



# FHE

Future Healthcare Executives  
University of Wisconsin-Milwaukee

Participants In The ACHE Higher  
Education Network

## Volunteer Events

- **May 5th**  
**Washington County Heart Walk**

Sign Up Today for the Washington cty Heart walk by e-mail our Volunteer Chair Katie at [kaklinke@uwm.edu](mailto:kaklinke@uwm.edu)



## **A Message from the 2007-2008 Officers**

As the newly elected officers, we are very excited to step into these leadership positions. We hope to continue the excellence of this student organization and to improve the quality of your membership. We will work hard to bring in meaningful speakers and to provide opportunities for networking with healthcare professionals. Next year it is our goal to increase FHE membership as well as student involvement. We look forward to working and learning with you. In the upcoming year, we invite your opinions and ideas as this organization is here for your benefit. Good luck with the rest of your semester and have a great summer! See you in the fall!



### **The 2007-2008 Officers at ACHE Congress**

Kristen Hitter - Treasurer  
Shara Terrill - Secretary  
Rianna Murray - VP  
Andrea McDonald-President

## **FHE is on D2L!**

Check out your D2L for updates and announcements!

Look under the **Ongoing** tab!

## **The 2007-2008 Chair Positions**

Adam Smith - Alumni Advisor  
Lila Ali - Graduate Liaison  
Eric Jukkala. - Public Relations Chair  
Sarah Donovan - Volunteer Chair  
Adam Rolfs - Sophomore Liaison  
Nathan Bartholome - Membership Quality Chair

## **Lora Taylor to Speak at Social**

### **Upcoming Social Events.**

- May 10<sup>th</sup> FHE  
Spring Social
- May 11<sup>th</sup> CHS  
Awards

Lora Taylor, MPH will be our guest speaker at the FHE spring social. Lora works for UWM and Partnerships for Healthy Milwaukee. She holds a Masters of Business Administration from Marquette University and a Masters in Public Health from the University of Minnesota – Twin Cities School of Public Health. She will address public health topics at the social.

The Spring Social is on May 10<sup>th</sup> at The North Shore Country Club in Mequon.

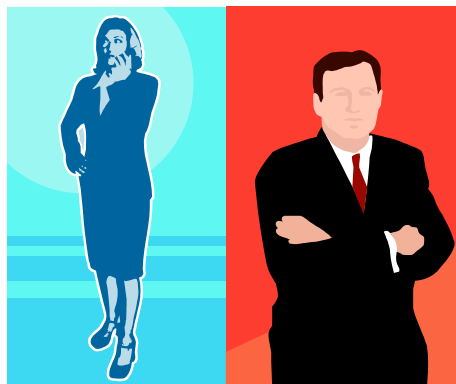


Lora Taylor

\*Remember that dress at the social is semi-formal. That means...

For Her - A cocktail dress or suit.

For Him - A suit and tie or sport coat with slacks and tie.



**Get More out of  
Your ACHE National  
Membership!  
Upload Your  
Resume Online at  
ACHE.org**



# Networking Tips from Congress

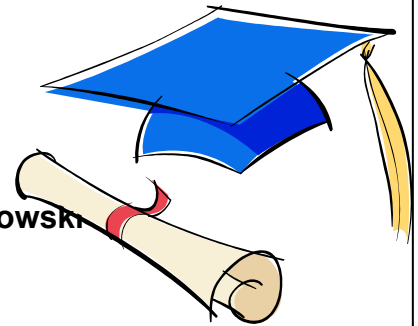
By FHE VP- Elect  
Rianna Murry

While attending this year's ACHE congress, I learned a great deal of networking tips. Here are some that you can use:

- **Know what to expect.** Networking is more about building relationships than the immediate payoff. Think of each new contact as a mutually beneficial exchange that creates resources for the future.
- **Don't be shy.** Smile, walk up to someone and introduce yourself. Be aware and respectful of the person's time and space.
- **Be enthusiastic and positive.** When talking to someone you've just met, make them feel comfortable by using a friendly, straightforward approach.
- **Maximize your opportunities.** Come to the membership meetings and social events. There are always new people to meet and get to know. You will get out of FHE what you put into it.

