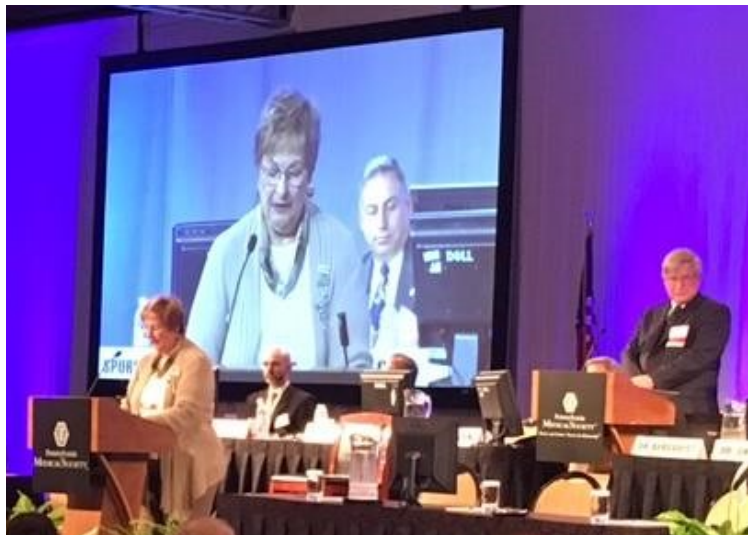


PMSA's LIFELINE



THE NEWSLETTER OF THE PENNSYLVANIA MEDICAL SOCIETY ALLIANCE

Spring 2018



PMSA President Kathleen Hall addresses PAMED House of Delegates during the 2017 Annual Meeting in Hershey, PA

Pennsylvania Medical Society Alliance 2017 Annual Meeting: "Helping Hands"

The Pennsylvania Medical Society Alliance's Annual Meeting in October, focused on "Helping Hands," reflected change, growth and keeping with the times. PMSA's meeting was relocated from the longtime Alliance meeting location in the Trinidad Room to a more intimate space in the Cocoa Suites area of the Hotel. Members commented that the new location was "closer to the action" and allowed better access to the main lobby, restrooms, and restaurants.

Another departure from previous meetings was that the AMES Fund Scholarships were distributed as part of PAMED's House of Delegates on Saturday morning, shortly after PMSA President Kathleen Hall addressed PAMED's HOD. To show support for both Kathleen and the presentation of the scholarships, the Alliance meeting was temporarily adjourned in order to allow Alliance members to be on hand in the HOD for both events, which attendees enjoyed immensely.

AMA Alliance Director Mary Beth Ellison installed a new board for 2017-18. Our keynote speaker Wendy Loranzo, founder of the Elizabeth Loranzo ICare Foundation, focused on the opioid epidemic which took the life of her daughter Elizabeth. PMSA provided Wendy with hundreds of AMA Alliance-created opioid materials to distribute as she works to prevent the loss of other lives due to opioid abuse. PMSA members also heard from several officials from PAMED about legislative issues, particularly prior authorization.

(Additional pictures on Page 3)

