



# The Pennsylvania Medical Society Alliance SPRING NETWORKING & EDUCATIONAL EVENT

April 25, 2017  
HARRISBURG, PA

THE NATIONAL  
CIVIL WAR  
MUSEUM

## LIFELINE

THE NEWSLETTER OF THE PENNSYLVANIA MEDICAL SOCIETY ALLIANCE

Spring 2017

### Getting to Know our President—Kathleen Hall

Born in Harrisburg Hospital, I was raised in New Cumberland and worked two years at the Pennsylvania Aeronautical Commission after high school. In 1965 I married a third-year medical student at Thomas Jefferson and moved to Philadelphia not knowing a soul. I



worked in the cancer clinics at Jefferson and attended meetings of the student and resident wives group. Our son Rob arrived during my husband's junior year.

Bob did his internship at Polyclinic Hospital in Harrisburg where I joined the Dauphin County Auxiliary Interns and Residents' Wives Group. The next three years found us in the Navy in Hawaii on Oahu, where our little *wahine* Jennifer was born, the only time I didn't belong to a wives group. After discharge we came back to Polyclinic for a three-year Radiology residency and I rejoined the Dauphin County Auxiliary.

(Continued on page 5)

### SAVE THE DATE!

for the

**Pennsylvania Medical  
Society Alliance  
Spring  
Networking &  
Educational  
Event**

National Civil War  
Museum,  
Harrisburg, PA  
**April 25, 2017**

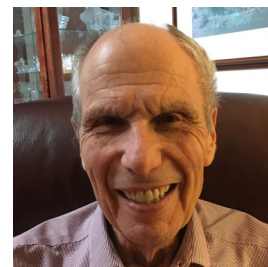
### Spring Networking and Educational Event "Well Behaved Women Rarely Change History" (RIGHT?)



Last April's PMSA spring meeting was combined with the AMA Alliance's Northeast Regional Meeting. The Epic Event in historic Gettysburg was a huge hit. This year, we've decided to combine everyone's interest in the Civil War with a look at women who have made their marks on history! Following a delicious luncheon, PMSA will hold its annual business meeting—to which all attendees are welcome, followed by a brief tour of the museum. At 1 p.m., we'll come together again for an exciting presentation from Dr. Donald Koones, who will delight and inform our group with his presentation entitled "Well Behaved Women Rarely Change History." After this informative talk, members may socialize or tour the museum until it closes at 5 p.m.

In the year 2000, a list was published by the History Channel indicating the one hundred (100) most outstanding men and women of the last one thousand (1000) years. Included in the final list was the names of 14 women. Come and hear the names of the selected women and see how they changed history!

Dr. Koones was recently awarded the title of "Emeritus" by Harrisburg Area Community College. He received his undergraduate degree from Bloomsburg University, Masters Degree from The Pennsylvania State University and Doctorate from Temple University.



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The Pennsylvania Medical Society Alliance  
**SPRING NETWORKING  
& EDUCATIONAL EVENT** THE NATIONAL  
CIVIL WAR  
MUSEUM

