

To Keep In Touch

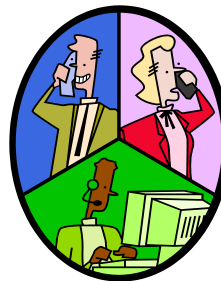
President's Letter.....



As we usher in a new year, I want to wish all of you and your families the best of good health and happiness! May all of your Alliance endeavors be great successes, as you work hard to serve your communities. Together, as a team, we will navigate the uncharted waters of 2011.

The power of a "unified voice" was evidenced in the huge success of the "White Coat Wednesday" initiative in November, leading to the U.S. House of Representatives passage of H.R. 4994, the "Medicare and Medicaid Extenders Act of 2010", on December 9th. The New York Times reported that offices on Capitol Hill were inundated with calls...10,000 in one day. The success of the grass-roots effort stems from all of our efforts working together at the County, State and National level. Delivering a strong, common message is the key to future success on all of medicine's agenda. **You DO make a difference!!**

"We tried something new for our January 11th scheduled Board meeting...a conference call."



The conference call was suggested at our November 16, 2010 board meeting, where attendance was borderline. We had one cancellation the night before the meeting and four the morning of the meeting. Luckily we had four people attend who had not RSVP'ed, so we had a quorum and were able to conduct business. Although I am a believer in face to face meetings, especially when we meet infrequently, I feel we must try other options. I cannot stress enough the importance of reading the meeting notices and responding...it is essential for planning and efficiency...

**Ohio
State
Medical
Association
Alliance**

If you would like Patty Kamienski to visit your county, please contact her asap so she can mark her calendar. Her contact information is as follows:
phone—330-836-0510;
email:
pkamienski@neo.rr.com

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**"EXPANDING
UNDERSTANDING"**

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also for financial reasons, like paying for lunch, etc. We will be taking notes to see if the cost is lower than paying mileage and lunch costs. The meeting information was emailed to the participants so they could print them out if they wanted to and follow along during the call. I'm happy to say that it went quite well. At the end of the call we took a verbal survey and everyone agreed that it was a lot easier than they had expected. The conference call lasted only 80 minutes compared to driving to the OSMA Alliance Headquarters and spending the whole day. If we had not scheduled the conference call and continued with our normal meeting schedule, we would have had to cancel the meeting due to weather conditions.

Our November 16, 2011 Board meeting did take place at the OSMA Alliance Headquarters. Thanks to our dedicated OSMA staff, Brent Mulgrew, Executive Director, Joe Churilla, CFO, Nancy Gillette, JD, and Jeff Smith JD/lobbyist, for sharing their valuable time with us that day (and thanks to Cindy Wolfe for taking minutes in Kris Firth's absence). Brent gave us an update on the election results and how they will likely effect the medical agenda. He also told us that the OSMA will be creating a task force regarding Health Care Reform, and that they are changing and fine tuning their services to address the issues of hospital employed doctors and doctors in transition. Joe and Nancy covered the issue of confusion over 501c3 vs. 501c6, and Jeff recapped election highlights.



At the November Board meeting there was a great deal of discussion about the changes and challenges facing our Counties. Many of them are considering changing their governance structure to "committee" as opposed to a Board. It was suggested by Joy Myers, Parliamentarian, that we hold a meeting with County Presidents and By-laws chairs specifically to address the issue of the bylaws changes that will be necessary. We are hoping to find a convenient date in March or April to accomplish this mission.

I want to remind everyone to be thinking of Doctors' Day projects for March! Also, it will soon be time to turn in your suggested entries for the HAP, LEAP, Communication and Doctors' Day Awards! These awards will be given at the May Convention. Please mark your calendars now for our next "in person" Board meeting in Columbus on **Tuesday, March 8, 2011**. Reports are due to Cindy Wolfe by the end of February...report forms and award forms can be found in your blue (summer) Board folders or on our website. (www.osmaalliance.org)



I am happy to report that, with the help of our County Alliances, we were able to secure housing for four medical students who were in Ohio to interview for residencies at various medical institutions. Thanks especially to Kris Firth and Sue Dingle for helping me spread the call for help.

I truly hope you all had a moment or two of peaceful reminiscence and warm, loving family times this holiday season. I look forward to seeing (and conference calling) all of you in 2011!

