

JOTTINGS

Volume 74, Issue 4

January/February/March 2014

COLUMBUS MEDICAL ASSOCIATION ALLIANCE

Upcoming Events

Steering Committee

Meeting

Wednesday, March 12
(Note change of date!)
10:00 AM
CMA Office
1390 Dublin Road

Doctors Day Activities

March — Blood Drive and
Donations to Honor Physicians

May General Meeting

Wednesday, May 14
Brookside Country Club

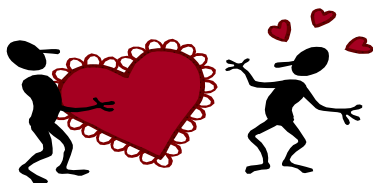
CMA Gala

TBD

Watch your mail for updates
on these programs

Report news to Sue Dingle at
459-1292 or
shdingle@yahoo.com

The deadline for the next
newsletter is February 15.



**Happy
Valentine's
Day!**

Come to our "Cabin Fever Lunch"

Tired of being cooped up inside your house?

**Then join us for a casual lunch and
connect with your Alliance friends.**



Tuesday, January 28

11:30AM

Scioto Country Club

2196 Riverside Drive

**You will chose your lunch off the menu
and pay Sue Dingle then.**

**RSVP to Sue
(459-1292 or shdingle@yahoo.com)**

From the Editor's Desk

Dear Friends,

A belated "Happy New Year" to every alliance member! We all hope that you and your family enjoyed the best of the holiday season.

It's winter and things are quiet now. While we all love the holidays, it's nice to be able to sit back and not feel so pressured. The record cold has certainly kept us all from venturing out except for necessities.

But then winter gets kind of boring and the winter blahs set in so the Alliance would like to extend an invitation to all of you to come to our "**Cabin Fever Lunch**" on Tuesday, January 28. This is not a general meeting — just a casual, unstructured lunch. No speaker, no topic of discussion — just a fun lunch with friends. If you're in town, why not get out of the house and come join us. See page 1 for details.

Jack and I spent ten days at our place in Harbor Springs, Michigan over the holidays. I was a slug up there—I did nothing but read and watch

the first three years of "Downton Abbey." I am now hooked on that wonderful series.

While I was up there, I caught up on my magazine reading too, including "Real Simple." The theme of the January issue was "How to Live The Balanced Life."

After reading nearly every article, I've decided there is no such thing! While we may all strive to live such a life, it's rarely possible what with all that we women juggle these days. But I am going to try to prioritize what really matters and not stress out over life's ups and downs, especially deadlines. I will also try to not fret over the small stuff especially.

Have you made any resolutions for 2014? Besides trying to prioritize, I have decided to do more random acts of kindness. I figured I could accomplish this better than trying to lose weight and exercise more! At least that will give me some personal satisfac-

tion. Everything else would all fall into place if we were all kinder to each other.

Do you have your 2014 calendar yet? Then please mark **Wednesday, November 5** on it as that's the date for next fall's big fundraising event. We want everyone to come so please try to avoid making plans for this date. We don't raise enough funds if you don't attend!

Doctor's Day is March 30. We will again be sponsoring a blood drive and donations to our Scholarship Fund to honor doctors. The March "Jottings" will have the information about how you can donate either way. Be thinking of which doctor you'd like to honor.

Back to the "fun" job of cleaning out some closets and drawers!

Stayed tuned...
Sue Dingle

PS: Here's a humorous quote I read recently:

"We could certainly slow the aging process down if it had to work its way through Congress." — Will Rogers

Our Holiday Project

The Alliance donated **\$500** to the Mid-Ohio Foodbank in December. Thank you to all who donated to this worthy cause:

Janice Dawdy

Nancy Goorey

Theresa Lembach

Chris Olsen

Madeline Tzagouris

Sue Dingle

Kathy Jennings

Mary Ann Meagher

Shirley Powers

Scott Vaughan



Alliance News

Scholarship Report

Due to the record funds raised at our fall event, **Aireen Aguilar**, Scholarship Chair, has decided to plan for a budget of \$10,000-\$12,000 for medical and nursing scholarships next spring. Two medical students will receive \$2000 each while 6-8 nursing students will receive \$1000 each.