April 25, 2017  
**HARRISBURG, PA**

**11 a.m.—2 p.m. (Museum remains open until 5 p.m.)**



Please join the  
**Pennsylvania Medical Society Alliance**  
for our

**Spring Networking and  
Educational Event**

**11 a.m.—2 p.m., April 25, 2017**

**(Museum remains open until 5 p.m.)**

**National Civil War Museum**

**Harrisburg, PA**

**Enjoy networking, education and advocacy!**

**Share ideas, food, fun and friendship!**

**Keynote Speech—Dr. Donald Koones**

**“Well-Behaved Women Rarely Make History”**

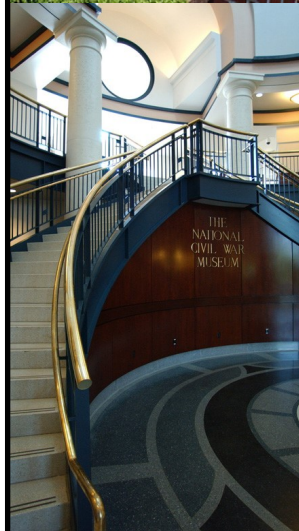
**Registration: \$35**

**(includes lunch and museum admission)**

**Online registration: <http://www.cvent.com/d/r5qm5d>**

**More information [www.pamedsoc.org/alliance](http://www.pamedsoc.org/alliance)**

**Lauren Newmaster: 717-909-2691 [lnewmaster@pamedsoc.org](mailto:lnewmaster@pamedsoc.org)**



THE NATIONAL  
CIVIL WAR  
MUSEUM  
IN ASSOCIATION WITH THE SMITHSONIAN INSTITUTION

1 Lincoln Circle  
at Reservoir Park  
Harrisburg, PA 17103  
[www.nationalcivilwarmuseum.org](http://www.nationalcivilwarmuseum.org)

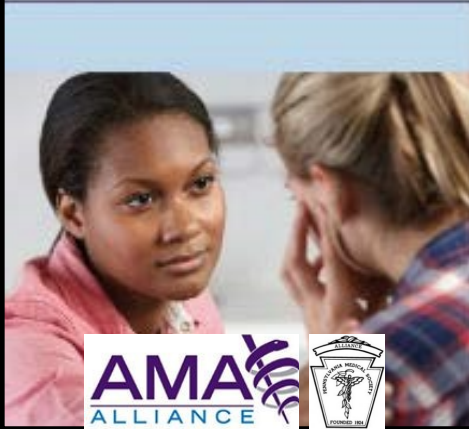
**Harrisburg, PA**

The only museum in  
The United States  
that portrays the  
entire story of the  
American Civil War.  
Equally balanced  
presentations are  
humanistic in nature  
without bias to  
Union or Confederate  
causes.



# 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 epidemic in Pennsylvania, a series of opioid misuse materials created by the AMA Alliance will be made available **at no cost** to County Alliances for distribution in their local areas. Samples of the materials and order forms will be available at the Spring Networking and Educational Event in Harrisburg on April 25 or through the PMSA office by emailing [alliance@pamedsoc.org](mailto: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](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](https://www.youtube.com/watch?v=ZmNB_qzJIE)).

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

## PAMED's Opioids for PAIN Program

Prescription opioid medications serve an effective role in pain management, but growing abuse of these drugs has reached epidemic proportions in Pennsylvania.

To fight back, the Pennsylvania Medical Society Launched a public health program called **Opioids for Pain: Be smart. Be safe. Be sure** that includes **five things physicians should do to combat opioid abuse**.



A Public Health Advocacy Program from the Pennsylvania Medical Society

For more information go to: <https://www.pamedsoc.org/tools-you-can-use/topics/opioids/general/OpioidsForPainInitiative>



PMSA Members Donna Rovito and Caryl Schmitz on AMA Alliance 2017-18 Board Development Committee

## Find Us On FACEBOOK and CONNECT!

If your Facebook page isn't on this list, send it to [alliance@pamedsoc.org](mailto:alliance@pamedsoc.org)

Pennsylvania Medical Society Alliance

<https://www.facebook.com/Pennsylvania-Medical-Society-Alliance-181967453022/?ref=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](mailto:alliance@pamedsoc.org)!**



## LIFELINE Spring 2017

Editor: Donna Baver Rovito  
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Kathleen Hall, Karen Bloeschak,  
Caryl Schmitz, Karen Daughtry,  
Matt Balazik, Robbi Cook ([rcook@pamedsoc.org](mailto:rcook@pamedsoc.org))



# 2016 Annual Meeting Informative, Festive and FUN!

PMSA's 2016 Annual Meeting in Hershey, PA in October was filled with facts and fun, fundraising and fellowship, massage (!) and mentorship, and, most important of all, WINE AND CHOCOLATE!

AMA Alliance President Rosemary Xavier joined PMSA all weekend to share AMAA's new opioid misuse prevention program with us, featuring materials county alliances can distribute in their own communities (think Hands are Not for Hitting) as well as installing new President Kathleen Hall and the 2016-17 PMSA Board. We heard from outgoing President Caryl Schmitz (who we hear knocked their socks off when she spoke at the PAMED House of Delegates).

