

# JOTTINGS

Volume 76, Issue 5

April, 2016

**COLUMBUS MEDICAL ASSOCIATION ALLIANCE**

## Upcoming Events

### **OSMA Alliance Convention**

May 5-6  
Akron, Ohio

### **CMA Annual Party**

"Bollywood in the Park"  
Friday, May 6  
Huntington Park

### **Fundraiser Planning Meeting**

Date and place  
to be determined

### **Member Appreciation Luncheon**

Date and place  
to be determined

### **November Fundraiser**

Wednesday, November 9  
Scioto Country Club

Watch your mail for updates  
on these programs

Report news to  
Sue Dingle (614-459-1292 or  
shdingle@yahoo.com)

## **Come Learn How To "Stay Healthy Throughout Your Life"**

We have a fabulous meeting planned for you on April 12 that you won't want to miss. Dr. David Sabgir is an inspiring speaker and he is coming to let you in on the many tips to staying healthy. (See page 3 for Dr. Sabgir's biography.)

**Tuesday, April 12**

**11:30AM**

**Scioto Country Club  
Jack Nicklaus Room  
(near second entrance)**

**Cost: \$30 per person**

**You will be able to select from four lunch offerings  
with a small fudge nut ball for dessert.**

**We will honor past-presidents too.**

**Make your check payable to "CMA Alliance" and mail by April 8 to:**

**Shirley Powers  
4605 Aberdeen Avenue  
Dublin, OH 43016  
614-659-6787**

**We encourage you to bring friends too!**



**We wish you and your family a  
relaxing and safe summer!**

**See you in the fall!**

## From the Editor's Desk



Dear Friends —

This is the last newsletter for the 2015-16 year; the time sure went fast! Usually our final meeting of the year is in May but we upped it to April this year as I may be having my knee replaced in May. I don't want to miss the informative and engaging speaker we have lined up for you. Those who have heard him were mightily impressed.

Our **meeting** will be held on Tuesday, April 12 at Scioto Country Club. Dr. David Sabgir will be full of tips on how to stay healthy throughout your life. We all need to know what we can do to make us have more good days than bad. We hope a big group will attend to hear him so please make every effort to come — and bring friends.

Mark your calendar now for **Wednesday, November 9, 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 in June (TBD) and one in September. The more helping hands, the better!

We are pleased to announce that Tammy Fleishman will be our **speaker in November**. She is a charming lady who is an RN and life coach and has her own practice in Columbus to help people solve problems and give them the self-empowerment to make the most of their lives. She travels all over the United States to speak to groups.

Also, over the summer, be on the lookout for items you can donate to the **Silent Auction** at our November fundraiser. We make a considerable amount of money (nearly \$2000 this past year) 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 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 single items or packages 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 is a fun way to do that. See page 5 for info on the special event. Plan to join us at the Alliance table(s).

And don't forget to keep us informed of your family news over the summer. We want to hear about weddings, births, travel, honors, etc. Just send along the information to me and it will appear in the September edition.

Ah, spring is here at last! Time to get out and participate in the world again. Time to notice the earth reawakening. Time to savor the sights, sounds, smells of our surroundings. Hope to see you at our final general meeting where it'll be good to catch up with friends.

Stay tuned,

Sue Dingle

A thought to ponder:

“Life's under no obligation to give us what we expect.”

Margaret Mitchell

## Alliance News

### Planning Committee Meeting

### Member Appreciation Luncheon

Both of these events will occur in early June. However we are unable to set a date at the moment. You will receive information concerning both at a future date via e-mail. Please watch for these updates.

### CMA Social Event

If you are planning on attending the CMA's annual event on May 6, come sit at the Alliance's table. We are putting together a table or two, so contact **Aireen Aguilar** to join us. Joining us will save you money on the ticket cost too.

See page 5 for information about the event.

### Send In Bills

All bills must be sent to our treasurer for reimbursement by June 1.