Steering Committee

Meeting

Tuesday, March 12
(Note change of date!)
10:00 AM
CMA Office
1390 Dublin Road

Please contact Shirley Powers if you cannot attend.

Concussion Cards

Brenda Gerhardt has volunteered to be our liaison to the CMA to develop the Concussion Cards that will go out to community sports programs in Columbus next fall. Wording for the card is currently underway and we are considering doing a "pilot project" with a price cap of \$500.

May Meeting

May 14, 2014
Brookside Country Club

Details will be given in the April/May newsletter.

We will be honoring our past presidents that day also.

Mark your calendar now!

Family News

Vinny Herwig reports that her 12th grandchild, Grant Edward Fuller, was born on November 6 to her daughter Jennifer Fuller and her husband Stan.

Jane Higbee fell and broke her foot in three places. She has been shuffling around in a big boot for quite a few weeks. We wish her a complete recovery from her injury so she and Jack can go to Florida in March.

Ken and Shirley Doolittle spend the winters in Hawaii where Ken grew up. They will be on Oahu for one month and then on The Big Island for another month.

Dr. Garry Rupp, spouse of member **Kathie**, retired from practice in December. They plan to visit grandchildren as often as possible.

Sue Dingle was pictured in the "Upper Arlington News" with her book club as they won the con-

test sponsored by the U A Library. The group donated the \$250 Barnes & Noble gift card prize to **Amethyst**, a local agency for the treatment and housing of drug addicted homeless women and their families, to buy books for the residents at that facility.

We just learned that longtime member **Ellie Rauch** passed away last July. We sent condolences to her spouse, Dr. Robert Rauch, and family. We also sent a monetary donation to our Scholarship Fund in her memory.

Shirley Powers had a knee replaced in November and is recuperating nicely. She and Jay will be spending most of February at their place in the Caribbean.

Aireen and Peter Aguilar escaped the snow spending time in Mexico with his family after Christmas.

Pat and Mike Franz's son Chip was married November 9th in Florida.

Pat and Charles

Rossel are in Sarasota, Florida till May. They had 3 children and spouses, 5 grandchildren and 3 great-grandchildren join them for Christmas week. Dr. Rossel fell and broke his pelvis this fall. He got out of rehab on the day the families arrived.

Sue Massie will be visiting family in Ft. Myers, Florida in February.

Nancy and Lou Goorey have moved. Their new address is:

3175 Tremont Road
Unit 205
Columbus, OH 43221

Please change her information in your directory.

Joy and Bill Myers left Columbus for San Antonio in January.

Columbus physicians **Catherine Jenkins, MD, Robert McKinney, MD, Werner Samlowski, MD and**



Myron Smith, MD passed away in December.

Shirley Powers collects the tabs off beverage cans and small toiletries for Ronald McDonald House. The tabs earn money for the House and the toiletries go to the guests who stay there while their children are being treated at Nationwide Children's Hospital. Start saving these and give them to Shirley at the next meeting.

Volunteers Needed

Mount Carmel Hospice needs you.

Mount Carmel Hospice volunteers are asked to use their talents to help their neighbors. These volunteers have kind hearts and a willingness to serve.

Please join the volunteer team if you have a genuine desire to support people with life-limiting illnesses, if you can offer kindness and assurance, if you are able to listen with sensitivity and respect. Mount Carmel Hospice needs you as a visitation volunteer. A spring training class is forming now.

Calling all United States Veterans Our Forever Free Veteran Volunteers have made a commitment to serve their military brethren. These dedicated men and women are calling you to join them now. If you have served in the armed forces, please attend the hospice basic training.

Offentimes, the weekends are the loneliest for our hospice patients in nursing homes. Mount Carmel Hospice has a special opportunity for couples or working people to visit those facility patients to brighten their days.

