



THE NEWSLETTER OF THE PENNSYLVANIA MEDICAL SOCIETY ALLIANCE

Summer 2016

Message from PMSA 2015-16 President Caryl Schmitz



It's been an exciting spring for me as your Pennsylvania Medical Society Alliance President! We had a very successful spring leadership meeting in Gettysburg this April. It was wonderful to see so many county leaders and hear stories of how our counties are thriving. It was also very exciting to combine this meeting with our Northeast Regional AMA Alliance meeting! Alliance members from all over the country came to our lovely state to share Alliance friendships and experiences. Here I am with AMA Alliance Immediate Past President Julie Newman on the battlefield in #HistoricGettysburg!

We had an amazing morning learning about the opioid crisis in PA and around the country. Dr. Rachel Levine, our Pennsylvania Physician General, did an amazing job explaining how this "perfect storm" has come upon us and also discussing some of the hopeful work that is being done here in Pennsylvania to find ways to alleviate this devastating crisis. (Continued on Page 3)

SAVE THE DATE!

for the

**Pennsylvania Medical
Society Alliance
Annual Meeting
October 23-24, 2016
Hershey Lodge and
Convention Center
Hershey, PA**

Exciting format
changes planned:
think facts, friendship,
food and FUN!
(More info inside!)

AMA Alliance Northeast Regional Meeting an EPIC Event in Gettysburg, PA

By Caryl Schmitz and Donna Rovito

AMA Alliance members, spouses and guests from as far away as California and Oregon came together April 15-17, 2016 for the AMA Alliance Northeast Regional meeting, hosted by our own Pennsylvania Medical Society Alliance in historic Gettysburg—and an EPIC weekend it was!

Friday's festivities began with flavored prosecco and snacks at a local boutique before dinner at the Blue Parrot Bistro, giving everyone a chance to enjoy seeing a bit of downtown Gettysburg, renew old acquaintances and make new friends, all just steps from the magnificent Gettysburg Hotel.

On Saturday morning, we heard from AMA Alliance President Julie Newman about the future of our national Alliance, which has been uniting and empowering physician families since 1922 and connects the nation's largest network of physician families. Then PAMED's federal issues consultant Larry Light shared some "inside baseball" political and legislative insights, including a look at this year's Presidential election.



(Continued on Page 5)

IN THIS ISSUE:

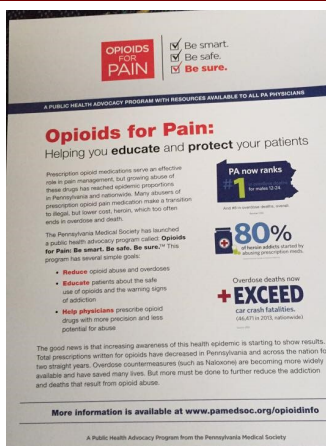
Page 1—President's Message, NE Regional Meeting
Page 2—Opioid Awareness, Annual Meeting
Page 3—President's Message (cont.)
Page 4—Advocacy Update

Page 5—NE Regional Meeting (cont.)
Page 6—Our COOL Counties
Page 7—MORE Counties, Facebook
Page 8—Work/Life Balance, Awards

Physician Families Working Together to Raise Awareness About The Opioid Crisis: PAMED, PMSA, AMA, AMA Alliance and more



PAMED and Alliance leadership, including PMSA President Caryl Schmitz (2nd from left) and PAMED Chair Dr. David Talenti (last), with Rep. Sandra J. Major (third from left) at the PA Capitol during PAMED's Opioid Awareness Day



PAMED Opioid Awareness Information for Physicians
www.pamedsoc.org



PA's Physician General Rachel Levine, M.D. speaking about opioid crisis at the AMA Alliance Northeast Regional Meeting in Gettysburg in April, hosted by PMSA



New AMA Alliance Opioid Awareness Project
Information for the Public
(To be presented to PMSA members at the Annual Meeting Oct. 22-23)

A NEW KIND of Pennsylvania Medical Society Alliance Annual Meeting in Hershey Oct. 22-23: Facts and Fun

Make sure to put October 22-23 on your calendar—that's the word from the recent PMSA Board Mini-Retreat—at which the big topic of conversation was our upcoming Annual Meeting in Hershey, PA!

