

# JOTTINGS

Volume 76, Issue 3

December, 2016

**COLUMBUS MEDICAL ASSOCIATION ALLIANCE**

## Upcoming Events

### Steering Committee Meeting

Tuesday, January 17  
CMA Office  
1390 Dublin Road  
9:30AM

### Doctors' Day Activities

Blood Drive  
Donations to Honor Physicians  
March

### Tour of the ShowHouse

TBD

Watch your mail for updates on these programs

Report news to  
Sue Dingle

(614-459-1292 or  
shdingle@yahoo.com)

The deadline for the next newsletter is January 15

## Help Us Help Others

We have a new Holiday Project this year. We are planning to help families stay close to their sick children by donating to Ronald McDonald House Charities. They provide the healing power of togetherness by giving the families a place to stay while their child is hospitalized.

The Columbus Ronald McDonald House provides a home-away-from-home for nearly 4,500 families each year. This includes a comfortable bedroom, warm meals, and all the amenities of home. Nothing could be more stressful than when a child is ill and having to worry about a place to stay. With the medical bills piling up, most families find comfort and support with other families in similar situations.

The House currently has 137 guest rooms to serve families with a child as Nationwide Children's Hospital or any pediatric hospital in Central Ohio. **If we donate \$1000 we will have a plaque in one room honoring the Alliance's donation.** This is a Columbus medical organization helping another central Ohio medical organization for a good cause.

Please be generous and send a donation to our treasurer. Make the check out to "RMHC of Central Ohio, Inc." and mail to:

Jenny Dingle  
2567 Lane Road  
Columbus, OH 43220

**This donation will put you in the holiday spirit!**

**Thanks for giving!**



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



## From the Editor's Desk



Whew, I am tired! It's been a hectic few months getting ready for the annual fundraising event. Now it's three weeks after the fundraiser and I'm still working on tying up loose ends. I think I'm getting too old for this!

Thanks to all who attended our event on November 9 and brought friends. It was quite a successful day and fun to boot. Did you know that the majority of guests are not Alliance members?

I owe a BIG "THANK YOU" to my committee for their tireless work on this special event. **We netted over \$8000 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.

We missed several of you who have always supported the Alliance but couldn't make it that day. Please try to come next year as we don't get to

see many of you at all anymore.

Next year will be the 10th year for the fundraiser so be thinking about who you want to hear speak. Fill out the questionnaire on page 7 to give us suggestions or contact me. And maybe you could volunteer to work on the committee. There are many jobs to be done to make our event a success — large and small.

A purpose of the Alliance is to support the good health of Columbus citizens. We have a new holiday project this year and hope you will contribute. Imagine that your child is in the hospital and you have no place to stay and can't afford the expense of a motel. The Ronald McDonald house fulfills a great need in troubled times. 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.

Luckily this year we're taking our three children, their spouses and seven grandchildren on the Disney Cruise the day after Christmas. That means no gifts to buy, none to wrap, no decorating the house, putting up a Christmas tree, etc. Sure makes the holidays preparations easy for me!

As you deck the halls, please take time to relax amid all the preparations and ask for help if you need it.

Wishing you and your family the blessings of the season.

See you in the new year!

Stay tuned.....

*Sue Dingle*

A thought to ponder:

Remember that the happiest people are not those getting more, but those giving more.

## Cook's Corner

### Chocolate Bourbon Pecan Pie

- |                                  |                                    |
|----------------------------------|------------------------------------|
| 2 cups pecan halves              | 1 teaspoon pure vanilla extract    |
| 3 large eggs at room temperature | 1 teaspoon salt                    |
| 3/4 cup light brown sugar        | 3 tablespoons bourbon              |
| 2/3 cup light corn syrup         | 3/4 cup semi-sweet chocolate chips |
| 3 tablespoons melted butter      | 1 unbaked pie crust                |

Preheat oven to 375°. Toast pecans on cookie sheet for 10 minutes. Cool pecans and coarsely chop. In large bowl whisk together eggs, sugar, corn syrup, butter, vanilla, bourbon and salt. Fold in pecans and chocolate chips. Pour the filling into the pie shell and bake until the center is puffed, about 55 minutes. Remove from oven and cool several hours. Note: watch crust as it could burn. Tent pie with foil halfway through the baking process.

