

About the Center for Health Management



The Center for Health Management aims to:

- Assist seniors, adults, teens and children to improve the wellness of their minds, bodies and spirits through education, research and related support activities
- Train professionals, paraprofessionals and volunteers to address the needs of the whole person while continually improving the quality of care.
- Assist organizations and communities to achieve the above goals
- Publish print, electronic and other media to achieve the above goals

Organizations that wish to purchase materials, arrange workshops, offer training sessions or discuss research collaborations should email: Info@BeingYourBest.org, call 716-909-9612 or write:

Center for Health Management
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Grand Island, NY 14072

About the author

Tom DeLoughry, Ed.D. received the New York State *AARP Social Impact Award* for his work in wellness and health care; the National Award for *Excellence in Quality Management* from the American Managed Care Review Association (AMCRA) for his program series on Primary Care Quality Management (Feeling Fit at Work and School/Feeling Fit with Diabetes and Hypertension); and the *National Award for Excellence* from the American Association of Occupational Health Nurses for his program on “Occupational Stress.”

Dr. DeLoughry is the creator of the American Lung Association’s national program for emphysema and chronic bronchitis, “Help Patients To Better Breathing;” the CBS HealthWatch.com feature series, “The Managed Care Guide” and “Never Too Old To Be Well”, a multi-media program (booklet, flyers, video DVD, computer CD) for the whole family, the whole organization and the whole community. He also authored the *Being Your Best* series including: *What I Wish I Knew: Stories, Studies and Strategies for Being Your Best at Any Age* and *Love Never Fails: A Four Week Discussion Guide for Faith Communities*.

He is a clinical Assistant Professor in the School of Public Health at the State University of NY at Buffalo and has also served as Assistant Professor and Assistant Director of Continuing Medical Education within the Department of Family Medicine at the State University of New York at Buffalo; and an Assistant Professor in the Department of Health Services Administration at D’Youville College.

He worked for six years at Buffalo Children’s Hospital as Director of the Drug Abuse Services and Coordinator of the Adolescent Program in the Department of Child Psychiatry; and for ten years as director of wellness and disease management at Independent Health, a large managed care organization. He has also served as Senior Program Developer at TheDailyApple.com as well as the director of the Center of Renewal, a Franciscan Retreat Center at Stella Niagara.

He currently serves as the Executive Director of the Center for Health Management.