



CCA CHAIR COLUMN

–**Linda Tavares**

Greetings from Richmond. I hope everyone had a wonderful holiday season. It is hard to believe that we are beginning a new decade, and the eight years since the roles of CCA s were defined. I like to use the New Year to reflect on where I have been and to set new goals. The Virginia ACC chapter has had a wonderful year, and looking forward to an exciting 2011.

Highlights of 2010 include:

1. Two CCA representatives on the state Board, myself along with Allison Brooks FNP, AACC.
2. CCA membership nationwide is over 4300. Virginia has 97 CCAs.
3. Six Virginia CCAs attended the Scientific session in Atlanta
4. AACC designation. This has been a several year project of criteria development and support from the College from the Board of Trustees, to the Board of Governors, top the CCA leadership and College staff. Please check the link to see if you qualify for this designation. The inaugural class will be recognized at the ACC meeting in New Orleans. Our goal is to have 100 AACC designees honored on April 5th. Please contact anyone Deb Croy, Allison Brooks, or myself for any questions.
5. Formation of the CVT Advocacy work group under the leadership of Gigi Wynam, ACNP, AACC. Several of our Virginia CCAs are active in this group and helped facilitate a

break out session at the Legislative conference in September 2010.

6. TWO state meetings in 2010, with the November meeting being a tri-state meeting.
7. Development of a CCA executive council. Due to the overwhelming interest, support, and talents of the Virginia CCAs an Executive Council has been formed. The goal of this council is to develop leadership skills, provide educational opportunities and a professional network among CCAs in the state.

Goals for 2011

1. Retain current CCA membership. Increase membership by 20% in Virginia.
2. Each CCA is now a member of the CCA section. CCA section is the active vehicle in the College, which identifies goals, implements educational and networking opportunities for CCAs. Provides an advocacy vehicle for CCAs.
3. Develop the CCA executive council in Virginia. Foster leadership among CCA community.
4. Provide educational opportunities for CCAs across the state.
5. Encourage advocacy for CCAs on the local, state, and national levels and within the college.
6. Initiation of AACCs into the ACC.
7. Increase number of AACC designees in the state

This is a fantastic time to be a CCA and the perfect time to be a member of the ACC. This dynamic multidisciplinary organization is committed to your professional growth by providing



education, leadership growth, and advocacy opportunities. This is your organization and I welcome everyone's interest in serving. There are opportunities on the state and national levels. On a side note, this is a fun group of professional people, who meet together at meetings, and we would love to have you join us. Please let me know if you would like to be more involved.

Meet the VA ACC CCA Executive Council:

I am so excited to introduce four new members to the CCA leadership. These ladies have stepped forward to cover the northern Virginia, tidewater, and Charlottesville area. I would love to have a representative from VCU-MCV.

In addition to Linda Tavares NP, Allison Brooks NP and Debbie Croy NP, we have added:

Sue Waters, NP (UVa)
Mahesh Murugesan, NP (UVa)
Jan Griffin, NP (INOVA, Fairfax VA)
Liz Hagan, NP (Tidewater)

AAC-NEWS

ACC Scientific Session April 2-5, 2011. VA CCA flagship hotel is Embassy suites. Please let us know if you are attending the meeting so we can stay connected. Linda's cell 804-347-4467. It is not too late to register. We have a group of CCA members from Virginia who will be attending. If you have been considering registration and need further information please do not hesitate to contact us. The ACC is expanding their opportunities for CCA's at this conference. There is a special lounge and classes, which may be of special interest for the team. To

learn more the following link provides the details:

<http://www.accscientificsession.org/communities/Pages/CCAs.aspx>

AACC designation: It is finally official; the ACC has recognized CCAs with the designation of Associate of the American College of Cardiology. This is such a prestigious designation that our CCA leaders and physicians who know the value CCAs add to their practice, has been made available. Please check the website for the application and details. If you meet the qualifications be sure to apply!

Cardiosource Community ACC recently implemented a networking site for different subgroups within the College. There is a CCA group, you may join by going to www.cardiosource.org if you are a member of ACC use your log-on credentials.

MARK YOUR CALENDARS

February 26, 2011 7 AM - 4:30 PM Contemporary Strategies for Excellence in Cardiovascular Disease presented at Inova Heart and Vascular Institute. Fairfax, VA,
More Information contact: Jan Griffin
ACNP 703- 926-0909 or
jansg1229@msn.com

April 16, 2011 9-1pm-Southwestern (Wytheville Mtg Center) : -- Debbie Croy, NP will be coordinating this mtg. Lipid Prevention Focus agenda pending, contact bdcroy@suddenlink.net for further information.