The format will be shaken up a little to allow for more time to network with Alliance members from throughout the state, learn about the AMA Alliance's extensive new Opioid Abuse Awareness Project (think SAVE and Hands are Not for Hitting) and get tips on how to enhance and improve our own medical marriages.

Installation of PMSA President Kathleen Hall will take place at lunch Saturday, followed by an "educational" event focused on the important question of how best to pair CHOCOLATE with wine! To make it all even more fun, family members of PAMED delegates will be invited to join us!



Of course, we'll be setting up and checking out the AMES Silent Auction (please start thinking about your county's or personal contribution!), attending the PAMED President's Inaugural Dinner, giving out our AMES Fund Scholarships to a group of amazing Pennsylvania medical students and, of course, shopping! There was EVEN talk of expanding the traditional boutique to a "wellness room" by adding a massage therapist for quick back, shoulder and foot massages or aromatherapy —does anyone like that idea? We'd love to hear from you! (Alliance@pamedsoc.org)

Oh, we'll do all the usual neat stuff, too—PMSA business, installation of the 2016-17 board and officers, hearing from AMA Alliance and PAMED leadership and more.

Watch for your Call to Convention in the mail to register for this awesome event; for the latest information, be sure to Like our Pennsylvania Medical Society Alliance Facebook page! (<https://www.facebook.com/Pennsylvania-Medical-Society-Alliance-181967453022/>)

LIFELINE

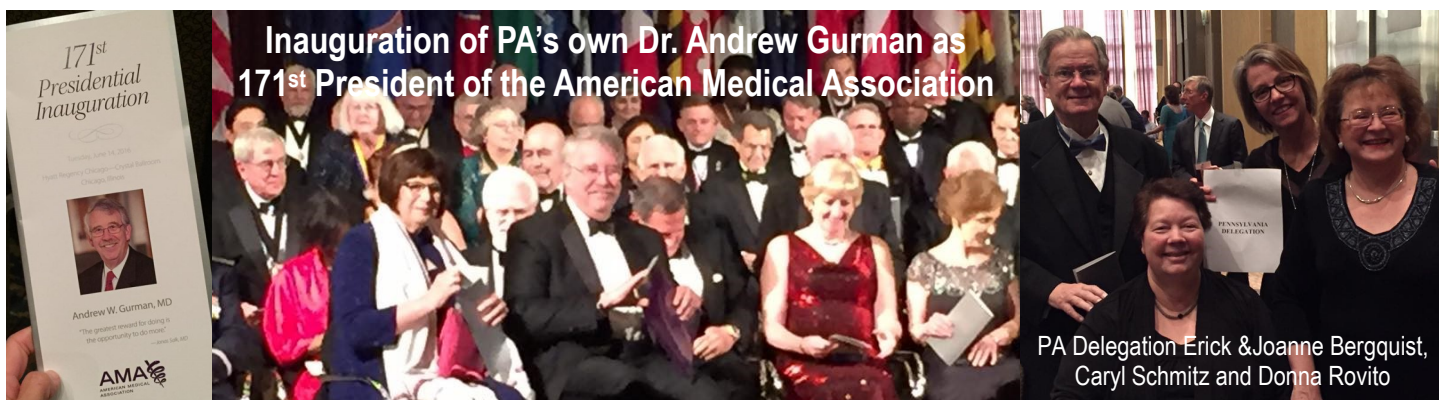
Summer 2016

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**Caryl Schmitz, Kathleen Hall,
Karen Daughtry, Matt Balazik,
Robbi Cook** (rcook@pamedsoc.org)



President's Message *(Continued from Page 1)*

I've also enjoyed getting to go to some of the counties for some fun events! Berks County's annual health lecture series was an amazing day of learning and networking and I even came away with CNEs! Dauphin County's fashion show was once again a spectacular day of fashion, food and friendship! Adams County and Franklin County got together for a fun lunch outing. Love, love, love seeing how our counties continue to support each other and their communities!

As your president, I also have the opportunity to be a part of the PAMED board meetings, which have been interesting and informative. Last month we went to Harrisburg and spoke to our legislators about the opioid crisis. While we were there PAMED held a press conference to highlight their call to action on the issue. The rest of the day was spent in a symposium, learning from state leaders about opioid addiction and what we can do, both as physicians and as the medical family, to help our communities with this problem. In the early spring, I had the opportunity to attend the AMA's National Advocacy Conference, at which PAMED leaders and the PAMPAC board met with national legislators and policy makers about medical issues, an amazing opportunity to learn more about advocating for medicine with our legislators.

