

JOTTINGS

Volume 76, Issue 3

December, 2015/January, 2016

COLUMBUS MEDICAL ASSOCIATION ALLIANCE

Upcoming Events

Steering Committee Meeting

Tuesday, January 12
CMA Office
1390 Dublin Road
9:30AM

Doctors' Day Activities

Blood Drive
Donations to Honor Physicians
March

Watch your mail for updates on these programs

Report news to
Sue Dingle

(459-1292 or
shdingle@yahoo.com)

The deadline for the next newsletter is January 15



The Alliance wishes you and yours a memorable and safe holiday season!

Please Give!

Hunger is right here in Columbus and the surrounding area. The Mid-Ohio Foodbank, along with its 654 partner agencies across a 20-county service area, has a mission to provide nutritional food to those in need. It's these food pantries, soup kitchens, shelters, after-school programs, and senior housing sites that ensure the food gets to the people who need it most. And their impact is incredible: providing **121,625 meals each day**.

Again this year we have decided to donate dollars and food to the Foodbank. The need is great as many are out of work, homeless or have had an emergency in their family. Last year the Foodbank distributed nearly 40 million pounds of food.

Thousands of people in central and eastern Ohio are facing hunger. People who never thought this could happen to them are struggling just to get by. Many are faced with difficult situations, having to choose between paying for housing, utilities or medical expenses and putting food on the table.

One in six Ohioans doesn't know where his/her next meal is coming from. It could be your coworker, friend, or neighbor. More than 248,000 individuals receive emergency food each year through the Foodbank.

- ◆ 35% of food requests from pantries are for children. 15% are for senior citizens.
- ◆ About half of client households have at least one working adult.
- ◆ Only 5% of clients are homeless; 1 in 5 is a homeowner.

Drop off your canned goods by December 10 to **Sue Dingle (2875 Squires Ridge, Upper Arlington 43220)**

Mail monetary donations to our treasurer. Make checks out to "CMA Alliance."

Jenny Dingle
2567 Lane Road
Columbus, OH 43220

**For every dollar donated,
the Foodbank supplies
4 meals.**



See page 3 for a list of suggested food donations.

From the Editor's Desk



I just had my cataract taken off (by my son) and can see much better up close now. Since I spend a good deal of time at the computer, this is a big improvement. And the surgery is so easy! It's amazing what physicians can do to improve our lives these days.

Thanks to all who attended our annual fundraiser on November 11 and brought friends. It was quite a successful day and fun to boot.

As you may know, our scheduled speaker notified me that she could not come on the Monday before our event! After panicking, I found Christy Walsh from "Wardrobe Therapy" as a substitute. She did a great job telling us about what basic pieces every woman should have in her wardrobe, (see page 6), and, using a mannequin, showed us how to dress for our shape.

I owe a BIG "THANK YOU" to my committee for their tireless work on this special event. **We netted over \$7,500 for our Scholarship fund.** See the photos of that day on page 5 and 6 and a listing on page 4 of all those who contributed in some way.

This is usually where I encourage YOU to serve on the planning committee or get involved in some way for next year's event. The dedicated people on the planning committee need more help. Please consider doing some job next year.

A purpose of the Alliance is to support the good health of Columbus citizens. Once again we will be donating to the Mid-Ohio Foodbank as our **Holiday Project.** We all have so much while many others in Columbus are trying to make ends meet.

With your help, we will donate canned and boxed food and make monetary contributions to the Foodbank. Go back and read the front page for details.

Ah, the holidays are here. That means plenty of fun (and work!) for all of us. Please take time to relax amid all the preparations and enjoy the true meaning of the season. I send good tidings, joy and a Ho! Ho! Ho! to you all as you enjoy your family and friends at this special time of year.

Stay tuned.....

Sue Dingle

A thought to ponder:

"If you don't go after what you want, you'll never have it. If you don't ask, the answer is always no. If you don't step forward, you're always in the same place."

— Nora Roberts

Cook's Corner

Heath Bar Dessert

Serves 10-12

6 egg whites
1 $\frac{3}{4}$ cup sugar
1 teaspoon. vanilla
12 Heath bars (2 packages) – 2 bags of Heath Bits are about an ounce less than 12 bars
2 cups. whipping cream
1 teaspoon vanilla

Beat the egg whites until light and gradually add sugar and vanilla; beat until stiff.

Line a jelly roll pan with brown paper (a grocery bag) and spread meringue over. Bake at 350 for 45 minutes. (I think this overdoes the meringue a bit, so I would check it at about 40 minutes.) Recipe says to remove from pan while warm and take off paper. I have done it this way, but also have let it cool before removing from the paper.

Either chop or pound the Heath bars to break into pieces. You might also chop in a blender.

Whip two cups of whipping cream and add vanilla. Add about $\frac{2}{3}$ of the chopped Heath bars to the cream.

