

JOTTINGS

Volume 75, Issue 4

January/February/March 2015

COLUMBUS MEDICAL ASSOCIATION ALLIANCE

Upcoming Events

April General Meeting

Tour of the Columbus
Museum of Art's
Decorators' Show House
in Dublin
Tuesday, April 28
\$20.00
Lunch — The Morgan House
Details in April newsletter

May General Meeting

Wednesday, May 19
11:00AM
Scioto Country Club
"Breathing, Laughter and Other
Good Things"

CMA Annual Social Event

"Hot in Havana"
Friday, May 15
Huntington Park

Steering Committee

Meeting
TBD

Watch your mail for updates
on these programs.
Report news to Sue Dingle at
459-1292 or
shdingle@yahoo.com
Deadline for next newsletter
is March 30



**Happy
Valentine's
Day!**

Doctors' Day Blood Drive in March

This year we again have two ways to honor a physician of your choice for Doctors' Day. As always, you can donate blood or give a monetary donation to our Scholarship Fund. Read below for details about the two opportunities.

Donate to our Scholarship Fund

The first option for Doctors' Day to honor a physician is by donating to our Scholarship Fund which provides scholarships for medical and nursing school students. For each \$25 you contribute, the Alliance will, in turn, notify the designated doctor of your donation. This is a great opportunity to salute a physician you respect and to help us raise monies for our Scholarship Fund.

Please fill out the form on page 5, following the instructions printed there.

When a medical student finishes medical school, he/she will be \$150,000 in debt. Please help us ease this financial burden for our future medical care providers and thank a physician now.

18th Annual Doctors' Day Blood Drive

The Alliance, in cooperation with the American Red Cross, is again sponsoring a blood drive. While National Doctors' Day is March 30th, our campaign will be running throughout the entire month of March. Here's a wonderful way to thank your doctors and help the local Red Cross increase its blood supply. Plan now to contribute to our Blood Drive at your convenience this month.

During the blood drive, each donor will be asked to complete a form designating a doctor whom he/she wishes to recognize. In turn, our Alliance will notify that physician that a unit of blood has been given in his/her honor.

You may donate at one of the fixed sites listed on page 4. An appointment is recommended for these sites so please call the American Red Cross at 1-800-RedCross (733-2767) to schedule your appointment.



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.

So have you made any resolutions for 2015? I am going to try to not stress out so much over the nitty-gritty of life. I was so thankful when Christmas was over because I had way too much to do and not enough time. Sound familiar? I even developed shingles (yes, I've had the vaccine), most likely brought on by stress, that was painful to the touch. Who needs that? So it's time for me to cut back on my obligations and try to simplify my life. Easier said than done, I'm sure. (To help me with this resolution, anyone interested in chairing the annual fall fundraiser?)

Speaking of stress, we have a informative **general meeting** coming up **May 19th** that will present breathing techniques as a stress buster and why laughter is good for you. We all need to relieve stress in our

lives for better health. Why not join us then.

The **April general meeting** takes us to the bi-annual Decorators' Show House put on by the Women's Board of the Columbus Museum of Art. Come join us for the tour and lunch afterwards. The April newsletter will contain the details for our meeting but put Tuesday, **April 28** on your calendar now.

And please mark **Wednesday, November 11** on your calendar too 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. Be thinking of which doctor(s) you'd like to acknowledge. (See the front page for info on this beneficial project.)

As Valentine's Day approaches, please know that we treasure each and every member in the Alliance. Don't forget to celebrate your love for your family and friends on this special day — and every day.

Stayed tuned...

Sue Dingle

A thought to ponder:

Blessed are those who can give without remembering and take without forgetting.

Directory Corrections

We have received notification of new addresses for:

Jenny and Tom Dingle

2567 Lane Road
Columbus, OH 43220

Margie and Tom Williams

1947 Marble Cliff Crossing Court
Columbus, OH 43204

Please make the changes in your directory.

Our Holiday Project

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

Sue Dingle

Shirley Doolittle

Brenda Gerhardt

Kathy Jennings

Theresa Lembach

Sue Massie

Vi Messick

Joyce Penn

Nell Stevenson

Madeline Tzagournis

Scott Vaughan

We will be needing a new treasurer next year. Any one interested in doing this job? If so, please contact Shirley Powers.



Alliance News

Scholarship Report

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

Concussion Cards

We have printed off the concussion cards to be distributed to sports groups throughout Columbus. How this distribution will proceed is still under discussion.

April Meeting

Tour of the
Decorators' Show House
April 28 — \$20
Lunch at
The Morgan House

May Meeting

May 19, 2015
Scioto Country Club

Come learn relaxation breathing techniques and how laughter can reduce stress.

Mark your calendar now!