In June, Joanne Bergquist, Donna Rovito and I represented Pennsylvania at the AMA Alliance Annual Meeting in Chicago. It was a wonderful chance to network with fellow Alliance members from around the country. There were speakers who taught us to be better leaders as well as speakers who taught us more about the Opioid Crisis and physician family burnout. One highlight of the trip was attending the inauguration of the 171st President of the American Medical Association, our very own Dr. Andrew Gurman from Altoona! There was a strong Pennsylvania contingent and a strong Alliance contingent as well! *(Pictures at the top of the page.)*

I'm excited to look toward the fall when we will come together to meet in Hershey for our Annual Meeting. I look forward to sharing the national Alliance's new ready-to-use Opioid project with all of you. I think it's going to help us partner with PAMED in our state to help alleviate this crisis. We are making some changes to the annual meeting to create more **FUN** and a little more time to focus on supporting each other in this crazy life of being a physician family. Please put October 22nd and 23rd on your calendar and make an effort to attend this year, even if only for one day. It will be a great time to come together and reconnect as physician families and find better ways to support each other. In the meantime, enjoy the rest of your summer, be safe and be happy!!! **Love, Caryl**

schmitztc@comcast.net



PMSA President Caryl Schmitz and President-Elect Kathleen Hall at BCMSA's Health Lecture Series



PMSA President Caryl Schmitz accepting AMES Grant at the Dauphin County Medical Society Alliance Fashion Show



What's the Deal with Scope of Care Legislation—How Can YOU Make a Difference?

By Matthew Balazik

Many national scope of care battles, in which medical professionals with less training than physicians attempt to gain the right to increase their scopes of practice into areas of medicine currently served by physicians, are first fought in Pennsylvania because of our rare full-time legislature. Other state legislatures believe that if lawmakers in Harrisburg take the time to hold hearings and their staffs have hammered out new regulations, then it's got to be good, right? Language signed into law in Pennsylvania is sometimes cribbed whole-cloth into bills submitted for debate in other states.

However, in their zeal to successfully rewrite a law for a special interest, lobbyists will sometimes inadvertently prove the laws of nature and find a way to survive and thrive. The certified registered nurse practitioners' lobby has been waging a national battle to practice independently without supervisory physicians. But the strategy taken by CRNP's in this fight has been different, and they've been winning independence in smaller and more rural states. Their argument has been that current law makes finding a supervisory physician difficult and that in turn creates an access-to-care shortage in some remote areas. But this isn't the case.

Studies have consistently shown that when health care professionals work together in a coordinated, efficient manner, care improves. CRNP's want to dismantle the collaboration and team approach which has been a data-driven advance in medicine. Additionally, the largest professional liability insurance program for nurse practitioners reports that "failure to diagnose" and "delay in making a correct diagnosis" were the most common allegations against NPs and they recommend NPs seek physician collaboration/supervision among their top strategies for preventing errors.

Your Alliance has been fighting alongside PAMED and PA based specialty societies to correct PA law to broaden access, making it easier for CRNPs to collaborate without sacrificing on safe, experienced care provided by physicians who have about 20 times more training than CRNPs. The Alliance peppered the Pennsylvania Senate with postcards to stop the current bill, SB 717. And we thought, along with PAMED, that it was stalled this session. But it started moving again and to everyone's surprise, passed the State Senate overwhelmingly, which just goes to show how important it is to remain vigilant when face-to-face with a well-funded and determined special interest.

Now the effort to maintain a proven team approach to care moves to the House of Representatives, and we're asking Alliance members and physicians to make contact with their Representatives while they're in the districts during summer recess. More information is available here: <https://www.pamedsoc.org/advocate/topics/team-based-care/SenateVoteCRNP>. Without the advocacy efforts of the entire physician family, there's no telling what Pennsylvania's medical landscape would look like. But if enough of us do **not** raise our voices, well-heeled lobbyists will slowly chip away at evidence-based medicine to satisfy their constituencies.

