

JOTTINGS

Volume 75, Issue 3

December, 2014/January, 2015

COLUMBUS MEDICAL ASSOCIATION ALLIANCE

Upcoming Events

Steering Committee Meeting

Tuesday, January 13
CMA Office
1390 Dublin Road
9:30AM

Doctors Day's 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."

Scott Vaughan
2761 Shelton Circle
Hilliard, OH 43026

For every dollar donated, the Foodbank supplies 4 meals.



See page 3 for a list of suggested food donations.



From the Editor's Desk



Speaker "Wish List"

Abigail Wexner — or Les

Jack Hanna — or his wife

Jeni Britton Bauer — (Jeni's Ice Cream)

Karen Kasich — (Governor's wife)

Chris Spielman — or his daughter Maddie

Jack Nliklaus

Thank you to all who made a reservation for our annual fundraiser on November 5 and brought friends. It was quite a successful day and fun to boot.

Jon Christensen did a great job telling us how he became an expert in food and wine and what it takes to be a restaurant critic. He also gave us pointers on how to judge a restaurant (it's not just the food). See page 3 for Jon's "hidden gems" restaurants in the area.

I owe a BIG "THANK YOU" to my committee for their tireless work on this special event. **We netted over \$7800 for our Scholarship fund. That's a new record!** 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.

Truthfully those who have worked on this event for

the past seven years are getting a bit tired! We'd love to have YOU help us next year so why don't you consider **joining the committee**. We have jobs large and small with only two planning meetings. I have decided to start calling some of you next spring to ask for your assistance so be prepared!

Also it's getting more difficult to find a good **speaker** who doesn't mind speaking for free. Do you personally know someone in the "spotlight" in Columbus who might be willing to speak? I've found that cold inquiries don't get great results — it takes someone to twist arms! Please let me know if you can be a go-between with someone for next year. See my "Wish List" of speakers to the left.

A purpose of the Alliance is to support the good health of Columbus citi-

zens. 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 goods and make monetary contributions to the Foodbank. Go back and read the front page for details.

Ah, the holidays are almost 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 and joy to you all as you enjoy your family and friends at this special time of year.

Stay tuned.....

Sue Dingle

A thought to ponder:

Make gratitude your attitude.

Cook's Corner

Spinach & Artichoke Casserole

(makes 4-6 side dish servings)

- 2 cans artichoke hearts, drained and chopped
- 2 packages frozen chopped spinach, defrosted and drained dry
- 1 stick of butter
- 8-ounce package of cream cheese

Melt butter and cream cheese in large pan over medium heat, stirring till smooth.

Add artichokes and spinach to mixture and mix well.

Dump mixture into baking dish sprayed with pan.

Cook at 325' for about 30 minutes, stirring several times, till hot.

Can be made the day ahead and kept in the refrigerator until it's time to be baked. It is easily doubled or tripled.

There will be no newsletter in January.

Watch your mail box for the February/ March Jottings"



Alliance News

Steering Committee Meeting

Tuesday, January 13

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 11

Put it on your 2015 calendar NOW so you won't schedule anything else for that day.

Suggested food items to donate to the Mid-Ohio Foodbank

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

Family News

Alice Epitropoulos, MD, daughter of **Manuel and Madeline Tsagournis**, was recently featured and pictured in an article in *The Columbus Dispatch* about her invention for determining the prescription for glasses in the presence of glare. She is an ophthalmologist in Columbus.

Pedro and Aireen Aguilar spent vacation time in San Juan, Puerto Rico in October.

Shirley and Jay Powers attended a wine convention in Charlotte, NC recently.

Diane May, Director of Member Relations and Services for the Columbus Medical Association, will be leaving there in January. She has been a wonderful liaison to the Alliance for any years.

The Columbus medical community lost **Ernest F. Kreutzer, Jr. MD** on October 28.

Directory Corrections

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

Vicki Probst — email vickiprobst@me.com

Rita O'Brien — email osu1fan@juno.com

Mary Ann Stockum — apartment number 645 Neil Avenue, **Apt. 502**

Sue Massie — email esmassie@gmail.com

Peggy Best — email jbest1@columbus.rr.com

Kathy Jennings—e-mail mjennin2@columbus.rr.com

Please mark these additions and corrections in your directory.