Mail to:

**Jenny Dingle**  
2567 Lane Road  
Columbus, OH 43220

### Doctors' Day Projects

The blood drive to honor physicians for National Doctors' Day encountered several problems this year as the Red Cross is now doing every transaction by electronics. We are hopeful that by next year they will have come up with a method by which doctors can be notified of the donations.

In the meantime, you can still make monetary donations to our Scholarship Fund instead. Please read the information below to learn how to contribute.

We apologize for the problems this year. The Alliance wants to continue this worthwhile project in the future so we will be working with the Red Cross to come up with a solution.

We thank **Vinny Herwig, Theresa Lembach and Shirley Powers** for contributing to our Scholarship Fund in honor of 9

## Family News

**Jane and Paul Morton** moved on February 15. Their new address is:

340 W Goodale Street  
Columbus 43215

Phone: 614-565-3178

no e-mail at this time

Former member **Phyllis Havener** passed away on March 1. A memorial service will be held on

April 2nd at Trinity United Methodist Church at 1:30PM.

**Aireen and Pedro Aguilar** took part in a medical mission in Mexico recently.

**Kathe Muller, MD**, one of our members, will be honored as a 50-year physician at the CMA's social event on May 6.

Congratulations to **Brent Mulgrew**, Executive Director and Co-CEO of the Ohio State Medical Association, for being honored by *Columbus CEO* with the Healthcare Lifetime Achievement Award.

Columbus physicians **William Binkley, MD, Byron Blake, MD, Jerome Burman, MD, and John Shultz, 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 our April Speaker

We are so excited to hear Dr. David Sabgir at our April 12 general meeting. His topic is “Stay Healthy Throughout Your Life” and will offer tips on how to do just that. Those who have heard him speak before know that he is a captivating and knowledgeable speaker. You will want to hear his suggestions as it will affect your health at any stage of your life.

Dr. Sabgir is a board-certified cardiologist at Mt Carmel Clinical Cardiovascular Specialists in Westerville. He graduated from Miami University and Medical College of Ohio and served his internship, residency and fellowship at The Ohio State University Medical Center.

He founded ‘Walk With A Doc’ in 2005. This free program brings doctors and patients together to walk in a park. At the first walk, 101 people showed up. From there it has expanded all over the city and to more than 130 sites around the United States and four countries. During these walks, Dr. Sabgir answers medical questions and offers information on seven major components of good health. These will be the points he covers at our meeting. Come learn how to be healthier.



Dr. Sabgir lives in Westerville with his wife Kristin and their two children, Ally and Charlie. He was just honored by Columbus CEO with the Pathway to Population Health Award for his “Walk With A Doc” program.

## November Fundraiser

Planning is underway for our annual fundraiser luncheon to raise monies for our Scholarship Fund for medical and nursing students.. It will be held on **Wednesday, November 9 at Scioto Country Club**. More details will follow but **put this date on your calendar now**.

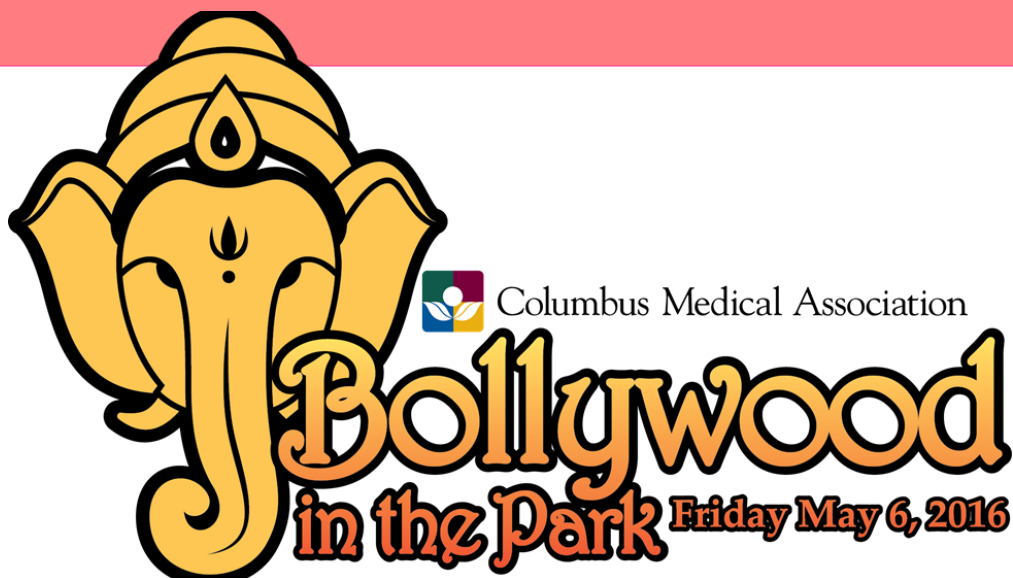
**We encourage you to bring family and friends to this fun event.**