Please stand with us and click the link <https://www.votervoice.net/PAMED/Campaigns/38995/Respond> to send your State Representative an email. Or make a phone call. Or a personal visit. It may not seem like much, but nothing is more persuasive than an informed voter who takes the time to educate an elected official. The only thing better than one voter contacting them is two – or four voters contacting them. So if you have a son or daughter or colleague or employee, please forward the link to them and encourage them to tell our leaders to not take a step backward in medical outcomes and **vote "No" on SB 717 in the PA House**.



PAMED, PAMPAC and PMSA leaders at PAMED's legislative breakfast (attended by much of PA's Congressional delegation) at the AMA's National Advocacy Conference in Washington, DC in February. Legislative and policy leaders spoke to several hundred attendees about significant issues impacting medicine, including MACRA, telemedicine and graduate medical education, among others. Then we headed to The Hill to meet with our own legislators about those issues, Cindy Richards, Donna Rovito and Caryl Schmitz represented the Alliance.

AMA Alliance Northeast Regional Meeting (Continued from Page 1)



Over breakfast Saturday and Sunday, we heard about what local and state Alliances are doing, shared ideas and strategies and honored Alliance leaders at all levels.

Then we moved on to the rich history of Gettysburg - including fascinating facts from local business owner Michael Gladfelter of Mr. G's Ice Cream. He even brought samples of his delicious ice cream! Greg Susla, pharmacist and guest lecturer from the National Museum of Civil War Medicine, compared battlefield trauma care during the Civil War to modern techniques - and we were all quite surprised to learn that much of what is done today originated with some out-of-the-box medical thinking during the Civil War! Journalist and author Don Allison gave us all some shivers with the story behind his book *I Met a Ghost at Gettysburg* and continued sharing his thoughts on paranormal encounters with an enthusiastic group at lunch.

Lunch featured a stirring movie clip from the movie **Gettysburg** followed by analysis of the outstanding leadership shown by General Joshua Chamberlain which contributed greatly to the Union's victory during the sweltering July battle in Gettysburg. LTC Thomas Dombrowsky, a veteran with battlefield and strategic military experience, used the clip to kick off his explanation about the difference between "transformational" and "transitional" leadership and how true leaders adapt their own style of leadership to more effectively motivate those who follow them, whether in battle or in business or in daily life.

Following lunch, certified battlefield guide Chuck Burkell led the group on an informative and stirring bus tour of the battlefield - which included many mentions of the actions taken by General Chamberlain's division and how his leadership impacted the outcome of the battle. Several attendees used free time following the bus tour to visit the Gettysburg Visitor Center, while others sought out alternative historic venues and charming shops in downtown Gettysburg. A delicious dinner at the Revolutionary War-Era Dobbin House, complete with servers in colonial garb, rounded out an exciting day of immersion in history and we all headed back to the Gettysburg Hotel, exhausted but exhilarated.



Sunday morning we learned how to better balance our busy lives from Donna Baver Rovito, editor of *Physician Family*, as well as how to recognize the signs of physician impairment and what can be done to help from the PAMED Foundation's Heather Wilson. PAMED EVP Mike Fraser shared some of the ways that the Pennsylvania Medical Society is better serving physicians and their families in Pennsylvania, as well as kind thoughts about the value of the Alliance's work in PA and at the national level.

Also on Sunday morning we learned about the growing crisis of opioid abuse and what's being done about it in Pennsylvania from our keynote speaker, Pennsylvania's Physician General Rachel Levine, MD (picture on Page 2), who even brought her mom to hear her amazing presentation and generated this excellent coverage in a local newspaper:

<http://www.eveningsun.com/story/news/2016/04/17/heroin-opioid-crisis-pa-makes-progress/83159806/>



After the crowd finally cleared away from Dr. Levine, who graciously found time to speak to every person who wanted to meet her, AMAA President Julie Newman talked about developing plans for AMAA's new national health awareness project focused on opioid abuse, which will be available for state and local Alliances to use. Later, AHEI Board member Mary Shuman shared how the Alliance's charitable arm is providing support to health awareness projects throughout the nation.

Just for fun (and fundraising, of course), we gave away beautiful handbags filled with exciting themed items during our "FAAAAAAABULOUS Handbag Raffle," (to benefit the AMES Fund) purchased handmade jewelry (to benefit the Emergency Assistance Fund) and even made our own beaded jewelry creations.

