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The Newsletter of the Missouri State Medical Association Alliance

December 2021

Missouri Alliances Support Communities, Healthcare Teams & Share Health Projects

by Barbara Hover | 2021-2022 MSMA Alliance President

Your Missouri State Medical Association Alliance (MSMAA) successfully hosted the North Central Region Meeting (NCRM) held at St. Louis Union Station, October 9-10. A special anniversary, the American Medical Association Alliance (AMAA) was founded

in St. Louis in 1922 and this marked the beginning of our Centennial Celebration. A formal Centennial Gala is planned in Chicago on June 12, 2022, during the AMAA's Annual Meeting. We hope to see everyone there.

We were so pleased Alliance leaders from all over the country attended NCRM. We had seven members of the AMAA Board of Directors in attendance including the current President Heather Rifkin. David Barbe, MD, Immediate Past President of the World Medical Association, and past AMA and MSMA President, gave the keynote address at the Saturday evening dinner. Alexander Hover, MD, MSMA President, brought greetings from MSMA and introduced Dr. Barbe. Attendees were very complimentary of the meeting and it was considered very successful. It was co-chaired by Sue Ann Greco and me with great assistance by Liz Fleenor, MSMAA Liaison. MSMAA members assisted from all over the state and I am grateful for their hard work and dedication. MSMAA members should be proud of these volunteers. See more, including photos, inside this newsletter.

I am happy to report that Alliances are once again quite active in their communities. Buchanan County Alliance has been in a partnership with the public schools to distribute the AMAA SAVE book "You Don't Have To Be Bullied" to students. Greene County Medical Society Alliance held a very popular Physician Family Day at the Zoo, an after-hours event, on Aug. 28. Physician Family Day is held annually the last Saturday in August. We had



Health care heroes at SSM Health St. Mary's Hospital in St. Louis flanked by Alliance members, were the grateful recipients of 250 Hungry Heroes gift bags made by the SLMMS Alliance. The gift bags went to the Emergency Department, EMS, ICU, and Security. This is the latest effort by the Alliance to thank those continuing to work on the front lines against COVID-19.

more than 200 in attendance. Kansas City Medical Society Alliance has been busy with its pillowcase dress project for the needy. St. Louis Metropolitan Medical Society Alliance has begun another Hungry Heroes Project. Gift bags containing treats were given to hospital health care workers. (See photo, above).

The MSMAA Board has discussed the Annual Meeting and has plans to limit the business portion of the meeting and concentrate on procuring engaging speakers. This hopefully will increase attendance and membership at our meeting. More details and a preliminary program for the Annual Meeting are inside this newsletter. I would also like to encourage our local Alliances to enter their projects for award consideration to the AMAA. Projects must have been completed between January 1, 2021 and December 31, 2021. Entry deadline is January 31, 2022. Award categories and entry details are available on the AMAA website.

I would also like to thank all those who so generously contributed to the Holiday Sharing Card. The money given is used to provide scholarships for medical students.

Happy Holidays!

SMAN

History in the Making: Auxiliary to Alliance - 100 Years

by Sana Saleh | 2021-2022 MSMA Alliance President-Elect

After nearly 20 months of holding virtual meetings at the national, state and local levels, the Missouri State Medical Association Alliance (MSMAA) hosted the North Central Region Meeting (NCRM) in St. Louis, October 9-10 at St. Louis Union Station, with Alliance members from 12 states and the American Medical Association Alliance (AMAA). This was indicative of how eager members were to connect, meet, and conduct business. Of course, we always followed the CDC guidelines for COVID-19.

The meeting kicked off on Friday, October 8, with the Missouri Alliance holding a hybrid board meeting (in-person and Zoom) conducted by MSMAA President Barbara Hover covering minutes from the previous board meeting, planning points for the upcoming Annual Meeting April 1-2, and logistics for the NCRM, starting that afternoon. The MSMAA members rolled up their sleeves to put together hospitality bags to be distributed at registration at 4:00 pm for all attendees arriving for the conference. The bags held items from county Alliances in Missouri as a welcome and to represent our state to first time visitors.

An auction table of donated items from attendees was set-up for raffle and to raise money for the Carol Harding Scholarship Fund, which is awarded to first-time attendees. A welcome reception followed hosted by the St. Louis Metropolitan Medical Society Alliance (SLMMSA).