Cut the meringue in half and spread with cream. Sprinkle about half of the remaining candy on top of the cream. Top this with second meringue, cream, and remaining candy. Chill. Serve cold.



Alliance News

Steering Committee Meeting

Tuesday, January 12

CMA Office

1390 Dublin Road

9:30AM

If you can't attend, please call Shirley Powers

Fundraiser Event

We already know the date for next year's fundraising event:

**Wednesday,
November 9, 2016**

Put it on your 2016 calendar NOW so you won't schedule anything else for that day.

CMA News

Phil Cass, Chief Executive Officer of the CMA, has retired.

Dr. Robert Falcone will replace him at the start of 2016.

There will be no newsletter in January.

Watch your mail box for the February/March Jottings

Family News

Madeline and Manuel Tzagournis took a quick trip to New York City in October.

Vicki Probst had a partial knee replacement at the end of October while **Shirley Powers** had a total knee replacement in November. And **Phil Cass** had his knee replacement recently too.

Member **Pat Rossel** lost her husband **Charles Rossel, MD** on October 28. He practiced neurology for 50 years in Columbus. Charlie and Pat were married for 64 years. The Alliance sent condolences to Pat and donated to our Scholarship Fund in his memory.

Pedro and Aireen Aguilar spent time in Mexico recently on a medical mission.

Did you see the wonderful article about our own **Shirley Powers** in the *Dispatch* on November 10? It recounted her 23 years of volunteering at the Ronald McDonald house while struggling to get around with the arthri-

tis in her hips and knees. Her dedication to this and many other social service organizations is certainly admirable and we are proud to call Shirley a member of the Alliance.

Paul and Jane Morton will soon have a new address. They are moving to: 340 W. Goodale St., #301 Columbus, OH 43215

The Columbus medical community lost **Joseph Banks, Jr, MD, Vasili-os Dross, MD Ernest F. Kreutzer, Jr. MD** and **Thomas Nims, MD** this fall.

Directory Corrections

We have received the following changes for listings in our directory.

Vicki Probst — email vickiprobst@me.com

Collette Dierker
Home phone
239-596-0754

Please mark the addition and correction in your directory.

Suggested food items to donate to the Mid-Ohio Foodbank

- ◆ Pasta meals in a can
- ◆ Canned fruit
- ◆ Chili with beans
- ◆ Tuna
- ◆ Canned vegetables
- ◆ Canned meat
- ◆ Soup (with vegetables)
- ◆ Peanut Butter



“You’ve Got Style!” Wrap-Up

The Alliance made \$7500 in profit for our Scholarship Fund.

Thanks to all who participated in any way!

Check out our blog spot for more information and photos from the event!

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

NOTE: We apologize if your name was inadvertently left off these lists. We do appreciate your contribution to the day.

Our November fundraiser event, “You’ve Got Style!” was a smashing success! Fun was had by all who attended.

Christy Walsh, style director for Wardrobe Therapy, told us how to develop our own style.

Fourteen vendors presented their wares so everyone could start their holiday shopping.

We are grateful to **Jeffery Thomas** at Kingsdale, **J.McLaughlin** on Lane Avenue and **Nicole's for Children** in Powell who provided women's, men's and children's clothing for the style show. The outfits, from casual to dressy, were beautiful. And the children who modeled were adorable!

Four of our seven scholarship recipients attended

the luncheon and were introduced.

Olga Howie, a guest, won the “You’ve Got Style!” raffle basket filled with a purse, gift cards, jewelry, scarf, etc.

We certainly appreciate all those who came and brought friends to the event. We had many nice comments about all the aspects of the fundraiser.

Our gratitude to the following people who made the day such a success...

Committee	Sue Dingle	Chair — Boutique — Invitations
	Aireen Aguilar	Program — Publicity — Photographer
	Valerie Baker	Style Show/Models
	Kathy Harter	Silent Auction — Model
	Theresa Lembach	Centerpieces
	Shirley Powers	Registration Table
	Sarah Sanders	Invitation preparation — Help with silent auction
	Madeline Tzagournis	Invitation preparation — Reservations

Models Dr. Megan Chambers; Vivian Derick; Jenny, Noah and Sadie Dingle; Rob and Liza Dingle; Dr. Lou Goorey; Kathy Harter; Colleen Lora; Tim McNemar; Dr. James Powers; Sarah Sanders; Heather Slattery and Evan Woods; Dr. Manuel Tzagournis

Stores for Fashion Show Jeffery Thomas — J.McLaughlin — Nicole's For Children

Donors Theresa Bowers — Normagene Cornwell — Bev Devine — Josephine Dluzynski — Laura Ecklar — Elizabeth Enz — Susan Flaherty — Dr. Patricia Gabbe — Brenda Gerhardt — Barbara Lach — Theresa Lembach — Jane Morton — Pam Opremcak — Ruth Paulson — JoAnna Policaro — Vicki Probst — Jodi Stechschulte — Rene Utrata — Ni Yan — Linda Younkin

