

To Keep In Touch

Oct/Nov 2010

Volume 71, Issue 3

President's Letter.....



Patty Kamienski and Brent Mulgrew, Executive Director, OSMA

“Fall Focus Recap....and Now, Moving Forward!”

Thanks to all who attended Fall Focus in Akron!! It was indeed a busy two days. We had some inspiring, intelligent and insightful speakers, as well as some funny, fun and carefree moments. We shared a lot of camaraderie and good food. If you

were unable to be with us, you were definitely missed!

On Thursday, September 23rd, we held our first Board meeting for 2010. Reports were relatively brief, since we have all just kicked off our year.

We discussed the AMA Alliance's adoption of a policy statement in support of raising public awareness of Post Traumatic Stress Disorder (PTSD) and it's effects on members of the military and their families. They suggested that the State Alliances propose support of this initiative. After short discussion, the Board voted in favor of this motion.

Just prior to our opening luncheon, we were serenaded by the Summit County Medical Alliance's volunteer singing group, "Friends In Harmony". Our Luncheon speaker was a vivacious young educator from the University of Akron, Dr. Rebecca Willits regarding her research on nerve regeneration.



Patty Kamienski and Mary Beth Ellison

**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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Brent Mulgrew, Executive Director of the OSMA, gave his usual lively OSMA update, keeping everyone's attention!

Also present was Mr. Mark Williamson, Communications Director for Akron Mayor Don Plusquellic, who presented the OSMA Alliance with a certificate, proclaiming September 23, 2010 "OSMA Alliance Day", on the occasion of our 70th anniversary!

We reconvened after lunch for the official start of Fall Focus 2010 Session I, with Dr. N Margaret Wineman, Dean of the University of Akron School of Nursing. She gave us an overview of "Nursing in the 21st Century", and proudly gave a special report on the school's new state of the art "simulation lab", which has received National recognition.

Before adjourning for the afternoon, we had a quick recap and brainstorm session on problems facing County alliances with regard to waning membership and also program and project planning ideas, especially ways in which we can help to raise public awareness of PTSD in our Counties...perhaps with awards programs for "Hometown Heroes". We then headed to Stan Hywet Hall and Gardens for a lovely end of the day tour.

Our Thursday evening dinner took place at Portage Country Club. We were expecting a cool autumn night, but instead had a warm "summery" evening, still beautiful for sitting on the patio. Cocktail hour was accompanied by Duane Carlson on piano, followed by a scrumptious dinner. Brent addressed our group again that evening, lending his "signature" humorous style to otherwise very serious issues.



Enjoying cocktails on the Patio at PCC



We managed to rally the energy and spirit after a long day to enjoy Charlie's salsa and each other's company in Carol Sankovic's much coveted "suite" for our customary P.J. party. Several of our infamous regulars were missing however...like Kathleen Prasnal, who "laid down to rest for a second" and woke up at 3 a.m. to realize she had missed the party!



Friday was another full morning. We heard Elaine Woloshyn, President and CEO of Center for Nonprofit Excellence regarding "Fundraising in A Difficult Economy", followed by our own Parliamentarian, Joy Myers on the topic of "Board Basics" and how to run more efficient Board meetings.

Our last "speaker" for Fall Focus 2010 was comedian Mary Faktor. Her one woman skit, "The Six Ages of Women," was the perfect end to the session. No matter what our ages, backgrounds and life circumstances, she managed to take us down a nostalgic path that left everyone laughing.

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After a healthy soup and salad buffet at the Mustardseed Market and Café, we said our goodbyes and “hit the highways”, headed back to our respective counties to continue our Alliance mission. Tom Swan and Mary Beth Ellison actually headed to Chicago for the AMA Alliance meeting...that's dedication!!



Terry Wegryn—It's a Bundt!

We now move forward with the rest of our busy Alliance schedules for the year. Sadly, we have a couple of Alliances who have been struggling to continue their organizations. Trumbull County reported at Fall Focus that they will disband. This has been a vibrant, wonderful group of people who have done so much for their community, especially with regards to their Mobile Meals program. Hamilton County is also facing problems with generating new young leadership and are talking about doing the same. I would like to encourage anyone who finds themselves in this position to remain at least as an Alliance member-at-large and to remain connected with the OSMA Alliance. We are looking at ways to resolve some of the issues that face all of our county Alliances in these busy times and we truly do not want to lose our connection with any of our dedicated, talented members.

Hope to see as many of you as possible at our November 16th Board meeting at the OSMA office. I want to wish you all a lovely rest of autumn and a bountiful Thanksgiving! Thank you so much for the time and energy that you give to the Alliance...your efforts do not go unnoticed!

Your President,

Patty Kamienski



Communications Chair.....

Remember how nice it is to bring home an award for your county alliance in May? Please send me your communications - mailed and/or emailed — so that you can be included in the awards process! All you have to do is put me on your list of recipients for your county's communications. My information is as follows: Nancy Burton, Communications Chair, phone: 419-531-7382 or email: nancyk.burton@gmail.com



Thanks!
Nancy Burton

AMA Alliance News.....

