

NAHSE - DVC

Chapter Pulse



National Association of
Health Services Executives
Delaware Valley Chapter



HER STORY

Empowered. Inspired. Revolutionary.

"We are better than we think and not quite what we want to be."

-Nikki Giovanni

From Our Desks to Yours

“Little girls with dreams become women with vision...”



Reyna Florentino
President

Greetings NAHSE Family!

March is a particularly special month for us, your NAHSE-DVC Executive Board, as it celebrates the accomplishments of strong women in history and aims to empower women today. Our March pulse will highlight some impressive women and their inspiring historical successes. We hope to empower and inspire our members as you continue to make significant strides in your careers. We encourage you to share the NAHSE-DVC Pulse and welcome any feedback and/or suggestions. We would love to hear from you!



Shonalie Roberts
President Elect

This month, the NAHSE-DVC will be giving back by participating in the Annual Career Week at the Belmont Charter School. We have a truly impactful mid-careerist program in the works for April, one that we hope will surpass expectation. Thank you to all who attended our February 24, 2016 networking event. We met and connected with amazing individuals! We look forward to seeing you at our upcoming events!



Jacquelynn Y. Orr, FACHE
Secretary



Sasha A. Tull
Treasurer

Sincerely,

Your NAHSE-DVC Executive Board



Marilyn Adibu
Parliamentarian

WOMEN
HER STORY

Empowered. Inspired. Revolutionary.



Wafaa El-Sadr
Infectious Disease Physician

Dr. El-Sadr developed a multi-prolonged approach to treating some of the most pressing pandemics of our time – HIV/AIDS and tuberculosis. She develops treatment strategies by considering factors such as access to health care, education, social status and economic stressors. She is recognized internationally for her leadership in preventing maternal-child HIV transmission. Through her work developing effective treatment programs in impoverished and immigrant communities in Harlem, as well as in many countries in sub-Saharan Africa and Asia, El-Sadr sets ever-improved standards for health care delivery for patients facing devastating disease under severe economic hardship.

<https://www.macfound.org/fellows/797/>



Equal Representation

Did you know that women are more likely to have adverse drug reactions than men?

For example, women make up a mere 11% of participants in trials for potential HIV cures, despite the fact that half of the world's HIV cases are in women.

HuffingtonPost.com

Did you know that the FDA Office of Women's Health (OWH) was established by congressional mandate to advocate for the participation of women in clinical trials?

In 1993 the FDA reversed a 1977 recommendation that women with childbearing potential are to be excluded from early clinical studies. The new guideline called for data to be analyzed to assess gender effect. This policy reflects early recognition of individualized therapy.

To read more, copy this link into your address bar:

<http://kff.org/disparities-policy/report/putting-womens-health-care-disparities-on-the/>

Dr. Regina M. Benjamin

18th United States Surgeon General
2009-2013

Regina M. Benjamin, M.D., M.B.A. was appointed by President Obama in July 2009 to serve as the United States Surgeon General. In her role, Dr. Benjamin oversaw the operational command of 6,700 uniformed public health officers who serve in locations around the world to promote, and protect the health of the American People. As Surgeon General, she focused her attention on prevention. Her leadership implementing the National Prevention Strategy (2011) has played an integral role in the shift on focus to sickness and disease to one based on wellness and prevention. During her tenure, she was ranked as one of the "100 Most Trusted People in America," Readers Digest, May 2013.

<http://www.surgeongeneral.gov/about/previous/biobenjamin.html>



National Association of
Health Services Executives
Delaware Valley Chapter



HER STORY

Empowered. Inspired. Revolutionary.

Health Care Delivery



While women comprise 73% of medical and health services managers, only 4% of healthcare CEOs were women.

Of 125 women who carry an executive title, only **five** serve in operating roles as COO or President. There is only **one** woman CEO of a fortune 500 healthcare company.

Rock Health

Five tips, Sheryl Sandberg, the author of “Lean In: Women, Work and the Will to Lead,” suggests:

1. Be more open to taking career risks.
2. Skip the people pleasing.
3. Visualize your career as a jungle gym, not a ladder.
4. Allow yourself to fantasize about your career.
5. Sit at the table...not in the background

Want to be inspired? Watch Sandberg's TedTalk titled, “Why we have too few women leaders.”

http://www.ted.com/talks/sheryl_sandberg_why_we_have_too_few_women_leaders?language=en

What are your career goals?
Write them down today!

"In societies where men are truly confident of their own worth, women are not merely tolerated but valued."
- Aung Sang Suu Kyi (1945)

"The most courageous act is still to think for yourself. Aloud."
— Coco Chanel

"I feel there is something unexplored about women that only a woman can explore."
— Georgia O'Keeffe

"I tore myself away from the safe comfort of certainties through my love for truth – and truth rewarded me."
— Simone de Beauvoir

"Stop wearing your wishbone where your backbone ought to be."
-Elizabeth Gilbert

"If you don't ask the right question, every answer seems wrong" -Ani DiFranco

"And still...like air I RISE."
— Maya Angelou



**National Association of
Health Services Executives**
Empowering the Next Generation
of Health Care Leaders Today

HER ECHO

Women change the world...
there is no stopping you!



 National Association of
Health Services Executives
Delaware Valley Chapter



HER STORY

Empowered. Inspired. Revolutionary.

Revolutionaries

Joining NAHSE-DVC?

To establish your membership, national dues and chapter dues should be paid directly to the Association by visiting www.nahse.org/membership, clicking Join NAHSE and going to the Online Store.

Please feel free to contact us directly with any questions at infonahse@gmail.com.

Membership Benefits:

-Networking Opportunities:

Meetings and participation in other activities provide you the opportunity to make a personal connection with other health care professionals.

-Professional Projects/Workshops and Educational Programs

Learn from those who are in positions of leadership at their respective institutions.

-National NAHSE offers an extensive Job Bank and Mentoring Opportunities

Annual meetings and Educational Conferences provide the kind of opportunity, and investment needed in today's workplace to assist in the furtherance of your career.



**National Association of
Health Services Executives**
Delaware Valley Chapter