### **Chocolate Ganache Glaze**

- |  |                              |
|--|------------------------------|
| 1-1/3 cups semi-sweet or bittersweet chocolate | 1 tablespoon corn syrup      |
| 12 tablespoons unsalted butter                 | 3-1/2 tablespoons warm water |

Place all ingredients into bowl and melt either in microwave for 1 minutes or over warm water. Let glaze cool before drizzling over pie.



## Alliance News

### Steering Committee Meeting

Tuesday, January 17

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 1, 2017**

Put it on your 2017 calendar NOW so you won't schedule anything else for that day.

### Still Time to

#### Pay Dues

If your name isn't on the list below, you have not paid dues for 2016-17. There is still time to do so. Look for the dues notice in your directory, write a check and send it off to Joyce Penn. We thank you for supporting our projects.

**There will be no newsletter in January.**

**Watch your mail box for the February Jottings**

## Family News

**JJ and Shirley Powers** attended a wine seminar in California.

**Pat Rossel** is at her winter home in Sarasota, FL now.

**Joyce and Gerry Penn** spent two weeks at their place in Palm Springs, CA recently.

Columbus physicians, **Edwin Hamilton, MD, John Hammond, DO, Walter Knoop, MD, Thomas Morgan, MD** and **David Yashon, MD** passed away this fall.

### Directory Corrections

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

**Vi Messick**  
Telephone #  
**614-345-9777**

**Jane Morton**  
E-mail address  
**jamocove@twc.com**

### New Members

We gave 2 honorary local Alliance memberships to our special guest (Brenda Drake) and speaker (Tammy Fleishman) at our event as both are physician spouses. And we have a new regular member too. Here is their contact information — add it to your directory

**Brenda Drake** (Michael)  
1060 Blankenship Hall  
901 Woody Hayes Drive  
Columbus, OH 43210  
614-292-7737  
fohl.2@osu.edu

**Tammy Fleishman**  
(Bruce)  
9 Stonegate Village Drive  
Columbus, OH 43212  
tamflash@aol.com

**Kathryn Pojam** (Donald)  
3395 Rudon Lane  
Columbus, OH 43204  
614-525-9548  
kontaktkathy@gmail.com

### Thanks to those who have paid their dues

Debbie Anderson

Lois Bean

Peggy Best

Sharon Blose

Peggy Clary

Collette Dierker

Jenny Dingle

Sue Dingle

Shirley Doolittle

Laura Ecklar

Joan Fulton-Smith

Brenda Gerhardt

Kathy Harter

Kathy Jennings

Joyce Johnson

Suzanne Kendrick

Martha Kumler

Sara Ann Leach

Theresa Lembach

Barbara Marshall

Sue Massie

Madeline Meimaridis

Vi Messick

Jane Morton

Joy Myers

Rita O'Brien

Christine Olsen

Joyce Penn

Kathryn Pojam

Shirley Powers

Vicki Probst

Pat Rossel

Heather Slattery

Nell Stevenson

Mary Ann Stockum

Del Thomas

Madeline Tzagournis

Glenda Van Buren

Claire Wolfe, MD

Please contact Joyce Penn if you think you have already paid your dues.



## “A Tea Party” Wrap-Up

The Alliance made over \$8000 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, “A Tea Party” was a smashing success! Fun was had by all who attended.

Our special guest, Brenda Drake, the first lady of OSU, related her early years as the daughter of a physician and then as a wife of a physician.

Tammy Fleishman, a life coach, presented “Who Built Your Box and Why are You Still in It?” She gave us

an inside look into what a life coach does.

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

We are grateful to **Jeffery Thomas** at Kingsdale, who provided women’s, and men’s clothing for the style show. The outfits, from casual to dressy, were beautiful.

Three of our nine scholarship recipients attended

the luncheon and were introduced.

**Phyllis Allmacher** a guest from Joyce Penn’s bridge club, won the “Time For Tea” raffle basket filled with everything having to do with tea.