Jon Christensen's Hidden Gems

- | | |
|--|---|
| <p>The Winds Café (Yellow Springs)
Milano's East
Dante's Pizza
J. Gilbert's
Kings Garden
Lavash
Till (successor to Dragonfly)
The Top Steakhouse
The Sycamore
Hae-Paul's (downtown)
Rishi Sushi (downtown)
The Flatiron
The Table (5th and High)
Z Cucina (Grandview)
Rivage Atlantique
Papaya Street Bistro (Sawmill area)
Cardone's (west Westerville)</p> | <p>Veritas (Delaware)
The Plate (New Albany)
Tora (north Gahanna)
Angry Bear
Harvest (Clintonville)
Sesama Sea (Muirfield Drive for Viet and Thai)
Huong (Morse Road — for Vietnamese)
Mozart's
Chatelaine (bistro food)
Portia's Café
Taqueria Los Gauchos (Godown Road— taco truck)
Alegria's Seafood
Stars Grill
Pie's Gourmet Pizza (far east side)
Pistacia Vera</p> |
|--|---|



The Alliance made \$7800 in profit for our Scholarship Fund.

Thanks to all who participated in any way!

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

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

“Make A Reservation” Wrap-Up

Our November fundraiser event, “Make A Reservation” was a smashing success! Fun was had by all who attended.

John Christensen, a lawyer by profession, explained how he got interested in cooking and fine dining plus what to look for in a good restaurant.

Twelve vendors presented their wares so everyone could start their holiday

shopping.

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

Five of our eight scholarship recipients attended the luncheon and were

introduced.

Marcia Gantz, a guest, won the “Toast the Town” raffle basket filled with wine and restaurant gift cards.

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
	Kathy Harter	Silent Auction — Model
	Jane Higbee	Registration Table
	Theresa Lembach	Centerpieces
	Sue Massie	Raffle
	Vi Messick	Favors
	Joyce Penn	Invitation preparation
	Shirley Powers	Style Show/Models — Centerpieces
	Madeline Tzagournis	Invitation preparation — Reservations

Models Phil Cass; Abbie Clark; Jenny, Noah and Sadie Dingle; Rob, Will and Liza Dingle; Paula Dunn; Kathy Harter; John Jaeckel; Misti and Macy Moran; Tre' Prosser; Sarah Sanders; Heather Slattery and Evan Woods; Robert and Jamison Stahr,

Donors Charlotte Agnone, MD — Normagene Cornwell — Sue Douglas — Dr. G. Patrick and Laura Ecklar — Karen Gelbaugh — Loretta Heigle — Michael Jackson — Jane Morton — Pat Rossel — Michelle Sabadash — Mary Ann Stockum — Madeline Tzagournis — Dr. Jim and Jacquie Vaughan — Jane Ward

Silent Auction/Raffle/Centerpiece Donors Aireen Aguilar — Haroon Aziz, MD — Don Baker Window Cleaning — Classic Papering & Painting, Inc. — Sue Dingle — Jill Foster, MD — Brenda Gerhardt -- Graeter's — Kathy Harter — Jeanie Kupper — Theresa Lembach — Sue Massie — Urban and Shelley Meyer — Piada -- Shirley Powers — Red Lobster — Splatter Park — Sportclips -- Starbucks — Mary Kay/Brittany Strine — The Morgan House — The Refectory — Linda Younkin

Scrubbies (favors) Ruth Adams — Diana Sanders

Sponsors Central Ohio Eye Physicians and Surgeons, Inc./Drs. Jack and Tom Dingle
Central Ohio Newborn Medicine, Inc./Dr. Craig and Deborah Anderson
Otterbein University Nursing Department

Vendors "Aimee's Blue Ribbon Spices"/Aimee Williams — ** "Scarves by Angela"/Angela Hoffman — ** "31 Gifts"/Katie Supelak — "Your Inspiration at Home"/Corinne Vittoe — ***"Li'l Ones"/Jeri Merritt — Lindy's Designs/Linda Younkman — ** "PurseLove"/Nancy Linker — ** Crochet Necklaces/Julia Bland and Carolyn Johnson — "Isagenix Interenational"/Jill Scott — **Sherry's Silks/Sherry Stewart — ***"Stella & Dot"/Joan Streck — ***Tupperware/Georgia DeFrain
** —designates donation to the silent auction

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

Take A Look at Our Fun Day!



Scholarship Recipients with Speaker Jon Christensen



Raffle Prize Sue Massie with her sister



Registration Table



Boutique Vendors



Joan Streck



Boutique Vendors



Silent Auction





OSMAA President Jeanie Kupper



Joyce Penn



Vicki Powelson, Kathe Mueller, Christine Olsen, Kathy Harter



Models
Noah, Jenny & Sadie Dingle



Model
AMAA President Sarah Sanders



Models
Liza, Rob & Will Dingle



Model
Heather Slattery



Model
Heather's son, Evan Woods



Note from the winner of the Raffle:

Dear Members of the CMAA,

Thank you for your generous gift! I was the very lucky winner of the raffle prize and walked out of the Scioto event with a basketful of gift cards to Lindsey's, Refectory and Cameron Mitchell Restaurants, plus two lovely bottles of wine, special wine glasses and very beautiful corks for each bottle. When Sue called my name, I was positively dumbstruck to have won such a lavish prize!