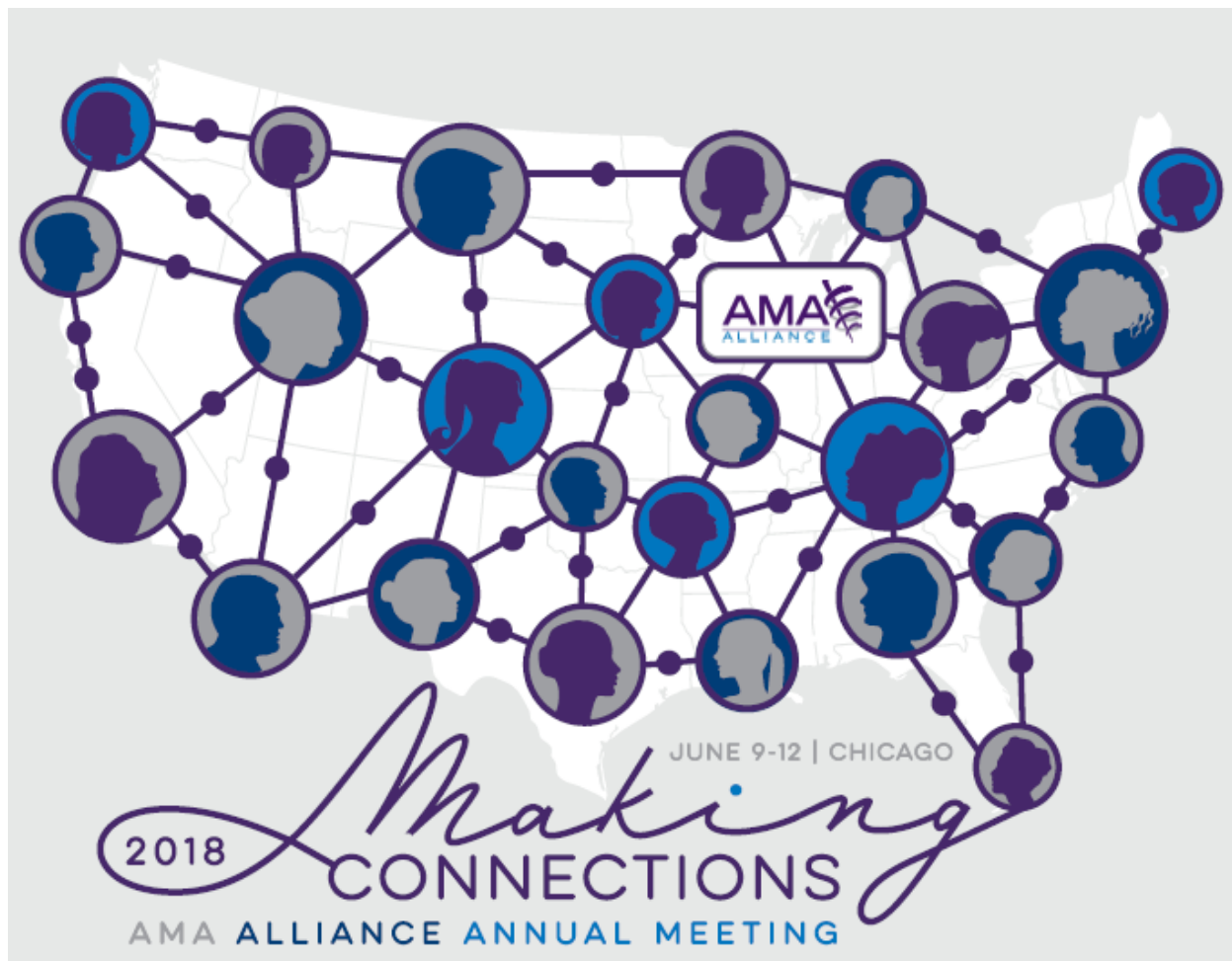
PMSA's Spring Meeting in Bethlehem, PA has been POSTPONED until April 2019.

PMSA's 2018 ANNUAL MEETING is Oct. 26-27!

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Don't Miss
the AMA Alliance
Annual Meeting!

REGISTRATION
4/18—5/10
\$395



2017 Election Committee

Details at
www.amaalliance.org

Reasons to Attend:

- Friendship
- Networking
- Interactive sessions for County, State and National leaders and Alliance members



2017 Presidential Aides



2017-18 Board of Directors

2017 Annual Meeting—Celebrating the Helping Hands that Help Others



AMAA Director Mary Beth Ellison conducts a bread installation featuring flour and yeast to symbolize working together, with Matt Balazik, Kathleen Hall, Donna Rovito, Caryl Schmitz, Kathie Calandra, Anna Kosenko, and Jean Greco. Donna Rovito and Caryl Schmitz, PMSA Co-Presidents, mix the bread in the final step of the process.



AMES Chair Caryl Schmitz awarding scholarships to medical students at the PAMED House of Delegates. Since 2003, AMES has awarded \$344,500 to 141 recipients. This year, the AMES committee will review 31 applications.

Keynote speaker Wendy Loranzo, founder of the Elizabeth Loranzo I Care Foundation, both saddened and inspired us with the work she's done to prevent other parents from losing children to the opioid epidemic.



5th District Luncheon: Caryl Schmitz, Holly Mackley and Donna Rovito; Past PMSA Presidents Doris Grandon and Laretta Jordan (RIP)



New Look, New Website Coming Soon!

PMSA's board and staff are working with PAMED to create a new, stand alone website for PMSA which will feature exciting new graphics and many more resources. The new website will provide a more eye-catching and more informative landing platform for prospective members, while hosting features like online dues payment, event registration, publications and more. A user-friendly design template has been selected and the board will discuss additional features at a spring board meeting in Harrisburg.

Pennsylvania Medical Society Alliance and AMAA Partner to Reduce Opioid Misuse



Through funding made available from PMSA's Emergency Assistance Fund, opioid misuse materials created by the AMA Alliance will be made available **at no cost** to County Alliances for distribution in their local areas. 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_qzJIE).

Materials will be available at the Spring Meeting in Bethlehem April 24-25 or through the PMSA office by emailing alliance@pamedsoc.org or calling (717) 558-7750, ext. 1503.

