



SHOW ME ALLIANCE Connect

The Newsletter of the Missouri State Medical Association Alliance | www.msma.org/alliance | July 2023

Connect with Your Alliance Friends and Colleagues!

by Sana Saleh | MSMA Alliance President

Greetings Alliance Members! This issue of printed *Show Me Alliance Connect* is quite extensive covering the past few months of activities.

We had a wonderful Annual Meeting in Kansas City that was full of cheer and great presentations by Horizon Academy of Roeland Park. We were also joined by our AMA Alliance president, Jacqueline Nguyen, who updated us on the national survey on the AMA Alliance website and highlighted the upcoming AMA Alliance Annual Meeting in Nashville, preceded by two days of virtual business meetings. That coverage is also in this newsletter.

We presented our physicians attending MSMA's House of Delegates with a carnation lapel pin as a gift of appreciation of Doctors' Day and for their dedication to the medical profession.

Thank you for entrusting me to lead the Alliance for another year and I look forward to visiting with you in your

county in the next few months. Please visit our web page at www.msma.org/alliance to see the new updates that Liz Fleenor created especially the Doctors' Day page citing the history of that day and how it came to be a national day celebrated in honor of our physicians on March 30th every year. You can access the membership page and pay your dues on the page as well.

Congratulations to Gill Waltman, St. Louis, who was elected as the North Central Regional Representative of the AMA Alliance Nominating Committee.

Our condolences go to Gill and her family, who lost her husband Stephen Waltman, MD, who passed away on April 7, 2023, in St. Louis while she was attending her brother Richard's funeral in London. We also send our thoughts and prayers to Alliance member Jana Wolfe and her family for the loss of her son, Robert "Chad" Ramsey who passed on April 28, 2023, in Fayetteville, Arkansas.

SMAC

Annual Meeting Communicates and Celebrates!

by Donna Corrado | Alliance President Elect

The 98th Alliance Annual Meeting held at the Westin Crown Center, March 31-April 1, kicked off with the traditional Past Presidents' Reception on Friday afternoon. While there was no formal program, there was no shortage of hugs and sharing of pictures and stories. Allene Wright was our hostess, and we were warmly greeted and properly entertained.

In the evening, Alliance members attended an MSMA-

sponsored Convention Opening Reception of hors d'oeuvres and a cash bar for all attendees, a deviation from the usual MSMA Council dinner. Kathy Wiegand, Jana Wolfe, and daughter Heather manned the Foundation/Membership table for the Alliance and encouraged participation in the drawing for Air Tags, with all proceeds to go to medical school scholarships.

Saturday's programming began with a breakfast and presentation from Moneta Financial Group, and then the Alliance assembly began the real business. Shortly into the House of Delegate's meeting, our President, Sana Saleh, greeted them and elucidated the MSMAA's amazing year's accomplishments (quite eloquently). She highlighted the award-winning programs of Hungry Heroes from St. Louis Alliance and Physician Family Day from Greene County Alliance, also lauded at our American Medical Association Alliance Centennial meeting in June in Chicago.

Other accolades were given to the history-making



L to R: Alliance President Sana Saleh with Jacqueline Nguyen, AMA Alliance President.

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Annual Meeting Wrap, continued



2023-2024 Alliance leadership front row: L to R: Jana Wolfe - Membership; Sue Ann Greco - Membership; Kathy Weigand - Foundation; Angela Zylka - Health; Kirk Doan - Legislation; Donna Corrado - President Elect. Back row, L to R: Jacqueline Nguyen - AMA Alliance President; and Sana Saleh, MSMA Alliance President. Not pictured: Gill Waltman - Recording Secretary.



The Alliance handed out carnation lapel pins for MSMA physicians in honor of National Doctors' Day.

Fall Conference for its location (Kansas City University) and Missouri Association of Osteopathic Physicians and Surgeons (MAOPS) Auxiliary guests. She highlighted the fund-raising efforts for the Missouri State Medical Foundation, and the Advocacy Day turnout with the combined membership of MAOPS. Our participation in the annual Match Day celebrations for Missouri's medical schools has expanded this year to include the osteopathic schools of medicine, and we are ever so grateful to be participating with them. The inclusion and involvement of students are our future as a professional organization.

At the conclusion of that session, Alliance helpers distributed to the doctors a red enamel lapel pin designed and manufactured specifically by Sana and Lissa Young to represent the red carnations we use to celebrate National Doctors' Day annually on March 30th. They were attached to a Happy Doctor's Day card with a QR code of explanation about the origin of the holiday. What an incredible gift to our physicians!

As we reassembled in our own meeting after Sana's presentation, we were greeted by Kirk Doan and affirmed our Pledge of Allegiance and Pledge of Loyalty led by Sandra Murdock. After introductions and appointments, we proceeded into the business at hand, approving the proposed budget and electing by acclamation the new slate of officers, who in fact were the current slate, all agreeing to serve a second term in their positions.

