

Aug/Sept 2010

Volume 71, Issue 2

# To Keep In Touch

## President's Letter



The summer has breezed by in steamy fashion this year! I am looking forward to autumn for two reasons, relief from the heat and the opportunity for all of us to come together again, here in Akron, for Fall Focus! It's exciting to think of rekindling some old friendships between Summit County Medical Alliance members and OSMA Alliance members. At Installation this past May I had several OSMA Alliance people ask me about SCMA members that they remembered from past State meetings...especially having to do with the early days of the "pajama party" instituted by SCMA's own Terry Wegryn and lovingly sustained by Montgomery County's dear "Charly" Phillips. This year's P.J. party is sure to be a "blast from the past"!

Hopefully you are all preparing your registrations for **Fall Focus**. Remember to **send it by September 10<sup>th</sup> to save \$10.00** (and the hotel has extended the cutoff for our room rate of \$104 to September 10<sup>th</sup> as well)! We have planned an agenda for our two days together that will inspire and illuminate our intelligence, ingenuity, idealism and imaginations!

Our first Board meeting will kick off on **Thursday, September 23, 2010, at 10 a.m.** In conjunction with the Summit County Medical Alliance, as their first event of the year as well, we will share our luncheon, starting promptly at 11:45 a.m. with a musical celebration by the SCMA "Friends In Harmony".

Our luncheon speaker will be Dr. Rebecca Kuntz Willits, the inaugural Margaret F. Donovan Chair for Women in Engineering at the University of Akron. The Chair, the first of its kind the U.S., is designed to enhance and promote female leadership in engineering. Dr. Willits moved to Akron in May from St. Louis where she was an associate professor of biomedical engineering and director of the tissue



*continued on page 2*

## Ohio State Medical Association Alliance

If you would like Patty Kamienski to visit your county, please contact her at: 330-836-0510 or, you can email her at: [pkamienski@neo.rr.com](mailto:pkamienski@neo.rr.com). Please contact Patty asap so she can mark your event on her calendar.

### Inside this issue:

<i>Fall Focus</i>	1
<i>Headquarter News</i>	2
<i>AMA Alliance dues change</i>	2
<i>County Corner</i>	3
<i>KNOW!</i>	3
<i>Calendar of Events</i>	4

**"EXPANDING UNDERSTANDING"**

*President's letter continued from page 1*

engineering lab at St. Louis University. This very gifted young role model will speak to us about her research in nerve regeneration. The title of her speech is: "Nature or Nurture: How do nerves regenerate?"



We have a jam packed afternoon, followed by our tour of the beautiful Stan Hywet Hall and Gardens sure to be glowing with autumn colors. A relaxing evening is planned at the beautiful, historic Portage Country Club starting with lovely piano music and cocktails on the patio overlooking the golf course. Spouses are encouraged to attend with you at the dinner or the whole meeting if they would like.

We have workshops planned for both days to address issues of enhancing membership, building effective Boards, Board orientation (or reorientation/job clarification), fundraising strategies in a difficult economy, and innovative project ideas. With regard to fundraising, on Friday morning, we will hear insights from Elaine Woloshyn, President and CEO for the Center for Nonprofit Excellence here in Akron.

We will have our usual and welcome update from Brent Mulgrew, Executive Director, Ohio State Medical Association along with a visit from Akron Mayor, Don Plusquellic.

There are fun surprises planned throughout both days of our meeting, culminating in a very yummy lunch at the Mustard Seed Market on Friday before departing for home. It is worth the trip to Akron just to visit this Market!



Mayor Don Plusquellic

Looking forward to seeing all of you in September here in beautiful Akron!

Safe travels....Your President, Patty Kamienski

## Headquarters News

This is just a reminder that that AMA dues have changed this year. Effective July 1, 2010 the AMA Alliance dues are \$50.00 not \$40.00. Also, please remember, you need to process your AMA dues through your county and not at the state level. If you are in need of the forms for dues submission to the AMA for your national dues, please go to the following website for instructions, along with the form that needs to be filled out....

