter Goozh has been a board certified internist for over 40 years. He graduated from The George Washington University School of Medicine and completed his internship and residency at the Washington Hospital Center. In addition to having his own practice, Walter served on the staff of Holy Cross Hospital and as Medical Director at Potomac Valley Nursing and Wellness Center and Collingswood Nursing Home. As a care management consultant, Walter provides guidance to clients and families struggling to understand medical conditions and helps develop an appropriate plan of care. He can see the client at home, in the hospital, nursing home, or assisted living facility, review medical records, and consult with physicians and specialists.

SUSAN PROCTOR, MSW

Susan Proctor is a licensed Clinical Social Worker. She has worked as a hospital social worker and case manager at both The George Washing-

ton University Hospital and Suburban Hospital. She has extensive experience in conducting assessments, coordinating complex discharge plans, and providing crisis intervention. Susan has extensive knowledge of community resources and experience with Medicare and Medicaid benefits and entitlement programs. She served on the disaster, ethics and patient education committees at The George Washington Hospital.

Susan previously worked for Operation Solace, a team of mental health professionals implemented by the US Army Surgeon General, to provide counseling and stress management workshops for the Pentagon staff following September 11th.

Susan received a Masters of Social Work from Catholic University and has training in mediation and critical incident stress management.

CLARE HUME, RN

Clare Hume is a Registered Nurse and a Certified Personal Exercise Trainer. After graduating from

George Mason University School of Nursing, Clare worked at Children's Hospital National Medical Center.

Clare is a Certified Personal Trainer who, through her work at CMA, helps seniors stay healthier and independent longer whether at home or in an assisted living facility or nursing home.

BETSY OLESZEWSKI

Betsy Oleszewski provides on-going coordination and monitoring of client care, ensuring quality of services and appropriate use of community resources. Betsy's experience includes work at the Lynnwood Children's Center in Ellicott City, Maryland and the Hospital for Sick Children in Washington, D.C.

She has served in a variety of retail managerial positions and in real estate sales, and is active in various community and volunteer organizations.

Betsy holds an Associate's degree in Mental Health from Montgomery College, and a Bachelor of Arts in Psychology from the University of Maryland.

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**Call us today for more
information about CMA
or to arrange for an
assessment visit.**

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