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  
Aireen Aguilar  
Kathy Harter  
Theresa Lembach  
Shirley Powers  
Madeline Tzagournis

Chair — Boutique — Invitations  
Program — Publicity — Photographer  
Silent Auction — Model  
Centerpieces — Model  
Registration Table — Style Show — Models  
Reservations — Registration table

#### Models

DeAnne Chambers — Colleen Clark — Laura Beach — John Epitropoulos — Dr. Lou Goorey — Kathy Harter — Theresa Lembach — Dr. James Powers — Sarah Sanders — Heather Slatery

#### Store for Fashion Show

Jeffery Thomas  
3161 Kingsdale Center  
Columbus, OH 43221  
614-459-9311

#### Donors

Theresa Bowers — Normagene Cornwell — Susan Flaherty — Brenda Gerhardt — Francie Kaufman — Vi Messick — Kathe Mueller — Pam Opremcak — Vicki Probst — Pat Rossel — Jane Stone

#### Silent Auction/Raffle Donors

Aireen Aguilar — CAPA — Classic Papering & Painting, Inc. — Columbus Museum of Art — COSI — Sue Dingle — Dr. Robert Falcone — Jill Foster, MD — Funny Bone Comedy Club — Kathy Harter — Barbara Lach — Theresa Lembach — Jude Mollenhauer — Thurber House — Shirley Powers — Splatter Park Paintball Games — Vicki Probst — Sarah Sanders — Snow Trails -- Daniel Straka, MD — Joan Streck — Marti Timmons — Madeline Tzagournis — Wexner Center for the Arts — Wolfs Ridge Brewing Company — Ni Yan Xia

#### Sponsors

Silver Level — Central Ohio Eye Physicians and Surgeons, Inc./Drs. Jack and Tom Dingle  
Silver Level — CMA Foundation  
Bronze Level — Dr. Robert Falcone  
Friends of CMAA Level — Arlington Optical  
Friends of CMAA Level — Capital University  
Friends of CMAA Level — Otterbein University  
Friends of CMAA Level — Arlington Optical  
Friends of CMAA Level — Dr. Patricia Gabbe  
Friends of CMAA Level — Dr. William Cotton

#### Boutique Vendors

\*\* “Honey Rose & K Jewelry”/Meredith Piccin — \*\* “KID Studio”/Karen Daughtrey, \*\* “Li’l Ones”/ Jeri Merritt — \*\* “Longaberger” and “Your Inspiration at Home”/Corinne Vititoe — \*\* “Love You Sew”/Cristy Stuhldreher — \*\* “Matilda Jane Clothing”/Jackie Olson — “PurseLove”/Nancy Linker — “Rodan & Fields”/Marise Nye — \*\* “Sherry’s Silks”/Sherry Stewart — \*\* “One Six Five Jewelry”/Kaleigh Shrigley — \*\* “Stella & Dot”/Joan Streck — “The Bella Bean”/Kelly Cousins — “Vozsi Designs”/Vozsi Douglas

\*\* —designates donation to the silent auction



## Take A Look at Our Fun Day!



Scholarship Recipients with OSU First Lady Brenda Drake



“Time for Tea” Raffle Prize Joy Myers + Airen Aguilár



Registration Table— J. Penn, S. Powers + M. Tzagournis



Table with teapot centerpiece



Boutique Vendors



Boutique Vendors



Speaker Jenny Fleishman, Life Coach



Silent Auction







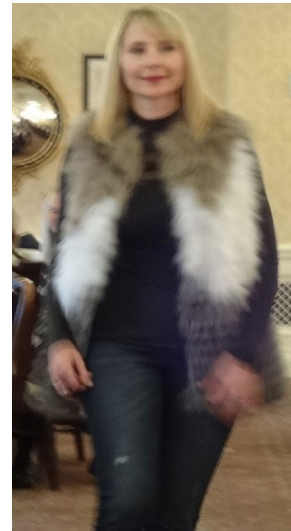
Sarah Sanders



Theresa Lembach



Kathy Harter

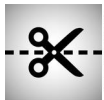


Heather Slattery

Models



Guests



Please fill out the following questionnaire about our annual fundraising event and return to:

