



2010
Yin of Medicine
These Are the Days: Planning for Growing Golden

Thursday, Oct. 21 - Saturday, Oct. 23, 2010
Sleeping Lady Mountain Retreat • Leavenworth, Wash.

About the Course

Join us at the beautiful Sleeping Lady Mountain Retreat in Leavenworth, Wash., for a relaxing and rewarding CME program. The 2010 Yin of Medicine conference will focus on improving both our clinical skills and the quality of our practices.

This year's theme is the Art of Aging: How we as clinicians can help our patients through a healthy aging process at all stages of life. We will examine the changing medical needs of aging patients, including gastrointestinal changes, the importance of exercise as medicine, staying injury-free with exercise, the benefits and limitations of screening guidelines, delivering end-of-life conversations, and ethical issues such as recommendations of treatment vs. no treatment. We are also excited to start this year's event with a Group Health expert who will examine recent changes in federal health care policy and their future impact on our daily practices.

In addition to these offerings, we will explore ways for women to maximize their potential within their practices, in leadership roles at Group Health, and in the community. We are honored that several GHP leaders will be attending the conference, encouraging women to explore opportunities within the medical group and helping identify potential barriers. These inspirational mentors are eager to exchange ideas in an accessible and supportive environment. We hope you join us!

Objectives

At the end of this conference, participants will be able to:

1. Describe the challenges and opportunities of health reform and how it might influence the practice of health care, the experience of health professionals, and the health care market in the years to come.
2. Counsel patients on the Healthy Aging Program (HAP).
3. Present state of the art evidence-based information on the benefits of physical activity, exercise and sports across the life span.
4. Identify and manage common GI problems and options in the golden years.
5. Examine the way we age in our society and develop action plans for healthier lives.
6. Apply practical tools toward having end of life conversations with patients and their families.
7. Outline the pros and cons of becoming Network Affiliates of Seattle Cancer Care Alliance and how this impacts our ability to support patient choice while attempting to control access to expensive oncology care.
8. Recognize key ethical issues that present over the course of a patient's lifetime.



Office of Continuing Medical Education





About Sleeping Lady Mountain Retreat



Sleeping Lady is sequestered on 67 acres of valley woodlands at the base of Icicle Canyon beside Icicle Creek. It is located in central Washington, 3 miles from Leavenworth, 2½ hours (121 miles) from Seattle, and about 3½ hours (190 miles) from Spokane. Named after the mountain profile overlooking the site, Sleeping Lady provides a serene setting for educational meetings away from everyday distractions. The unobtrusive atmosphere allows the mind to focus, inspiring creative thinking and encouraging meaningful exchange.

Sleeping Lady's construction and design illustrate its dedication to and respect for the natural environment. Facilities include a gourmet dining lodge, library, dance studio, sauna, plunge pool, rock grotto pool, massage room, organic gardens, and a resident naturalist and horticulturist. Cabin amenities include down comforters, heated towel racks, coffee makers, telephones, and personalized voice mail. Visit Sleeping Lady's Web site at www.sleepinglady.com for a complete tour of this amazing spot.



Program Agenda

Thursday, Oct. 21, 2010

- 3:00 p.m. Sleeping Lady Check-In
- 4:15 – 4:45 Course Registration & Light Snack
- 4:45 – 5:30 Course & Attendee Introductions – Claire Trescott, MD, Chris Fordyce, MD, Alison Lewis, MD, and Jane Dimer, MD, FACOG
- 5:30 – 6:30 Health Reform: Changes in Health Policy and What It May Mean for Health Care – Diana Birkett
- 6:30 – 8:00 p.m. Gourmet Dinner in the Kingfisher Dining Lodge