A new Governance committee was elected for 2023-2024: Jana Wolfe, Sandra Murdock, Sue Ann Greco, Diana Corzine, and Lissa Young as alternate.

Our educational program was presented by leaders of the Horizon Academy, Roeland Park, Kansas. Dr. Tiffany Arrington and Gabrielle Guillory Welsh presented "Limitations of Public-School Interventions for Students

with Learning Disabilities." It was a fascinating discussion of the way most of the children with dyslexia or dyscalculia, or even ADHD respond to their different way of breaking down the material, and "unpacking" where the real problem lies to make significant small "wins" to become a series of victories and eventual reading and math proficiencies. A return to phonetics in reading was a positive idea I came home with. Horizon Academy speaker Laura Mombello continued with "Hope on the Horizon."

As we assembled for the Spirit of the Alliance Recognition Luncheon and Memorial Service, we were joined by Drs. Tom Wiegand, Peggy Barjenbruch, Ellen Nichols, and George Saleh. Kind remarks of appreciation and an admonition to "do it now" were brought to us by George Hubbell, MD, current president of the MSMA. Jacqueline Nguyen, AMA Alliance President, greeted us warmly and invited us to the upcoming, first ever, AMA Alliance Annual meeting (to be held separately from the AMA meeting in Chicago) in Nashville, Tennessee, the first weekend in June. She also reminded us of the Leadership Academy presented by the AMAA, and what it would take to attain that certificate.



L to R: Michele Kennett with Heather Ramsey and Jana Wolfe.

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L to R: Annual Meeting organizers Lissa Young and Allene Wright



L to R: Alliance Liaison presents Jana Wolfe with the Jean Duensing Literary Award.



L to R: Presenting the Spirit of the Alliance Award was Sana Saleh in lieu of Barbara Hover to Kathy Wiegand.

Presenting the Spirit of the Alliance Award was Sana Saleh in lieu of Barbara Hover to Kathy Wiegand, our well deserving recipient! Flanked by her husband, Tom, she graciously accepted the plaque and humbly acknowledged those who had helped her along the way.

The Jean Duensing Literary Award went to our social media Queen, Jana Wolfe, keeper of the Facebook page and Twitter account for MSMAA. She was chosen and presented by our MSMA liaison, editor of the *Missouri Medicine* journal, Liz Fleenor.

Ending the luncheon was Kathy Weigand with a moving ceremony recognizing those life events of our friends, births, and deaths.

Installation of the 2023-2024 officers was conducted by Mrs. Nguyen who gave us each a pearl of wisdom to use in carrying out our duties for the upcoming year and made us each promise to support our president and each other to the best of our abilities.

Sana did not make an official speech but assured us that she and George would do their best for us for the upcoming year, and that she is looking forward to engaging some of our past members to help with the fall conference in Columbia.

Gifts of a filled photo album and floral arrangements were given to our past and current president by her state board and the Kansas City Alliance, and monies collected for the Missouri State Medical Foundation in her honor.

Kathy Hazuka gave the Benediction, and Sana adjourned the 98th Annual Meeting, only to reconvene as the 2023-2024 Board of Directors a couple of gavel whacks later. After distributing the booklets with dates for meetings and some discussion on the May board meeting, we dismissed again to join the MSMA for each medical school reception. Many of us attended the 50-Year Pin/MSMA/MSMAA Past Presidents' reception and then enjoyed the installation of Lancer Gates, DO, as President of the MSMA and the reception honoring Dr. Gates and Sana.

See you next year at the Renaissance St. Louis Airport Hotel, April 5-7, 2024!



MSMA Alliance Past President's Reception: Back row L to R: Donna Corrado, Allene Wright, Sue Ann Greco, Heather Ramsey, and Jana Wolfe. Front row, seated L to R: Kathy Weigand, Diana Corzine, and Sandra Murdock.



L to R: Guest speakers from Horizon Academy, Roeland Park, Kansas, addressing learning disabilities and education were Laura Mombello, Gabrielle Guillory Welsh, and Tiffany Arrington, PhD, with Alliance President Sana Saleh.

SMAC

Alliance at a Hundred and One and Having Fun!

by Sana Saleh | MSMA Alliance President - From Sana's speech to the MSMA House of Delegates

One Hundred and One! is the age of our national Alliance that was born here in the heartland in St. Louis, Missouri, in 1922. We celebrated its centennial last June in Chicago with a grand gala recalling the history of various decades.

Two counties from Missouri received national awards last year: Greene County Alliance for its successful Physicians' Family Day at the Dickerson Zoo in Springfield, attracting more than 300 participants including physician families. The second award was granted to the St. Louis Alliance for their Hungry Heroes project, where they distributed 250 bags filled with nutritious treats to frontline workers – ED, ICU, EMS staff, and Security. The St. Louis project continues to expand and has served more than four hospitals since its inception with a total of 1,000 bags, most recently at Mercy South. St. Anthony's Hospital honored our very own Edmond Cabbabe, MD, and his wife Rima, in celebration of Doctors' Day this year.