It was a weekend filled with fun, friends and fascinating historical information and perspective. We learned new things and made new friends. AMA Alliance leaders told us that we had "set the bar high" for future regional meetings—and one PMSA past president summed up the weekend perfectly: "I've never been prouder to be a member of PMSA."

Additional pictures can be seen on the AMA Alliance NE Regional Meeting Facebook Page:

<https://www.facebook.com/AMAAllianceNortheastRegionalMeeting/?ref=bookmarks>



Our County Alliances are SO COOL



DAUPHIN County (DCMSA)

By Karen L. Bloeschchak, Co-Chair DCMSA "Spring Into Fashion" (iiiiprinces@aol.com)

In 2004 Dauphin County Medical Society Alliance President, Cinny Parrish (2012-13 PMSA President), decided to plan an event for the members and our first fashion show was held at the Harrisburg Country Club. It was a wonderful social success, and with the blueprint in place, members decided to continue the event, expanding it from the original intention to include outside guests and turning it into a fundraising event.



On May 19, 2016, the "Lucky" 13th annual DCMSA fashion show, "Spring Into Fashion," was held. This wonderful event has evolved over the years to include basket raffles, a silent auction, local newscaster Alicia Richards of ABC27 guest hosting and exclusive jewelry from Mountz Jewelers. Holding this event has been a huge success financially. Each year has surpassed the previous in funds raised and we have also been able to invite our "sister" neighboring alliances, ACMSA, FCMSA, YCMSA to share in this day. Guests attending from neighboring counties receive a donation back for the amount realized from their ticket sale for their own county's health projects. It's a small monetary amount but the camaraderie and the opportunity to share ideas is invaluable.



The fashion show has also provided DCMSA a format to support our own community initiatives; each year excess monies are awarded to community organizations within our counties that share our mission statement of improving community health and supporting medical education. We have been able to award monies to the Alliance Medical Education Scholarship (AMES) fund for a number of years, but are very proud to have been able to provide an entire grant of \$2,500 this year.

We are fortunate to have a foundation of committed members and the support of new members who keep "Spring Into Fashion" fresh and new. We would be happy to share any of our ideas with other counties to assist them in planning their own event or include them on our guest list for next year's fashion show!

LAWRENCE County

Raising funds for Children's Advocacy Nurse-Family Partnership



BEAVER County

By Karen Marcus, Past President



This past November 2015, our local Beaver County Medical Alliance donated \$1,000 to the Beaver County Library System.

With this donation, the library purchased nine preloaded learning launch pad tablets for young children. When using them, they have no worries of dealing with network connections or downloading, so parents can relax with no fears. Families can use them in any library or check them out for home use.

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

(More COOL County Activities on Page 7)

NORTHAMPTON County (NCMSA)



Scholarship Recipients and Committee Chairs, 6th Bi-Annual Casino Night Flyer, Doctor's Day Treats
 NCMSA's ongoing community efforts generated this marvelous media coverage in *Lehigh Valley Live*:
Northampton County Medical Society Alliance dedicated to giving back to community through various programs
<http://blog.lehighvalleylive.com/non-profit-spotlight/2016/02/northampton-county-medical-society-alliance-dedicated-to-giving-back-to-community-through-various-pr.html>

BERKS County (BCMSA)



Annual Health Lecture Series on Adolescent Mental Health & Social Media and event flyer.
 Members display bowls they made for the Opportunity House 14th Annual Souper Bowl fundraiser.

ALLEGHENY COUNTY



Rose Kunkel Roarty will present a check to the ACMS Foundation this fall.

The Allegheny County Medical Society Alliance raised \$1,200 at its Annual General Meeting and Luncheon, held May 10 at the Pittsburgh Golf Club in Schenley Park. Event Chair Patty Barnett and Co-Chair

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/?fref=ts>

Berks County Medical Society Alliance

<https://www.facebook.com/berkscountymedicalsocietyalliance/?fref=ts>

Dauphin County Medical Society Alliance (DCMSA)

