

HELPING HANDS



Pennsylvania Medical Society ALLIANCE

LIFELINE

THE NEWSLETTER OF THE PENNSYLVANIA MEDICAL SOCIETY ALLIANCE

Fall 2017

PAMED Alliance 2017 Annual Meeting —"Helping Hands"

"Helping Hands" is the theme of the 2017 Pennsylvania Medical Society Alliance Annual meeting, a theme selected because the members our local, state and national Alliances provide a helping hand in so many ways—helping the physicians we care about to be the best they can be, helping medical students to fund their educations, helping physician families to stay strong and secure in this crazy life of medicine, helping to educate our communities about health-related issues that affect all of us, helping to raise money for charities and programs which improve the health of Pennsylvania's communities, helping our partners at PAMED to advocate and effect legislative changes that impact medicine, and helping each other and our communities in countless ways during our Journey of Medicine. We'll also hear from the iCare Foundation, promoting **Compassion, Advocacy, Recovery and Education** for addicts.

All state and county Alliance members are invited to attend the annual meeting at the festive Hershey Lodge to lend their helping hands to our weekend of education, networking, sharing, changing leadership and simply enjoying being together, a rare opportunity to connect with others who "get it." For more info, see the flyer on Page 2. Register online on the PAMED Alliance web page at www.pamedsoc.org/pamed-community/the-alliance or at this [link](#).

URGENT ANNUAL MEETING HOTEL UPDATE—All room reservations at Hershey Lodge for the PMSA Annual Meeting must be made through the PMSA office to ensure the \$205 discounted room rate. Contact meeting manager Lauren Newmaster to reserve your room. Lauren can be reached at 717-909-2691 or via email at lnewmaster@pamedsoc.org. A limited number of rooms are being held for Alliance members until Friday, October 6. Contacting Lauren is the only way to reserve one of these rooms. If you already have a confirmed room, there's no need to reconfirm.

REGISTER TODAY!
for the
Pennsylvania
Medical Society Alliance
Annual Meeting
"Helping Hands"
October 14-15
Hershey Lodge
Hershey, PA

AMA Alliance Annual Meeting in Chicago

By Kathleen Hall, PMSA President



From June 11-13, I was fortunate to attend the AMA Alliance meeting in Chicago at which we celebrated the 95th Birthday of the national Alliance. This meeting is a wonderful opportunity for Alliances across this vast country to network with each other. We share the same issues no matter what part of the country we are in. Decreasing membership at all three levels - county, state and national - is a concern for all. We all struggle with how to attract new members. Some Millennials in attendance were able to shed light on their generation, providing insight on what attracts them to organizations. They need to have a real purpose for joining and working within a group.

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REGISTER FOR the PENNSYLVANIA MEDICAL SOCIETY ALLIANCE
ANNUAL MEETING TODAY!!!

Don't miss this year's exciting annual meeting in the sweetest place on Earth – Hershey, PA!

- * **CONNECT** with physician family members and Alliance friends from throughout Pennsylvania
- * **LEARN** about the nation's opioid crisis and what your Alliance can do to help
- * **COLLECT** valuable materials about the opioid crisis (created by the AMA Alliance) for your local Alliance to distribute in your communities
- * **HEAR ABOUT** AMA Alliance's national projects including opioid abuse and physician burnout
- * **SHARE** information about what YOUR county Alliances are doing to improve their communities
- * **RELAX** with a 15 minute massage in the Alliance Boutique and Spa (to benefit AMES!)
- * **SHOP** in the Alliance Boutique and Spa-high end consignment treasures, fabulous jewelry and more!
- * **APPLAUD** Pennsylvania medical students who've won scholarships from the AMES Fund.
- * **SUPPORT** our Alliance Medical Education Scholarship Fund at the AMES Fund Silent Auction
- * **PARTICIPATE IN** the installation of new Alliance leaders
- * **DISCUSS** new membership and community service strategies
- * **CONDUCT** the business of our organization
- * **CELEBRATE** the installation of PAMED's 166th President, Theodore A. Christopher, MD at the marvelous PAMED Presidential Inaugural Dinner (which features the AMES Fund Silent Auction!)
- * **ENJOY** the "sweet" ambiance of the Hershey Lodge and Convention Center
- * **SAVOR** the flavors and fragrance of the season at fall festivities, including 'Hersheypark in the Dark,' "Halloween in Hershey," and breakfast with Hershey's characters with the whole family!

You get all of this, and more, for a members-only registration fee of only \$40! (Non-members \$45!)