Silent Auction/Raffle Donors Aireen Aguilar — Baker Window Cleaning — Classic Papering & Painting, Inc. — Columbus Clippers — COSI — Sue and Jack Dingle — Jill Foster, MD — Funny Bone Comedy Club — Kathy Harter — Barbara Lach — Theresa Lembach — Urban and Shelley Meyer — Nutter Handyman Services — Rock and Roll Hall of Fame — Shirley Powers — Vicki Probst — The Ohio State Reformatory — Madeline Tzagournis

Sponsors Silver Level — Central Ohio Eye Physicians and Surgeons, Inc./Drs. Jack and Tom Dingle
Friends of CMAA Level — William Cotton, MD
Friends of CMAA Level — Arlington Optical
Friends of CMAA Level — Capital University School of Nursing
Friends of CMAA Level — CMA Foundation

Boutique Vendors ** “Ala Meg Handcrafted Fine Silver Jewelry”/Meg Ginther — **Asian Traditions”/ Nupur Jindal — ** “A Twist on Olives/Rosa Marchi — ** Crochet Necklaces/Julia Bland and Carolyn Johnson ** Jewelry Bags/Susan Armstrong — ** “Li'l Ones”/ Jeri Merritt — “J.McLaughlin” — ** “Longaberger” and “Your Inspiration at Home”/Corinne Vititoe — ** “PurseLove”/Nancy Linker — ** “Sherry's Silks”/Sherry Stewart — ** “Stella & Dot”/Joan Streck — ** “31 Gifts”/Katie Supelak — ** “Vicki's Creative Cones”/Vicki Wike — ** “We're All Connected” (homemade jams)/ Beverly Picklesimon

** —designates donation to the silent auction

Take A Look at Our Fun Day!



Scholarship Recipients



Raffle Prize
M. Tzagournis + V. Messick



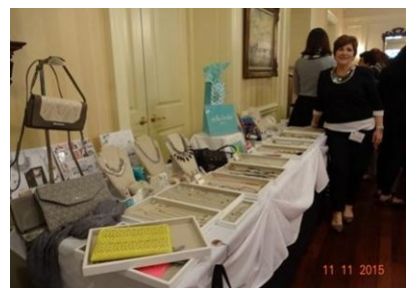
Table with Centerpiece



Boutique Vendors



Member Joan Streck



Boutique Vendors



Silent Auction



Sarah Sanders



Dr. Manny Tzagournis



Dr. Jay Powers



Dr. Lou Goorey

Models



Rob & Liza Dingle
Jenny, Sadie & Noah Dingle



Heather Slattery with son Evan Woods & Grandma



Kathy Harter & Jenny Dingle

Classic Pieces Every Women Should Own

- ◆ 1 classic suit (black or brown)
- ◆ Jacket and skirt that work together
- ◆ Blouse
- ◆ A white shirt (oxford, button-down)
- ◆ Basic cotton man's T-shirt (V-neck or crew)
- ◆ Pair of dark denim
- ◆ Short black evening dress
- ◆ Glossy raincoat or water-repellent micro fiber
- ◆ Pair of black pumps (medium or low heels)
- ◆ 3 pairs of tights (brown, black and charcoal grey)
- ◆ Large scarf (that can double as a wrap for traveling)
- ◆ Black leather handbag (medium size)
- ◆ Small evening bag (a clutch)



Aireen Aguilar with friends



Guests

Health Tips for Every Body

Paid End-of-Life Talks with Patients — reprinted from the OSMA's *This Week*

The Centers for Medicare and Medicaid Services (CMS) has approved payment for physicians who have voluntary end-of-life consultations with patients. The new policy is part of CMS's 2016 Medicare physician fee schedule and will take effect in January.



The new policy will help seniors "make important decisions that give them control over the type of care they receive and when they receive it," CMS said in a news release. The decision to pay for so-called advance-care planning (ACP) initially will fall to Medicare administrative contractors (MACs) that process claims on behalf of Medicare.

The policy change was urged by numerous physician and health groups. Some doctors provide this "advance care planning" to their patients without getting paid for the counseling time, and some private insurers already reimburse for it.

The counseling is entirely voluntary and could take place during seniors' annual wellness visit or during regular office visits.

Project DAWN — Deaths Avoided With Naloxone

The OSMA Alliance has adopted Project DAWN as its health initiative this year because heroin addiction in Ohio has reached epidemic proportions. Overdoses now take the lives of at least 23 people every week in our state.