Sue Dingle  
2875 Squires Ridge  
Columbus, OH 43220

**Who would you like to hear speak?**

\_\_\_\_\_

**Do you know any of these people personally?**      \_\_\_\_\_ Yes      \_\_\_\_\_ No

**List topics of interest for the speaker**

\_\_\_\_\_

## Health Tips for Every Body

### 8 Key Things to Know Before Taking Supplements

Getting enough nutrients every day is important for health. Nutrients give you the energy to complete daily tasks, build muscle, repair body tissue, prevent infection and maintain a healthy weight. The “key” nutrients are protein, calories, vitamins, and minerals. Your body needs all of these every day.



Most people get enough nutrients by eating a wide variety of foods each day. However, if you have kidney disease or kidney failure, you may need to limit some foods that would normally give you enough nutrients for good health. Also, kidney disease and kidney failure can change the way your body processes certain nutrients, so supplements can help ensure that you're getting all of the nutrients you need. Many supplements are available, but some are made just for people with kidney disease, diabetes, or kidney failure.

It's very important to check with your healthcare provider or dietitian before taking any supplements because some can actually be quite harmful to people with kidney disease or kidney failure. Your healthcare provider can tell you which specific supplements are right for you. Here are 8 key things to know:

**Supplements span a wide spectrum.** The supplement market is a multi-million dollar business and nutritional supplements include a broad range of products. Some are available over the counter, while others require a prescription. Some supplements have a lot of protein and calories, the nutrients that help you gain weight. There are also bodybuilding supplements, and on the other end of the spectrum, weight loss supplements. Supplements can be for single nutrients, such as vitamin D or iron, or multiple nutrients, such as a multivitamin. Herbal products also fall under the umbrella of nutritional supplements.

**Heed caution.** Even if you don't have kidney disease, you should talk with your healthcare provider before taking any nutritional supplements in order to find the one(s) that might be right for you. Supplements are not regulated by the Food and Drug Administration (FDA), and many products can be dangerous, especially for people with kidney disease. Supplements for weight loss, bodybuilding, or an “energy boost” should not be used by people with kidney disease or kidney failure. You may hear a friend or family member claim an herbal supplement has improved their health or well-being. While this advice may be okay for them, it can be dangerous for you, because some herbal products can harm your kidneys and actually make kidney disease worse.

**Nutrients can build up in your body.** Damaged kidneys cannot clear waste products that build up in the body, so as kidney disease progresses, certain nutrients may accumulate. Potassium is a clear example of this problem. With kidney disease, it is very important to check your blood levels of potassium. If your level is high, you should stop taking any supplements with added potassium.

**You're unique, so your supplement regimen should be too.** Everyone with kidney disease or kidney failure doesn't have the same dietary needs. For example, you may need less protein, whereas someone else might need extra protein. Or, you may need extra calories, but someone else might need fewer calories. It's important that you work with your dietitian or healthcare provider to choose the right supplements for you based on their recommendations.

**Your diet can offer clues.** A dietitian will ask you about the foods you eat in order to determine which supplements may help you. You may also be asked to keep a “food diary.” In addition to the physical exam your healthcare provider may perform, your dietitian may also do a physical exam to check your nutrition. Your dietitian will also review your lab work and your medication list. You can learn more about the tests your healthcare team will use to check your nutrition status by calling the National Kidney Foundation's NKF CARES at 1.855.NKF.CARES (855.653.2273) or by visiting [www.kidney.org](http://www.kidney.org).

**Supplements come in many shapes, sizes, forms and flavors.** Many people are familiar with liquid supplements in the form of special drinks, shakes or juices that have protein, calories, vitamins, and minerals. There are liquid supplements just for people with kidney disease, but you must check with your healthcare provider before taking them, especially if you are on a fluid restriction. There are also puddings, bars, cookies and other foods that can be used instead of liquids. If you are not well nourished, then your social worker may be able to help you get these supplements through your insurance.

**Stick with the science.** And, we mean science specific to you. Nutritional supplements are given to patients with kidney disease in a very careful manner. Blood work, urine testing and a physical exam are needed to determine whether or not you are getting enough nutrients. From the results of these tests, your healthcare provider can determine which supplements make the most sense for you. You may also need to see a dietitian with special training in kidney disease.