**We need your help in many areas. Please read below and see what interests you.**

- 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 like to add new ones every year.
- We need more members on the planning committee, models for our style show, workers at the registration table, helpers with the silent auction set-up and table decorations, etc. We need all the help we can get!
- And we, of course, need you to attend our special event. That's the most important thing you can do to help us.

Please contact Sue Dingle (614-459-1292 or shdingle@yahoo.com) if you can help with the above.



### **Bollywood in the Park**

**CMA's Best Social Event of the Year!**

Friday, May 6, 2016 7:00—10:30 pm Location: Huntington Park (Clippers Stadium)

Bollywood in the Park will *premiere* on May 6<sup>th</sup> and will be an *epic* evening filled with the sights, sounds, and flavors of Mumbai! The evening's *plot* includes:

- Eastern-influenced cuisine and cocktails (along with some Western fare)
- Upbeat Bollywood and international music, complete with Bollywood dance instruction
- Free henna tattoos
- Introduction of our new 'leading lady' — Dr. Anita Somani as the 2016/2017 CMA President.

**Sound fun? Then join us!**

#### **Want to reserve your own "Cast of Characters" table?**

Tickets to "Bollywood in the Park" can be purchased individually  
or you can reserve a "Cast of Characters" table  
(includes 10 event tickets and a reserved table for 10 for \$800)

## **50-Year Physicians To Be Honored**

The following physicians will be honored at the CMA Gala, "Bollywood in the Park" on May 6

Dennis Bauman, MD

David Brandt, MD

\*David Dawdy, MD

Andrew Klaus, MD

Bernard Master, MD

Ali Mokhtari, MD

\*\*Kathe Mueller, MD

Paul Oppenheimer, MD

William Padamadan, MD

James Rothe, MD

William Schory, MD

David Schwartz, MD

Richard Turner, MD

Louis Unverferth, MD

Moshe Ziv, MD

\* Denotes spouse of Alliance member

\*\* Denotes Alliance member

## Breaking News From the OSMA...

### CDC Releases Guidelines for Prescribing Opioids

Reprinted from CMA "This Week"

The Centers for Disease Control and Prevention (CDC) this week released guidelines for prescribing opioid painkiller medication when treating patients for chronic conditions — pain lasting more than 12 weeks.

The guidelines consist of about a dozen recommendations, a checklist of options for physicians and providers to consider when treating a patient for chronic pain before prescribing an opioid, such as Vicodin and OxyContin.

The guidelines come in response to a national epidemic in which 40 Americans die every day specifically from overdosing on prescription painkillers, according to the CDC. Ohio is not immune from this problem.

In January, the Governor's Cabinet Opiate Abuse Team (GCOAT), which the Ohio State Medical Association (OSMA) participates on, released state guidelines for treating acute pain — pain that is expected to end within days or weeks and no longer than 12 weeks. Similar to the CDC national guidelines, Ohio's recommendations also lean towards non-pharmacological treatments before prescribing an opioid.

Neither the CDC or Ohio guidelines are intended to replace a physician's clinical judgment in treating a patient.

GCOAT has previously released guidelines for Ohio physicians and providers for treating chronic pain and for treating patients in emergency rooms.