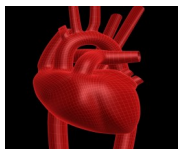
Opportunities are available for those who enjoy sewing, knitting, and crocheting; who can play a musical instrument; or who like to do office work.

Do you love to laugh? Do you mind people laughing at you? Do you dream of wearing a red nose? A new "Caring Clown Troupe" is forming now.

All support is welcome. All talents and abilities are appreciated. All you have to do is call Betsy at 234-0200 for more information about the ways you can support your neighbors. The spring Basic Training Class is forming now.

Hospice Volunteering 101

If you are interested in becoming a hospice volunteer whether at the bedside or behind the scenes, join us for a special panel discussion. A group of Mount Carmel Hospice volunteers will discuss their roles and contributions then answer your questions. The session can help you find the best way to serve your community at end-of-life. Please join us on February 11 from 1 pm to 2 pm or on February 18 from 6 pm to 7pm at the Mount Carmel Hospice and Palliative Care Center. Register by calling 234-LIFE (5433).



**Wear red on National Wear Red Day
for heart awareness
Friday, February 7**

Articles from OSMA “This Week” newsletter

OBAMA SIGNS PATHWAY FOR SGR REFORM ACT, INCLUDES PHYSICIAN UPDATE FIX THROUGH MARCH 2014 — JANUARY 3, 2014

President Barack Obama delivered a holiday gift – of sorts – to physicians when on Dec. 26 he signed into law the Pathway for SGR Reform Act of 2013. This new law prevents the scheduled payment reduction for physicians and other practitioners who treat Medicare patients from taking effect on Jan. 1, 2014 and additionally provides a 0.5 percent increase for services through March 31, 2014.

President Obama remains committed to finding a permanent solution to eliminating the Medicare Sustainable Growth Rate (SGR), and while this new law is not the long-term answer some physicians hoped for, it is a step forward.

“(Thursday’s) strong, bipartisan votes by the Senate Finance and House Ways and Means committees, following similar action last October by the House Energy and Commerce Committee, shows that there is overwhelming, bipartisan support for ending the SGR in a fiscally responsible manner and closing the book on the annual cycle of draconian Medicare physician payment cuts and short-term patches,” said Dr. Ardis Hoven, president of the American Medical Association. “This long-overdue policy change provides the stability that physicians need to pursue delivery innovations that help improve patient care and reduce costs for American taxpayers.”

The new law also extends several provisions of the Middle Class Tax Relief and Job Creation Act of 2012 (Job Creation Act), as well as provisions of the Affordable Care Act (ACA).

UNITED HEALTHCARE UPDATE: 5,000 UHC PATIENTS NEVER TOLD THEIR DOCTOR WAS TERMINATED FROM UHC'S MEDICARE ADVANTAGE PROGRAM; ERROR IMPACTS 660 PHYSICIANS -- January 16, 2014

When United Healthcare terminated hundreds of Ohio physicians from their **Medicare Advantage** program last fall they failed to notify about 5,000 of their patients that they would have to find a new doctor, UHC officials said on Tuesday.

In making the startling admission UHC representatives revealed that UHC **Medicare Advantage** patients impacted by this error were associated with 660 Ohio physicians who learned they would be eliminated from the program in 2014.

As dictated by Medicare Advantage rules, these patients should have been notified in October when UHC terminated physicians from its network, touching off a firestorm of controversy and leading to network adequacy challenges in some parts of the state. The terminations impacted hundreds of physicians and thousands of patients and drew state and national media attention.

To address this latest problem, failing to properly notify as many as 5,000 of its members, UHC officials indicated they are making the following effort to assist practices:

Every practice impacted will receive an outreach phone call by the end of this week and a follow-up letter indicating these UHC Medicare Advantage members will be able to receive care from the impacted physician on an in-network basis until March 31.

This change impacts only the 660 physicians that will be notified.