Details will follow in the May newsletter

Aireen Aguilar, Sue Dingle, Shirley Powers and **Madeline Tzagournis** attended the CMA's farewell party for Diane May. We presented Diane with a token of our appreciation (a necklace) for her work on behalf of the Alliance. (Thanks to Aireen for purchasing the gift.)

Lisa Oyer is the new CMA liaison to the Alliance. Contact her at 240-7410 or loyer@goodhealthcolumbus.org if you have questions.

Family News

The Columbus Medical Association, CMA Foundation and Central Ohio Trauma System were featured in the "Columbus Medical Guide" section in the December *Columbus Monthly* magazine.

Aireen and Peter Aguilar left for the Philippines on January 13 for two months. They will visit her mother who turned 98 recently. They will also be joining a surgical mission (January 24 – February 7) in Tiboli, South Cotabato and Palawan. They will return home March 10.

Shirley Powers is minus her gall bladder these days and recuperating nicely. She and Jay are escaping the cold at their St. Johns home at the moment.

John (Jack) Higbee, MD spouse of **Jane Higbee**, passed away in December. He was a retired ophthalmologist. The Alliance sent condolences to Jane and made a donation to our Scholarship Fund in his memory.

Vinny Herwig reports that her oldest grandson, Christian Herwig, graduated from the University of Chicago in June (physics/mathematics). He is now on a 6-year scholarship to the University of Pennsylvania for a Masters/PhD in physics and will serve an internship every summer for six weeks in Lucerne. Vinny's oldest granddaughter, Alicia (Herwig) Garner was married October 11 in Atlanta.

Bob and Theresa Lembach visited Arizona for a week with friends at the Marriott Canyons Resort.

Ken and Shirley Doolittle are in Hawaii for their annual visit of two months.

Barbara Lach is the Alliance Trustee to the CMA Foundation Board. She has been invited to serve on the gift acceptance committee for the Foundation.

Sue and Jack Dingle are currently in Palm

Spings, California with their son **Tom**, his wife **Jenny** and their two children.

Joan Streck is eagerly awaiting the birth of her fourth grandchild this month. It's a boy after three girls.

Joy Meyers has retired from her job which entailed traveling the country as a Certified Professional Parliamentarian and Teacher and Professional Registered Parliamentarian, one of only twenty-five with this credential level in the USA. She will continue to volunteer for those groups she belongs to.

Dr. Nancy Vaughan is retiring in September. She and **Scott** will be moving then, although their destination hasn't been determined yet. The Alliance certainly appreciates Scott serving as our treasurer for the past 13 years.

Dr. Craig Anderson, spouse of **Debbie**, was

honored by the OSMA for his leadership and vigorous support of OSMAPAC. Not only does he donate to the cause, but he also held fundraisers for political candidates and recruited his peers to join PAC.

Haroon Aziz, MD passed away in mid-January. His wife, **Tahira**, was a former Alliance member, who helped with the flower sales. Dr. Aziz sponsored a wine tasting for our group also.

Columbus physicians **Lewis Franklin, MD, Ernest Johnson, MD, W. David Leak, MD, Phillip Price, MD, William Roberts, MD, Howard Sirak, MD, Ludolph van der Hoeven, MD, James E. Williams, MD and Thomas Williard, MD** have passed away since November.

**Wear red on
National Wear
Red Day for
heart awareness on
February 6**

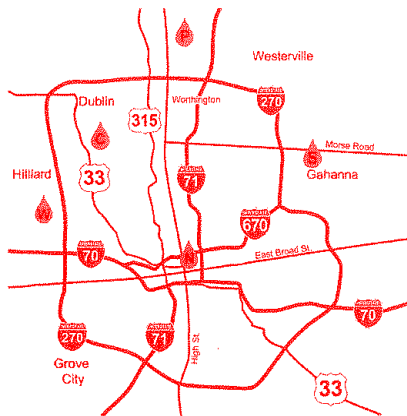


Central Ohio Region Blood Donor Centers



American Red Cross

redcrossblood.org | 1-800-RED CROSS | 1-800-733-2767



Carriage Place Donor Center, Dublin

4820 Sawmill Road, Columbus, OH 43235
Corner of Sawmill Road and Bethel Road

Whole blood hours:	Apheresis Hours:
Tues 1 - 7 p.m.	Mon-Thurs 11 a.m.- 6 p.m.
Wed 1:30 - 7:30 p.m.	Fri-Sun 6:30 a.m.-1:30 p.m.
Thurs Noon - 6 p.m.	
Fri 9 a.m.-3 p.m.	
Sat 7:30 a.m.- 1:30 p.m.	

Westbelt Donor Center, Hilliard

4327 Equity Drive, Columbus, OH 43228

Whole blood hours :	
Mon & Thurs	1 - 7 p.m.
Saturday	8 a.m. - 1 p.m.

