

# JOTTINGS

Volume 74, Issue 5

April, 2015

**COLUMBUS MEDICAL ASSOCIATION ALLIANCE**

## Upcoming Events

### **OSMA Alliance Convention**

April 23-24  
OSMA Headquarters  
Hilliard

### **May Meeting**

Wednesday, May 19  
Scioto Country Club  
11:00AM

### **CMA Annual Party**

"Hot in Havana"  
Friday, May 15  
Huntington Park

### **Fundraiser Planning**

#### **Meeting**

Monday, June 8  
Sue Dingle's home  
2875 Squires Ridge  
Upper Arlington  
10:00AM

### **Steering Committee**

#### **Meeting**

Monday, June 8  
Sue Dingle's home  
12:00 Noon  
Box lunches served

**Watch your mail for updates on these programs**

**Report news to Sue Dingle (459-1292 or [shdingle@yahoo.com](mailto:shdingle@yahoo.com))**

**The deadline for the next newsletter is April 20.**

## **Come Tour the Decorators' Show House With Us!**

The Women's Board of the Columbus Museum of Art presents the 2015 Decorators' Show House. Come enjoy a tour of the stately 19,000 square-foot Georgian manor in Muirfield Village in Dublin. More than thirty-nine talented local interior designers and outdoor landscapers have been hard at work to beautify the house and grounds and show off their talents. See page 4 for more photos of the house.

After the tour, we will have lunch at the Morgan House nearby where you can order off the menu for the meal of your choice.

Tuesday, April 28

6045 Saint Boswell Court  
Dublin

11:00AM



Cost: \$20.00 (\$25.00 at the door if you decide to come at the last minute)

**Parking is limited! We will offer transportation to the Show House so you won't have to park far away and walk. Come park at Sue Dingle's home (2875 Squires Ridge) at 10:15AM or Scioto Park (7377 Riverside Drive — upper level of parking) at 10:30AM and we'll go together.**

### **Friends are welcome!**

Make check payable to "Shirley Powers" and mail with the form below to her by April 17

Shirley Powers  
4605 Aberdeen Avenue  
Dublin, OH 43016  
659-6787

### **Reservation Form for Decorators' Show House — Deadline Friday, April 17th**

Name \_\_\_\_\_ Phone # \_\_\_\_\_

# of tickets for Tour \_\_\_\_\_ X \$20.00 = \_\_\_\_\_

\_\_\_\_\_ I will be staying for lunch at the Morgan House \_\_\_\_\_ I will be carpooling from Sue's house.

\_\_\_\_\_ I will be carpooling from Scioto Park.

## From the Editor's Desk



If you or someone you know is interested in volunteering at the Physicians Free Clinic on Monday evenings, please contact Audrey Barker: [abarker@goodhealthcolumbus.org](mailto:abarker@goodhealthcolumbus.org)

All volunteers must attend a volunteer orientation and sign a confidentiality form. Orientation is held the first Monday of each month as long as the clinic is open.

I am so ready for spring! It's time to get outdoors and moving without coats, boots and gloves. We have several fun spring events for you to enjoy. First we have the opportunity to tour the **Decorators' Show House** on April 28 followed by lunch at the Morgan House. Come see the latest interior design and garden ideas to inspire you to change your own house. If you have never been to the Morgan House, you're in for a treat. You can walk through three floors of items for sale that are all fabulous. You'll find an item you didn't know you couldn't do without! (See page 4 for a description and photos of the house.)

And we have our **annual meeting** on May 19 at Scioto Country Club. You will enjoy lunch with friends and we will honor our past-presidents. Our health topic for this meeting is **"Breathing, Laughter and Other Good Things."** Joyce Johnson (not our member) from the Breathing Association will teach us methods of relieving stress through special breathing techniques. Everyone will benefit from this knowledge so join us then. More details will follow in the May newsletter.

Mark your calendar now for **Wednesday, November 11, 2015** at Scioto County Club for our annual fundraiser luncheon. Plan to attend and help us raise monies for our Scholarship Fund. And why not offer to help us plan the day and serve on the committee. We have all sorts of jobs to be filled — some big, some small — and we can use your creative ideas. If you would like to help with our November fundraiser, please call me. There will be one planning meeting on June 8 and one in September. The more helping hands, the better!

Also, be on the lookout for items you can donate to the **Silent Auction** at our November fundraiser. We make a considerable amount of money from this part of the day and we need your contributions. Over the summer, watch for "buy one, get one free" sales or use coupons to get other free items. If you get a gift you don't want, save it to donate it to the auction. Look around your house — what new item don't you need? If everyone would contribute one item, we would have a wonderful selection of packages or single items to offer. This is an easy way to contribute to the cause.