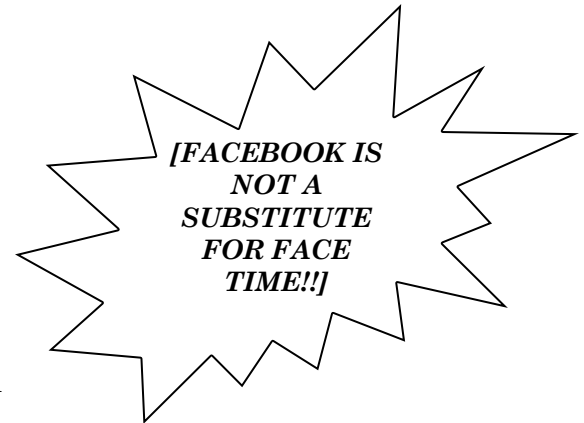
Warmest regards,

Your President,
Patty Kamienski

“Laughter.....the Best Medicine”

Some of the past winners of the Washington Post’s Mensa Invitational, which asked readers to choose a word from the dictionary, alter it by adding, subtracting or changing one letter and supplying a new definition:

- **Cashtration**: The act of buying a house, which renders the subject financially impotent for an indefinite period of time.
- **Reintarnation**: Coming back to life as a hillbilly.
- **Inoculatte**: To take coffee intravenously when you are running late.
- **Osteopornosis**: A degenerate disease.
- **Sarchasm**: The gulf between the author of sarcastic wit and the person who doesn’t get it.
- **Dopeler Effect**: The tendency of stupid ideas to seem smarter when they come at you rapidly.
- **Caterpallor**: The color you turn after finding half a worm in what you were eating.



“Surprising Super Foods”

Certain foods carry more nutritional punch. Here are a few you might not have seen on other lists:

- **Maple Syrup**-NOT imitation, but pure maple syrup has magnesium, calcium, zinc and potassium...a healthier choice.
- **Salsa**-each ingredient has the power to fight different conditions. Tomatoes have Vitamin C, which helps fight colds, and lycopene, for prostate health, peppers have capsaicin which helps fight bacterial infections and is an anti-inflammatory, and onions, which have antibacterial and antifungal properties. So, Charlie has been taking good care of us with her homemade salsa at the pajama parties!! Thanks, Charlie!
- **Ricotta cheese**-is higher in calcium and lower in fat than cottage cheese, plus it contains folic acid, phosphorus, potassium and magnesium.
- **Almond butter**-is a good alternative to peanut butter. It contains monosaturated fats but it is very low in saturated fats and has no trans fats, making it heart healthy. It also offers significant amounts of calcium, fiber, folic acid and vitamin E.

OSMA News.....

Dr. Terry Johnson, an Iraqi veteran from Scioto county, was elected in November to the Ohio legislature...this is the first time since 1945 that there has been a physician in the Ohio legislature!

What Your Spouse Should Know....There are nearly four dozen new rules and regulations in the Patient Protection and Affordable Care Act (PPACA) that will go into effect on January 1, 2011! Health system reform implementation is just one of several areas that will impact the practice of medicine in early 2011. Go to OSMA’s website (www.osma.org) to read more!!

“The Truths About Change”.....

An unknown philosopher once said, “Two things are inevitable in life, change and resistance to change. Keep in mind, when you are through changing, you are through!” Perhaps this is poignant and relevant advice for us as we all “navigate” the future of our Alliances. With only three of our County Alliances having the position of ‘President Elect’ filled for next year, it is obvious that we must make some changes to survive!

I heard the following “truths about change” at the annual meeting of the Southern Thoracic Surgical Association, in November in a talk given by the outgoing President, Dr. Keith Naunheim (...insights he had gathered from various things he had “read along the way”):

Change:

- 1) It has always existed.
- 2) It will continue to happen, only faster.
- 3) Hard work is required to adapt to change.
- 4) The future does not belong to us, but to those who come after us.

There are also some predictable reactions to change:

- 1) “The whiner“, who complains about making changes and the obvious work involved.
- 2) “The bystander“, who waits on the sidelines to see what happens.
- 3) “The critic“, who tears down any attempts at change.
- 4) “The navigator“, who tries to find the good in and the need for making changes.

Sue Dingle and her committee have worked hard on a “Strategic Plan” as a navigational tool for implementing changes that will help to insure our future. The handout was given out at Fall Focus in September and again at the November 16th Board meeting in Columbus. During our conference call/board meeting held on January 11th, we voted to adopt this plan. Thank you to Sue and her Committee for their hard work and dedication to this project.