Register online on the Alliance web page at <https://www.pamedsoc.org/pamed-community/the-alliance> or at this link: <http://www.cvent.com/events/2017-pennsylvania-medical-society-alliance-annual-meeting/event-summary-1301e12b8ae949708800379da8de0172.aspx>. You can also call the office.

All room reservations at Hershey Lodge for the PMSA Annual Meeting must be made through the PMSA office to ensure the \$205 discounted room rate. Contact meeting manager Lauren Newmaster to reserve your room at 717-909-2691 or via email at lnewmaster@pamedsoc.org. A limited number of rooms are being held for Alliance members until Friday, October 6. Contacting Lauren is the only way to reserve one of these rooms.

WE HOPE TO SEE YOU IN HERSHEY for a SWEET TIME!

For more information, contact the PMSA Office – alliance@pamedsoc.org or 1-800-228-7823 ext. 1503.

PA Physician Families Committed to Reducing Opioid Misuse

Prescription Opioid Epidemic: Know the Facts



Pennsylvania Medical Society Alliance and AMA Alliance Partner to Reduce Opioid Misuse

Through funding made available from PMSA's Emergency Assistance Fund by a vote of the PMSA Board in order to help alleviate the opioid crisis in Pennsylvania, opioid misuse materials created by the AMA Alliance will be made available **at no cost** to County Alliances for distribution in their local areas. **A limited supply of materials and order forms for larger quantities will be available at the Annual Meeting Oct. 14-15, 2017 or through the PMSA office by emailing alliance@pamedsoc.org or calling (717) 558-7750, ext. 1503.**

Co-branded with the AMA Alliance and PMSA, these materials include a **tri-fold brochure, two sided postcard and a moving DVD**, as well as a **free downloadable white paper**. (https://amaa.memberclicks.net/assets/docs/amaa%20opioid%20white%20paper_final_1.17.17.pdf). The video may be viewed **HERE**. (https://www.youtube.com/watch?v=ZmNB_qzIJIE).

These materials are available to county alliances in Pennsylvania at no cost as benefit of membership in the state Alliance.

AMA Alliance Annual Meeting (continued from Page 1)

In my breakout group there was a request to bring back the Leadership workshops we used to have for county Presidents and Presidents-Elect. It was explained that the Regional meetings are now the venues for that kind of training and networking. No one county or state has the perfect solution for getting and keeping new members. One speaker asked if we were ready to embrace or if we fear the changes we need to make to our organization. He explained that your brand matters to give you that emotional connection we should feel to our organization. It is also very important to offer benefits for their membership.

On Sunday morning our very first speaker addressed the increase of Job Burnout. It seems the working environment is becoming increasing toxic with work overload, lack of job control and others too numerous to list. Job Burnout has lead to a staggering number of suicides among physicians young and old. He addressed how families can help their physician partners with burnout. It was suggested we could go to the legislators and make them aware the this problem since they are the ones who make these rules and laws.

On Tuesday we saw the presidential gavel go from Rosemary Xavier (2016-2017) to Kimberly Moser of Kentucky (2017-2018), who was elected to the State of Kentucky House of Representatives this past November. Alliance leadership is very impressive!



PMSA President Kathleen Hall visits the Berks County Medical Society Alliance

Find Us On FACEBOOK and CONNECT!

If your Facebook page isn't on this list, send it to alliance@pamedsoc.org

Pennsylvania Medical Society Alliance

<https://www.facebook.com/Pennsylvania-Medical-Society-Alliance-181967453022/?fref=ts>

Adams County Medical Society Alliance

<https://www.facebook.com/adamscountyalliance>

Berks County Medical Society Alliance

<https://www.facebook.com/berkscountymedicalsocietyalliance/>

Dauphin County Medical Society Alliance (DCMSA)

<https://www.facebook.com/DauphinCountyMedicalSocietyAlliance>

Lawrence County Auxiliary - <https://www.facebook.com/LCMSAux/>

Northampton County Medical Society Alliance

<https://www.facebook.com/Northampton-County-Medical-Society-Alliance-206077030539/>

Southeast PA Physician Families - <https://www.facebook.com/groups/587415901357961/>

Susquehanna Physician Families - <https://www.facebook.com/groups/1526052854306612/>

AMA Alliance - <https://www.facebook.com/AMAAlliance>

Physician Family - <https://www.facebook.com/PhysicianFamilyMedia>

There are also several non-Alliance Facebook Groups for physician families in PA; search Facebook for links. **These pages are a great place to connect with and support potential new members:** Erie Medical Wives (LECOM-ST Vincent Millcreek Hamot etc), Geisinger Residents and Fellows Auxiliary, Pittsburgh DW's, Resident Spouse Association of Philadelphia, Side by Side Philadelphia, Side by Side York PA. **Please send other PA physician family Facebook pages to alliance@pamedsoc.org!**