Attendees AMAA President Heather Rifkin (Miss.), President Elect Jacqueline Nguyen (Nev.), Dave Street, Treasurer (Ga.), Grace Wellman, Director Events (S.D.), Karen Begrow, Director Membership (Mich.), and Beth Irish Director Programs (Ore.).

The NCRM began on Saturday with MSMAA member Mary Shuman giving a brief history of the Missouri Alliance and spoke of the early “Auxiliary” presidents.

The first presentation, “The Power of Gratitude and Caring for Yourself During Time of Stress and Change” was presented by Laurel Kramer, PhD, of Jefferson City, Missouri. Dr. Kramer’s objective was to help her audience move from the “Survivor” brain mode to “Thrivers” brain mode.

As we all have experienced as spouses of frontline physicians during COVID-19, there is no more important



In honor of the AMA Alliance’s 100th Anniversary, Alliance members met at Missouri Botanical Garden near the original site where the Alliance was created nearly 100 years ago in 1922. Sue Ann Greco, AMA Alliance, MSMA Alliance, and St. Louis Metro Alliance Past President, stood on the steps of the Tower Grove House in the Botanical Garden and re-enacted the speech that Mrs. Samuel Clark Red of Houston had given the women in May 1922 to establish an Auxiliary to the American Medical Association that was convening in St. Louis at the time.



North Central Region Meeting registration at St. Louis Union Station.

Develop “Loving Kindness Meditation” by taking deep breaths and visualizing a special favorite place and repeating the utterances: “May you be well, may you be healthy, and may you be at ease.”

Dr. Kramer provided several Reiki-based breathing techniques as mentioned above as a takeaway method and gift for all of us.

Our second presentation covered “COVID, Physician Burnout, and Resources” by Lisa Thomas, MD, Missouri Physicians Health Program Medical Director as well as an MSMA Alliance member. Her main goal is to ensure that the highest level of advocacy and monitoring of physicians in Missouri is achieved.

topic than to recognize that we need to care for ourselves before we are able to care for others. However, “many of us have been living under stress for 20 months and it has had an impact on our minds and physical bodies in various ways,” Dr. Kramer said.

During this time, some of us may have experienced physical symptoms from the stresses such as GI problems, headaches, poor sleep or more sleep, decreased memory, and increased anxiety and depression. In 2020, loneliness, social isolation, lack of emotional connectedness, the loss of loved ones or friends to COVID, and the inability to be physically present to give or receive hugs that boost endorphins, oxytocin, and dopamine affecting the hippocampus in our brain. Studies of brain MRIs in the last year have shown that this area has shrunk due to these stressors and from external ones such as wars, floods, and tornadoes. Political division and social distancing were other factors adding to our stress. Dr. Kramer gave us some tips on how to take stock of the areas where you are depleted due to the stresses. It is important to recognize burnout and address it.

The human mind is very adaptive to new challenges and is best using five skills we already have: Curiosity – Creativity – Initiative – Networking – Empathy. She suggests that we explore these five areas and try to refill our inner resources to regenerate ourselves and enjoy life again.

When you practice breathing a few times a day through your nose and out from your mouth, this recenters you and can reduce stress and anxiety.

Practice gratitude and appreciation every day. Ask three questions daily: What can I look forward today? What has the potential to stress me out? How do I want to feel by the end of the day?

Dr. Thomas discussed statistics on burnout, especially how it relates to COVID-19. The highest rate of burnout has been amongst Internal Medicine physicians who are at the forefront of treating and facing patients with the disease. Of course, the effects of burnout can have decreased compliance in patients, depression, and cause physicians to quit the profession and can cause erosion of the soul caused by a deterioration of one’s values, dignity, spirit, and will.

Prevention requires being able to identify and address the problem of burnout. One can adopt techniques of caring for oneself and exercise mindfulness in one’s daily life to reduce stress. (See Dr. Kramer’s tips). Physicians can get involved in organized medicine to address systemic problems or consider a job shift.

Following Dr. Thomas’ lecture, Lydia Porter introduced her newly opened recovery community center at Lake of the Ozarks called “BEAM” Lighthouse that offers services such as addiction and mental health rehab issues.