Since June of last year, your Missouri Alliance has provided a \$500 grant to North Kansas City Hospital to promote the Stop the Bleed program. Buchanan County continues to distribute its SAVE (Stop America's Violence Everywhere) handbooks to its school districts to educate and teach non-violence to school age children.

In addition to its Family Zoo event in August, Greene County Alliance holds another family event in February at the Discovery Center Museum to bring medical families together with a successful attendance in place.

The Kansas City Alliance continues with its pillowcase dress health project that has shipped more than 50 dresses a year since 2014 to port cities overseas to help support preventive measures to keep young girls safe from human trafficking. The Alliance also grants \$3,000 in scholarships annually to allied health professionals, mostly nursing students who exhibit academic excellence and financial need. The boutique

that takes place during the holiday luncheon raises money to support our local charities.

On the state level, the MSMA Alliance supports the six medical schools across Missouri during their Match Day or graduation ceremonies providing pizza and gifts for soon-to-be-residents. Our Holiday Sharing Card raised more than \$6,400 this year and we hope to add more from this weekend to the MSM Foundation, providing scholarships to medical students.

Liz Fleenor from MSMA office generously assisted us in improving our website at www.msma.org/alliance making it more user-friendly, accessible, and resourceful for members. We also rebranded our "Show Me Alliance" newsletter to a monthly digital version, with two printed annually.

We raised awareness on drug and human trafficking through educational presentations at our annual Fall Conference with special attention to fentanyl poisoning that is killing almost 200 people a day. We invited Auxiliary members from MAOPS to attend our conference on the campus

of the Kansas City University.

In addition, we supported the House of Medicine during Physician Advocacy Day in February at Missouri's Capitol, and we will continue to support and promote physician families and the health issues that affect them.

In conclusion, as some of you know, national Doctors' Day was on Thursday, March 30th. On behalf of the MSMA Alliance, we would like to thank each of you for your hard work and dedication to the medical profession. As you exit the room, Alliance members will hand out lapel pins of carnations that represent Doctors' Day as a token of appreciation. If you want to know more about Doctors' Day, you can scan the QR code and read how it was established. It was our very own Janet Campbell from Sedalia, whose husband was A.J. Campbell and an MSMA Past President, who helped establish a national Doctors' Day.

Thank you for your time and your support. **SMAC**



Alliance members take a spin around the 360° photo booth at the Presidential Reception. R to L: Sana Saleh, Jacqueline Nguyen, and Donna Corrado.

Voices of the Alliance

by Mary Shuman | Alliance President 2005-2006
Revised May 2023

Today I can choose, [Sandy Mitchell 1987-1988]

To seize the day, [Betty Huffaker 1993-1994]

And dare to risk. [Joan H'Doubler 1996-1997]

Blazing a trail, [Rhonda Wade 2001-2002]

To soar beyond the clouds! [Judy Corry 1998-1999]

Life is an adventure! [Allene Wright 2011-2012]

Go ahead and try! [Ina Mae Fakhoury 1980-1981]

Now is the time: Make healthy choices! [Beverly Murrell 1999-2000]

We are buzzing with new ideas, [Eileen Chalk 2000-2001]

And we are networking—today's communication! [Carol Jean DeFeo 2002-2003]

We create single parent scholarships when we're 93 years old! [Pat Reid 1969-1970]

At times it may be lights, camera—and action, to ward off apathy. [Jackie Remis 2009-2010]

Helping Auxilians to succeed. [Chris Bohigian 1985-1986]

Today's Alliance—the power to make a difference, [Barbara Hover 2013-2014]

So, go fore it! [Marge Perkins 1992-1993]

Show me hospitality! [Millie Bever 2007-2008]

Reach out and touch a friend, a neighbor, a home, a stranger. [Jackie Sanders 1983-1984]

Offer a pineapple—a symbol of welcome, good cheer, humor, and warmth. [Eileen Dyer 1988-1989]

The used key is always brighter, [Mary Kay McPhee 1975-1976]

And involvement is the key. [Gayle Vilmer 1986-1987]

It's the privilege of doing, [Janet Campbell 1978-1979]

With a natural touch. [Lori Jones 2003-2004]

Because we're all in this together, we are birds of a feather. [Donna Corrado 2006-2007]

We are partners in caring. [Becky Moore 1997-1998]

So bloom where you're planted and share the bouquet. [Patty Barbee 1989-1990]

Jewels of Nature: Don't let weeds grow around your dreams. [Sandra Murdock 2012-2013]

A Lili will always be cherished. [Mary Shuman 2005-2006]

We are growing Missouri's Alliance. [Jana Wolfe 2016-2017]

Wherever you choose to go, go there with all your heart. [Michele Kennett 2008-2009]

We cannot hold a torch to light another's path without brightening our own. [Anne Turnbaugh 2004-2005]

Ideals are like stars. You will not succeed in touching them with your hand. You choose them as your guide.