As you know, we are the alliance to the Columbus Medical Association so we should support their projects. Their annual party **"Hot in Havana"** is a fun way to do that. See page 5 for info on the special event. Plan to join us then.

Researchers have found that people are happier when they are with other people than when they are alone. While we all lead busy lives, interacting with others in our community brings benefits for us. It provides fun and fulfillment, friends with the same interests, a reduction of the chance of depression, and a chance to help others. Have you been to an Alliance meeting recently? If not, think about joining us soon. You'll be better for it!

Stay tuned,

Sue Dingle

A thought to ponder:

Worrying doesn't take away tomorrow's troubles. It takes away today's peace.

## Alliance News

### Planning Committee Meeting

Monday, June 8  
Sue Dingle's house  
2875 Squires Ridge  
10:00A

### Steering Committee Meeting

Monday, June 8  
Sue Dingle's home  
12:00 Noon  
Box lunches will be served  
Please RSVP to Sue

### May General Meeting

Wednesday, May 19  
Scioto Country Club  
11:00 AM

Speaker: Joyce Johnson

Subject: "Breathing, Laughter & Other Good Things"

Details in the May newsletter

### Wanted: Delegates

The OSMA Alliance Convention is April 23-24 at the OSMA Headquarters in Hilliard. We need delegates to attend the meeting to represent Franklin County. If you are interested, contact Shirley Powers.

### Doctors' Day Projects

The blood drive to honor physicians for National Doctors' Day has been ongoing throughout March. In the May newsletter we will report how many units of blood were given. We also have a second way to honor physicians by donating to our Scholarship Fund. See below for details.

## Family News

**Steve and Vicki Probst** visited Cuba in February. Steve's mother, Isabella Probst, passed away recently. She was two weeks shy of her 107th birthday.

**Manuel Tzagournis**, spouse of Madeline, officially retired from the OSU College of Medicine in December. He spent 20 years there as dean and vice-president for Health Sciences in addition to teaching, practicing medicine and holding several other positions.

**Joan and Rick Streck** are celebrating the birth of their first grandson, Henry Richard Boleky, born to their daughter Tricia and her husband Mark. Henry was born February 20, weighing in at 8 pounds, 13 ounces and measuring 20.5 inches in length. His older sisters Natalie (8) and Gabriella (5) are delighted with their new baby brother.

Columbus physician **Jerome Burman, MD** passed away recently.



## There's Still Time to Donate

There's still time to donate to our Scholarship Fund to honor a doctor for Doctor's Day. Please send a check made out to **CMA Foundation with Alliance Scholarship Fund on the memo line** to :

Sue Dingle  
2875 Squires Ridge  
Columbus, OH 43220



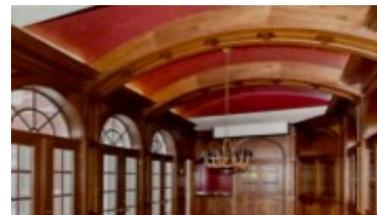
Donations are \$25/physician. Please include the name and address of the doctor so we can send him/her notification of your contribution.

Certainly one doctor has provided expert medical care for you or your family this past year. Why not let him/her know you appreciate his/her care.

## About the Decorators' Show House

The Women's Board of the Columbus Museum of Art has selected 6045 Saint Boswell Court in Dublin as the location for its 21th Decorators' Show House. The event raises funds to support the Columbus Museum of Art. This stately Georgian estate is on a private cul-de-sac in Muirfield Village. It was built in 1989 and is situated on a beautiful 1.5 acre lot. Interior and landscape designers will completely transform the house, displaying the latest trends and techniques in home and yard design. This is the first time a Show House is located in Dublin.

The Show House features seven bedrooms, seven full bathrooms and three half-baths, a granite and marble foyer, a wine cellar, an indoor swim spa and 5-car garage. There are 46 design spaces, including 39 interior spaces, three exterior spaces, and four landscape areas. A select group of interior designers and landscape architects are contributing their time, talents and materials to transform these spaces into showcases for the latest in design concepts. The Show House runs from April 23 though May 12.



## November Fundraiser

Planning is underway for our annual fundraiser luncheon. It will be held on **Wednesday, November 11** at **Scioto Country Club**. More details will follow but **put this date on your calendar now**.