Friday, Oct. 22, 2010

- 7:30 – 8:15 a.m. Gourmet Breakfast in the Kingfisher Dining Lodge
- 8:15 – 8:30 Morning Introduction – Alison Lewis, MD
- 8:30 – 9:30 Healthy Aging Process (HAP): An Introduction to a Healthy Future – Chris Fordyce, MD
- 9:30 – 10:30 Staying Active Throughout Our Lives: Exercise Rx Is Medicine – Rosemary Agostini, MD
- 10:30 – 10:45 Break
- 10:45 – 11:30 Presenting Ourselves – Lin MacMaster
- 11:30 – 12:15 GI Changes As We Age: What to Worry About and What to Do – Pallavi Patel, MD
- 12:15 – 1:15 p.m. Gourmet Lunch in the Kingfisher Dining Lodge
- 1:15 – 3:15 Optional Workshop: Presenting Ourselves – Jane Dimer, MD, FACOG and Lin MacMaster
- 1:15 – 5:00 Free Time
- 5:00 – 6:00 “Plan to Grow Old”: Changing the Way We Age in Our Society – Chris Fordyce, MD
- 6:00 – 7:00 Gourmet Dinner in the Kingfisher Dining Lodge
- 7:00 – 8:30 End of Life Conversations: Vignettes Spanning the Spectrum of Life – Alison Lewis, MD, Sue Taylor, MD, and Michelle Seelig, MD

Saturday, Oct. 23, 2010

- 8:00 – 8:45 a.m. Breakfast
- 8:45 – 9:00 Morning Introduction
- 9:00 – 9:45 Fight ‘Em or Join ‘Em: Oncology from the Health Plan Perspective – Sue Taylor, MD
- 9:45 – 10:45 Ethical Issues Across the Span of Life – Joelene Werden, DO
- 10:45 – 11:00 Break
- 11:00 – 12:00 Dialogue with Leadership – Claire Trescott, MD
- 12:00 p.m. Adjournment & Evaluation



Lodging and Registration

The Office of Continuing Medical Education will manage a rooming list for accommodations at Sleeping Lady. Cabins accommodate 1-3 people and all have private baths. Attendees who stay at Sleeping Lady pay one all-inclusive package rate that covers tuition, two nights' accommodations, and three meals per person per overnight stay. Package rates are priced per person, based on the number of people occupying each room. Most rooms have one queen bed and one twin bed on the ground floor and one full futon in an upstairs loft. Tuition for attendees who are lodging elsewhere includes all conference meals. Please indicate your preference on the registration form. Guests, spouses, and children 5 years and older who are accompanying registered conference participants must also be pre-registered for meal count purposes and will be charged the contracted rates.

Note: Room reservations and payment must be received by the Office of Continuing Medical Education by Oct. 1, 2010.

CANCELLATION POLICY: The CME Office must receive telephone or written notification of your cancellation. Requests for lodging cancellation must be received 30 days prior to the program or no refund will be issued. Requests for tuition cancellation received at least 14 days before the first day of the course will have a \$35 processing fee deducted. Requests within 14 days will be given a refund less half of the tuition fee. No refunds will be issued following the beginning date of the course. The CME Office exercises the right to conduct its courses based on meeting a minimum enrollment and reserves the right to cancel this course 30 days prior to the course date. If this happens, each registrant will be notified and given a full refund. Group Health Cooperative is not responsible for any travel costs incurred, including cancellation penalties.

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Full Name _____ Title _____ MailStop _____

Full Credit Card Billing Address Required: _____

Daytime Phone _____ E-mail _____

Tuition & Lodging Information: All rates quoted are PER PERSON; full payment must be received by Sept. 17, 2010.

