

Colleagues,

I hope you had a refreshing and productive summer season. As we focus our energy as leaders on supporting wellbeing of the caregivers across our organizations, it is interesting how often we forget to adopt the same best practices for ourselves. I was reminded again this summer of the power of getting time away and fully disconnecting from work for a period of time. I am always encouraged to see my teams survive, and thrive, in my absence – and I suspect that the leaders I work with enjoy being around me much more when I am rested and re-energized after time away. I hope you were able to give yourself, and the others you work with, the same opportunity this summer and that you are being intentional about working additional time away into your schedule during this busy fall season.

September represents “back to school” mode for most of us. I’ve found that, whether or not we are getting our own kids off to school during this time of the year, we all seem to subconsciously hold onto the feelings associated with getting started on a new school year. I know that our organization always experiences a burst of additional energy and focus as initiatives seem to kick into a different gear. As the increased intensity of the back to school season hits us in many different ways, it’s a great time to also be thinking about how we will continue to learn and grow as leaders.

ACHE will be hosting series of educational events in Philadelphia on October 22 through 25. You can learn more about advances in service line management, health system financial management, strategic planning and many other important topics. Erik Rasmussen, Vice President of Legislative Affairs for the American Hospital Association, will also be presenting a free seminar on the Basics of Grassroots Advocacy on October 23rd from 2pm to 5pm. You can get information about all of the educational events at the Philadelphia Cluster here - [ACHE Philadelphia Cluster](#).

This time of the year also represents back to school and interview season for Administrative Fellows at our organization and many others across the region. Administrative residencies and fellowships are just one of many ways to engage and develop rising leaders in our profession. No matter where you may be in your career, there are continued opportunities to grow and develop through mentorship relationships. HLNDV has a mentorship program in place with nearly 50 active mentor-mentee matches. I encourage you to consider being a mentor or mentee this fall. More information on the program can be found here - [HLNDV Mentorship Program](#).

Finally, it’s not too early to mark your calendar for ACHE Congress March 4 – 7, 2019 in Chicago. I’m already looking forward to connecting with leadership across the country in 2019.

I wish the very best for you, your teams and your organizations during the busy and exciting time of the year.

Mike

Michael S. Eppheimer
Chief Operating Officer, Medical Group of Christiana Care
Christiana Care Health System
Phone: (302) 623-0568