The OSMA has also taken a lead on addressing the epidemic in Ohio by creating Smart Rx — Safe Medicine and Responsible Treatment — an online training and public awareness program designed for physicians and other prescribers. Smart Rx program is completing its first year and enjoys partnerships with several Ohio health systems, including OhioHealth, Mercy Health, Kettering Health Network, MetroHealth and others.



## Thank You to All Donors

We want to thank all of you who sent in donations for our many projects with your dues. We fund our Holiday Project, Doctor's Day Project, Medical Student Scholarships, Nurse Scholarships and Undesignated through these contributions. Here are those who donated to one or more of our projects this year:

<b>Lois Bean</b>	<b>Peggy Best</b>	<b>Sharon Blose</b>	<b>Sandy Davidson</b>	<b>Sue Dingle</b>
<b>Shirley Doolittle</b>	<b>Brenda Gerhardt</b>	<b>Kathy Harter</b>	<b>Kathy Jennings</b>	<b>Joyce Johnson</b>
<b>Donna Knerr</b>	<b>Sara Ann Leach</b>	<b>Theresa Lembach</b>	<b>Barbara Marshall</b>	<b>Sue Massie</b>
<b>Madeline Meimaridis</b>	<b>Jan Mekhjjan</b>	<b>Jane Morton</b>	<b>Rita O'Brien</b>	<b>Christine Olsen</b>
<b>Joyce Penn</b>	<b>Vicki Probst</b>	<b>Sarah Sanders</b>	<b>Nell Stevenson</b>	<b>Mary Ann Stockum</b>
<b>Joan Streck</b>	<b>Del Thomas</b>	<b>Glenda Van Buren</b>		

## Health Tips for Every Body

### Preparing for a Pedicure

It's almost that time of year where we want to have pretty toes when we wear sandals. Getting a pedicure may seem routine, but without precautions you may be putting your health at risk. Millions of women visit nail salons to spend a leisurely time being pampered. Unfortunately, developing nail fungus or bacterial infections is not an uncommon side effect. A few simple steps before your next pedicure can significantly lower your risk of developing such problems.

The American Podiatric Medical Association says you:

- Shouldn't shave your legs before a pedicure or let the technician use a razor on your feet.
- Shouldn't allow the same tools to be used for both a manicure and pedicure.
- Shouldn't share or use an emery board that has been used on someone else. Bring your own.
- Shouldn't let the technician use a sharp tool to clean under your nails.
- Shouldn't round the nails. Keep the edges straight.
- Shouldn't cut cuticles or allow moisture to remain between your toes.
- Shouldn't ignore thickened or discolored nails. Unusual thickness or color may signal a fungal infection.



## Cook's Corner

### Mediterranean Pasta and Chicken Skillet

This is an easy-to-prepare healthy dish for a light dinner.  
Serves 3.

1 can (14-1/2 oz.) reduced sodium chicken broth  
 1 can (14-1/2 oz.) no-salt-added diced tomatoes, undrained  
 1 lb. boneless, skinless chicken breasts, cut into 1" pieces  
 1/2 cup white wine  
 1 garlic clove, minced  
 1/2 tsp. dried oregano  
 4 oz. thin spaghetti (may use multi-grain)  
 1 jar (7-1/2 oz.) quartered artichoke hearts, drained and coarsely chopped  
 2 cups fresh baby spinach

1/4 cup roasted sweet red pepper strips  
 1/4 cup sliced black olives (may use Kalamata)  
 1 green onion, finely chopped  
 2 tbsp. minced fresh parsley  
 1/2 tsp. grated lemon peel  
 2 Tbsp. lemon juice  
 1 Tbsp. olive oil  
 1/2 tsp. pepper  
 Crumbled feta cheese

1. In a large skillet, combine the first six ingredients; add spaghetti. Bring to a boil. Cook for 5-7 minutes or until chicken is no longer pink and spaghetti is tender.
2. Stir in artichokes, spinach, red pepper, olives, green onion, parsley, lemon peel, juice, oil and pepper. Cook and stir 2-3 minutes or until spinach is wilted.
3. Serve with crumbled feta cheese on top.