LIFELINE Fall 2017

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HELPING HANDS



Pennsylvania Medical Society ALLIANCE

2017 ANNUAL MEETING

October 14-15, Hershey Lodge, Hershey, PA

Get a massage! Shop!
Help medical students!

at the

ALLIANCE Boutique & Spa

Friday, Oct 13-Noon to 5 Saturday Oct 14-9 to 5 Sunday Oct 15-9 to Noon

Cocoa Suite 5, Hershey Lodge - Across from The Bear's Den Restaurant

PMSA, PAMED, HOD and Public Welcome!

Additional vendors may participate. All vendors may not participate all days.



The Lehigh Valley's premiere spa, **European Body Concepts**, brings its signature spa secrets to Hershey! Take a break from your busy schedule to enjoy a 15-minute chair or table massage for only \$20! Book your 15 minute retreat in Cocoa 5. Then.....just relax.....

<https://www.ebcspa.com>



Designer items at affordable prices. Hello Gorgeous Consignment Boutique is an upscale consignment outlet for women's and children's clothing, jewelry, home decor, gifts, handbags, purses and accessories. Whether you're looking to buy or sell, our friendly staff is extremely knowledgeable and will be able to assist you in the process.

<http://www.hellogorgeousshopping.com>



Wendy Heiges Designs:
Handcrafted jewelry to adorn your body. Genuine, quality stones and metals comprise our unique treasures: Quartz, pearl, agate, copper, onyx, crystal, beads, sterling and Tibetan silver, and more. Each piece is original, classic, timeless, one of a kind, art.

<http://www.wendyheiges.com>



A portion of vendor proceeds benefits the Alliance Medical Education Scholarship (AMES) Fund!

Spring Educational Meeting at National Civil War Museum



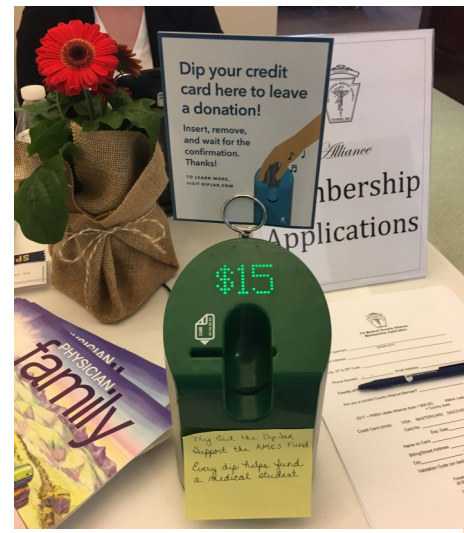
National Civil War Museum, Harrisburg. Magnificent venue!



AMES Fund meeting prior to the event—selecting winners!



Staff members Robbi Cook and Lauren Newmaster are all ready for our spring meeting attendees to arrive!



DIPJAR—an easy and exciting new way to raise \$\$ for the AMES Fund. Look for it at the Annual Meeting, too!



Excellent presentation by Dr. Donald Koonen:
"Well behaved women rarely make history!"
But we already knew that, didn't we?



Lively discussions about membership, county activities, AMAA's opioid abuse initiative and marketing our Alliance!



Our County Alliances are **SO COOL**



Lawrence County Medical Society Auxiliary—supporting children with funds from their nut sale!



Berks County's long running and popular speaker series—this year, focused on adolescent and teen stress and anxiety. They always have a GREAT turnout of education and community leaders.



Northampton County Alliance Spring Luncheon, at which they presented checks to numerous county programs and charities which support community health and welfare with funds raised during Casino Night!



The Franklin County Alliance hosted the Franklin County Heroin Overdose Task Force to learn about how to make the residents of Franklin and Fulton counties safer. Several members from other counties made the trip to get educated.



Guests and models, all looking GOOD at the Dauphin County Alliance's FABULOUS Spring Fashion show, which raises funds to support area programs and charities!

Dauphin County is also hosting the 5th district luncheon this year on Tuesday, November 14, 2017 at 11:30 a.m. at the West Shore Country Club in Camp Hill, PA. The cost per person is \$30.00 and includes soup, a hot chicken entrée and yummy dessert.

For more information, email dcmsalliance@gmail.com.



What's Up in YOUR County?

We love to share your county Alliance's health awareness projects, fundraising, legislative, social and family support activities in **LIFELINE** and on social media! Brag about what your group is doing; don't forget PICTURES: alliance@pamedsoc.org