**We encourage you to bring family and friends to this fun event.**

- To expand the invitation list, we need you to give us the **names and addresses of friends, neighbors and family members**. The more people who attend, the more \$\$\$ the Scholarship Fund makes!
- Be thinking about what you can **donate to the silent auction**. We are hoping to have great items which can stand alone or be used in a basket.
- Do you know of **vendors** who might like to participate in the Boutique at our event?
- We are still trying to find a speaker for this year. Do you know a "celebrity" in Columbus who might be willing to speak?

Please contact Sue Dingle (459-1292 or [shdingle@yahoo.com](mailto:shdingle@yahoo.com)) if you can help with the above.

**PLANNING MEETING: MONDAY, JUNE 8 AT 10:00AM AT SUE'S HOUSE**  
**PLEASE TRY TO ATTEND OR LET SUE KNOW WHAT YOU ARE WILLING TO DO**



Hola Amigos!

The CMA is heating up for our 12<sup>th</sup> annual social event – Hot In Havana! You are invited to join us for an evening filled with the sights, sounds and flavors of a tropical Havana Resort.

Friday, May 15, 2015

Huntington Park (Columbus Clippers Stadium)

Free parking available adjacent to the stadium

6:00 – 7:00 pm - Reception to honor physicians celebrating 50 years in medicine

7:00 – 10:00 pm - Hot in Havana Event

Your All-Inclusive Evening Includes:

Cuban-influenced cuisine and cocktails (including Mohitos, Cuba Libres and more)

Upbeat Latin and sultry salsa beats, complete with professional salsa dancers to provide demonstration and instruction on how to heat up the dance floor!

Festive launch of Dr. Charlie Agnone as the new CMA President.

RSVP by April 25, 2015 to join in the fun!

Call (614) 240-7410 or email Lisa Oyer at [Loyer@goodhealthcolumbus.org](mailto:Loyer@goodhealthcolumbus.org)

Suggested Attire: No need for a tux or sequin dress for this affair! Your favorite resort wear or casual party outfit will do. However, tropical shirts are encouraged!

## 50-Year Physicians To Be Honored

The following physicians will be honored at the CMA Gala, "Hot In Havana," on May 15

**Nur Badshah, MD**

**Stephen Berger, MD**

**Charles Bush, MD**

**Samuel Cataland, MD**

**Mao-Hsiung Chen, MD**

**H. Gorfinkle, MD**

**James Hamilton, MD**

**Milo Hilty, MD**

**Sungkyu Lee, MD**

**Thomas Mallory, MD**

**\*James Powers, MD**

**Robert Pugliese, MD,**

**Margaret Real, MD**

**William Reynolds, MD**

**Herbert Riemenschneider, MD**

**Roger Robinson, MD**

**Thomas Vogel, MD**

**James Webb, MD**

**Patrick Winans, MD**

**John Woods, MD**

\*Denotes spouse of Alliance member

## Breaking News From the OSMA...

Late Thursday morning, the U.S. House of Representatives passed historic legislation to create a permanent fix to Medicare's Sustainable Growth Rate, also known as the SGR. HR 2, The Medicare Access and CHIP Reauthorization Act of 2015, passed out of the House with overwhelming support from the Ohio Delegation.

Since 2003, Congress has enacted 17 different patches to stop the scheduled physician payment cuts, at a cumulative cost of \$169.5 billion dollars. However, Thursday marked the first time in recent years in which members of both sides of the aisle had come together on such an important piece of legislation. Both Democrats and Republicans have seen the pain and hardship caused by the flawed formula and how much it has impacted physicians and patients alike.

However, our job is not completely done. While HR 2 has passed out of the House, this act still needs to pass through the U.S. Senate. Please visit the OSMA's Advocacy Center to reach out to Ohio Senators Rob Portman and Sherrod Brown and urge them to support this legislation. **We can't give up with the finish line so close!**

H.R 2 passed out of the House by a vote of 392-37, with 15 out of the 16 members of the Ohio Delegation voting in support of the legislation. The OSMA thanks Speaker John Boehner for his leadership on this effort, along with the Ohio Delegation members who voted in support of the legislation: Representatives Beatty, Chabot, Fudge, Gibbs, Johnson, Joyce, Kaptur, Latta, Renacci, Ryan, Stivers, Tiberi, Turner and Wenstrup.

Additionally, all OSMA members deserve a huge thank you for their tireless support and efforts on advocating for this change! Without their help, this legislation undoubtedly would not have passed. This effort marks a decade worth of endless work by physicians, the OSMA and the American Medical Association. Thank you all for not giving up during this process. This remarkable vote shows what is possible when the physician community is able to rally together and make their voice heard.