Following them, you will reach your destiny. [Pat Stelmach 1977-1978]

You are a shining star! [Kathy Weigand 2014-2015]

You are the HEART of the Alliance! [Marsha Conant 2017-2018]

To everything there is a season, and a time to every purpose under the heaven. [Jean Wankum 1994-1995]

Take note! We shall never pass this way again, therefore, do it now. [Nona Chapman 1995-1996]

Let your voice be heard! [Julie Gipson 2010-2011]

Let's harmonize! [Polly Bowles 1984-1985]

Yesterday is but a dream, and tomorrow is only a vision. Today well-lived makes yesterday a dream of happiness

and every tomorrow a vision of hope. [Lillian Gaston 1982-1983]

Keep an eye on the future. [Sue Ann Greco 2015-2016]

Look on the bright side and look through rose colored glasses. [Gill Waltman 2018-2020]

Have fun ...eat, drink & be merry for tomorrow, [Diana Corzine 2020-2021]

We are better together; [Barbara Hover 2021-2022]

Together, we face the future. Together, we are the future. [Carol Sparkman 1990-1991]

The Alliance preserving a hundred-year legacy 1922-2022: moving forward together. [Sana Saleh 2022-2023]

Moving forward together for the next 100 years. [Sana Saleh 2023-2024]

SMAC

Local Alliances Install New Officers

St. Louis Alliance

The St. Louis Alliance installed its officers for 2023-2024 on May 12 in St. Louis. Congratulations to the new Co-Presidents Gill Waltman and Sandra Murdock; Sue Ann Greco - VP Membership and Treasurer; Angela Zylka - VP Health; and Jo-Ellyn Ryall - VP Legislation. Sana Saleh installed, and welcomed Zoe Cangas as a guest.



Kansas City Alliance

The Kansas City Alliance installed its officers for 2023-2024 on May 18 in Independence. They are Co-Presidents Millie Bever and Lissa Young; Kathie Hazuka - Treasurer, Membership, Newsletter, and Scholarship Chair; Lissa Young - Health Chair; and Kirk Doan - Legislative Chair. We were joined by Allene Wright and Diana Corzine from Buchanan County, Melody Burns Dr. David Hazuka, and Dr. Herb Young. Congratulations!



Update on the Cape Girardeau Alliance

by Sana Saleh | MSMA Alliance President

The Cape Girardeau Alliance has been getting organized to get its group launched into full swing. MSMA Alliance reached out and held a virtual meeting with their president and social organizer to offer help and to see if they would like to join the MSMA Alliance and become more active.

On May 2, the virtual meeting included myself, MSMAA President Elect Donna Corrado, Membership Co-Chair Sue Ann Greco, Dorothy Munch, DO, MSMA Council member representing the Cape Girardeau district, Annie Ebert, President of Cape Girardeau's newly activated Medical Alliance, and Bhavani Vaddey, MD, member and ER physician who helped organize their first social gathering in April.

The meeting went very well as we exchanged ideas on ways to launch community and health projects. Dr. Munch wants to see how she can get the physicians to re-activate the medical society in that district.

We advised the Alliance to review their by-laws and to reach out for any help with health project ideas. We offered to provide a Stop The Bleed training to both physicians and Alliance members and to the community.

Correspondence

Hello! I have moved and thought I should let MSMAA know as I do enjoy the publications from State as a past MSMAA president, 1982-83.

I am in process of moving from my home in Joplin of 55 years to be near my daughter and family. My new address is: 381 No. Williams Dr., Fayetteville, AR, 72701.

I enjoyed many great years of service and friendships with our state organization and from time to time would recognize a name(s) of old friends with whom I had served. Please correct my address so that I can continue receiving the state publications.

I regret that I haven't been able to attend the Past State Presidents' event at state convention in recent years - I still recognize some names and would love to greet them. The Alliance continues to be a viable and moving force for promoting optimal health endeavors in Missouri communities, and I was honored to serve my time. My best to all who serve in the year ahead.

Sincerely, Lillian Gaston

Lillian's Theme: Yesterday is but a dream, and tomorrow is only a vision. Today well-lived makes yesterday a dream of happiness and every tomorrow a vision of hope.



Mrs. Sam Gaston
President

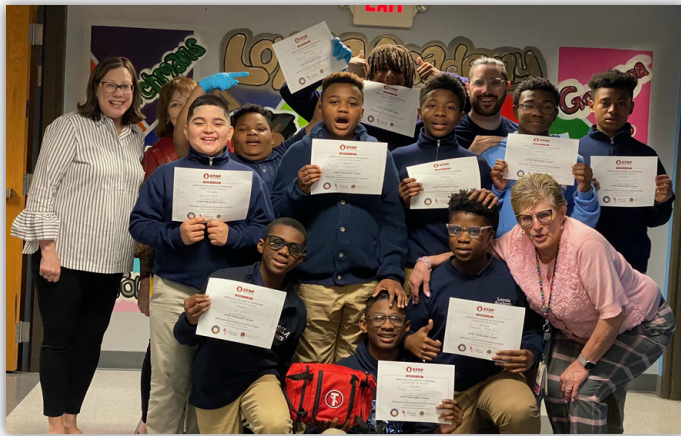
Stop the Bleed - Save a Life Trains at Loyola Academy

by Angela Zylka | VP Health

MSMAA's Stop the Bleed presentation at Loyola Academy in St. Louis was highly successful on April 14. Loyola President, Ashley Chapman, was thrilled to have the Alliance instruct 10 boys for one hour of demonstration followed by Q and A.