If you are a physician that was terminated and your patients were notified appropriately in October, you will not be contacted by UHC and UHC Medicare Advantage members will not be eligible to seek care from you on an in-network basis as of the date of your termination (in most cases Jan. 1).

If you have any questions regarding your status, please contact your local UHC network management representative or UHC’s provider call center at (800) 509-3023.

The Ohio State Medical Association (OSMA) is still assessing the impact of this lack of notification and what it means for patients and physicians moving forward. The OSMA has asked the Centers for Medicare and Medicaid (CMS) for clarification on what rights the patient has with regards to changing plans since the open enrollment period expired prior to notification that their doctor had been terminated.

Under current rules, the only option a patient has between now and Feb. 14 is to drop his or her Medicare Advantage plan and switch to traditional Medicare. The OSMA believes if patients are not granted another window to change Medicare Advantage plans then consideration should be given to allowing them to be able to receive care from the impacted physicians on an in-network basis until the next open enrollment period begins at the end of 2014. As we get more information from CMS, we will provide it to members.

Health Tips for Every Body

The nonprofit Food and Water Watch looked at all the varieties of fish out there, how they were harvested, how certain species are farmed, and levels of toxic contaminants like mercury or PCBs in the fish, as well as how heavily local fishermen relied upon fisheries for their economic survival. These are the 12 fish that all of us should avoid, no matter what.

1. Imported Catfish

Why It's Bad: Nearly 90% of the catfish imported to the US comes from Vietnam, where use of antibiotics that are banned in the U.S. is widespread. Furthermore, the two varieties of Vietnamese catfish sold in the US, Swai and Basa, aren't technically considered catfish by the federal government and therefore aren't held to the same inspection rules that other imported catfish are.

Eat This Instead: Stick with domestic, farm-raised catfish. It's responsibly farmed and plentiful, making it one of the best fish you can eat. Or, try Asian carp, an invasive species with a similar taste to catfish that's out-competing wild catfish and endangering the Great Lakes ecosystem.



2. Caviar

Why It's Bad: Caviar from beluga and wild-caught sturgeon are susceptible to overfishing, but the species are also being threatened by an increase in dam building that pollutes the water in which they live. All forms of caviar come from fish that take a long time to mature, which means that it takes a while for populations to rebound.

Eat This Instead: If you really love caviar, opt for fish eggs from American Lake Sturgeon or American Hackleback/Shovelnose Sturgeon caviar from the Mississippi River system.

3. Atlantic Cod

Why It's Bad: This one was difficult to add to the "dirty dozen list" because it is so vital to the economic health of New England fishermen. However, chronic mismanagement by the National Marine Fisheries Service and low stock status made it very difficult to recommend. Atlantic cod stocks collapsed in the mid-1990s and are in such disarray that the species is now listed as one step above endangered on the International Union for Conservation of Nature's Red List of Threatened Species.

Eat This Instead: The good news, if you love fish 'n' chips (which is nearly always made with cod), is that Pacific cod stocks are still strong and are one of Food and Water Watch's best fish picks.

4. American Eel

Why It's Bad: Also called yellow or silver eel, this fish, which frequently winds up in sushi dishes, made its way onto the list because it's highly contaminated with PCBs and mercury. The fisheries are also suffering from some pollution and overharvesting.

Eat This Instead: If you like the taste of eel, opt for Atlantic- or Pacific-caught squid instead.

5. Imported Shrimp

Why It's Bad: Imported shrimp actually holds the designation of being the dirtiest of the Dirty Dozen, and it's hard to avoid, as 90% of shrimp sold in the U.S. is imported. Imported farmed shrimp comes with a whole bevy of contaminants: antibiotics, residues from chemicals used to clean pens, filth like mouse hair, rat hair, and pieces of insects. Also E. coli that has been detected in imported shrimp. Part of this has to do with the fact that less than 2% of ALL imported seafood (shrimp, crab, catfish, or others) gets inspected before its sold, which is why it's that much more important to buy domestic seafood.

