

# W2K

## *The Year You Can Really Make Things Happen*

by Kris Williams, BA

### Editor's Note

AARC *Times* interviewed several people at the International Respiratory Congress in Las Vegas for a new series of articles designed to offer the RT tips for balancing life and work. Look for upcoming articles on professionalism, leadership, volunteerism, financial planning, and more. The following is our first article in this series. In addition, check out *AARC Times Plus* on our web site at [www.aarc.org](http://www.aarc.org). Each of these companion-piece stories will feature RTs who have shared their views with *AARC Times* and will include audio clips and photos of interviewees.

This year, we've not only rolled over a new decade, but we're making good progress on beginning the new millennium. With the worries of Jan. 1, 2000, behind us, respiratory therapists may be looking to the future and considering their options for how they want things to be in the 21st century.

Some people do this by making New Year's resolutions, others choose their birthdays as important dates to mark the passing of time and the achievements of their lives, others opt for time management programs that help them get more done in 24 hours. No matter which way you choose, you can't reach your destination if you haven't planned to get there.

*AARC Times* interviewed several people at its recent Congress in Las Vegas.

For example, this year, for the first time, Larry Conway, RRT, from Tupelo, MS, said that he has made a few resolves. Although he did not choose 2000 as any particular mark in history to set goals for himself, he feels that this is as good a time as any. Conway says he plans to "improve my health by lowering sugar use and exercising; continue to improve as a manager; seek to recruit at least five new AARC members (a goal we can really get behind); and develop a personal consulting and speaking profile in addition to (my) current position."

# **President Kauffman Announces Year 2000 AARC Goals**

In his inauguration speech at the International Respiratory Congress in December, AARC President Garry Kauffman, MPA, CHE, RRT, announced his Year 2000 goals for the Association, which will focus on documenting the value of the respiratory therapist in the health care system.

"Building upon the depth and breadth of our AARC leadership and our history of accomplishments, I have developed three goals that we must and will achieve over the next year," said President Kauffman.

"First, we must advance the science of respiratory care by continuing to document the scientific basis for the respiratory care we provide to patients."

*(continued on next page)*



## Kauffman AARC 2000 Goals (continued)

Secondly, it is imperative that the AARC promotes the respiratory therapist as the best provider of respiratory care. "Current and continuing efforts to promote the RT as the preferred provider of this science include state credentialing, Blue Ribbon Panel on Value and Recognition efforts, and usage and promotion of the AARC clinical practice guidelines and therapist-driven protocols as the absolute standard of care," Kauffman explained.

All of these efforts are focused on the goal of linking respiratory therapists with successful outcomes of care. "Make sure you're indispensable. When a consulting group comes into your facility, be sure you can challenge them with information on your value so they will know your value to the system."

Once the Association has linked the RT as the best provider of respiratory care, based on scientific evidence and practice, we will then move to the third goal for Year 2000: Marketing the respiratory therapist and the AARC. "We will continue our government representation at the federal and state levels and our coalition building that has been so successful," he pointed out.

The Association will also continue to develop focused strategic targeting of communities of interest, such as CEOs, insurers and managed care organizations, older adults, and disease-specific groups of health care consumers.

Having this profession's message heard in meetings with members of Congress and government agencies, the public, and other groups also means increasing our membership base. Therefore, the Association will also focus on membership recruitment and retention in 2000 to grow the membership for the benefit of the respiratory care professional.

"Whenever I try to recruit a member, I say, 'All it takes is 20 cents a day to be an AARC member.' I think every AARC member could use this strategy to sign up members, because who doesn't have 20 cents a day?"

In summation, President Kauffman said, "I have a vision of what respiratory therapy is and should be, but I don't know that everybody in America has that view." He concluded with the idea that no one should ever doubt that we are the best at what we do, and it is up to us to make sure everyone understands our value to the health care system. 🧠

Your goals may be similar: Lose weight, get in shape, volunteer, read, or create more, work on important relationships, develop spiritually, or, even, become more active in the AARC. According to the experts, just by writing down his goals, Conway has made progress. So can you.