Stop America's Violence Everywhere (SAVE)

Alliance efforts to combat violence prevention through SAVE are long-standing and ongoing. Today, SAVE serves as a day of action opportunity, when medical families across the country work together to reduce violence in their community. Many local alliances use SAVE Today to launch a wide variety of SAVE projects, such as working with a local school or shelter. Alliance members have developed more than 700 anti-violence programs, including mentoring programs, teen hotline cards and mental health screenings at health fairs and schools. SAVE can also be a recruitment opportunity. If your alliance has SAVE Today activities planned, be sure to invite potential members to participate so they can get to know some of your members and see for themselves what the alliance does for the community. Plan to have membership applications on hand so they can join on the spot if they like what they see. Even if they don't join right away, you've planted a seed for the future. Stay in contact and keep making that personal contact!

The AMA Alliance offers the following SAVE Information on their Web site:

List of Children's Activity Books:

[You Don't Have To Be Bullied
I Can Be Healthy](#)

[Hands Are Not for Hitting
SAVE Planning Guide](#)

[I Can Choose](#)

For more information, visit www.amaalliance.org or call 312-464-4470 or write to: American Medical Association Alliance (AMAA), 515 North State St., Chicago, IL 60654, Phone: 312-464-4470; Fax: 312-464-5020

Remember to take advantage of all the benefits of your AMA Alliance membership. For great discounts at Sears, low priced getaways, road trip savings, Bally's exercise and workout specials and more, just go to: http://www.amaalliance.org/site/epage/78431_625.htm.

Headquarters News.....



Attention: County Membership Chairs and Treasurers...



Please remember ... the **2010-11 deadline** to have your **dues of \$30** per member in to the OSMA Alliance headquarters is **DECEMBER 15, 2010!** The address is: **OSMA Alliance, 3401 Mill Run Drive, Hilliard, OH 43026.** 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.

Chicago Fall Meeting.....

The Fall meeting, formerly known as “LDC”, this year was called the “2010 Medical Families Summit,” and it kept me very busy. It was held in Chicago September 25-28. I want to focus on one thing for this article, “Social Networking”. They say social networking is the way things are headed.

I was one of many who raised their hand saying she didn't have a Facebook page, didn't have a LinkedIn page and didn't tweet on Twitter. Just to let you know the age range at this particular meeting was probably 75 percent over 50. Well now, I couldn't go home being one of the “not with it”, but I did. I resolved to change that. I'm proud to say that I now have a Facebook page, (I don't have any friends yet, at least as of this writing) and a LinkedIn page. Sorry to say I'm not tweeting yet and don't know if I will, but I will let you know.



The reason I finally did this (my sixteen year old son had to help me) was to help be connected professionally and to help be connected to our younger members. I really hate saying I'm not considered a younger member anymore. The younger generation is very tech savvy, very fast paced, and get many things accomplished using their thumbs! If they need something, they send their message out. As soon as I figure out how to do that I will, but you get the picture.



The world is changing and we need to keep up with it to help keep us viable. If social networking works, then so be it and we need to embrace the change. Even though I'm definitely not tech savvy, I will try. Hopefully by our next meeting you will see a new me, with calluses on my thumbs. So, go ahead and try it. Let the group know if it's working for you and how you did it. Maybe you'll want to be my friend on Facebook or LinkedIn and we can talk Alliance!

Mary Beth Ellison-OSMAA Pres-Elect

OSMA News.....



SOCIAL NETWORKING AND THE MEDICAL PRACTICE

GUIDELINES FOR PHYSICIANS, OFFICE STAFF AND PATIENTS



If your spouse is wondering whether or not to ‘friend’ a patient on Facebook, or, if office staff should be allowed to use social media at work—the OSMA has created a toolkit entitled “**Social Networking and the Medical Practice**” - **Guidelines for Physicians, Office Staff and Patients**. To get a copy of the guideline, go to:

www.osma.org/socialmediapolicy.

You can follow OSMA through: www.facebook.com/ohiomedicine or www.twitter.com/ohiomedicine

**Don't forget to send your email address and/or any address changes to:
Cindy Wolfe at: alliance@osma.org**

A Special Benefit of Belonging.....



Once upon a time I fancied myself writing humor. To ease my husband's predictable eve before Christmas shopping panic, I suggested a gift certificate for the 2006 Erma Bombeck Writers' Workshop at the University of Dayton. I loved the workshop sessions. A favorite was Dave Barry's *Humor Writing: A Bad idea or what?* I have looked forward to returning to Ohio ever since. But life—and death — happens in the meantime.