The students, displaying critical thinking, were motivated and happy to take one hour to save a life in case of a future event.

Joining the training were Alliance members Sana Saleh, Sue Ann Greco, Angela Zylka, Lori Winkler, Trauma Nurse, and David Gaillardetz, Director of Social Services.



2023 Match Day Celebrated

by Millie Bever | Match Day Co-Chair
& Donna Corrado | Alliance President Elect

Match Day in 2023 was March 17. The MSMA Alliance helped the celebrations at all the medical schools in Missouri. Saint Louis University held a Match Day event at the Ritz Carlton in Clayton where Angela Zylka and Sandra Murdock gave an overview of the Alliance and held drawings for gifts. Both Washington University and University of Missouri-Kansas City opted for an Alliance donation for their events.

At both campuses of Kansas City University (Kansas City and Joplin), the Alliance partnered with the U.S. Army to supply pizza, refreshments, and gifts (with Millie Bever and Ellen Nichols, MD).

The University of Missouri - Columbia held an outside event at Midway Golf and Games, hosted by Dr. Joe and Donna Corrado.



SMAC

AMA Alliance Celebrates Change of Venue/Hybrid Annual Meeting

by Sana Saleh | MSMA Alliance President

The 101st AMA Alliance (AMAA) Annual Meeting was a hybrid meeting held in two parts. Two virtual business days were held on May 23-24 to cover the business and reports portions, and then in person from June 2-4 at the Hyatt Centric Hotel in Nashville, Tennessee.

Virtual Business Day 1

On Wednesday, May 23, Jacqueline Nguyen, President of AMAA, opened the first virtual business session and welcomed everyone. The guest speaker of the day was Sam Quinones, Los Angeles-based freelance writer for 35 years and author of four books with the latest entitled: *The Least of Us: Tales of America and Hope in The Time of Fentanyl and Death*. This book follows his book, *Dreamland: The True Tale of America's Opiate Epidemic*. The former recounts the emergence of the drug trafficking world producing massive supplies of synthetic drugs such as fentanyl and meth cheaper and deadlier than ever, causing the highest deaths in US history.

He then discussed how our prison systems are the best equipped structures to rehabilitate and prepare drug patients to move back into society because of the built-in programs of training to turn lives around.

The remaining business day was dedicated to recognizing past national presidents, introductions to councils, committees and task forces, registration report, adoption of virtual standing rules, adoption of agenda, approval of minutes of 100th session and a report by treasurer Dave Street. Reference Committee A presented a Finance Report followed by Reference Committee B on Bylaws.

Virtual Business Day 2

Thursday, May 24, began with speaker Zander Lurie, CEO of Momentive, on "The Power of Corporate-Nonprofit Partnership." Zander has been CEO of Momentive since 2009 and co-founded the non-profit CoachArt serving chronically ill children and their siblings nationwide.

His message was that no matter your organization, pick the project or charity that is in line with the mission or philosophy of your group. A discussion on fundraising within the AMA Alliances was raised on how to acquire grants with the non-profit status at the county and state levels in order to create 501 (C) 3 branches for that purpose.

The business portion was called to order with a registration report of the day, introduction of state presidents, recognition of county presidents, and presentation of council chair reports by Jaymie Shelton (OK)



The MSMA Alliance Delegation with AMAA President Nguyen.

Communications; Mary Beth Ellison (OH) Events; Dave Street (GA) Finance; Karen Begrow (MI) Governance; Ron Jagers (SC) Membership; and Beth Irish (OR) Programs.

Karen Begrow, AMAA Secretary, presented the Reference Committee on Bylaws report and the recommended changes. All documents referred to in the business meetings are available on AMAAlliance.org under annual meeting binders.

In Person Nashville Day 1

Missouri Alliance members Zoe Gangas, Sue Ann Greco, Sana Saleh, Mary Shuman, Gill Waltman, and Angela Zylka attended the meeting and began to arrive in Nashville on June 1, and as they registered were greeted by the Tennessee Alliance who did a wonderful job with their southern hospitality and welcome reception with tasteful desserts and refreshments.

In Person Nashville Day 2

Day 2 began with the introduction of aides, past AMAA presidents, and adoption of standing rules were presented. The President announced that there were 86 members in attendance with several spouses. Because of some of absences for Board of Director positions, the floor was opened for nominations. The Election Committee chaired by Sherri Morrow (NV), and members Bud Ranasinghe (MD), and Sana Saleh (MO) conducted a digital election on Saturday, June 3 using Election Buddy.

