

# LIFELINE



The Newsletter of the Pennsylvania Medical Society Alliance—Late Fall 2015

## President's Message

Hello Alliance Friends!

I write this as I am preparing to travel to Lancaster to meet with our PMSA board for two days of planning and brainstorming. We are looking forward to a year full of Alliance energy and fun!

We really enjoyed our time together at the Annual Meeting in Hershey a few weeks ago. I was so honored to have our national AMAA president there to perform my installation as president! I am always so happy to be surrounded by my dear state Alliance friends. Our AMES scholarship silent auction fundraiser was a group effort this year with all the Annual Meeting attendees getting in on the fun of set up. We enjoyed a good profit for the AMES fund scholarships for 2016.

Our **Health Projects** committee is working on a new health initiative that will address the *Opioid Crisis* in our state and country. We are excited to have programming about this issue at the spring NorthEast Regional AMAA meeting, hosted by our own PMSA. When the AMAA approached us with the opportunity to be the hosting state, we were honored and shocked. So we got ourselves to **The Gettysburg Hotel** and made a reservation block for **April 15-17, 2016**. The programming plans are coming together and I really am excited to showcase our fabulous Pennsylvania Alliance to our region and to the AMAA. Please put the dates on your calendar and plan to come for the entire weekend. Many spouses are planning to attend so make it a family affair. We will have more information coming your way in the months ahead.

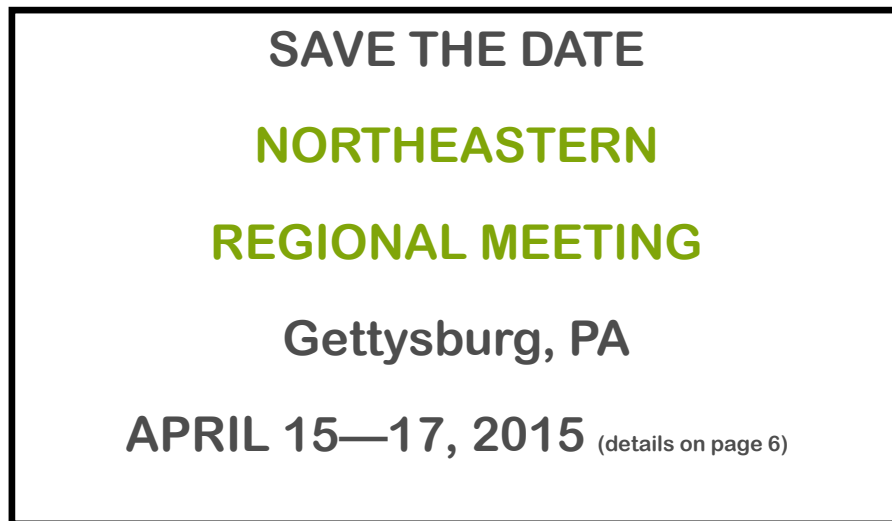
Our Pennsylvania Alliance continues to do important work for our communities, but I also know how important we are as a group of physician spouses who support each other in this medical marriage life. What makes us special and unique as a group is WHO we are. Sometimes we all need someone who just “gets” what unique challenges we face in this role as physician partner. I ALWAYS want to remember that my **ALLIANCE** friends “get” me and I am NOT alone!!

Thanks Friends,

Caryl Schmitz, President  
2015-2016

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## **PMSA Emergency Assistance Fund Update**

The PMSA Emergency Assistance Fund was created by the Pennsylvania Medical Society Alliance at a post board meeting in October of 1989, in Pittsburgh, Pennsylvania. At that time there was a call for assistance for victims of Hurricane Hugo, which destroyed many parts of South Carolina in the fall of that year. In the same timeline, San Francisco suffered a devastating earthquake. The first two grants were sent to these states. The money from this fund helps physician practices to rebuild and replenish medical supplies, as well as food, water and shelter in disaster areas. The money is typically sent to the County Alliances in those locations.

In order to qualify for funds, an occurrence must be declared a federal disaster. **Since 1989, our State Alliance has made 77 donations to 31 State Alliances across the country, totaling \$51,700.** Eight of those awards went to Pennsylvania counties. As of November 12, 2015, there was a balance of \$8,042.18 in the account.

Alliance President, Caryl Schmitz, is initiating an online fundraising project with **Silpada Jewelry**. All proceeds from this online sale will go directly into the Emergency Assistance Fund. The fundraiser will run from **November 13 through December 11 at 11:00 p.m.** To view the beautiful jewelry available through Silpada and to place an order, please go to <http://sild.es/11u9>. Essie Petrovich, our Silpada consultant, will donate 25% of all proceeds from this sale to the Emergency Assistance Fund. The holiday season is here and this is a great opportunity to purchase your gifts and support your Alliance Emergency Assistance Fund. Share the link with your family and friends.

If a County Alliance would like to make a donation, please make checks payable to: The Foundation of PAMED, with *Emergency Assistance Fund* written on the memo line. Since the Alliance is a 501(c)3, all donations are tax deductible.