From I-270 take Roberts Road East. Turn right (south) on Wilson Road, and then turn right (west) onto Trabue Road. Turn right into Westbelt Business Park at Westbelt Drive. Then turn right onto Equity Drive. Center is on right.

Outside Columbus Area

Licking Donor Center, Newark

1272 West Main Street, Doctor's Park Building 5
Newark, OH 43055

Whole blood hours:	
Tues	Noon-6 p.m.
Fri	8 a.m.-2 p.m.

Make your appointment today!

Hours subject to change. Updated August 2013.

Polaris Donor Center, Lewis Center

1327 Cameron Ave., Lewis Center, OH 43035
In the Oak Creek Center, west of Polaris Mall

Whole blood hours:		Apheresis Hours:	
Mon	Noon-6 p.m.	Mon, Tues & Thurs,	11 a.m.- 6 p.m.
Tues	2-7 p.m.	Fri-Sun	6:30 a.m.-1:30 p.m.
Thurs	1-7 p.m.		
Sat	8 a.m.-1 p.m.		

Stoneridge Donor Center, Gahanna

337 Stoneridge Lane, Gahanna, OH 43230
Corner of Morse Road and Hamilton Road. Center is next to the movie theater at the back of the plaza.

Whole blood hours:		Apheresis Hours:	
Mon & Fri	8 a.m.- 2 p.m.	Mon-Wed	11 a.m.-6 p.m.
Tues	Noon - 6 p.m.	Thurs-Sun	6:30 a.m.-1:30 p.m.
Wed-Thurs	1-7 p.m.		
Sat	8 a.m.- 2 p.m.		

Nationwide Donor Center, Downtown

One Nationwide Plaza, Columbus, OH 43215

Whole blood hours:	
Mon	9 a.m.- 3 p.m.
Tues	8 a.m.- 2 p.m.
Wed	7 a.m. - 1 p.m.
Thurs-Fri	8 a.m.- 2 p.m.

Park at the Front Street (hourly) garage, where you will receive a parking voucher. Go to the 4th floor & walk across the walkway. Then go left to Plaza 1, where you will check in at the security desk, & be escorted to the donor center (where you will receive a free parking voucher).

Richland Donor Center, Mansfield

39 N. Park Street, Mansfield, OH 44902

Whole blood hours:	
Mon	9 a.m.-3 p.m.
Wed	Noon-6 p.m.

Donate to our Scholarship Fund to Honor a Doctor

To honor a physician for Doctor's Day 2015, please fill out the form below and mail it with your check to:

Sue Dingle
2875 Squires Ridge
Columbus, OH 43220



Please indicate the doctor(s) of your choice to be honored:

(1) Name (first and last) _____
Address _____

(2) Name (first and last) _____
Address _____

(3) Name (first and last) _____
Address _____

The doctor(s) will be notified that you have given a donation to the Alliance's Scholarship Fund for medical and nursing students in his/her honor.

 Make your check out to: **Columbus Medical Association Foundation**
On the memo line in the lower left corner, write: **Alliance Scholarship Fund** 

If you wish to honor more than one doctor, please fill out the information for each.
\$25.00 must be submitted for each physician.

Your Name _____

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.

Tips For Better Living

Toxic Substances in your Home — Part 2

6. **Nonstick Cookware and Bakeware**

When you're cooking with nonstick pots and pans, you're essentially baking on plastic. That slick, shiny, enticingly nonstick surface is made from a synthetic material known as perfluoroalkyl acid, a class of chemicals that have been linked to ADHD, high cholesterol, and thyroid disease. They're also potent sperm killers and are suspected of contributing to female infertility.

Better alternative: Opt for safer cookware like made-in-America cast iron, glass or stainless steel. If you already cook with nonstick pots and pans, replace them with safer choices when you start seeing scratches and chips in the finish.

7. **Roundup Ready Food**

Roundup, the most widely used herbicide in the country, is sprayed on everything from cotton to canola, lawns to golf courses. So it stands to reason that the stuff winds up in our air and water. But when you're eating "Roundup Ready" food, as in, food that's been genetically modified to withstand all those dousings of Roundup, you're eating it too. That's problematic because scientists are learning that Roundup affects defensive enzymes our bodies use to keep us healthy. Roundup also reduces a plant's ability to take up vital micronutrients that humans require for survival.

Better alternative: Corn, soy, and canola are common crops that have been genetically engineered to withstand heavy dousings of Roundup (or other glyphosate-containing chemicals), and foods containing these ingredients tend to contain higher levels of Roundup than other crops do. To avoid genetically engineered (GE) foods and Roundup in your food, buy organic.