Your organization is most generous in every sense of the word. My husband and I will certainly enjoy eating in these restaurants.

My sincere thanks,
Marcia Gantz



Guests

Health Tips for Every Body

There's more to preventing falls than just being careful — Katie Hafner,
New York Times

Preventing a fall, and the resulting injuries, isn't simply a matter of being more careful. Indeed, experts who have studied falls wish that people would take measures to protect themselves much as they do against heart disease or viral infections.

Judy A. Stevens, an epidemiologist at the Centers for Disease Control and Prevention, stressed the importance of exercise. Among those who do fall, she said, "if you're in better physical condition, you're less likely to be injured." Regular exercise classes can help, especially those that include balance drills, such as standing on one foot, or working with Bosu balls, the squishy hemispheres seen at gyms.



The regular practice of tai chi has also been found to help. Tai chi involves very slow, purposeful movements in coordination with breathing and muscle activity, which in turn affects respiration, balance, and gait. Dr. Lewis A. Lipsitz, a professor of medicine at Harvard, said he saw similar results at two facilities run by Hebrew SeniorLife, where he is vice president of academic medicine. "If only we could put tai chi in a pill," he said. Integrating balance and strength work into daily life — standing on one foot while brushing your teeth, for instance, or simply putting one foot in front of the other — can help as well.

Several studies have shown that vitamin D, which can improve muscle strength and balance, helps reduce falls. Also, remaining appropriately hydrated, particularly on hot days or for people at risk for low blood pressure (a main cause of dizziness), is important.

People on multiple medications can be at an especially high risk of falling. Psychotropic drugs such as antidepressants, antipsychotics and benzodiazepines are most clearly implicated in falls. Antidepressants "can directly affect your balance," said Dr. Mary Tinetti, a geriatrician at Yale who studies falls.

Blood pressure medication, used by 70 percent of people older than 70, can cause dizziness when blood pressure drops too much, and is another oft-cited culprit in falls. A study in *JAMA Internal Medicine* in April found that among older people with hypertension, the risk of serious fall injuries — fractured bones, brain injuries or dislocated joints — was significantly higher for those who took hypertension drugs than those who did not. Given such findings, Dorothy Baker, a research scientist at the Yale School of Medicine, recommends that elderly patients discuss their drugs with their primary care physician, with an eye toward reducing dosages or eliminating medications that might not be necessary.

Sleep medication, for instance, can cause a wobbly gait. "Instead of taking sleeping pills, people can drink warm milk, or listen to talking books or soft music," said Patricia Quigley, a fall prevention expert at the James A. Haley Veterans Affairs hospital in Tampa, Florida. And for patients taking diuretics for disorders such as high blood pressure and heart failure, Quigley said, they should take the medication during the day rather than in the evening, to avoid unnecessary nighttime trips to the bathroom.

Reducing the number of tripping and slipping hazards at home also helps prevent falls. Scatter rugs should be removed and floors and stairways kept clear of obvious threats like shoes and toys. Also, people should have their eyes checked at least once a year and wear single-vision glasses while out on walks, as bifocal and progressive lenses can cause missteps, according to a study published in the *British Medical Journal* in 2010.

Tinetti warned that excessive tentativeness can actually increase the risk of falling. "People who are more cautious cut down on their activity," she said, "which makes their balance worse, their strength worse, and reflexes that prevent falls worse."



After 10 years of planning and construction, the new James Cancer Hospital and Solove Research Institute will open its door to patients on December 15. It will be one of the world's most advanced cancer centers, where more than 200 oncologists and 300 cancer researchers will be united to fight this deadly disease.

Tips for Better Living

Toxic Substances in Your Home

Your house may be poisoning you. To save money, protect your health, and help the environment, give these toxic tenants an eviction notice. We will present half the culprits and solutions to avoiding them in this newsletter with the second half in the next newsletter.



1. Coal Tar Driveway Sealant

If you plan to seal your blacktop driveway come spring, avoid coal tar-based sealants. They contain polycyclic aromatic hydrocarbons, or PAHs, which studies suggest can be toxic, causing cancer or other genetic mutations in your body. When rainwater and other precipitation hit your driveway, the toxic chemicals run off into your yard and into your local drinking water supply. In fact, this situation has been compared to dumping quarts of motor oil right down a storm drain.