Sincere thanks go to Arlene Oyler, our Philanthropy Chairperson, for researching the past history and current balance information of the PMSA Emergency Assistance Fund.

# County Highlights

## **Adams County Medical Society Alliance**

In order to support community health initiatives throughout our county both now and in the future, in 2012 the Adams County Medical Society Alliance established the Adams County Medical Society/Alliance Fund under the umbrella of the Adams County Community Foundation.

To help build our fund balance, in 2014 we held a well-attended wine-tasting fundraiser that was so popular, we knew we had to plan similar events in the future—so this year we held a fun and educational Oktoberfest beer-tasting event in the home of one of our members.

We invited a physician-spouse and a local physical therapist, both home brewers, to lead the evening's tasting. These beer enthusiasts chose and generously provided the beer for the event. They offered brewing and tasting notes for each of the beers we sampled—everything from lager to pumpkin beer to coffee stout. We accompanied each tasting sample with an appetizer we chose to complement the flavors of that beer—all appetizers were donated by our members.

The event was well-attended, and we raised more than \$1,000 for our fund! But perhaps most importantly, we enjoyed getting to know members of the county's medical community, some of whom were new to town, while building excitement about our fund and our county organization. We're already planning future tasting events such as a bourbon tasting and/or a chocolate tasting!

**Submitted by Caryl Schmitz**

## **Dauphin County Medical Society Alliance**

This year DCMSA celebrates its 90th year, and over the past spring and summer we had many activities and programs to support our mission to improve health, support medical education, and engage in charitable activities on behalf of

the medical profession. I have highlighted some of our important initiatives.

### **Annual Fashion Show**

How do we convey how thrilled we were with the "Spring into Fashion 2015"? The beauty of the day was outshone by the inner beauty of our members and guests who never fail to support this event. The day was filled with wonderful conversation and a great success as our largest fundraiser for the year.

### **Grant Allocations**

Each spring we select community organizations to be recipients of our grant allocations. The winners for 2015 were recognized at the 2015 Fashion Show: AMES Fund, Beacon Clinic, Channels, Community Check-up Center, Downtown Daily Bread, Penn State LionCare, Lower Dauphin Communities that Care, Mental Wellness Awareness Assoc., Paxton Ministries and Vision Resources.

Not only are these organizations doing great things for our community, they showed their humor and spirit by taking a stroll down the fashion runway before receiving their checks. Bravo!

### **Hands Are Not for Hitting**

Each May we hold a graduation for our 1st grade students from Foose Elementary who participate in our "Hands Are Not for Hitting" program. Our five dedicated volunteers do a great job all year long in providing classroom programs and hands on activities that make a huge difference in these children's lives.

### **Community Outreach**

Our community outreach committee is always busy providing items needed by underserved populations in our community. In early May, single bed sheet sets and over the counter medications were purchased for the Women's Shelter at the Bethesda Mission. Later in May, personal care articles for the Penn National Racetrack Medical Clinic were distributed. Our members save hotel size shampoo and lotion, etc...throughout the year for us to donate to non-profits in need.

(DCMSA news continued)

### **Fourth Grade Science Awards**

In honor of Doctor's Day 2015, we recognized 60 students from 17 elementary schools for aptitude in science. The DCMSA presented each student with a certificate, caduceus pin and an authentic scrub shirt that had the DCMSA logo printed on it!

### **Eighth Grade Science Symposium**

The 8<sup>th</sup> grade science symposium, in recognition of Doctor's Day 2015, was held at Penn State Hershey Medical Center and was a tremendous success! We hosted 140 students participating from 7 schools from Cumberland and Dauphin Counties. Each student was provided with a healthy bag of snacks, marbled certificate, caduceus lapel pin, and stress balls that were utilized during hands only CPR training. A few lucky students won scrub shirts during the interactive games.

Please contact Holly Mackley at [dcmsalliance@gmail.com](mailto:dcmsalliance@gmail.com) if you would like more information regarding these events.

**Submitted by Judy Dillon, President**

## **Exciting News from the Medical Society**

One of our very own members and her family will be featured in a new project of the PA Medical Society.

In September 2015, the PA Medical Society announced the debut of their new *Pennsylvania Physician Podcast*. The first three in the series will cover the topic of work/life balance and include interviews with member physicians and their families. The first two that are available

now - <http://www.pamedsoc.org/MainMenuCategories/Education/Work-Life-Balance.html> - feature the Clarks from Erie (both Dr. Chris Clark and his wife Dr. Caitlin Clark are physicians) and the Vasudevans from Philadelphia (Dr. Vasudevan's wife is an attorney), and the next one will feature the **Richards family** from Chambersburg (we interviewed Dr. Robert Richards Sr. and Jr., Cindy Richards, and their daughter, Karli Richards who is a podiatrist).

You can listen to these podcasts on your smartphone or at [www.pamedsoc.org/lifeofmedicine](http://www.pamedsoc.org/lifeofmedicine). For iPhones and iPads, download the Podcasts app free from the App Store. In the app, search for Pennsylvania Physician Podcast and then hit subscribe. For Android devices, try the Podcast Addict app from Google Play. In the app, search for Pennsylvania Physician Podcast and then click subscribe.