[http://www.amaalliance.org/site/epage/53791\\_625.htm](http://www.amaalliance.org/site/epage/53791_625.htm). We will also have them available from our website at: [www.osmaalliance.org](http://www.osmaalliance.org)



Your state dues have remained the same for this year—**\$30.00**. Please submit your state dues only to: OSMA Alliance, 3401 Mill Run Drive, Hilliard, OH 43026. Also, remember, if you need anything from the state level you can contact: Cindy Wolfe, our Administrative Coordinator—phone: 614-527-6750, fax: 614-527-6763 or email: [alliance@osma.org](mailto:alliance@osma.org).

**DON'T FORGET TO...** Check out the enclosed brochure and registration form for: **Fall Focus** to be held at the Hilton, Akron/Fairlawn, Akron, Ohio on **September 23-24, 2010**.

**ALSO, WE ARE NO LONGER EXCEPTING CREDIT CARDS FOR PAYMENTS.**

## County Corner...

June 29<sup>th</sup>, 2010 was a red letter day for the Summit County Medical Alliance, as the Mobile Meals, Inc. office building on Broadway Street in Akron was renamed in their honor: "The Summit County Medical Alliance Building"! Many Alliance members were in attendance at a dedication ceremony presided over by current SCMA President, Mary Beth Ellison. Mobile Meals was founded in 1971 by SCMA. The group has since raised over \$1.2 million dollars in support of Mobile Meals and continue to hold Board positions on both the Mobile Meals, Inc. and Foundation Boards. Original founding members in attendance were Lil Dorner, Isabel Hershberger, Marie Waickman and Terry Wegryn, all Past Presidents of the Auxiliary/Alliance.



pictured left to right Isabel Hershberger, Lil Dorner, Marie Waickman, and Terry Wegryn.

**Congratulations on this wonderful achievement!! This is a fine example of the difference the Alliance can make in their community.**

**Attention to All Counties: If your county has received a special honor, or, you have an event that you would like to share, please, don't be shy — send in your news!**



## KNOW!

**The following is an article that was published by Know!**

### **When to Turn Off and Tune In—Talk Early And Often About Alcohol, Tobacco And Other Drugs. Even When It Gets Tough—Parent Tip**

For many of us, handheld computers have become our mobile offices as well as a way to socialize with friends. While these devices have many benefits, they can actually be a distraction to good parenting. Sure, there are times when you have to take that business call or respond to an important email, outside of your workday. However, if you are texting, tweeting, posting or engaging in good old-fashioned emailing instead of actively engaging with your child, you may be unintentionally causing feelings of hurt, jealousy, competition and in extreme cases, neglect. When children feel neglected or of little value, the tendency to soothe themselves in unhealthy ways, including the use of alcohol and other drugs, increases.

Experts say that the foundation of good parenting is focused-parenting, face-to-face interaction involving talking, listening, explaining and answering questions. Is your child learning that in the midst of a face-to-face conversation, it is ok to put that person on "hold" to take an incoming call or respond to a text or email? Children are not the only ones who need some ground rules when it comes to using technology. Here are some tips for turning off and tuning in:

**Online limit:** Be aware of the amount of time you spend online and limit it accordingly.

**Cell phone ban:** Car rides and dinner time, for example, are opportune times to talk with your children. Don't let your friend's newest Facebook picture album take precedence.

**Technology time-out:** Consider an email or internet time-out for all family members between 5-8pm nightly.

**Model behavior:** Teach your children, by example, how to use technology responsibly. This includes not texting or talking on your cell phone while driving.

Be in the moment with your kids. Give them the total attention they want and need from you. Talking regularly with kids reduces their risk of using alcohol, tobacco and other drugs. Know! urges you to encourage other parents to join Know! by taking the Parent and Caregiver Pledge. For more information log on to: [www.HelpThemKnow.com](http://www.HelpThemKnow.com) or call 1-866-999-KNOW. Know! is a program of: Drug-Free Action Alliance, "Ohioans Partnering for Drug-Free Youth", 6185 Huntley Road, Suite P, Columbus, Ohio 43229

This publication is in collaboration with: OSMA Alliance and the United Way of Central Ohio. Sources: The Risks of Parenting While Plugged In: NY Times (June 2010). Plugged-in parents put family time in peril: The Courier, Houma, LA. (July 2010).