Our awesome first speaker, Jesse Ferrell, moved and shook the room with his dynamic talk: "How You Leave Them Feeling" based on his new book. His experience in the hospitality and gaming industry and running a speaking and

coaching firm over 22 years ago has made him one of the most sought-after speakers today.

Mr. Ferrell's engaging technique brought members to participate in his presentation and be actively vocal. His premise is to work on the inner self and skills to engage into the outer world to improve relationships and make a better impact on other people. He encouraged listening using the "pregnant pause" technique and listening to what the other person is saying, being open minded, and engaging in conversation. He added that embracing change, grasping the connection, and how you leave people feeling will serve all, as our work as an Alliance is essential in leaving an impact on how our communities feel.

Jesse spoke of the five ways to raise one's Emotional Quotient: self-motivation: the ability to be motivated to achieve something because of one's own enthusiasm or interest, without needing pressure from others; empathy: the ability to understand and share the feelings of others; self-regulation: the ability to understand and manage your behavior and your reactions to feelings and things happening around you; social skills: the skills we use to communicate and interact with each other, both verbally and non-verbally; and self-awareness: the ability to see yourself clearly and objectively through reflection and introspection.

He finally presented the pillars of achieving one's potential. These are: positive emotions, engagement, relationships, meaning, and accomplishments, and keeping in mind there are debit, credit and balance acts that keep us in a dynamic flux. Our happiness comes from our own choices, where knowledge, hard work, and attitude play a major role in success and achieving one's potential, but the most important of the three is attitude.

Our own Sue Ann Greco, AMAA Past President, gave a brief talk on successful Alliance programs going back to 2015 when opioid and heroin addiction awareness programs began. A task force, awareness toolkits, and take-back drug days were developed by and for Alliances. The S.A.V.E. program continues to be one of our long-standing programs with tools and handbooks that are being utilized for children of elementary ages to raise awareness on bullying and violence. Today, we face the fentanyl overdose crisis, and Alliances are taking on projects to raise awareness or distribute Narcan kits to avert overdose deaths. Sue Ann



Election Committee Members Sana Saleh, Sherri Morrow, chair, and Bud Ranasinghe.



Sue Ann and Faux Paw.

encouraged us to work with local groups and agencies to promote our projects, especially if we don't have the membership numbers to undertake such big projects. Sue Ann introduced the Faux Paw program in Utah that teaches young children internet safety with its six paws.

Alliance Awards

Jacquelynne Prince (TN), AMA Alliance Awards Chair, presented the 2022-2023 HAP awards:

Clark County Medical Alliance (NV) for Project 150 named for the original 150 students identified in a high school who were homeless in one school and needed support. This project provides homeless youth with school supplies, clothes, frozen foods, and other needs. Today the project covers 6,000 youths and has raised more than \$125,000 through fundraising activities to support this program. In 2022, 522 seniors graduated high school and 62 received scholarships to continue their college education.

Greenville Medical Society Alliance (SC), for the Community Service project of Creativity Kits for Kids

created and distributed to children ages 2-6 with appropriate kits at each age group level with > 2 yrs., 3-5 yrs., and 6-12. The project initiative aimed to: 1) support children experiencing anxiety by providing them with a stable kit of tools and activities that promote creativity; and 2) raise awareness about childhood anxiety.

The National Initiatives Award was presented to the Wayne Medical Society Alliance (IN) for its Community Narcan Harm Reduction Initiative. The first Narcan box was installed in October 2022 with 11 boxes installed in total. Alliance members filled the boxes on a weekly basis. The project was funded by the Indiana Department of Mental Health and Addiction and a nonprofit called Overdose Lifeline that also supplied a Narcan Vending machine that holds 360 Narcan kits. In each kit is a Narcan Spray dispenser, an instruction sheet on how to administer it, and a QR code on where to find a nearby kit if the kit is empty. The impact of this project has had a 28% reduction for nonfatal overdose deaths.

The Physician Family Day Award was given to Washington Unicoi Johnson County Medical Alliance (TN) for Physician Family Day at the Park. This program is similar to our own Greene County at the Dickersen Zoo by inviting physician families for a day of fun at the park with activities and rides.

The Social Media award was given to Greenville County Medical Society Alliance (SC) for #MakeThe Cut, a social media campaign to benefit local military veterans in need by raising funds and awareness for the YMCA Food Relief program. Their Alliance president vowed to chop her long locks of hair if she raised \$5,000. The campaign ran from Labor Day to Veterans Day with posts running on the GCMSA Facebook and Instagram pages as well as the president's personal social media pages. As an incentive to donate, items were donated from local businesses and raffled every other week and donors earned chances to win. The last two weeks donors were able to vote on three hairstyles. On November 10, food boxes were packed, the long locks were cut, and the hairstyle was debuted.