In his introductory remarks: Keith Ellis, author of "The Magic Lamp," says, "In 1953 Yale University surveyed its graduating class

and discovered that only 3 percent had written goals. Twenty years later, Yale surveyed this same class and learned that the 3 percent who had written goals had amassed a net worth greater than that of the other 97 percent combined. The moral of this story," he says, "is: (1) Goals work. (2) Almost nobody uses them."

Ellis also suggests that making your wishes (his idea of a goal) come true is a four-step process

derived from the word LAMP:

**L**ock on to what you want.

**A**ct on ways to make your dreams come true.

**M**anage your progress by taking note of where you started and the accomplishments you make.

**P**ersist — keep working toward your goals.

Ellis offers excerpts from his book and a lengthy list of

resources on his web site: [www.keithellis.com](http://www.keithellis.com).

*The Simpler Living Newsletter*, an electronic publication that's free to registered subscribers at [www.simplerliving.com](http://www.simplerliving.com), reported that many who set goals often find themselves backsliding. However, author Edel Jarboe suggests that giving up isn't the answer. She says, "You can stay on track with your goals in spite of backsliding by being committed to following through on your goals — no matter what." Jarboe advises, "Don't let a relapse become an excuse for giving up," and offers a 12-point guide, summarized below, for those of us who fall short:

1. Forgive yourself.
2. Remember your goal.
3. Focus on achieving your goal, not missing it.
4. Tell yourself that you CAN accomplish the goal.
5. Don't compare yourself with others, compare yourself to yourself.
6. Achieve your goal one day at a time.
7. Break your goal down into small do-able steps.
8. Ask yourself: Is my goal realistic?
9. Review and examine your goals.
10. Create checkpoints and set smaller goals within your bigger goals.
11. No matter how small your achievements, reward yourself.
12. Believe in your goals.

The Web is an excellent resource for helping you meet your goals. Web sites offer information that will help you get in shape, get organized, or get control of your finances.

*Try these for improving your health:*

- Thrive (<http://www.thriveonline.com>), a joint venture of America Online and Time Inc. and owned by Oxygen Media, offers six core areas for self improvement: medical, nutrition, fitness, serenity, sexuality, and weight. The site provides resolution-setting-and-sticking-to-them ideas, fitness planners, dietary tips, and more.
- Prevention's Healthy Ideas (<http://www.healthyideas.com>), a web site coproduced by Women.com Networks and *Prevention* magazine, offers an online Daily Meal Planner and Calorie Calculator. Sections of the site are devoted specifically to men's and women's health issues.
- Intellihealth (<http://www.intellihealth.com>), a web site sponsored by Johns Hopkins, offers the latest news and leading-edge fitness and health information.

*For getting organized:*

- PalmPilot (<http://www.palm.com>) yields updates and information for personal digital assistants (they've even got a few games!).
- When.com (<http://www.when.com>), a free event directory and calendar service, looks like a typical desktop-calendar application and offers your schedule by month, week, and day. Plus you can choose events, such as movie openings, book releases, cultural events, or financial information, to include in your personal calendar.
- PlanetAll (<http://www.planetall.com>) lets you maintain an extraordinary address book that is accessible from any computer

with a modem. The service is free and not only helps you manage your contacts but also gives you access to all PlanetAll users.

- Franklin/Covey (<http://www.franklincovey.com>) comes with motivational quotes each time you log on. You can purchase refills for the Franklin Covey time-management systems or browse *Priorities: The Journal of Professional and Personal Success* for free.

*For budget and finance help:*

- Quicken.com (<http://www.quicken.com>) features basic tools: worksheets, calculators, service-comparison charts, and a Debt Reduction Planner.
- E-Line Financials (<http://www.financials.com>) provides investing and retirement news and information. The site also lists online banks and credit unions and provides information and connections to each.
- Money.com (<http://www.pathfinder.com/money>), copyrighted to Time Inc. New Media, offers mortgage tips, investing and retirement advice, tax and insurance information, and more.

The best way to meet your Y2K resolutions is to write them down and to break them up into achievable parts. Find good, reliable resources — whether they be from motivationalist Zig Ziglar or the Web — that will help you develop your personal and professional goals. Then put that Nike slogan to work: Just do it in Y2K! 🐾