These materials are available to county alliances FREE as a benefit of membership in the PAMED Alliance.

3 Ways Medical Couples Must Think Differently About Time

By Sarah Epstein

(Editor's Note: This article was originally published in the Winter 2018 Medical Marriage issue of Physician Family Magazine.)

Over the last seven years, my husband and I have walked the path of medical training. We began dating while he was studying for the MCAT, navigated the ups and downs of medical school and are now halfway through his emergency medicine residency.

During his third year of medical school, I began writing my book *Love in the time of medical school*, which combined research, interviews and personal experience to reflect on the challenges of dating someone who is endeavoring to become a physician. Along the way, here are three strategies I learned about the ways that medical couples must think about and use time to their advantage.

Renegotiate Time

One ingredient of successful medical couples is time and expectation renegotiation. Successful medical couples become communication ninjas who consistently negotiate each person's responsibility for staying in touch, making time for the relationship and checking in. When one or both of you faces an especially busy stretch, discuss how you are going to keep in touch and be affectionate, even when you may not see one another much. Renegotiation requires couples to approach communication with a level of intentionality beyond what other couples adopt. It requires making a conscious decision to notice the way medicine's shifting expectations impact the relationship, deciding that it is important enough to discuss and following through with shifted responsibilities when a new schedule emerges.

Flip the Script

During medical training, we learn to accommodate difficult training periods - be it the study time before Step 1 or an insane residency rotation. While having one's own life is important, it is also important to make sure that the result is not the two of you living parallel lives.

So how do you balance the reality of building your own life and goals with staying connected to your partner's medical training? Flip the script. This strategy involves aligning your goals and schedule with your partner's goals and schedule to create a framework in which you work towards your goals in tandem. Are you working on a project for work or have a new idea or hobby that you want to pursue? Talk to your partner about that goal and fit it into the time slot of one of those rotations or blocks. This makes medical training something you use rather than something that uses you.

As adults, we lose the authority figures that push us to sign up for something new and no longer have the built-in deadlines of tests, recitals and games to push us to improve at a certain pace. Motivating one's self to reach a goal without external pressure can be difficult. So. Your partner has an exam next month that he or she needs to study for? Set the exam date as your own goal for completing a project phase or project. Tell your partner this goal and then after the exam, you can celebrate your accomplishments together.

I used this strategy when my husband was in his fourth year of medical school. He did back to back rotations out of state that took up most of his time. That summer, a few months before my wedding, I decided to do a round of Insanity Workouts. The program was 60

days - about the length of his two rotations. I knew I wanted to do this anyway, but I lacked the motivation to begin. I used his rotations as a hard deadline. He kept up to date on my progress, I kept up on his, and we both ended the summer feeling accomplished.

Don't Postpone Life

Medical couples are experts at delaying gratification, putting off vacations, dinner plans and important relationship conversations. Glen Gabbard and Roy Menninger, authors of *Medical Marriage*, call this common psychological trend among couples including at least one physician "the psychology of postponement." In *The Medical Marriage*, Sotile and Sotile say this happens when a medical couple "grow accustomed to living a life of waiting. They pin their hopes of eventually getting around to enjoying their life and relationship upon the completion of the current quest." This mindset makes some sense. Medicine requires couples to adjust expectations - vacations adhere to a training schedule and sometimes difficult conversations must wait until after a busy rotation. It can be healthy to remember that medical training is temporary and to stay cognizant of short-term sacrifices in favor of long-term satisfaction.

For many medical couples, postponement arises out of a feeling of loving support for the training doctor. A partner may postpone a difficult conversation because it never felt as urgent or important as the next test. In these cases, the partner takes on the burden of an issue to protect and support the physician partner.

Very quickly, however, postponement can become a crutch that allows each partner and the couple together to avoid uncomfortable conversations, leading to unresolved issues. If adopted as a way of life, Sotile and Sotile note that postponement "allows people who are unhappy in their relationship to continue avoiding the anxiety that comes with trying to maintain closeness. They put off dealing with problems. They're always 'waiting until...'" In this way, a healthy attitude of delayed gratification becomes an avoidance mechanism that drives a wedge between couples." Altruistic motives cannot protect medical couples from the erosion of affection that occurs by ignoring unresolved issues.

On a practical level, postponement is impractical. After medical school, residents take on additional responsibilities and after that, many physicians work long hours. Instead of waiting for the day their schedule eases up, medical couples must embrace the medical lifestyle and build a life within it. Otherwise, they risk waking up in 10 years and realizing all the experiences they never explored and all the conversations left unspoken.

Harnessing the principles outlined in renegotiation, flipping the script and avoiding postponement, medical couples can maintain both individual and relationship health goals during medical training.