<https://www.facebook.com/DauphinCountyMedicalSocietyAlliance/?fref=ts>

Lawrence County Auxiliary

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

Northampton County Medical Society Alliance

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

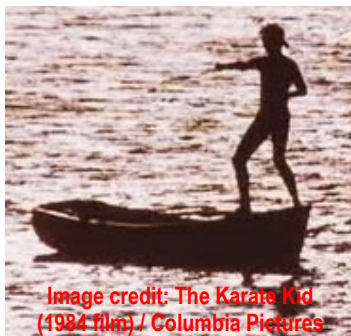
There are also several non-Alliance Facebook Groups for physician families in PA; search Facebook for links to the pages. **These pages are a great place to connect with and support potential new members:** Erie Medical Wives (LECOM-ST Vincent Millcreek Hamot etc), Geisinger Residents and Fellows Auxiliary,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

If you're aware of any other PA physician family Facebook pages, please let us know at alliance@pamedsoc.org!



Work-Life Balance: A Skill Physician Families Can Learn

By Donna Baver Rovito



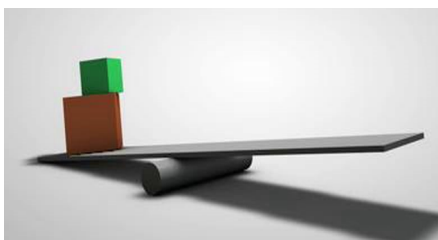
Hearing the word “balance,” often makes me flash to a scene from one of my favorite movies – *The Karate Kid* (the original, please—the sequels were lame.) I can clearly hear actor Pat Morita’s “broken” English, amazingly authentic considering he was born in California.

“You remember lesson about balance?” he asks young protégé Daniel. “Lesson not just karate only. Lesson for all life. **All life have balance – everything be better.**”

Everything is better when we have balance. The issue in today’s busy, busy world – with its frenetic pace, smart phones, Internet and social media clamoring for our attention every hour of the day, constant change in medicine, work, family, home life and everything else – is how we can even begin to achieve that elusive ideal. Finding that all-important balance is a skill.

Fortunately, **it’s a skill we can learn.** The Winter 2016 issue of *Physician Family* provided several tools to help physician families find better work-life balance. Sara Taylor, MD, and Tracy Roth, MD, both members of two-physician families, have developed steps to achieve better balance in their lives in articles they wrote for the issue:

- Sort out what is **important versus what is urgent**. Don’t get caught up in the crisis of the moment.
- Spend **more time being and less time doing**. Constant “busyness” detracts from what’s truly important.
- Say **“No” more often**. You don’t need to be in charge to be useful.
- **Prioritize self-care**. Don’t skip this because you “don’t have time.”
- Get enough sleep and exercise.
- **Do things that make you happy** to obtain the resources you need.
- **Track schedules and routines** in whatever way works for your family: electronic, white board, paper calendar, to stay on target and reduce stress.
- **Stay organized** – don’t waste time and anxiety looking for “lost” things.
- Make time for your partner/spouse, to **stay connected and keep your relationship strong**.
- **Learn how to ask for and accept help**. You really can’t do everything yourself – and that’s OK.



Here’s the recurring message – balance is something we simply **cannot** achieve by ourselves. Just as you can’t possibly balance a seesaw on your own, achieving balance in our work and home lives isn’t a singular task.

While the seesaw may teeter from time to time, we’re more likely to reach that calming balanced state if we seek it together – whether “together” is as part of your own physician family, as part of whatever local communities matter to your family or as part of the broader community of medicine, in organizations like the Pennsylvania Medical Society, a

supportive physician family organization like the AMA or Pennsylvania Medical Society Alliance or your local county Alliance.

Seek out connections that make you stronger and help you to achieve balance, because “All life have balance – everything be better.”

Your Alliance Deserves a PRIZE! (You Know You Do!)

Once again, the Pennsylvania Medical Society Alliance would like to recognize the amazing work done by your county Alliances at our Annual Meeting in Hershey Oct. 22-23! We invite you to **nominate YOUR group or an outstanding member of your group** in three categories (and, yes, it’s OK to fill out more than one!) CASH prizes for your county will be awarded to help you do more good work next year!!



Fundraiser of the Year
Health Project of the Year
Volunteer of the Year

Applications are available via email from the Alliance office. Just email alliance@pamedsoc.org to receive a PDF to fill out and return to the PMSA office BY SEPTEMBER 30, 2016. Awards will be presented at the Annual Meeting in Hershey!

Good luck to all!