Naloxone (also known as Narcan) is a medication that can reverse an overdose that is caused by an opioid drug, such as heroin and prescription pain medications (Percocet, Vicodin, OxyContin, Oxycodone, Morphine, Methadone, etc.) When it is delivered intranasal, it blocks the effects of opioids on the brain and restores breathing within two to eight minutes in order to prevent death.

Naloxone has no potential for abuse and is innocuous if administered to an individual not experiencing an opioid overdose. It has no effect on other drugs such as benzodiazepines or alcohol. If naloxone is administered to a person who is dependent on opioids, it will produce withdrawal symptoms. Opioid withdrawal, although uncomfortable, is not life-threatening.

Project DAWN is an opioid overdose education and naloxone distribution program. Eligible program participants are individuals who are at-risk for opioid overdose including those who are in recovery for opioid addiction and those who are actively using opioids in addition to individuals who know someone who is at-risk for opioid overdose.

Program participants are educated on the risk factors of opioid overdose, how to recognize an opioid overdose, and how to respond to an opioid overdose by calling 911, giving rescue breaths, and administering nasal naloxone. Eligible participants are given FREE naloxone kits containing 2 vials of naloxone hydrochloride medication.

The OSMA Alliance is distributing brochures to spread the word about Project DAWN throughout the state. Because of recent legislation, soon anyone will be able to pick up Naloxone at any pharmacy with no prescription required.

In Columbus the Project Dawn program is available at the Southeast Community Mental Health Center, Inc. at 16 West Long Street. Project HOPE (Home Overdose Prevention Effort) is also run at Nationwide Children's Hospital for pediatric patients under 21 years of age.

Tips for Better Living

Use Your Space Heater Safely

Winter is almost upon us and many people use space heaters for warmth. They are a wonderful convenience to fight the cold but they can be dangerous if used improperly.

The Consumer Product Safety Commission estimates that 25,000 house fires every year are associated with space heaters, causing over 300 deaths. An additional 6,000 people annually go to the hospital for related burns.

These fires are caused by contact with or nearness to the heating elements, flammable fuels used in the heaters, defective wiring, and carbon monoxide poisoning caused by improper venting or incomplete fuel combustion.

Here are tips for using an electric space heater safely:

- Keep it at least 3 feet from flammables, such as curtains, clothing, furniture or bedspreads.
- Select a model with an automatic shut-off, in case it tips.
- Buy one that is certified by an independent testing lab, such as Underwriters Laboratories (UL).
- Buy the right size to handle the area to be heated.
- Follow the manufacturer's instructions.
- Keep children and pets at a safe distance.
- Never leave it unattended or sleep with it on.
- Never use or store flammable liquids near it.
- Do not use it in a bathroom — a high-moisture area can cause damage
- Keep it away from water to prevent electrocution.
- Check the cord for fraying and cracks and do not use an extension cord to run it.
- Be sure the plug fits snugly in the outlet. The cord and plug may feel warm when operating, but it shouldn't feel hot. If it does, unplug it and have a repair person check for problems.
- Do not try to repair a broken heater yourself — go to a qualified appliance service center.

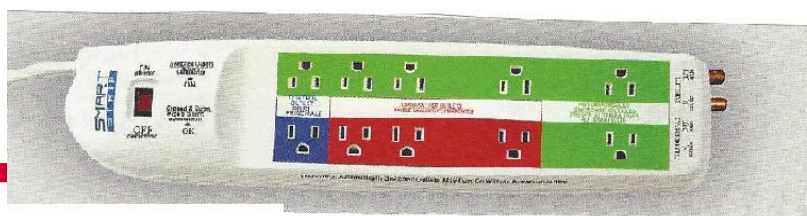


Save Energy with a Smart Power Strip

Did you know that many electrical gadgets and appliances use energy even when turned off? Turn off the lights in your computer or TV room, and you'll see "eyes" peering through the darkness. All of those glowing LEDs, clocks, and power switches are "stealing" your energy and raising your utility bills. While you can't stop all of them, you can manage them with a smart power strip.

Smart power strips are similar to conventional power strips. However smart strips sense when a main or master electronic device (TV, computer) is turned off and will automatically shut down other devices associated with it (DVD player, gaming devices, cable/satellite boxes, printer.) By completely shutting down these devices, you will not use extra energy.

- Your smart power strip can reduce your home's energy use by 5 to 10 percent. It only uses 1 watt of electricity when turned on and 0 watts when the green control outlets are off.
- There's a \$10 rebate available when you buy ENERGY STAR smart power strips.
- A lighted power switch and built-in filters prevent you from accidentally turning things off.



Jest for Health

How Did This Happen?



Columbus Medical Association Alliance



1930 Dublin Road

Columbus, OH 43215

<http://columbusmedicalassociationalliance.weebly.com>

<http://cmaatranklinco.blogspot.com>