## Congratulations to the FHE Class of 2007

- Nicholas Robert Blish
- Jeanine Launa Burrell
- Leah Angelique Deroche
- Kathryn Ann Fischbach
- Nicole Elizabeth Hansen
- Thomas John Hawkins
- Antwan Lamont Jones
- Lanette Rzad Kagen
- Katherine Anne Klinke
- Adam Daniel Kosidowski
- James Christopher Kwiatkowski
- Ronald Keith Lawson
- Melissa Sue Meyer
- Alisha Starr Monty
- Arseniy Nenashev
- John Pleugers
- Jaime Marie Preussler
- Adam William Smith
- Brenda Lynn Vogt
- Elizabeth Catherine Weede
- Krysten Kolleen Zaporski



### A Farewell From The 2006-2007 Officers

It has been an amazing year to be part of this organization. Our administration has had many achievements throughout this school year such as; executing a full name change from ACHE to the Future Healthcare Executives; creating and voting in new by-laws, implementing an FHE monthly newsletter, and establishing the first cooperative job shadow event with local healthcare leaders. We have also had a record number of students attend the ACHE National Conference on Health Care Leadership in New Orleans over spring break.

The Future Healthcare Executives has hosted a wide variety of healthcare leaders for the monthly membership meetings this year. We have welcomed Rob Frediani, the first HCA graduate from UWM; Steve Osswald, Business Manager, from the VA Hospital; Dr. Terri Reeves from the UWM graduate program; Greg Banaszynski, CEO of Synergy Health and ACHE-WI President; Janet Fine and Kathy Eilers from the assisted living side of health care; Dr. Andrew Garman, Associate Chair & Director of the Master's Program at Rush University Medical Center in Chicago; Mark Hamilton, Vice President at UW-Hospital system in Madison and lastly, Lora Taylor from UW-Milwaukee and the partnership for Healthy Milwaukee. We hope that you have enjoyed learning from each of them.

The 2006-2007 Administration has also participated in serving the community through volunteer opportunities. Some of the causes that we partnered with are: the Milwaukee Metro Heart Walk, the Milwaukee Rescue Mission, Toys for Tots, RAK-a-thin, Hunger Clean Up, Valentines at Eastcastle Place, and the Washington County Heart Walk. We have been encouraged as leaders in health care to understand the importance in giving back to the community. Our organization has excelled in this capacity.

We have also had a lot of fun opportunities to just hang out as well as network with one another. Some of the things that we did as a group were: a Packer party at the Ghastr Haus, slice of ice at Red Arrow Park, ACHE-Wisconsin continuing education sessions, Second annual holiday pizza party, the Admirals game, Congress in New Orleans, bowling in the Union and finally, our Spring Social at the North Shore Country Club.

In conclusion, the leaders of the 2006-2007 FHE administration team cannot thank you enough for the trust that you have put in us this year. This has been an amazing opportunity to experience leadership!! We would like to encourage all of you to consider stepping up into a leadership position while you are still here at UWM. There is so much that the text books will never teach you. You have the opportunity to learn it here, in your health care student organization.

We wish you well in your future endeavors. See you in the work force!!

Sincerely,

The FHE-ACHE 2006-2007 Officers



Adam Smith - Treasurer  
Nick Blish – Vice President  
Shari Azinger - President  
Nikki Hansen – Secretary

## Healthcare Administration Courses to be Considered this Summer!



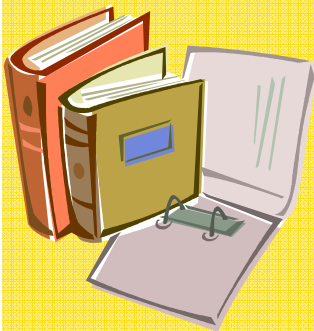
Three HCA courses will be offered this summer depending on enrollment. There must be a minimum of 15 students registered for each course. The courses are:

HCA 307 Epidemiology for the Health Sciences

HCA 340 Healthcare Process Measurement

HCA 422 Human Resource Management in Healthcare Organizations

[http://www3.uwm.edu/des/web/registration/pdf/summer\\_schedule.pdf](http://www3.uwm.edu/des/web/registration/pdf/summer_schedule.pdf)



## What to eat while studying for your *Final Exams!*

From Webmd.com

The worst kinds of snacks would be those that are high in sugar as these foods will cause an initial sugar high followed by a slump, which also means a slump in energy, also avoiding large amounts of carbohydrate even if it is not sugary (i.e. a bagel or a really large portion of pretzels). These foods can also trigger the high (although it will be slower than with the sugary foods) followed by the slump. In addition, carbs, when eaten alone, can cause an increased production of serotonin. This can make you sleepy.

The best snacks are those that contain some protein, maybe a little fat, and some carbs. Suggestions include peanut butter and crackers, fruit and nuts, yogurt, cottage cheese, and a medium-sized bowl of popcorn.



At the April Meeting Dr. Stegall took a pie in the face for charity! We had a penny challenge and the students collected over 4,500 pennies for the American Heart Association!



## FHE Bowling Night!