TUITION & SLEEPING LADY PACKAGE (2 NIGHTS ACCOMMODATIONS & ALL MEALS, BASED ON NUMBER OF PEOPLE PER ROOM)

Medical Staff

- \$780 (single)
- \$635 (double)
- \$585 (triple)

Locum Tenens, Nursing, ARNPs, Other

- \$760 (single)
- \$615 (double)
- \$565 (triple)

Residents

- \$760 (single)
- \$615 (double)
- \$565 (triple)

- I will be rooming with other people registered for this conference. (Please list names below.* Note: This is important so that we may apply the discounted rate and assign the correct type of room.)
- I am bringing guests who are not attending the conference and we would like to room together. (Fill out "Guest Sleeping Lady Package Only" below.**)

*Roommate Names: _____

TUITION & MEALS ONLY (FOR REGISTRANTS NOT STAYING AT SLEEPING LADY)

Medical Staff \$460

Residents, Locum Tenens, Nursing, ARNPs, Other \$430

GUEST SLEEPING LADY PACKAGE ONLY (2 NIGHTS ACCOMMODATIONS & ALL MEALS FOR GUESTS NOT ATTENDING THE CONFERENCE)

Note: There is no charge for children under 5 years.

\$310 (double) \$265 (triple) \$90 (Children 5-12) ** Number of Guests: _____

**Guest Names: _____

Enclosed please find my payment of \$ _____ for my tuition/lodging/meals OR \$ _____ for my tuition/meals only;
PLUS \$ _____ for lodging/meals for _____ guests not attending the conference. TOTAL= _____

YIN 2010 PAYMENT METHOD Check Enclosed VISA MasterCard

Name As it Appears on the Card _____

Card Number _____ Exp. Date _____

Signature _____

Please make check payable to:
GHC Continuing Medical Education
mailing address:
Group Health CME Dept., CWB-3
201 16th Ave. E, Seattle, WA 98112



Yin of Medicine: Course Faculty

Rosemary Agostini, MD

Physical Activity, Exercise and Sports Medicine, Group Health; One of Five Medical Directors of the Rock and Roll Marathon; American College of Sports Medicine Fellow; American Medical Society for Sports Medicine, Charter Member; Heart of Seattle Public Schools Foundation

Diana Birkett

Executive Director, Public Policy, Group Health; Associate Affiliate Professor, University of Washington; Board Member, Economic Opportunity Institute; Association of Washington Health Plans; Association of Washington Business

Jane Dimer, MD, FACOG

OB/GYN, Capitol Hill Specialty Services; Service Line Chief, Women's Health; Clinical Service Chief, Maternity Child, Group Health

Chris Fordyce, MD

Family Medicine and Geriatrics, Northgate Medical Center, Group Health

Alison Lewis, MD

Hospice and Palliative Care, Group Health; Chair, GHP Diversity Committee, Group Health

Lin MacMaster

VP Marketing, Group Health; Trustee emeritus, AARP Global Network; CoChair, AARP Women's Leadership Circle

Pallavi Patel, MD

Gastroenterology, Capitol Hill Specialty Services, Group Health

Michelle Seelig, MD, MSHS

Medical Director, Clinical Knowledge Development and Support; Family Medicine, Capitol Hill Family Health Center, Group Health; Clinical Associate Professor of Medicine, University of Washington

Sue Taylor, MD

District Medical Director, Western Washington, Health Plan Division, Network Services & Care Management, Group Health

Claire Trescott, MD

Medical Director, Primary Care Services, Group Health

Joelene Werden, DO

OB/GYN, Tacoma Medical Center, Group Health



Accreditation & Disclosure

Group Health Cooperative is accredited by the Washington State Medical Association CME Accreditation Committee to sponsor continuing medical education activities for physicians. Group Health Cooperative designates this educational activity for a maximum of **13 hours in Category I** to satisfy the re-licensure requirements of the Washington State Medical Quality Assurance Commission. Group Health Cooperative designates this educational activity for a maximum of **13 AMA PRA Category 1 Credit(s)**[™]. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Group Health Cooperative requires that faculty participating in a GHC CME activity disclose to the audience any relationship with a pharmaceutical or industrial concern that might pose a potential, apparent, or real conflict of interest with regard to that faculty member's contribution to the program.



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