The *Pennsylvania Physician Podcast* will cover many relevant topics, such as the latest news impacting Pennsylvania physicians. If you have suggestions for future topics, please let us know. We're also telling members via the *Daily Dose* story and the story in *PAMED News* (the September/October issue – which you'll have the PDF soon) to email us at [stat@pamedsoc.org](mailto:stat@pamedsoc.org) with their suggestions.

#### **INFORMATION UPDATES**

Have you moved recently? Do you have a new email address? Have your county officers changed?

Please notify the Alliance office about changes to your personal or county information. You can simply call the office or send us an email. If you received this newsletter in the mail, we do not have an email address on file for you.

[alliance@pamedsoc.org](mailto:alliance@pamedsoc.org)  
1-800-228-7823, x 1503

## Lawrence County Medical Society Auxiliary

### Fundraiser of the Year Award



Theresa Kaul, Pamela Stoner (both of LCMSA) receive award check from Anna Kosenko and Caryl Schmitz.

The Lawrence County Medical Society Auxiliary (LCMSA) was awarded the *Fundraiser of the Year Award* by the Pennsylvania Medical Society Alliance for their annual pecan and nut sale. Every fall, the group dons their aprons and gloves to sugar and spice fresh pecans harvested from Georgia. Once they are baked, they are cooled and packed into festive topped jars and sold to the public in the lobby of Jame-son Hospital along with bags of whole pecans, cashews, walnuts and almonds both whole and slivered. The nut sale is publicized in the local paper and always gets a great response from the community.

Their fundraiser has been successful for over 40 years with the proceeds benefitting community service providers such as, the Children's Advocacy Nurse-Family Partnership of Lawrence County.

A check in the amount of \$300 was presented to current LCMSA President, Theresa Kaul and Pamela Stoner, Second Vice-President of LCMSA at the state Annual Business Meeting on October 25, 2015. "It was a great honor" stated Kaul "there's a long legacy to this fundraiser and knowing you are doing something positive for your community and at the same time giving a great quality product that people enjoy and look forward to is a great feeling."

## AMAA Northeast Regional Meeting in Gettysburg, PA

The PMSA is pleased to host the American Medical Association Alliance's Northeast Regional Meeting from April 15-17. We will proudly showcase one of our state's treasures, historic Gettysburg, an exquisite gem of a town located in one of the most beautiful regions of Pennsylvania. Alliance members and their families from throughout the nation are invited to attend.

Gettysburg offers extensive battlefields and museums for the Civil War buff or amateur historian. Its enthralling natural beauty and enchanting cobblestone streets are bordered by eclectic shops and restaurants.

The recently renovated Gettysburg Hotel (Est. 1797) in the heart of Gettysburg's historic district, will be home for the weekend-long event. The meeting will feature educational seminars and exceptional speakers as well as tours and activities in other exciting locations of Gettysburg. There will be more than enough to keep Alliance members and their families engaged and entertained!

Snacks and sparkling wine at a local boutique will kick off the festivities Friday evening, followed by dinner at one of Gettysburg's excellent restaurants. Attendees will have an opportunity to experience Gettysburg's charming historic district before returning "home" to your elegantly appointed room in the Gettysburg Hotel.

Saturday and Sunday mornings are reserved for an impressive lineup of speakers who will educate and inform attendees on a variety of topics. Topics will include physician family wellness, opioid addiction and the state and national efforts to reduce this growing health problem. We will also hear about federal legislation impacting health care and how the AMA Alliance is providing resources to meet the needs of physician families throughout the nation. Just for fun there will be a session on how to make ice cream by a professional ice cream maker – with samples!

Saturday afternoon will feature a guided battlefield tour. Following the tour, a retired Army Colonel who teaches at the U.S. Army War College in Carlisle will share his expertise

on military leadership (and leadership in general) during a pre-dinner social at the hotel.

Sunday afternoon will offer time for you to tour Gettysburg's many other attractions on your own before heading home. We will offer numerous ideas with preregistration information to help you make your own plans.

Fundraising activities include an exciting raffle featuring handbags of all shapes and sizes filled with a fun selection of items with different themes! You'll be able to select the bags you'd like to win beginning early Saturday; winners will be announced mid-morning on Sunday. Proceeds will benefit the Pennsylvania Medical Society Alliance's Medical Education Scholarship (AMES) Fund and The Emergency Assistance Fund.

Registration details are still being finalized and will be sent to our members. Watch for Alliance email updates in the coming weeks.

Hotel reservations may be made directly with the Gettysburg Hotel by calling 1-866-378-1797 – make sure to identify yourself as part of the Pennsylvania Medical Society Alliance group to obtain the special rate of \$149 a night (plus state and local taxes of 11%). Reservations are available now through March 4, 2016. More hotel information is available here: <http://www.hotelgettysburg.com>.

**By Donna Baver Rovito**