Better alternative: Gravel and other porous materials are best for driveways because they allow rainwater to sink into the ground, where it gets filtered and doesn't inundate water treatment plants. But if you do seal blacktop, pick asphalt sealant and stay away from any product that has coal tar in its name (or products simply called "driveway sealant"). Lowe's and Home Depot have already banned the bad stuff, but smaller hardware stores may still carry it.

2. Synthetic Pesticides

Chemical weed, fungus, and bug killers all fit under this category and should be avoided both inside and outside of your house. Researchers have linked these pesticides to various forms of cancer, including non-Hodgkin's lymphoma; insecticides have been connected to brain damage in kids.

Better alternative: Combating an indoor bug problem is as simple as cleaning up crumbs, sealing food in containers, and using wood shims and a caulking gun to fill pest entry points. If you're spending big bucks on chemicals for a turflike lawn, reconsider. Pesticides and chemical fertilizers kill the health of the soil and create a lawn that allows for little rainwater absorption, which contributes to flooding. If you're set on the idea of a perfect grassy lawn, practice proven organic lawn-care techniques, such as mowing with the deck set at least 3 inches high.

3. Antibacterial soap

The antimicrobial chemical triclosan, used in some toothpastes and antibacterial soaps, is believed to disrupt thyroid function and hormone levels in people; when it mixes into wastewater, it can cause sex changes in aquatic life. And health experts believe that overuse of this and other antibacterial chemicals is promoting the growth of bacteria that are resistant to antibacterial treatment.

Better alternative: Good old-fashioned soap and warm water will kill just as many germs, studies have shown. If you must use a hand sanitizer, pick one that's alcohol based and doesn't list triclosan, triclocarban or other chemicals described as "antimicrobial" or "antibacterial" on the label.

4. Synthetic Fragrances

Fragrance may be the most common type of chemical in your house. Used in laundry detergents, fabric softeners, dryer sheets, cleaning supplies, disinfectants, air fresheners, deodorizers, shampoos, hair sprays, gels, lotions, sunscreens, soaps, perfumes, powders, and scented candles -- and dozens of other products you may not know about -- fragrances are a class of chemicals that are well worth the time and effort to avoid. The term "fragrance" or "parfum" on personal-care-product labels can be a cover for hundreds of harmful chemicals known to be carcinogens, endocrine disruptors, and reproductive toxicants, even at low levels.

Better alternative: Go the unscented route whenever possible, especially with soaps and detergents. Avoid any kind of air freshener or deodorizer, including sprays, gels, solid disks, and oils. Instead of chemical air fresheners, freshen the air with better ventilation, by setting out some baking soda or place a bowl of white vinegar in a room to dispel a funky smell.

5. Harsh Cleaning Products

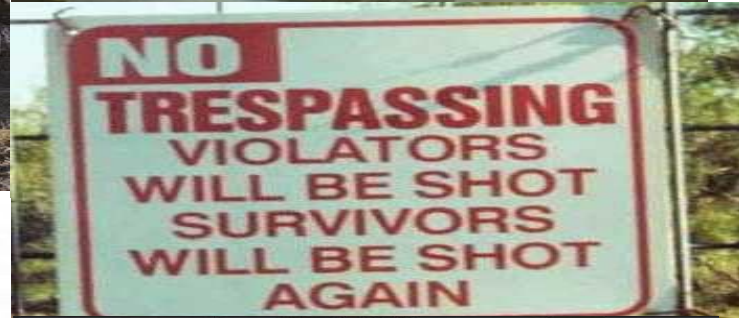
Isn't it ironic that we actually contaminate our air when we use harsh chemicals -- some of which are known to cause cancer -- to "clean" our homes? Ammonia can trigger asthma attacks, and harsh oven cleaners and drain openers can cause respiratory damage or burn the skin of children who come into contact with them.

Better alternative: Take any cleaner with an ingredient list that reads like a chemistry textbook to a hazardous waste disposal center and replace it with an ecofriendly one that has simple, natural ingredients. Better yet, save tons of money and use these old tried-and-true cleaning recipes:

- A general cleaning solution of one part white vinegar and nine parts water will kill 90 percent of bacteria and many spores. Spray it on and let it dry to a nice shine on its own. The best surprise about distilled white vinegar? You can buy a gallon for less than \$2 and make more than 10 gallons of cleaning solution. When you're finished using a vinegar cleaning solution, dump it down your garbage disposal or toilet for bonus odor control.
- For a window/glass cleaner, mix one part white vinegar with one part water, and spray. You even can use newspapers instead of paper towels to wipe the glass clean and save money.
- When cleaning in the kitchen after prepping meat, use hot, soapy water first and then follow with the vinegar-water solution. For extra germ-killing power, following the vinegar spraying with a spritz of hydrogen peroxide.

Jest for Health

Signs, Signs, Everywhere Signs...





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