Certificates were presented to all members who had met the requirements for the AMAA Leadership Academy. To qualify, members had to attend Leadership Boot Camp in December 2022, Confluence 2.0 in February 2023, and attend the Annual Meeting in Nashville. Awards were handed out by Jacqueline Nguyen and Rula Ali (MI) who was one of the organizers of Boot Camp.

A working lunch followed moderated by Ron Jagers (SC) asking Alliance members to share highlights of activities in their state. In the afternoon session, Past President and Nominating Committee Chair Heather Rifkin called for nominations from the floor for the vacant positions of Secretary and Director. Dinah Goldenberg (NV) was nominated as Secretary and Libby White (TX) was nominated for Director. The slate was approved by acclamation. The floor opened for nominations for Governance Council: Karen Shroeder, Jacqueline Alford, and Jenny Shepard were nominated for Bylaws committee and Mary Beth Ellison was nominated for Nominating Committee alongside Dave Street.

The four Regional Representatives to the Nominating Committee are Donna Revito (Northeast), Gill Waltman (North Central), Elsbeth Chaney (Southern) and Sheridan Sheffield (Western).

The second speaker of the day was Stephen Loyd, MD, whose character inspired the HULU series *Dope Sick* played by Michael Keaton. Dr. Loyd spoke of his own addiction and how he was fortunate enough to have a support system to help him recover from his addiction. His presentation was entitled *Turtle on a Fencepost: Understanding Recovery Ecosystems*, with the turtle representing him on the post needing powers and support systems to help him off the post. He describes drug victims whom he treated and continues to treat, but if there are no systems in place they can relapse into

addiction and sometimes die from overdose. Dr. Loyd spoke of those experiences that could predispose one to become vulnerable to addiction: genetics, trauma, and opportunity. He is still in practice and specializes in young pregnant women who are addicted.

In Person Nashville Day 3

On Sunday morning, Dave Street (GA) gave an in-memoriam service honoring AMAA members who passed in the past year and included Joan H'Doubler of Greene County, Missouri. Reports from Council Chairs included Mary Beth Ellison (OH) Events Council Chair; Dave Street (GA) Finance Council Chair; Karen Begrow (MI) Governance Council Chair; and Ron Jagers (SC) Membership Council Chair. Presidential recognitions were awarded to the following members: Jennifer Bruce (MI) for her outstanding talent in providing graphical and marketing designs for Annual Meeting as well as photography throughout the meeting; Ginger Allen (NV) for her business development and marketing talent; and Mary Beth Ellison (OH) for organizing the Annual Meeting in a new venue.

Dr. Wayne Sotile of the Sotile Center of Resilience, who is a pioneer of health psychology, reliance, and work/life balance, spoke next. He provided the results of the 2023 Physician Family Experience Survey that was conducted earlier in the year on the AMA Alliance website. The results and graphs were handed out to members. Of the 1,404 surveys submitted, 265 were AMA members with a mean age of 55 years and 1,143 were non-members with a mean age of 37 years. Comparing the results of the 2004, 2012, and 2023 results: quality of life for physician families increased over the years as stresses decreased such as medical schools/residencies, raising children, building a practice, paying off school debts, etc. Satisfaction with one's life also did not change much since the last survey as that also increases with the number of years married. Physician wellbeing today is at a higher risk amongst the younger age groups. A Mayo clinic study stated 23-44% of 21+ years post education reported usually or always isolated from others. Loneliness was reported in 37% of Medical Student Life Mates and 44% of Resident Life Mates. In 26-46% of physician families having an alternate source of income intended to replace income from medicine was reported. Satisfaction with one's life vs. age of children rose as children grew older, with 71% satisfaction for children under 19 years and 84% satisfaction for 20+ years.

The primary cause of stress was lack of time or spouse's work (82%), fatigue (80%), and work interfering with home activities (70%). Life satisfaction dropped among mates as physicians worked more hours. An interesting comparison is



Leadership Recipients AMAA President Nguyen, Sana Saleh, and Rula Ali.

that in 2004, 28% reported spending more than 120 minutes per day with partner vs. > 45% in 2023. The study also revealed that a large majority would not recommend a child to pursue a career in medicine.

Key take-a-ways from 2023 study: questionable change in percent work outside the home; downward trend in mate satisfaction between 2004-2012 and 2023 studies; fewer would choose a physician mate again; the first 15 years are the most challenging; the training years are the loneliest; and there is less pride affiliation with the medical profession. In addition, the call burden is chronic, and although couples spend more time together, they come home worried and too tired to participate. Protective factors in the marriage are finance, AMA/Alliance membership, and connecting for 60-90 minutes a day.

During the luncheon Kendra Harvey (TX) and Beverly Kerbow (TX) discussed how we can enhance our marriage and time daily. They also mentioned that there is still a lot of data to look at but not for scientific/analytic purposes but for potential Alliance programs. During the luncheon, the voting ballot for the Governance and Nominating committee were cast digitally via Election Buddy and the results were shared after lunch. Election Committee Chair, Sherri Morrow, shared the results with the president and votes were approved and slate of officers were approved.