We need to keep our Alliance vibrant and active, and to maintain a presence on the national scene so that we have a voice in the future of the family of medicine. As Dr. Naunheim also quoted unknown authors as saying, “If you’re not at the table, you might be on the menu” and, “the only difference between a rut and a grave are the dimensions of the hole”! That we must exact some changes is a given. We are a **“TEAM”...Together Everyone Accomplishes More!!** HAPPY NEW YEAR!

NEW DATES for the AMA National Advocacy Conference.....

Due to the newly released congressional calendar that has Congress in recess the week they had planned to hold the American Medical Association’s National Advocacy Conference (NAC), the decision was made to reschedule the NAC to February 8-10, 2011. The time frame/schedule of the meeting will remain the same. The NAC will start at 1 p.m. on February 8th, ending the afternoon of the 10th, with breakout sessions and the opportunity for Hill visits.

Headquarters News.....



Attention: County Membership Chairs and Treasurers...



Reminder ... the **2010-11 deadline** to have your **dues of \$30** per member in to the OSMA Alliance headquarters was **DECEMBER 15, 2010!** If you have already sent in your county dues, thank you! The sooner your dues are received, the sooner your new members will begin receiving notices and publications from OSMAA and OSMA. The mailing address is: **OSMA Alliance, 3401 Mill Run Drive, Hilliard, OH 43026.**

OSMA Alliance President Shares Message from Son for the New Year...

Dear Friends and Family,

As the final hours of 2010 tick away, I thought I'd write a short note. Nothing profound, nothing elaborate, just a simple greeting, and a message of love, happiness, and all the best for 2011. Some of you I saw often, some not at all. Some of you I've known forever, some are new in my life. All of you have been in my thoughts at various points throughout the year, and this is a way of saying thank you for being a part of my life. 2010 saw the death of several people very dear to me, as well as the births of children whose arrival filled my heart to bursting with joy. As I near what is the approximate halfway point in the life-span of an average American man, I can look back on a life of adventures, joy, love, but also the occasional failure, pain, and everything else. I can also look forward to whatever may be ahead, and I do so knowing that with people like you in my life, I have a great deal more to look forward to.



Thank you all for everything, and best wishes for a 2011 that meets and exceeds your hopes and dreams. Here's hoping that peace will finally be given a chance, and that those suffering at the margins of life can find some relief in the coming year. We must do what we can to ensure that 2011 is better than 2010, that our leaders begin to see past violence and greed, that the poor and sick are finally treated with fairness and dignity, and that we show the youth of the world that life is really full of potential. I persist in the belief that we can, and must change the world for the better. Knowing all of you reassures me of that and fortifies my resolve. There are so many challenges, and much to make us doubt humanity's ability to build a better future, but despair will lead us nowhere. I have been guilty of feeling hopeless at times, and in the coming year I have taken it as one of my goals to complain less, work harder, and avoid the trap of despairing over that which I cannot change, focusing instead on doing my best to change the things I can. I feel strangely positive about the future, and I hope you do too. I hope 2011 will be a wonderful year for all of us.

With love, hope, peace,
Gabe

AMA Alliance News.....

The OSMA Alliance received the following announcement from the AMA....

AMA Alliance Alert — Dec. 21, 2010



AMA/Alliance Advocacy a Success-Medicare Extension Bill Signed Into Law

On December 15, in a small ceremony in the Oval Office, President Obama signed into law H.R. 4994, the "Medicare and Medicaid Extenders Act of 2010," which stabilizes Medicare physician payments through the end of 2011. The legislation also includes funds to enable Medicare contractors to reprocess claims for physician services affected by provisions of the Patient Protection and

Affordable Care Act with a retroactive effective date of January 1, 2010.

Kudos go to all the Alliance and AMA members who participated in "White Coat Wednesday" last month. We received a number of reports that Capitol Hill offices were inundated with calls and many lines were busy when physicians, physician family members, and patients tried to reach their Senators. Several offices had voicemail boxes so full, that they were unable to accept more messages. More than 10,000 phone calls were made in one day on the Medicare payment cuts. *The New York Times* reported that "Doctors flooded Congress on Wednesday with telephone calls urging lawmakers to prevent the cut. Many physicians have posted placards in their offices saying, 'Your doctor may have to stop seeing Medicare patients if Congress does not act.'"