We installed our new President at a Saturday afternoon luncheon followed by a Wine and Chocolate Pairing. Then we learned about essential oils from our own Association Director Robbi Cook before heading off to set up the AMES Fund auction. SOME of us even found time to visit the all-new Wellness Room for 15 minute massages and/or Reiki prior to the PAMED President's Inaugural Dinner and AMES Fundraiser. We heard from the PAMED Foundation about their Physician Wellness Program, we conducted Alliance business, including electing the Nominating Committee, made bracelets to benefit AMES and headed home happy. The Wellness Room was such a big hit we're going to expand it at this year's annual meeting—so stay tuned for more information!



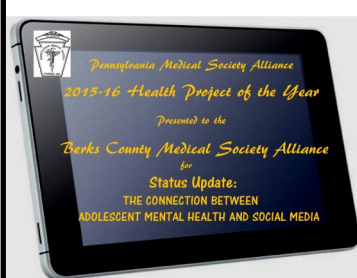
PMSA 2016-17 Board (L to R): Anna Kosenko, Cathie Calandra, Karen Daughtry, PMSA Pres-Elect Karen Bloschichak, AMA Alliance President Rosemary Xavier, PMSA President Kathleen Hall, Matthew Balazik, Theresa Kaul



Part of the AMES Silent Auction at PAMED Inaugural Dinner

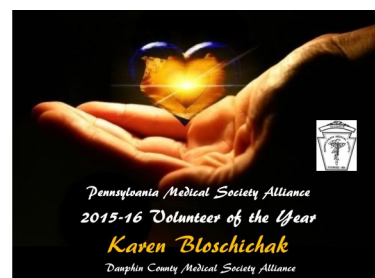


Presenters and winners of 2016 AMES Fund Scholarships



At PMSA's Annual Meeting the Berks County Alliance was given the 2016 Health Project Award for its Seminar/Workshop entitled "Teenagers and Social Media," attended by local teachers and councilors. The award was received by Berks County Alliance President Allison Wilson

Volunteer of the Year was awarded to Dauphin County's Karen Bloschichak, who has worn many hats in Dauphin County and has chaired their main fundraiser, the Spring Fashion Show.





## Some of PMSA President Kathleen Hall's Travels



### 5th District Luncheon

By Allison Wilson

On Tuesday 11/15/16, Berks County hosted the 5th District Luncheon at the Berkshire Country Club in Reading, PA. The luncheon was held in honor of PMSA President Kathleen Hall. Twenty-five members of the district attended, representing York, Dauphin, Adams, Berks and Franklin Counties, with outside 5th District representation from Lehigh County. Each county had an opportunity to share how they have been raising funds for philanthropy and scholarships as well as their events for fellowship and education. President Kathleen Hall addressed the group and relayed the works of counties across the state. Berks County was honored to host the event and enjoyed the fellowship of local county members.

### NUTS in Lawrence County

By Kathleen Hall

I had the pleasure of spending November 14 in Lawrence County with Theresa Kaul, Diane Marcello, Pam Stoner and Beth Acosta in the home of Alexandra Magda. I was there to help make Spiced Pecans, which they sell along with bags of Cashews, Pecans, and Almonds. The Nut Sale funds their Health Project, The Nurse-Family Partnership, an organization of nurses who go into the homes of first time high risk mothers. They are typically young, single, low income, little family support, little education and often have drug and/or alcohol problems. The nurses teach the girls how to care for the baby, follow them for two years and help the girls to get their GED and secure a job. A worthy cause!



### Getting to Know Kathleen *(continued from Page 1)*

When we lived in Hanover for five years, I joined the York County Auxiliary. For the past 36 years, we have lived in Carlisle; now I belong to the Dauphin Alliance. Bob retired from hospital practice in 2001, but we traveled from Maine to Montana and in between doing Locums Tenens. After a few years back at Carlisle Regional Hospital, he retired for good in 2014.

I've held many positions at PMSA, including President once before in 2003-04, and continued to be active. I enjoy visiting County Alliances for meetings and Holiday gatherings. I have also served on various boards in my community. I've enjoyed bowling in leagues, tennis, water skiing, snow skiing, camping, gardening, crafts and needlework, sailing and traveling with a special group of friends.