## Tips for Better Living

Everyone should take 5 minutes to read this. It may save your life or a loved one's life.

1. The elbow is the strongest point on your body. If you are close enough to use it, do!
2. If a robber asks for your wallet and/or purse, **DO NOT HAND IT TO HIM**. Toss it away from you. Chances are that he is more interested in your wallet and/or purse than you, and he will go for the wallet/purse. **RUN LIKE MAD IN THE OTHER DIRECTION!**
3. If you are ever thrown into the trunk of a car, kick out the back tail lights and stick your arm out the hole. Wave like mad! Other drivers will see you but the driver won't.
4. Women have a tendency to get into their cars after shopping, eating, working, etc., and just sit (doing their checkbook, or making a list, etc.) **DON'T DO THIS!** The predator will be watching you, and this is the perfect opportunity for him to get in on the passenger side, put a gun to your head, and tell you where to go. **AS SOON AS YOU GET INTO YOUR CAR, LOCK THE DOORS AND LEAVE.**

If someone is in the car with a gun to your head, **DO NOT DRIVE OFF**. Instead gun the engine and speed into another car causing an accident. Your air bag will save you. If the person is in the back seat, he will get the worst of it. As soon as the car crashes, bail out and run. It is better than having them find your body in a remote location.
5. A few notes about getting into your car in a parking lot or parking garage:
  - A. Be aware; look around you, look into your car, at the passenger side floor, and in the back seat.
  - B. If there is a big van parked on the driver's side, get in the car through the passenger door.
  - C. Look at the car parked on the driver's side of your vehicle and the passenger side. If a male is sitting alone in the seat nearest your car, you may want to walk back into the mall or find a guard/policeman to walk you back out.
6. **ALWAYS** take the elevator instead of the stairs. Stairwells are horrible places to be alone and the perfect crime spot. This is especially true at night.
7. If the predator has a gun and you are not under his control, always run. The predator will only hit you ( a running target) 4 in 100 times; and even then, it most likely **WILL NOT** be a vital organ. Run preferably in a zig -zag pattern!
8. As women, we are always trying to be sympathetic: Stop this practice. It may get you raped or killed. Would be attackers often play on the sympathies of unsuspecting women.
9. Another Safety Point: Do not open the door if you hear a crying baby on your porch. Call the police instead as this is a common strategy to get you out of your house.
10. Water scam! If you wake up in the middle of the night to hear all your faucets outside running or what you think is a burst pipe, do not go outside to investigate. Call the police





**Jest for Health**

**Can You Believe These Ads? Times Have Sure Changed!**

For a better start in life  
start **COLA** earlier!

**How soon is too soon?**  
 Many mothers, I understand, find it difficult to get their babies to drink anything but milk. They are, however, not aware of the fact that a little cola, given in moderation, will do much to help them. It is a fact that a little cola, given in moderation, will do much to help them. It is a fact that a little cola, given in moderation, will do much to help them.

The Soda Pop Board of America

**COCAINE**  
**TOOTHACHE DROPS**  
 Instantaneous Cure!  
 PRICE 15 CENTS.  
 Prepared by the  
**LLOYD MANUFACTURING CO.**  
 219 HUDSON AVE., ALBANY, N. Y.  
 For sale by all Druggists.  
 (Registered March 1885.)

**TRY PENICILLIN**

Made from mold,  
 you can get this drug  
 from your doctor  
 or prepare it yourself.

**You mean a woman can open it?**

**"WHY DOESN'T YOUR MAMMA WASH YOU WITH FAIRY SOAP?"**  
 Made only by THE N. K. FAIRBANK COMPANY,  
 CHICAGO, ST. LOUIS, NEW YORK, BOSTON, PHILADELPHIA, PITTSBURGH, BALTIMORE

**Dr. Batty's**  
**ASTHMA CIGARETTES**  
 SINCE 1882  
 For the temporary relief of  
 paroxysms of asthma  
 EFFECTIVELY TREATS:  
 ASTHMA, HAY FEVER, FOUL BREATH  
 ALL DISEASES OF THE THROAT,  
 HEAD COLDS, CANKER SOURS  
 BRONCHIAL IRRITATIONS  
 NOT RECOMMENDED FOR CHILDREN UNDER 6.