Eat This Instead: Look for domestic shrimp. Seventy percent of domestic shrimp comes from the Gulf of Mexico, which relies heavily on shrimp for economic reasons. Pink shrimp from Oregon are another good choice; the fisheries there are certified under the stringent Marine Stewardship Council guidelines.

6. Atlantic Flatfish

Why It's Bad: This group of fish includes flounder, sole, and halibut that are caught off the Atlantic coast. They found their way onto the list because of heavy contamination and overfishing that dates back to the 1800s. Populations of these fish are as low as 1% of what's necessary to be considered sustainable for long-term fishing.

Eat This Instead: Pacific halibut seems to be doing well, but the group also recommends replacing these fish with other mild-flavored white-fleshed fish, such as domestically farmed catfish or tilapia.

7. Atlantic Salmon (both wild-caught and farmed)

Why It's Bad: It's actually illegal to capture wild Atlantic salmon because the fish stocks are so low, and they're low, in part, because of farmed salmon. Salmon farming is very polluting: Thousands of fish are crammed into pens, which leads to the growth of diseases and parasites that require antibiotics and pesticides. Often, the fish escape and compete with native fish for food, leading to declines in native populations. Adding to our salmon woes, the U.S. Food and Drug Administration is moving forward with approving genetically engineered salmon to be sold, unlabeled, to unsuspecting seafood lovers. That salmon would be farmed off the coast of Panama, and it's unclear how it would be labeled. Currently, all fish labeled "Atlantic salmon" come from fish farms.

Eat This Instead: Opt for wild Alaskan salmon now, and in the event that GE salmon is officially approved. **Eat This Instead:** Opt for wild Alaskan salmon now, and in the event that GE salmon is officially approved.

8. Imported King Crab

Why It's Bad: The biggest problem with imported crab is that most of it comes from Russia, where limits on fish harvests aren't strongly enforced. But this crab also suffers from something of an identity crisis as Imported king crab is often misnamed Alaskan king crab, because most people think that's name of the crab adding that she's often seen labels at supermarkets that say "Alaskan King Crab, Imported. Alaskan king crab is a completely separate animal and it's much more responsibly harvested than the imported stuff.

Eat This Instead: When you shop for king crab, whatever the label says, ask whether it comes from Alaska or if it's imported. Approximately 70% of the king crab sold in the U.S. is imported, so it's important to make that distinction and go domestic.

9. Shark

Why It's Bad: Problems associated with our eating too many sharks happen at all stages of the food chain. For one, these predatory fish are extremely high in mercury, which poses threats to humans. But ocean ecosystems suffer, too. "With fewer sharks around, the species they eat, like cownose rays and jellyfish, have increased in numbers," Cufone says. "And the rays are eating--and depleting--scallops and other fish." There are fewer of those fish in the oceans for us to eat, placing an economic strain on coastal communities that depend on those fisheries.

Eat this instead: Among the recommendations for shark alternatives are Pacific halibut and Atlantic mackerel.

10. Orange Roughy

Why It's Bad: In addition to having high levels of mercury, orange roughy can take between 20 and 40 years to reach full maturity and reproduces late in life, which makes it difficult for populations to recover from overfishing. Orange roughy has such a reputation for being overharvested that some large restaurant chains, including Red Lobster, refuse to serve it. However, it still pops up in grocer freezers, sometimes mislabeled as "sustainably harvested." There are no fisheries of orange roughy that are considered well-managed or are certified by the Marine Stewardship Council, so avoid any that you see.

Eat This Instead: Opt for yellow snapper or domestic catfish to get the same texture as orange roughy in your recipes.

11. Atlantic Bluefin Tuna

Why It's Bad: A recent analysis by *The New York Times* found that Atlantic bluefin tuna has the highest levels of mercury of any type of tuna. To top it off, bluefin tuna are severely overharvested, to the point of reaching near-extinction levels, and are considered "critically endangered" by the International Union for Conservation of Nature. Rather than trying to navigate the ever-changing recommendations for which tuna is best, consider giving it up altogether and switching to a healthy, flavorful alternative, such as Alaska wild-caught salmon.