**Special kidney-safe supplements exist.** There are supplements, vitamins, and mineral pills especially tailored for patients with kidney disease. These supplements provide only what your healthcare provider knows you need. As a result, you may need a prescription to order them since they will not contain specific nutrients that you would find in over-the-counter (OTC) products. This way, there is no danger of unwanted nutrients building up in your body and causing harm. Some of these special supplements do not have extra protein and calories. Many vitamin and mineral pills can also be reimbursed by your insurance when they are ordered with a prescription.

## Tips for Better Living

### Winter Driving Tips

Winter is just around the corner. Driving in severe weather can be dangerous and frightening. Here are a few basic safety rules to keep you safe:

**Keep your distance** — Allow at least five car lengths of space between your vehicle and a snowplow and enough room between you and the car ahead to make a safe stop.

**Remove ice and snow** from all windows, mirrors and lights — Lift wiper blades from your car's windshield before the snow falls to prevent wiper blades from freezing on the windshield.

**Avoid cruise control** — Not using cruise control will allow you to respond instantly when you lift your foot off the accelerator.

**Allow extra time for your journey**

**Prepare for the worst** — Keep an emergency kit in your trunk. The kit should include a snow shovel, jumper cables, a flashlight, a blanket, flares and a first aid kit.

**Curl up by the fire** — If the roads are too treacherous, it's not worth it. Stay home.



### Quick facts about ice Dams

**What they are** — Ice dams occur when snow on your home's roof melts, moves downward toward the eaves, then refreezes before dripping off the roof. The result is a continuous bulge or ridge of ice at the roof's edge, often accompanied by icicles and gutters overflowing with ice.

**Why they matter** — Water trapped by the ice dam pools and can seep back under the shingles and into the attic. From there, damage can range from stained walls and ceiling to peeling paint and rotting wood.

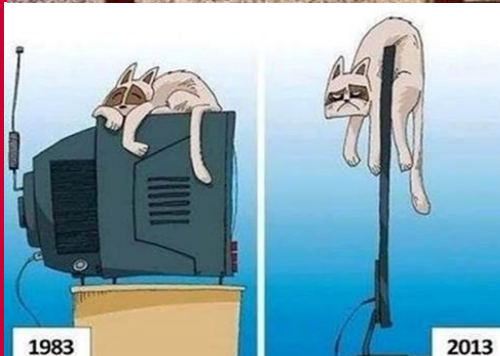
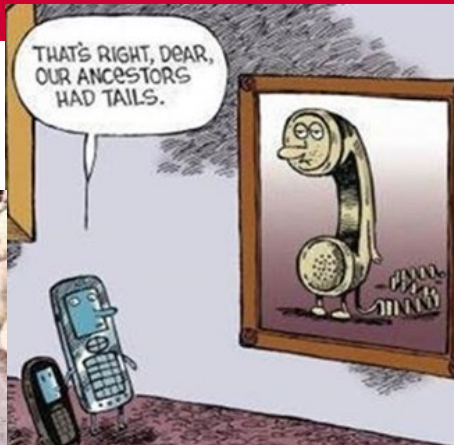
**How to prevent them** — The key to preventing ice dams is to keep your home's roof and attic as cool as the outside air. Adding insulation, installing roof vents and closing air leaks around any places where lights, pipes or other fixtures penetrate the ceiling are the usual steps. Also if you replace the roof, consider installing a waterproof barrier under the shingles at the roof's edge to help prevent water penetration if an ice dam should form.

Ice dams are a potentially expensive winter threat to homes, costing homeowners and insurance companies millions of dollars annually.





# Jest for Health Technological Humor




"Okay your father managed to get a mouse. Now how do we use it?"



"Nurse, get on the internet, go to SURGERY.COM, scroll down and click on the 'Are you totally lost?' icon."





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1930 Dublin Road  
Columbus, OH 43215  


<http://columbusmedicalassociationalliance.weebly.com>  
<http://cmaatranklinco.blogspot.com>