## Ohio State Medical Association Alliance

3401 Mill Run Dr  
Hilliard, OH 43026  
Phone: 614-527-6750  
Fax: 614-527-6763  
E-mail: [alliance@osma.org](mailto:alliance@osma.org)

[www.osmaalliance.org](http://www.osmaalliance.org)

## Calendar of Events

Publication	Deadline for articles
TKIT Aug/Sept Issue	August 20, 2010
TKIT Oct/Nov Issue	October 18, 2010
TKIT Dec/Jan Issue	December 8, 2010
TKIT Feb/Mar Issue	February 8, 2011
TKIT Apr/May Issue	March 28, 2011
<b>Special Meetings</b>	
AMA Alliance LDC in Chicago	September 25-28, 2010
North Central Alliance Meeting Minneapolis, MN	March 4 & 5, 2011
All Executive Board Meetings start at 10 am followed by the regular Board Meeting starting at 10:30 am Location specified below	
Thursday September 23, 2010	Fall Focus Hilton Akron/Fairlawn Akron, Ohio
Tuesday November 16, 2010	OSMA Headquarters
Tuesday January 11, 2011	OSMA Headquarters
Tuesday March 8, 2011	OSMA Headquarters
May 12-13, 2011	OSMAA Convention OSMAA Headquarters
Headquarters/Finance Meetings at OSMA Headquarters — Headquarters Meeting starts at 10 am with Finance Meeting to follow Location: OSMA Alliance Headquarters	
Thursday September 16, 2010	OSMA Headquarters
Tuesday April 26, 2011	OSMA Headquarters

## 2010-11 OSMA Alliance Board

President	Patty Kamienski, Summit County
President Elect	Mary Beth Ellison, Summit County
Vice President	Carol Sankovic, Mahoning County
Secretary	Kris Firth, Lake County
Treasurer	Suzanne Costandi, Hamilton County
Immediate Past President	Cindy Batie, Clark County
Parliamentarian	Joy Myers, Franklin County
Historian	Shirley Nicholson, Montgomery County
Photographers	Jennifer Wegryn, Summit County and Jennell Brown, Lucas County
Alliance Journal	Cindy Wolfe
Headquarters Chair	Cindy Batie, Clark County

### District Directors

District 1	Marlene Irvin, Hamilton County
District 2	Shirley Nicholson, Montgomery County
District 3	Stephanie Patick, Allen County
District 4	Anna Seiwert, Lucas County
District 5	Jennifer Scerbo, Lake County
District 6	Kathleen Prasnal, Stark County
District 7	Genevieve Germaniuk, Trumbull County
District 8	Sue Johnson, Fairfield County
District 9	Julia Randaisi, Scioto County
District 10	Kathy Harter, Franklin County
District 11	Mina Behi, Richland County
District 12	Jennifer Wegryn, Summit County

### Standing Committees

AMA Foundation	Kathleen Prasnal, Stark County
Bylaws	Retta Spreen, Hamilton County
Communications	Nancy Burton, Lucas County
Fall Focus	Jennifer Wegryn, Summit County
Finance	Tom Swan, Muskingum County
Health Promotions	Hangameh Nassef, Hamilton County
Legislation	Dee Talmage, Lucas County and Penny Combs, Lake County
Legislative Liaison	Kathy Harter, Franklin County
Strategic Planning	Sue Dingle, Franklin County
Membership	Mariam Sandhu, Stark County
OSMAPAC	Dee Talmage, Lucas County and Kathy Harter, Franklin County

### Special Committees

Doctors Day Convention 2011	Alice Dickey, Summit County Mariam Sandhu, Stark County and Genevieve Germaniuk, Trumbull County
Spirit & Marketing	Jennell Brown, Lucas County

## North Central Alliance Meeting Information

North Central Alliance Meeting— March 4-5, 2011 to be held at the Crowne Plaza Minneapolis, Minneapolis, MN. The cost will be \$89/night and \$150-registration which includes 3 meals. AMA Alliance President, Susan Todd, will attend all regional meetings as a means to the most exposure to the most Alliance members. It makes good sense for us to become “re-invigorated” and involved with the Regional Alliance in view of our state members, Tom Swan (Health Promotion) and Cindy Batie (Membership Marketing), commitment to the National level activities.