## The Cook's Corner

### A New Way to Hard-Boil Eggs



Preheat oven to 350'.

Put one egg in each of twelve muffin pan cups. Bake in preheated oven for 30 minutes.

Plunge baked eggs in a large bowl filled with ice water until cooled completely, about 10 minutes.

### Another Chicken Recipe

4 boneless, skinless chicken breasts

½ cup Dijon mustard

¼ cup maple syrup

1 tablespoon red wine vinegar

Salt & pepper

Fresh rosemary

Preheat oven to 425 degrees.

In a small bowl, whisk together mustard, syrup, and vinegar.

Place chicken breasts into 9x13 lined baking dish. Season with salt & lots of pepper.

Pour mustard mixture over chicken. Make sure each breast is coated. Put some more pepper on, if you like.

Bake for 30-40 minutes, or until meat thermometer reads 165 degrees.

Season with fresh rosemary.



### Pan-Seared Brussel Sprouts with Cranberries and Pecans

Serves 3-4

1 pound brussel sprouts, de-stemmed and halved — choose small ones

2/3 cup fresh cranberries

1/3 cup gorgonzola cheese, crumbled

1/3 cup pecans

1/2 cup barley

1 tablespoon maple syrup

1 tablespoon balsamic vinegar

Olive Oil

Salt & Pepper

Prepare barley according to package instructions.

Heat brussel sprouts, cranberries, and olive oil in a skillet over medium heat. Season with salt & pepper. Cook for 10-12 minutes.

Add balsamic vinegar and maple syrup. Stir to coat and remove from heat.

Toss barley, sprouts, cranberries, and pecans in a large bowl. Top with gorgonzola.

## Health Tips for Every Body

### Glaucoma: The Silent Thief of Sight

Glaucoma is the second leading cause of blindness in the United States, but it doesn't have to be a problem you need to fear later in life. If caught early, treatment is possible.

Glaucoma is a group of eye conditions that cause damage to the optic nerve, the nerve which carries visual information to the brain. If the damage to this nerve is severe enough, blindness can result. The eye is filled with aqueous humor, a clear fluid that is made behind the iris, the colored part of the eye. The fluid leaves the eye through channels in the eye, called the anterior chamber angle, or simply the angle. This helps keep pressure within the eye at the proper level. If the flow of fluid from the eye is blocked or slowed in any way, pressure will begin to rise. If pressure reaches high enough for a long enough period of time, it will cause damage to the optic nerve.

There are four major types of glaucoma:

**Open angle or chronic glaucoma is the most common form of the disease.** It occurs over a long period of time and the pressure that builds up in the eye pushes on the optic nerve, usually with no pain at all. The cause of open angle glaucoma is unknown, however it does run in families and those of African-American descent are at a particularly high risk of developing it.

**Angle closure or acute glaucoma is very serious.** This occurs when the flow of aqueous humor suddenly becomes blocked causing a very fast and very painful rise in pressure. If this occurs it is cause for a trip to the emergency room. It's also important to note that someone who has had acute glaucoma in one eye is at an increased risk of having it occur in the other eye, so their doctor may prescribe preventative treatment. Dilating eye drops and certain medications can be the cause of acute glaucoma.

**Congenital glaucoma is seen in babies at birth and is hereditary.** It is thought to be caused by abnormal development of the eyes in utero.

**Secondary glaucoma is caused by a number of different things including medications such as corticosteroids, eye diseases, systemic diseases, or trauma to the eye.** In other words, the glaucoma is a secondary condition to something else that is causing it.

The symptoms of glaucoma vary based on the type of glaucoma that a person has.

#### Open Angle or Chronic Glaucoma

(1) Often those affected have no symptoms at all (2) Those affected experience no pain (3) Once a person loses their vision, the damage to the optic nerve is already severe (4) Peripheral vision (vision to the side) is lost slowly, called tunnel vision (5) If left untreated, this type of glaucoma leads to blindness

#### Angle Closure or Acute Glaucoma

(1) Symptoms can either come and go, or steadily become worse (2) A person may experience sudden, severe pain in one eye (3) Decreased, cloudy, or steamy vision is sometimes reported (4) Nausea and/or vomiting (5) Rainbow-like halos around lights (6) Red eye (7) A feeling of swelling in the eye