Sarah Epstein is the #1 Amazon bestselling author of *Love in the time of medical school: Build a happy, healthy relationship with a medical student*. She is finishing her master's degree in Marriage and Family Therapy and working at The Council for Relationships in Philadelphia. She writes about medical relationships on her website www.Sarah-Epstein.com. Her book may be purchased on Amazon or at the PMSA Annual Meeting in Hershey Oct. 26-27.





Our County Alliances are **SO COOL**



Once again, the **Northampton County Medical Society Alliance's** Casino Night was the best ticket in town for a fabulous night of fun, fellowship and fundraising! Ticket sales, sponsorships and a raffle with exciting prizes raise funds to benefit Northampton County organizations through the group's [Health, Education, Literacy Programs \(HELP\) Fund](#). Since 2010, the HELP fund has donated over \$70,000 to worthy organizations

Berks County Medical Society Alliance Annual Health Project

Disconnecting to Connect:
Addressing Anxiety and Other Mental Health Concerns of the iGeneration

2018

Renowned Panel of Speakers includes:
Dr. Johanna Kelly - Reading Pediatrics Pediatrician
Dr. Douglas Berne - Child and Adolescent Psychiatrist
Sheila Bressler, LSW - CASSP Coordinator, MH/DD Program
Joni Stani M. Ed - Assistant Professor, Mt. Ida College, Program coordinator - Media Communications, Creator "Calling Your Soul" and No App for Life, LLC

Date: Thursday, April 5, 2018
Time: 8:30am-2:00pm (Registration: 8:30-8:55)
Program Cost: \$45 (lunch included)
Location: Inn at Reading Wyomissing, PA
Register: berkscms.org/alliance

For more information, please contact Kathryn Marr at berkshealthproject@gmail.com or our website at www.berkscms.org

SOLD OUT!
Way to go, BCMSA!

5 Act 48 Hours awarded to eligible professionals: Pending approval for PA State Nursing Association
Pending CE credit approval from the PA State Board of Social Workers, Marriage and Family Therapists and Professional Counselors.





Kudos to the **Berks County Medical Society Alliance** for another successful health lecture and for collecting winter clothing and backpacks to New Journey Community Outreach (soup kitchen, free clothing, and more to low-income and homeless in Reading), as well as toiletries & more for F.R.E.E. (Freedom and Restoration for Everyone Enslaved), whose mission is "to raise awareness, advocate for the enslaved, and shine light in the darkness in an effort to end human trafficking" in Berks County.

What's Up in YOUR County?

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

Despite Winter Weather, DCMSA's "Spring Into Fashion" a Big Hit Again this Year Food, Fashion and Fun Once Again Unbeatable Combination

*Dauphin County Medical Society Alliance
Cordially Invites All
"Fashionistas"*



*to the
15th Annual
"Spring Into Fashion"
Show & Luncheon*

Featured Stylings:

*Changes Salon, Hello Gorgeous, Mountz Jewelers,
Presence, Simply J, White House Black Market*

The 15th annual 2018 **Dauphin County Medical Society Alliance** "Spring into Fashion" Luncheon and Fashion show was held on Tuesday, March 20, 2018 at the West Shore Country Club in Camp Hill, PA.

All proceeds from the annual fundraiser go to support DCMSA's mission. The DCMSA is organized exclusively for charitable and educational purposes. To further these objectives, our members are involved in improving community health, supporting medical education, engaging in charitable activities and contributing to charitable organizations on behalf of the medical profession.

By Holly Mackley

Save the Date:

AMA Alliance 2018 Northeast Regional Meeting Oct. 18-20 near Historic Boston!
Hosted by the MA Medical Society Alliance

For more information, contact:

Jill Cricones, MMS Alliance Executive

Email: jcricones@mms.org

Tel: 1-800-322-2303 ext. 7372



Waiting for the fashions to arrive at DCMSA's annual "Spring Into Fashion" event.

PMSA LIFELINE Spring 2018

Editor: Donna Baver Rovito (donnabaverrovito@aol.com)

Editorial Board: Caryl Schmitz, Karen Daughtry,

Matt Balazik, Robbi Cook (rcook@pamedsoc.org)



The **Lawrence County Auxiliary's** annual nut sale took place in the UPMC Jameson Hospital lobby on December 5th. Pictured L to R are Jhywa Teh, Aleksandra Magda, Theresa Kaul, Pam Stoner and Michelle Zimmer in New Castle, Pennsylvania. The Auxiliary has been making holiday nuts to support local not-for-profit organizations for over 30 years!

Find Us On FACEBOOK & 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 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 links to other PA physician family Facebook pages to alliance@pamedsoc.org**