Bob and I are the proud "Bobbob and Mimi" to two beautiful grandchildren, Morgan and Liam Gray, who live in Colorado. Morgan is 18 (and 6'1"), a freshman at Winfield University, NC, a starter on the girls' soccer team and recipient of a full scholastic and athletic scholarship. She is studying nursing and would like to join the Navy (like her Bobbob!) Liam, who shares a birthday with his grandfather, is 14, few inches shy of his sister, and also a very good soccer player; he's enjoying having his parents to himself for a while. We still love to get away to our wonderful mountain retreat in the mountains of Frisco, CO.

My association with the Pennsylvania Medical Society Alliance has been an important and lasting part of my life. I've grown personally from knowing and working with the wonderful people I've met along the way. We are a caring, dedicated and giving group of volunteers, who through our many projects give back to our communities. I am looking forward to another year as your President.





# Our County Alliances are SO COOL



The BERKS COUNTY MEDICAL SOCIETY ALLIANCE presents:

## 2017 Childhood and Teen Anxiety:

A Look at Possible Causes and How to Intervene at the 'Just Right' Moment

**Date:** April 20, 2017  
**Time:** 8:30 am - 1:00 pm  
 Registration: 8:30-8:45 am  
**Cost:** \$35.00 (Lunch Included)  
**Location:** The Inn at Reading  
**Email:** bcmsahealthproject@gmail.com

**Topics covered:** Various components of anxiety; developmental building blocks in relation to anxiety; interventions and strategies for dealing with anxiety at home and school.

**Speaker:** Maude Le Roux, OTR/L, SIPT, RCTC is an accomplished Occupational Therapist with great affinity for learning and understanding the human brain. For additional speaker information visit [atatolapproach.com](http://atatolapproach.com).

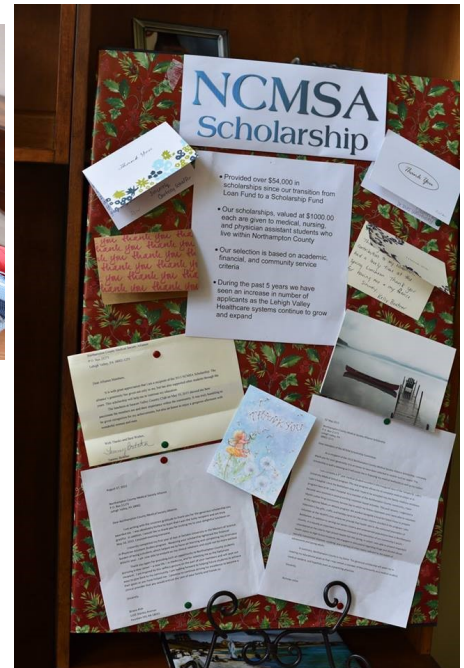
**Register Online by March 30th, 2017**  
[berkscms.org/alliance/annual-health-project](http://berkscms.org/alliance/annual-health-project)

4 Act 48 Hours awarded to eligible professionals. This program has been submitted to the PA State Nurses Association for approval to award contact hours. PA State Nurses Association is accredited as an approver of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

**Berks Annual Health Project**



**Northampton Rehab Hospital Donations**



**Northampton Scholarship Thank You's**



**Dauphin Fashion Show 2016**

Dauphin County Medical Society Alliance  
 Cordially Invites All "Fashionistas"  
 to the 14<sup>th</sup> Annual "Spring Into Fashion" Show & Luncheon

**Featured Stylings:**  
 Changes Salon, Cocoa Couture, Ellen Legro Collection, Hello Gorgeous, Presence, White House Black Market & Mountz Jewelers

Tuesday, April 18, 2017  
 11:00 in the morning  
 West Shore Country Club  
 Guest Host: Alicia Richards  
 RSVP by: April 4, 2017

**Dauphin Fashion Show 2017 Invitation**

More Info: [dcmsa@gmail.com](mailto:dcmsa@gmail.com)

Or go to DCMSA's Facebook Page:

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



**Adams Donates to Homeless Shelter**

## 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](mailto:alliance@pamedsoc.org)



**Lawrence County Nut Fundraiser**