#### Congenital Glaucoma

(1) Symptoms are usually present at birth, but not noticed until the child is a few months old (2) Cloudiness in the eyes (3) Enlargement of one or both eyes (4) Red Eyes (5) Child demonstrates an abnormal sensitivity to light (6) Tearing of the eyes

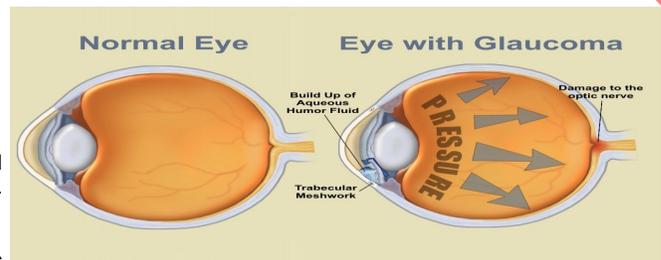
Treatment is aimed at reducing the pressure in the eye and preventing damage to the optic nerve from occurring or worsening. Treatment will depend upon the type of glaucoma that a person has. If a person has open angle glaucoma, typically eye drops are prescribed that will reduce the pressure in the eye and prevent further damage to the optic nerve. New medications are just as effective with fewer side effects than the eye drops used in the past. Depending upon the severity of each individual case, pills may be used in conjunction with the drops to lower eye pressure more effectively.

In more serious cases, such as in the case of angle closure glaucoma, more aggressive medications may be used to reduce eye pressure, including intravenous (IV) medications. In the case of this type of glaucoma, blindness can occur within a few days if it is left untreated. Surgery may also be used.

Babies born with congenital glaucoma are always treated with surgery performed under general anesthetic. Secondary glaucoma can be treated by treating the cause. Whether it's a change in medication or treating an injury to the eye, treatment will depend upon whatever the underlying cause is.

The long term outlook for someone with glaucoma depends upon the type of glaucoma that they have. Someone with chronic glaucoma cannot be cured, however further damage to the optic nerve can be prevented with close treatment. Someone with acute glaucoma usually fares well after treatment, but acute glaucoma is a medical emergency and blindness can result if it isn't treated. Children with congenital glaucoma usually suffer no long term effects provided that the condition is treated early. Otherwise blindness will result. The same is true with secondary glaucoma.

Glaucoma need not be a devastating condition. With proper treatment and by communicating closely with their doctor, those with glaucoma can mitigate the damage to their optic nerves and stop further sight loss.



## Tips for Better Living

### Thieves Are Getting Smarter. Stay A Step Ahead of Them!

Read the following scenarios and learn from them.

#### 1. LONG TERM PARKING

A man left his car in long-term parking at the airport when he went out of town. He left the registration/insurance information in his car's glove compartment. Thieves broke into his car and, using the information in the car, determined his home address. They then robbed his house while he was gone. Do not leave such information in your car — or the remote garage door opener in the car either.



#### 2. GPS

A couple had their car broken into while they were at a football game. Their car was parked in the lot which was adjacent to the football stadium and specially allotted for football fans. Things stolen from the car included a garage door remote control, some money and a GPS which had been prominently mounted on the dashboard. When the victims got home, they found that their house had been ransacked and just about everything worth anything had been stolen. The thieves had used the GPS to guide them to the house. They then used the garage remote control to open the garage door and gain entry to the house. The thieves knew the owners were at the football game, they knew what time the game was scheduled to finish and so they knew how much time they had to clean out the house. Don't put your home address in your GPS. Put a nearby address (like a store or gas station) so you can still find your way home if you need to, but no one else would know where you live if your GPS were stolen.



#### 3. CELL PHONES

A woman had her cell phone stolen. Twenty minutes later when she called her hubby+ from a pay phone telling him what had happened, hubby says, "I received your text asking about our Pin number and I've replied a little while ago." When they rushed down to the bank, the bank staff told them all the money was already withdrawn. The thief had actually used the stolen cell phone to text "hubby" in the contact list and got hold of the pin number. Within 20 minutes he had withdrawn all the money from their bank account. Do not disclose the relationship between you and the people in your contact list. Avoid using names like Home, Honey, Hubby, Sweetheart, Dad, Mom, etc. When sensitive info is being asked through texts, CONFIRM by calling back. Also, when you're being texted by friends or family to meet them somewhere, be sure to call back to confirm that the message came from them. If you don't reach them, be very careful about going places to meet "family and friends" who text you.