AMA President Cecil Wilson, MD, and Board of Trustees Chair Ardis Hoven, MD, attended the bill-signing ceremony, along with representatives of the AARP and the Military Officers Association of America, Senators John Barrasso, MD (R-WY) and Max Baucus (D-MT), and Representatives Pete Stark (D-CA), and Henry Waxman (D-CA).

In a statement made when this legislation cleared the Senate, President Obama noted: "It's time for a permanent solution that seniors and their doctors can depend on and I look forward to working with Congress to address this matter once and for all in the coming year." The AMA and the Alliance are committed to working toward a long-term solution to the flawed Medicare physician payment formula that will achieve bipartisan support in Congress and by the Administration.

County Corner.....

The **Summit County Medical Society** has developed a way for uninsured patients throughout the United States to get lab work done at rates similar to those paid by large insurance companies.

This effort, led by Douglas Lefton, MD, one of our members, was highlighted on CNN.com's Health Page. We are very excited to have the news of this ambitious effort to help patients receive such publicity. Please visit

<http://www.cnn.com/2010/HEALTH/12/08/low.cost.lab.tests/index.html?hpt=Sbin> to see the story.

Please let us know if you would like any more information about this program, or visit our Web site at <http://www.scmsoc.org>. Thank you for your interest,

James L. Johnston, Jr, D.O.
President, Summit County Medical Society

Dr. Doug Lefton watched uninsured patients leave his office needing laboratory tests but unlikely to have them done because of the cost.

"It's a little heartbreaking when you have someone in your office and they need a blood test and they won't do it because they can't afford it," Lefton, 56, said.



HISTORICAL FACTS ABOUT OUR STATE ALLIANCE

Feel proud of your county's special place in our early history!!

The OSMA Alliance (Women's Auxiliary to the Ohio State Medical Association) was organized on May 15, 1940 at the Hotel Gibson in **Cincinnati, Ohio**. At the first executive board meeting of the Women's Auxiliary to the OSMA, a gavel was given to Mrs. Edwin Purdy of **Stark County**, 1940-41 President, by the Canton Chamber of Commerce. The presentation took place on October 9, 1940, at the Deshler-Wallich Hotel in **Columbus**. The gavel was made from the wood of President William McKinley's home, this gavel has been passed to each President upon installation.

Just think...it all started in **Hamilton County**!!

Columbus Medical Association Alliance will hold "Be Mine, Valentine" dinner on February 12, 2011 at the Worthington Inn. For more information contact: Sue Dingle (shdingle@yahoo.com)

Summit County Medical Alliance will hold their "Big Birthday Bash" on Saturday, March 5, 2011 at the Fairlawn Country Club in Akron. This will be a celebration of their 70th Anniversary and the 40th Anniversary of the Alliance's founding of Mobile Meals, Inc. They welcome Alliance guests from nearby counties!! For more information contact: Mary Beth Ellison (mbe@neo.rr.com)

Trumbull County Medical Society Alliance President, Carol Olson, has sent us good news of their intention to continue their Alliance! She announced that Treasurer, Mimi DeSalvo, has sent in the State and national dues. Congratulations, and good luck!

Mahoning County Medical Alliance is having their Fashion Show on February 25, 2011. For more information contact: Carol Sankovic (ccdpr4@aol.com)

Attention to All Counties: If your county has received a special honor, or you have an event that you would like to share, don't be shy — send in your news! OSMA Alliance, 3401 Mill Run Drive, Hilliard, OH 43026 or email: alliance@osma.org



Ohio State Medical Association Alliance

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Hilliard, OH 43026
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www.osmaalliance.org

Calendar of Events

Publication	Deadline for articles
TKIT Feb/Mar Issue	February 15, 2011
TKIT Apr/May Issue	March 28, 2011
Special Meetings	
North Central Alliance Meeting Minneapolis, MN	March 4 & 5, 2011
All Board Meetings start at 10 am (Note: this is a change from the original meeting scheduled) Location specified below	
Tuesday March 8, 2011	OSMA Headquarters
May 12-13, 2011	OSMAA Convention OSMAA Headquarters
Headquarters/Finance Meetings Meeting starts at 10 am Location: OSMA Alliance 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	Alice Dickey, Summit County
Convention 2011	Mariam Sandhu, Stark County and Genevieve Germaniuk, Trumbull County
Spirit & Marketing	Jennell Brown, Lucas County