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Dr. Kramer’s objective was to help her audience move from the “Survivor” brain mode to “Thrifer” brain mode.



Leadership during the North Central Regional Meeting included, from left: World Medical Association Immediate Past President David O. Barbe, MD; Heather Rifkin, AMA Alliance President; Barbara Hover, MSMA Alliance President, and Alexander Hover, MD, MSMA President.



From left: Attendees AMAA President Elect Jacqueline Nguyen, Director Membership Karen Begrow, and President Heather Rifkin help sort items for the raffle raising money for the Carol Harding Scholarship Fund.

Kenneth Winn, PhD, gave a presentation during lunch titled “Mark Twain and Dr. Joseph McDowell.” Dr. Winn is a historian and state archivist with the Missouri History Society and assistant professor at Washington University. He provided a historic account of how Dr. McDowell arrived in Missouri and became a professor of medicine and founded the Missouri Medical College 1859-1868, the first medical College west of the Mississippi River. He was a renowned surgeon and anatomist. He had a bizarre character with peculiar behavior. The school of medicine he established in 1899 is now known as Washington University School of Medicine in St. Louis.

Dr. Winn expounded on how Dr. McDowell and Samuel Clemens, i.e., Mark Twain, met while the latter lived with his family in Hannibal, Missouri. It was during this time that bodysnatching and digging up graves were not uncommon and that is why the story of Huckleberry Finn was far from fiction at the time.

Next, a team from Washington University and Barnes Jewish Hospital provided a presentation on “Stop the Bleed” (STB) followed by demonstrations with training kits for members to learn how to stop or stem blood loss in a traumatic situation. It is an essential part of rescuing a patient and preventing someone from bleeding to death. The use of pressure on the site as well as a tourniquet are two of the tools demonstrated during the presentation. This program is part of the MSMAA’s platform and health project to educate as many Missourians as possible.

If you are interested in conducting a STB program in your Alliance, please contact your Alliance or the MSMAA or go on their website for more information www.stopthebleed.org

An afternoon special treat for our Alliance: The group gathered at the Missouri Botanical Garden in St. Louis, meeting at the original site where the national “Auxiliary” was born nearly 100 years ago in 1922. At the steps of Tower Grove House, Sue Ann Greco, Past President of the AMAA, MSMAA, and SLMMSA, re-enacted the speech that Mrs. Samuel Clark Red of Houston, Texas, gave the women in May 1922 to establish an Auxiliary to the AMA that was meeting in St. Louis at the time.

For the evening dinner at Lombardo’s Italian restaurant, attendees and guests were welcomed by SLMMS Executive Director David Nowak, who introduced Alex Hover, MD, MSMA President. Dr. Hover spoke highly of the MSMAA and then introduced guest speaker, current World Medical Association David Barbe, MD, a family physician from Mountain Grove, Missouri.

Dr. Barbe described the Alliance as an essential part of community health these days and encouraged us to continue our work across the state and nationally. He later spoke of how we need to form allies within each of our communities when we find ourselves lacking enough help or volunteers. The essence of moving forward is to find an organization that is willing to support us and is in line with our project and ready to promote it. He gave an uplifting and inspiring address to the Alliance and those physicians present.

On Sunday, the first order of business began with the presentation of the Carol Harding Scholarship to those who are first time attendees to the NCRM. The two recipients were MSMAA members Diana Corzine and Sana Saleh awarded with \$500 each. continued next page

The raffle for the donations supporting the scholarship fund was conducted by Grace Wellman and Jana Wolfe. The total amount raised was \$2,080. One of AMAA President Heather Rifkin's projects this year is to promote reading and donate books to shelters. Each attendee brought two books for a book swap exchange and for the remaining books to be donated to a shelter.

Heather welcomed Alliance members and presented her goals and initiatives for the year. She also reiterated the various health grants and awards that county and state members can apply to fund their programs.

Mary Beth Ellison, Past President and Centennial Celebration Co-Chair, gave a brief history of the Alliance from the 1950s to the 1970s. She encouraged members to read the "LINK" that contains the history in every issue covering various eras of the Alliance.