#### 4. PURSE IN THE GROCERY CART SCAM

A lady went grocery-shopping and left her purse sitting in the children's seat of the cart while she reached for something off a shelf. Her wallet was stolen and she reported it to the store personnel. After returning home, she received a phone call from the grocery store to say that they had her wallet and that although there was no money in it, it did still hold her personal papers. She immediately went to pick up her wallet, only to be told by the store that they had not called her. By the time she returned home again, her house had been broken into and burglarized. The thieves knew that by calling and saying they were from the store, they could lure her out of her house long enough for them to burglarize it.

### Jest for Health

Pasquale died. His will provided \$40,000 for an elaborate funeral. As the last guests departed the affair, his wife Angelina turned to her oldest and dearest friend. "Ah well, Pasquale would be pleased," she said.

"You're right," replied Maria, who lowered her voice and leaned in close. "So go on, how much did this really cost?"

"All of it," said Angelina. "Forty thousand."

"Aw No!" Maria exclaimed, "I mean, it was very grand, but \$40,000?!!!"

Angelina answered, "The funeral was \$6,500. I donated \$500 to the church. The whiskey, wine and snacks were another \$500. The rest went for the Memorial Stone."

Maria computed quickly. "Mama Mia !!! For the love of God, Angelina, \$32,500 for a Memorial Stone? How big is it?"

(See the picture at the bottom of the page)

\*\*\*\*\*

### Ten Best Caddy Responses

Golfer: "I think I'm going to drown myself in the lake."  
Caddy: "Think you can keep your head down that long?"

Golfer: "I'd move heaven and earth to break 100 on this course."  
Caddy: "Try heaven, you've already moved most of the earth."

Golfer: "Do you think my game is improving?"  
Caddy: "Yes, you miss the ball much closer now"

Golfer: "Do you think I can get there with a 5 iron?"  
Caddy: "Eventually."

Golfer: "You've got to be the worst caddy in the world."  
Caddy: "I don't think so...that would be too much of a coincidence."

Golfer: "Please stop checking your watch all the time. It's too much of a distraction."  
Caddy: "It's not a watch - it's a compass."

Golfer: "How do you like my game?"  
Caddy: "It's very good - but personally, I prefer golf."

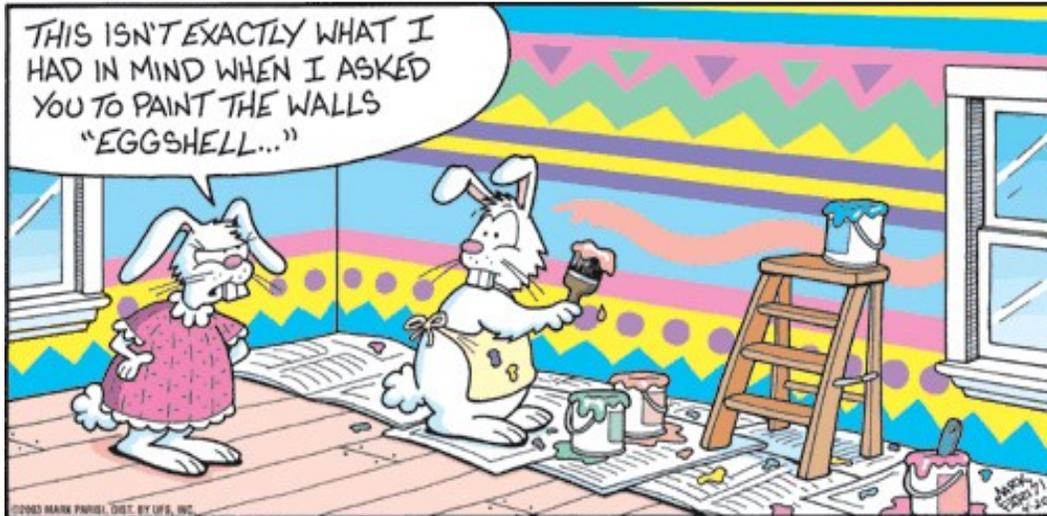
Golfer: "Do you think it's a sin to play on Sunday?"  
Caddy: "The way you play, it's a sin on any day."

Golfer: "This is the worst course I've ever played on."  
Caddy: "This isn't the golf course...We left that an hour ago."

Golfer: "That can't be my ball, it's too old."  
Caddy: "It's been a long time since we teed off, sir."

\*\*\*\*\*





**Happy Easter!**



**Columbus Medical Association Alliance**

**1390 Dublin Road**

**Columbus, OH 43215**

**<http://columbusmedicalassociationalliance.weebly.com>**

**<http://cmaafranklinco.blogspot.com>**