We were stationed in Alaska. Lili and I had returned home after a grueling three months of surgery, chemotherapy, and radiation at Seattle Children's Hospital. I was invited to a neighborhood wives' meeting. The evening was to conclude with a cookie exchange. There was no way I could bake cookies. Our kitchen cupboards were stocked with medical supplies and the refrigerator was filled with bags of hyper-alimentation feedings. Ross optimistically remarked, "After what you've been through they'll want to give you all of the cookies." Reluctantly I went. I arrived empty-handed and I returned home empty-handed. On the way out someone said, "Too bad you didn't bring any cookies."



The cookie incident left me with a bitter taste. I had better ways to occupy my time. Fast forward 13 years. In 1997 the Buchanan County Medical Alliance invited me to a *Welcome Coffee*. Reluctantly I went. I arrived empty-handed and I returned home with a basket filled with goodies. I was hooked.

Physician spouses understand the unique demands placed upon medical families. The Alliance is our exclusive go-to group for support. The Alliance is dedicated to serving as the volunteer voice for healthy families everywhere.

I was invited to contribute to Erma Bombeck's *I Want to Grow Hair, I Want to Grow Up, I Want to Go to Boise*. I declined—it was too soon. Erma wrote, "Laughter rises out of tragedy, when you need it the most, and rewards you for your courage."

Several years later Lili's illness and death would serve as my inspiration as Missouri State Medical Association Alliance President. My theme was, "Each of us is but one personal tragedy away from becoming politically active."

On the national level I have served two years as a legislation committee member and two years as its chairman. I am delighted to be assigned as AMA Alliance Director to Ohio. *I Want to Keep in Touch, I Want to Go to Ohio.*

Mary Shuman, AMAA Director

County Corner.....

ATTENTION COUNTY PRESIDENTS!!

You **ARE** a member of the OSMA Alliance Board, a very important member!! The only prerequisite is that your State dues are paid and up to date! Please do plan to attend the November 16th Board meeting, and report on your County's activities! We need your talent, skills and input!

OSMA Alliance President's County Visits and Meetings Scheduled to date

October 29-30, 2010	OSMA Council Meeting-OSMA office/Hilliard, Ohio
November 9, 2010	Columbus Medical Alliance (Franklin County)
December 7, 2010	Montgomery County Christmas Program/Luncheon- Dayton
April 1-2, 2011	OSMA Council Annual Meeting-Easton/Columbus
April 20, 2011	Stark County Installation-Canton

Please call or email if you would like me to visit:
phone—(330)836-0510 or email—pkamienski@neo.rr.com

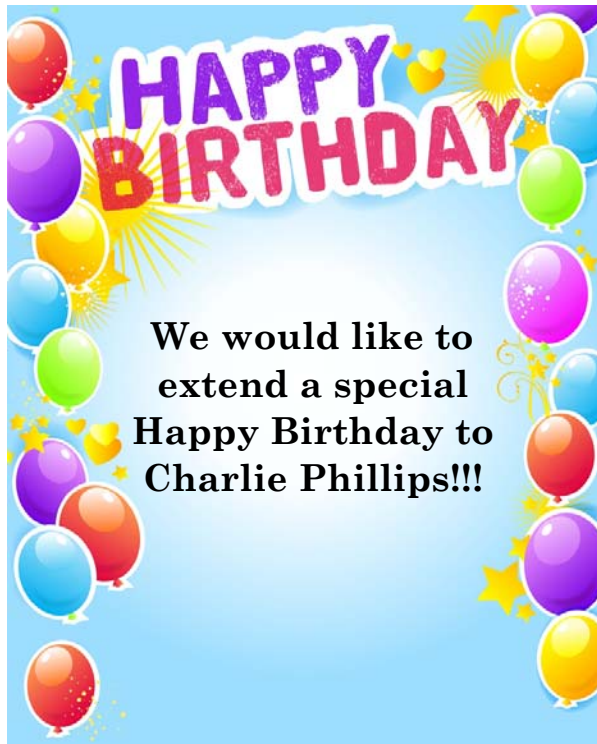
Don't forget...

PLEASE, look at the blue OSMA Alliance Board folder that was sent to you this summer!! There you will find report forms for your Board position, a laminated schedule of the entire year's meetings, a letter from your President, with an explanation of board responsibilities.

A Special Thank You!

We would like to take this opportunity to thank Charlie and the other members from Montgomery County, who, have so graciously helped host the 'special pajama parties' throughout the years and continue to do so.

If you have not had the opportunity to attend this party—you are missing an event we all look forward to attending. Charlie and her group always make members (new and past) feel very welcomed.



Hats off to the party queens!



Ohio State Medical Association Alliance

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Calendar of Events

Publication	Deadline for articles
TKIT Dec/Jan Issue	December 8, 2010
TKIT Feb/Mar Issue	February 8, 2011
TKIT Apr/May Issue	March 28, 2011
Special Meetings	
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	
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	Alice Dickey, Summit County
Convention 2011	Mariam Sandhu, Stark County and Genevieve Germaniuk, Trumbull County
Spirit & Marketing	Jennell Brown, Lucas County