**WIVES.**

Look this ad over carefully. Circle the items you want for Christmas. Show it to your husband. If he does not go to the store immediately, cry a little. Not a lot. Just a little. He'll go, he'll go.

CIRCLE ALL THE QUALITY DORMEYER APPLIANCES YOU WANT!


**Husbands:**  
 Look this ad over carefully. Pick out what your wife wants. Go buy it. Before she starts to cry.

**Dormeyer**

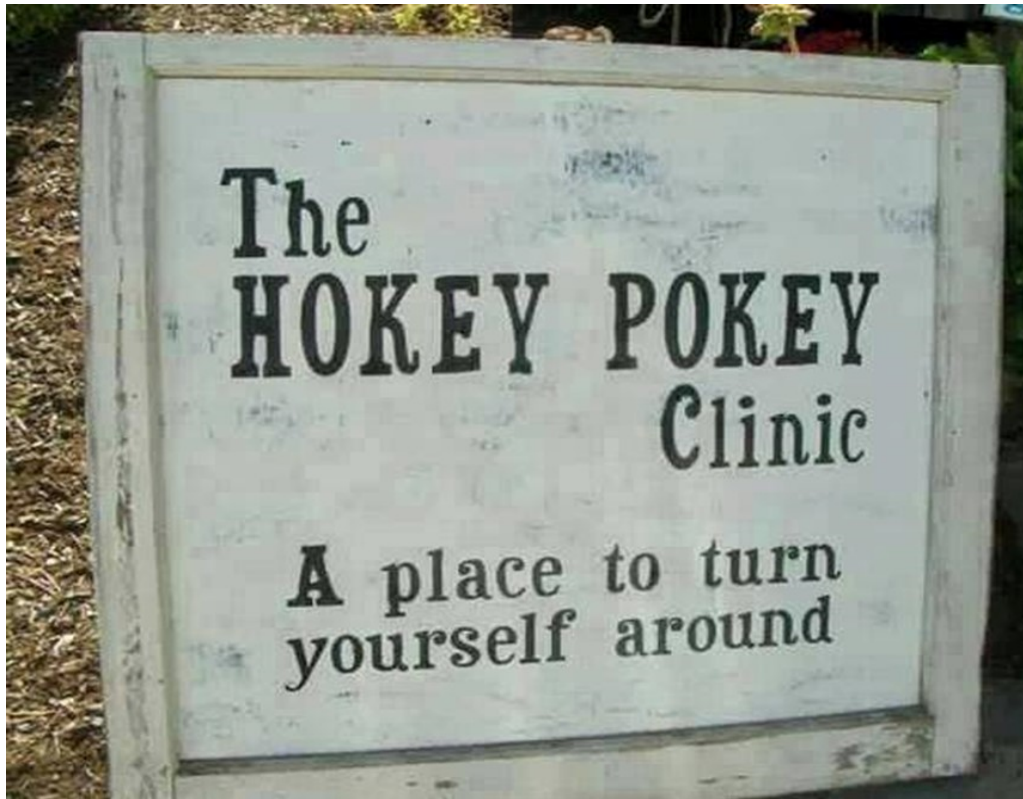
NO DIET - NO BATHS  
 NO EXERCISE!

**FAT**  
 the ENEMY that is shortening Your Life  
**BANISHED!**

HOW?  
 with  
**SANITIZED**  
**TAPE**  
**WORMS**  
 Jar Packed  
 FRIENDS FOR FAIR FORM

Easy To Swallow

Prepared by  
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 New York  
 ROAD 88  
 MONROE  
 PARTICULAR  
 SALES  
**FREE**



**Columbus Medical Association Alliance**

**1390 Dublin Road**

**Columbus, OH 43215**

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

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