May 24 7:30 AM-4PM Cardiovascular symposium Bon Secours Heart and Vascular Institute Richmond, VA.



September 11-13, 2011 Legislative Conference. Fairmont Hotel. Watch the website ACC.org for details and to register. This is a wonderful time to learn about the legislative process and is an excellent opportunity to discover how you can make the most effective impact for change.

November 18-20, 2011: Virginia Chapter Conference. Boars Head Inn, Charlottesville, VA.

CCA SPOTLIGHT

In upcoming editions of the newsletter, we will be featuring our CCA members.

This month, it is an honor to introduce one of our CCA Committee members, meet our CCA liaison Linda Tavares MS, RN, ACPN, AACC



Linda when did you get started in healthcare?

I started as a teen-ager when I was a candy-stripe volunteer. This developed into CNA, during the summers of college, and ultimately graduating with my RN in 1983 from Radford University. I worked trauma critical care in Roanoke, VA and Baltimore, MD for 5

years. My career took a turn landing me in the ER for the next 12 years.

You obviously, enjoy your work, at what time did your career in cardiovascular medicine commence?

In the ER, my favorite patients were the cardiac patients-MI, CHF, HTN crisis, and cardiac arrests. When I returned to school for my masters in 1998, the goal was to obtain a position in a cardiology practice. I am starting my 10th year with Cardiology Associates of Virginia.

How did you hear about ACC allowing CCA's to join the College?

The AACC designation has been a goal of Margo Minissian, ACNP-BC, MSN,CNS, AACC, FAHA, Co-Chair of the Cardiovascular Team council. She has worked tirelessly with the Board of Governors and the Board of Trustees to define and qualify this designation.

What activities have you participated in since joining?

The ACC has developed my leadership, advocacy, and speaking skills. Serving on the board has developed my leadership skills, since we started with two active CCAs. We are now 90-plus strong across the state. I am most excited about the newly developed Executive council.

Through advocacy efforts of the College and attending the Legislative Conferences, I have learned so much about the process, issues that directly impact CCAs and working on developing solutions.

The Virginia chapter is lead by a fantastic group of physicians under the leadership of



Dr. Dent, and executive director, Jennifer Beckman. We are rich in history with previous governors, Dr. Mike Valentine, and Dr. John Brush now serving on the national level, Board of Trustees.

What do you think are the benefits of joining the ACC and VCACC?

As with any organization, or project, you always get more than you invest. The networking, leadership, and educational development opportunities are unlimited. The skills and knowledge I have obtained through my involvement and service to the ACC are too numerous to count. The relationships across local practices, the state and the country with CCAs have been invaluable to advancement on a professional and personal level.

This organization is the best value I have found for not only my financial investment, but more importantly the investment of my life. I have developed colleagues who have become valuable friends all across the state and the nation. There is room for everyone in this organization, and I encourage and welcome any and all who want to serve. We are strongest together.

The VCACC and ACC need you!

The Virginia Chapter of the ACC's CCA team is one of the more active chapters, we know we have CCA members who have yet to volunteer who are very knowledgeable and their contributions would be invaluable. We encourage you to contact Jennifer Beckman or Linda Tavares to learn how you can help our chapter grow even stronger! The ACC is highly encouraging CCA members to volunteer for a committee. We have been asked to share the following information

that was posted on www.cardiosource.com. Furthermore, how often do you get the opportunity to be on the forefront of such a respected organization the following committees of the College are seeking new members to serve on a number of committees, task forces and working groups including: advocacy, publications, guidelines please see cardiosource.com for a complete list.. Interested in becoming active in the College? Visit ACC's [Get Involved](#) page or email Kelli Bohannon at kbohanno@acc.org..

We highly encourage you to sign-up. This is an exciting time to become involved in the growth and expansion of the College on both the state and national level. Your contributions can make a difference

CCA COMMITTEE

John Dent MD FACC-Chapter President

Linda Tavares, NP-Chair & CCA Representative to the Council L3RHYTHM60@aol.com

Allison Brooks, NP-Representative to the Council alb nurse1c@aol.com

Debbie Croy, NP-A.A.C.C. Newsletter & Facebook dbcroy@suddenlink.net

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Mahesh Murugesan NP (UVA Charlottesville, VA)

Jan Griffin, NP (INOVA Fairfax, VA)

Liz Hagan, NP (Tidewater)

Jennifer Ray Beckman-Executive Director jlrbeckman@verizon.net or telephone: 877-793-8171

LINKS: VACC: <http://www.vcacc.org/index.html>
Facebook: <http://www.facebook.com/?ref=home#!/group.php?gid=241310831212>

ACC: <http://www.cardiosource.org>