She later spoke of the Centennial Celebration that will take place during AMAA Annual meeting next year June 10-12, 2022, at the Hilton Curio in Chicago. The Centennial Gala Ball will be a formal event and will be soliciting sponsorship for the event.

Karen Begrow, AMAA Director of Membership, gave a talk on "How to Attract the Young Career Members." She first introduced the various Generations X, Y, and Z'ers as well as the Baby Boomers and when they are born. Generation Y are those born between 1982-1995 and are the target group that the Alliance wants to attract.

Characteristics of this group include wanting a return for their membership, wanting a positive experience, needing to affiliate their membership with a great cause/impact on their community, and wanting to belong.

A focus group survey resulted in order of importance: making a connection; needing help transitioning; benefiting from membership; and wanting a feeling of intimacy with others like themselves.

The AMAA is offering virtual early career presentations with speakers online throughout the year that can attract young career professionals. Check the AMAA website for more information. A discussion followed on how the AMA Alliance can answer questions or offer help with county Alliances and where they are struggling.

The day closed with Ann Sanford (Minn.) who showed us how to donate to the Alliance Health Education Initiative using texting through our phones.

The meeting adjourned and members felt very energized and positive after the conference. Many thanks to the volunteers and organizations who made this meeting such a terrific experience:

- Missouri State Medical Association
- Missouri State Medical Association Alliance
- Buchanan County Medical Society Alliance
- Central Missouri Medical Society Alliance
- Greene County Medical Society Alliance
- Kansas City Medical Society Alliance
- St. Louis Metropolitan Medical Society Alliance

SMAN

Alliance Planning In-Person 2022 Annual Meeting

by Allene Wright | Convention Co-Chair

The MSMAA 2022 Annual Meeting will be held April 1-2, 2022, at the Renaissance Airport in St. Louis, Missouri. A tentative schedule has been developed. MSMA decided two years ago to shorten its Annual Convention to a two-day format. Consequently the Alliance will utilize a shortened agenda.

The MSMAA Board will meet via Zoom on Saturday, March 26, to dispense with the preliminary business – approve the nominated slate of officers for 2022-2023; review the proposed budget for 2022-2023; and review proposed by-laws changes. The goal is to allow your state board to offer an Annual Meeting packed with great speakers, minimizing the business session and offering a chance to be with friends from all over the state. Below is the tentative schedule:

Friday, April 1, 2022

4:30-5:30 pm Stop the Bleed Presentation – open to physicians and spouses

5:30-7:00 pm MSMAA Past Presidents' Reception

7:00-9:00 pm Cabi Clothing/Accessories Fundraiser

Saturday, April 2

7:30-8:30 am MSMAA President Barbara Hover addresses the MSMA House of Delegates 1st Session

9:00-10:00 am MSMAA Annual Meeting Business Agenda will include:
1) Approval 2022-2023 nominated slate
2) Approval 2022-2023 proposed budget
3) Election 2022-2023 Governance Committee

10:00-11:30 am Guest Speaker

11:30 am-1:00 pm Recognition Luncheon & Guest Speaker

1:00-2:30 pm Guest Speaker

2:30 pm Memorial service and installation of officers for 2022-2023 including incoming MSMAA President Sana Saleh

3:00 pm Adjournment with a short informational meeting to follow for the new 2022-2023 MSMAA Board

Please watch the new MSMAA website, your email blasts and the SMAN for updates on the exciting MSMAA Annual Meeting in St. Louis!

SMAN

Missouri Alliances In the News



The SLMMS Alliance held its annual Holiday Gift Sharing Luncheon on December 17. Donations of cash and goods were presented to the St. Martha's Hall domestic abuse shelter and the St. Louis Area Foodbank. Contributions to support Alliance projects, including Hungry Heroes, were presented by SLMMS Executive Director Dave Nowak and by Carrie Kreutz with proceeds from the Cabi fashion item fundraiser. From left: Patsy Spector, Carrie Kreutz, Dave Nowak, Jo-Ellyn Ryall, MD, Sandra Murdock, Sue Ann Greco, Derek May, Jean Raybuck, Angela Zylka, Diana Camren, and Gill Waltman.

MSMA Alliance Past President Ina May Fakhoury March 30, 1934 - November 28, 2021

Ina May Fakhoury, MSMA Alliance President in 1980-81, passed away on November 28, 2021.