The afternoon speaker was Dr. Robert Wicks whose major area of expertise is resilience, self-care, and the prevention of secondary stress. He has over 45 years of experience in areas like stress, anxiety, and confusion, and has published 60 books, his latest entitled, *The Simple Care of a Hopeful Heart: Mentoring Yourself in Difficult Times*. Each attendee received a copy, compliments of the Nevada Alliance.

Dr. Wicks' advice in times of stress is to prevent secondary stress and promote post traumatic growth that comes after a major event in one's life such a major illness. He suggests to honor what you are going through, grow in the areas of connectedness, grow friendships, develop emotional intelligence, respect and be present for others, and finally, how you make them feel. Develop healthy habits such as silence wrapped in gratitude, mindfulness, and emotional intelligence. He noted that chronic secondary stress is the same as physician burnout today. He showed the following maxims: Knowledge + Humility = Wisdom. Wisdom + Compassion = Love. He advises us to use that as guide in our daily lives especially as caregivers and providing to the community.

Members broke into groups for regional meetings. The North Central Meeting was run by Cami Pond (IN). Gill Waltman and Sana Saleh from Missouri attended. The next North Central Meeting will be held in Minneapolis in September 2023. Exact dates to be determined.

That evening, North Carolina State Alliance hosted a

party with barbeque and a blue grass band. Members helped participate in putting together mental health kits for children.

In Person Nashville Day 4

The morning of our final day was opened with a welcome and a briefing by Sandi Smith, Interim Executive of the AMA Foundation. She provided a summary of the Foundation's Strategic plans. These included the National Fellowship for LGBTQ+ Health, where more than \$750,000 is provided to build programs, train fellows, disseminate research and share curricula on LGBTQ's health. Other funds include the Grassroots Physicians of Tomorrow Fund for medical student scholarships, a Disaster Relief Program for areas affected by natural disasters, and the AMAF/AMA Acceleration Fund, committing \$5 million towards health equity and initiatives such as access, research and data collection, diversity, and social determinants of health.

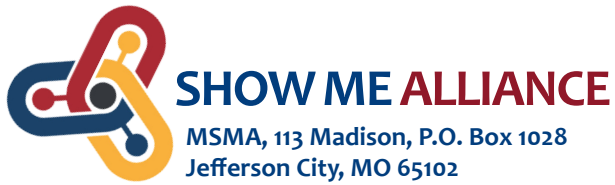
This was followed by an address from Dr. Jesse Ehrenfeld, AMA President-Elect, who provided a summary of the current state of the AMA and the health care delivery. He spoke about increasing digitization across health care and business, the continued rise in chronic disease, planning for major public health events, the aging population, increasing diverse patient communities, growing remote patient care, and Artificial Intelligence.

The AMA is the physicians' powerful ally in patient care representing with a unified voice and removing obstacles that interfere with patients, leading the charge to confront public health crises and driving the future of medicine. Dr. Ehrenfeld suggested the following: recovery plans for America's physicians, reform Medicare payments, tackle prior authorization, stop scope creep, reduce burnout, and advance telehealth. He ended by announcing that the AMA has declared gun violence a public health crisis with policies to reduce injuries and trauma from firearms. Another public health concern is the overdose epidemic and the new DEA opioid training requirements.

Dr. Ehrenfeld invited the Kunesh family (Dr. Brian Kunesh and their two sons) to join him as he installed Racheal Kunesh as new AMAA President.

The last speaker for the day was Barbara Churchill, a master certified executive coach who presented "Ditch the Doubt: Claim your Confidence." Barbara helps inspire people to reach their full potential using her expertise in imposter syndrome, relationship building, communication, team building and leadership development. Imposter syndrome is defined as a feeling of not being good enough or smart enough for what you do despite evidence of success. It is prevalent in the medical profession. We need to recognize that voice inside us to gain more self-confidence. Barbara moved to a group exercise for members to identify the inner voice in us and a final exercise was to list three talents each person claims and to state a new thought about oneself to discount a previous negative one.

We look forward to seeing all of you at next year's annual meeting in Nashville.



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

HOLD THE DATES!

**2023
Alliance
Fall Conference**

**Thursday, October 5
& Friday, October 6
Columbia, Missouri**

Registration, Conference Program & Hotel
www.msma.org/Alliance-Fall-Conference

Greene County Physician Family Night at the Museum!

by Barbara Hover | Greene County Alliance Co-President

Greene County Medical Society Alliance hosted its Physician Family Night at the Museum (Springfield Discovery Center) on Feb. 18. This was the fifth year for our event which had a great turnout of families, medical residents, active and retired physicians, camaraderie, and food, all inside enjoying exhibits.

Our next event is Physician Family Day at the Zoo on Aug. 26 with a catered picnic style-meal and access to Dickerson Park Zoo in a private after-hours event.



Physician Family Day at the Zoo on Aug. 26!