Eat This Instead: If you really can't give up tuna, opt for American or Canadian (but not imported!) albacore tuna, which is caught while it's young and doesn't contain as high levels of mercury.

12. Chilean Sea Bass

Why It's Bad: Most Chilean sea bass sold in the US comes from fishermen who have captured them illegally, although the US Department of State says that illegal harvesting of the fish has declined in recent years. Nevertheless, fish stocks are in such bad shape that the nonprofit Greenpeace estimates that, unless people stop eating this fish, the entire species could be commercially extinct within five years. These fish are high in mercury, as well.

Eat This Instead: These fish are very popular and considered a delicacy, but you can get the same texture and feel with US hook-and-line-caught haddock.

The Cook's Corner

Here's a hearty meal for a cold winter day.

Beef & Mushroom Braised Stew

1 boneless beef chuck roast (2 to 3 pounds), cut into 1-inch cubes
 1/4 teaspoon salt
 1/4 teaspoon pepper
 3 tablespoons olive oil
 1 pound sliced fresh mushrooms
 2 medium onions, sliced
 2 garlic cloves, minced
 1 carton (32 ounces) beef broth
 1 cup dry red wine
 1/2 cup brandy
 1 tablespoon tomato paste
 1/4 each dried parsley flakes, rosemary, sage, tarragon and thyme
 3 tablespoons all-purpose flour
 3 tablespoons water
 Mashed potatoes



Preheat oven to 325°. Sprinkle beef with salt and pepper. In an ovenproof Dutch oven. Heat oil over medium heat; brown beef in batches. Remove from pan.

In same pan, add mushrooms and onions; cook and stir until tender. Add garlic; cook 1 minute. Stir in broth, wine, brandy, tomato paste and herbs. Return beef to pan. Bring to a boil.

Bake, covered, for 1 hour. In a bowl, mix flour and water until smooth; gradually stir into stew. Bake, covered, 30 minutes or until sauce is thickened and beef is tender. Skim fat.

Serve over mashed potatoes. Makes 4-6 servings.

Tips For Better Living

Sparkling Clean Mirrors: Your bathroom mirror won't fog up if you clean it with canned shaving cream — and it will be streak-free.

Shiny Shower Doors: Keep shower doors shiny and clear by using a soft cloth moistened with baby oil. The baby oil prevents buildup from dirt and soap and keeps hard water spots from forming for several months.

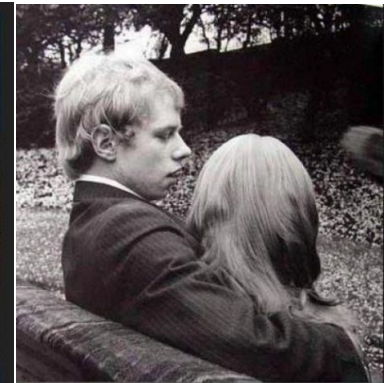
Sticky Labels: Remove sticky price tags and labels from glass by spraying the surface with WD-40. The residue rubs right off.

Remove Carpet Stains: To remove a stubborn carpet stain, combine 1 tablespoon vinegar with 1 tablespoon cornstarch. Work it into the spot with a soft cloth, leave it for two days, then vacuum.

Make Furniture New Again: Need to repair a scratch or blemish on varnished furniture? Rub the area with cooking oil and a soft cloth. To color in nicks or scratches in wood-stained furniture or trim, rub the area with a pecan nut. The oil of the nut will "restrain" the wood. If your wood furniture has a water stain, simply rub mayonnaise on the stain and let it sit overnight. Wipe off the mayonnaise in the morning and the finish will be restored.

Jest For Health

Smile!





Columbus Medical Association Alliance

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Columbus, OH 43215

<http://columbusmedicalassociationalliance.weebly.com>

<http://cmaafranklinco.blogspot.com>