She was born on March 30, 1934, to Dr. Ray and Fay Brewster of Lawrence, Kansas. Ina May gave up her final semester at Lawrence High School to accompany her parents to Egypt for her father's sabbatical in the Chemistry department at Alexandria University. It was there she met the love of her life, Donald A. (Don) Fakhoury—a young, handsome medical student at the time. After several years of corresponding in a long-distance relationship so she could complete a degree in Entomology at the University of Kansas, Ina May and Don were married in Lawrence on June 9, 1956. The newlyweds spent their first years together in Alexandria while Don completed his internship and Ina May taught in the American school there. The couple returned to the U.S. to establish their home in Kansas City where they raised their three boys. The family grew to include three daughters-in-law, five grandchildren, and two great grandchildren.

Ina May volunteered at Grace Baptist Church, as well as the North Kansas City and Missouri Medical Auxiliaries. She had a special talent for hospitality, was a gardener, a seamstress, and a chocolatier—making dozens of pounds of Fakhoury Fancies chocolates to distribute each Christmas.

Ina May was preceded in death by Don in July 2017.

SMAN

Buchanan County Medical Society and its Alliance Installed 2022 Officers



BCMS Officers, from left: James Kline, MD, President; Robert Corder, MD, Treasurer; Jim Reynolds, MD, Vice-President; and Alex Hover, MD, MSMA President.



Alliance leaders, from left, back row: Mary Shuman, Jeanne Murphy, Peggy McDonald, Karen Corder, Allene Wright, Phyllis Gondering, Barbara Hover, and Eileen Dyer. Front row: Julie Silliman, Barbara Braznell, Diana Corzine.



Missouri State
Medical Association
Alliance

Holiday Sharing Card

We bring you tidings of good cheer
& wish you a happy, healthy
& peaceful New Year.

From the following who most generously gave to the
Missouri State Medical Foundation, funds to be presented as scholarships,
and to the American Medical Association Foundation.

Dr. Sandra Ahlum & Dr. Lent Johnson
Dr. Erol & Sally Amon
Dr. David & Debbie Barbe
Mrs. Millie Bever
Mr. Jim Braibish & Diane Hammill, OD
Dr. Michael & Sharon Bukstein
Dr. Edmond & Rima Cabbabe
Drs. Samer Cabbabe & Amy Cabbabe
Dr. David & Eileen Chalk
Dr. Jim & Marsha Conant
Dr. Joseph & Donna Corrado
Mrs. Diana Corzine, Jason Corzine & Sherri Cavin
~in honor of Dr. John Corzine
Dr. Jonathan & Patricia Dehner
Dr. Laura & Kirk Doan
Dr. Betty & William Drees
~ in honor of Mrs. Carol Jean DeFeo
Dr. Josh & Jennifer Gast
Dr. Thomas & Sue Ann Greco
Dr. John & Rebecca Hagan
Mrs. Mary Catherine Heimburger
Dr. John Holds & Sophia Chung

Dr. Alexander & Barbara Hover
Mr. Jeffrey & Cyndee Howell
Dr. George Hruza & Carrie Hruza, OD
Dr. George & Victoria Hubbell
Dr. William & Elizabeth Huffaker
Dr. Ravi & Kay Johar
Dr. Jerry & Michele Kennett
Dr. Nathaniel & Sandra Murdock
Mr. David & Jill Nowak
Mrs. Jean Raybuck
Drs. Carlin Ridpath & Louis DelCampo
Dr. JoEllyn Ryall
Dr. George & Sana Saleh
Dr. Ross & Mary Shuman
Drs. Inderjit Singh & Toniya Singh
Dr. Christopher & Kate Swingle
Dr. Jeff & Gail Thomasson
Dr. Stephen & Gill Waltman
Dr. Tom & Kathy Weigand
Dr. Michael & Allene Wright
Dr. James & Jana Wolfe
Mrs. Angela Zylka



"The road to an Alliance meeting is never long."



Physician Family Day! Join Us in 2022!

Greene County Medical Society Alliance held a very popular Physician Family Day at the Zoo in Springfield, Missouri, an after-hours event, on Aug. 28. Physician Family Day is held annually the last Saturday in August. The event hosted more than 200 in attendance.