8. **Vinyl**

Some environmental health groups have dubbed vinyl the "poison plastic," due to its harmful production process and its effects on humans. Vinyl is laced with phthalates, chemical plastic softeners linked to hormone disruption, stunted growth, obesity, and other health problems, as well as low IQs.

Better alternative: When it's time to replace flooring in your home, opt for wood, bamboo, or cork that's Forest Stewardship Council (FSC) certified or for real linoleum, instead of vinyl. Avoid plastic shower-curtain liners, as well as fake leather furniture, clothing, and accessories, to cut down on phthalate exposure. (Try hemp or organic cotton shower curtains.) Phthalates also lurk in anything with an artificial fragrance, including candles and many personal-care products.

9. **VOCs**

Nasty indoor air-polluting culprits, volatile organic compounds, or VOCs, could be trashing your indoor air, especially in the kitchen, the basement, or even the laundry room. These hazardous chemicals are linked to asthma and, in some instances, even cancer, and they add to indoor air pollution. Pressed wood and particleboard cabinets and other furniture are big emitters of the VOC (and carcinogen) formaldehyde in the home, too.

Better alternative: Choose unscented, plant-based detergents, or go old-school and use castile soap or washing soda and borax to clean your clothing. For new paint projects, choose readily available no-VOC paint, and avoid storing paint in your garage or basement-- fumes can escape even tightly closed lids and enter your home. If you have leftover paint, take it to a waste-collection facility for recycling, or donate it to neighbors or a charity. Avoid plywood and particleboard when buying new household furnishings, and keep VOCs contained by sealing any plywood or particleboard furniture with a product like AFM Safecoat Safe Seal.

10. **Flame Retardants**

Flame-retardant chemicals can be found in electronics, carpets, carpet padding, and furniture foam. They've been associated with a wide range of health problems, including infertility, thyroid problems, learning disabilities, and hormone disruption. And the exposure to all these potential health threats could be for naught: Added to materials in the event they come in contact with a lit candle or cigarette, the chemicals only delay a fire, and for just a few seconds. When these flame retardants do burn, they release higher levels of carbon monoxide and soot, the two leading causes of fire-related deaths, than non-treated materials.

Better alternative: When shopping for new furniture, call the manufacturer and ask if it contains flame retardants. If you see a tag that says "complies with California Technical Bulletin 117," avoid bringing home that piece of furniture (California requires all upholstered furniture to be flame retardant, and nearly all furniture sold in the U.S. is made to comply with their law). And since flame retardants and other household toxins make their way into household dust, it's best to invest in a good vacuum. Take care when selecting electronics, too: Environmental Working Group lists electronics that are free of flame retardants.

11. **Canned Food**

Bisphenol A, or BPA, is a hormone-disrupting chemical linked to male infertility, diabetes, heart disease, aggressive behavior in children, and other ills. The chemical is used in some No. 7 plastic bottles and most canned-food containers, and although some manufacturers are phasing the chemical out of their cans, it's not clear that the replacements are totally safe either. In 2010, scientists discovered that we absorb BPA from cash-register receipts through our skin.

Better alternative: Opt for fresh or frozen fruits and veggies, and bypass cans as often as possible. Don't store food or beverages in plastic containers. And say no thanks to receipts for minor purchases like gas and coffee, and at the ATM.

12. Dry-Cleaning Chemicals

Sure, it's convenient to drop your clothing off with a dry cleaner, but the cleaning chemical of choice in this country remains perchloroethylene, also known as PCE, or perc. This chemical is classified as a probable carcinogen and is linked to kidney, liver, and central nervous system damage. It's not something you want to wear or have holed up in your home closet. Although many states and cities are phasing out perc, it's still among the most widely used dry-cleaning chemicals.

Better alternative: You can work around "Dry Clean Only" instructions on clothing tags. You just need to know how to treat different types of fabric. Most can be washed in water or in a dry cleaning bag for the dryer.

Health Tips for Every Body

Cold Sores

Cold sores, sometimes called fever blisters, are groups of small blisters on the lip and around the mouth. The skin around the blisters is often red, swollen, and sore. The blisters may break open, leak a clear fluid, and then scab over after a few days. They usually heal in several days to 2 weeks.

Cold sores are caused by the herpes simplex virus (HSV). There are two types of herpes simplex virus: HSV-1 and HSV-2. Both virus types can cause sores around the mouth (herpes labialis) and on the genitals (genital herpes).

The herpes simplex virus usually enters the body through a break in the skin around or inside the mouth. It is usually spread when a person touches a cold sore or touches infected fluid—such as from sharing eating utensils or razors, kissing an infected person, or touching that person's saliva. A parent who has a cold sore often spreads the infection to his or her child in this way. Cold sores can also be spread to other areas of the body.

The first symptoms of cold sores may include pain around your mouth and on your lips, a fever, a sore throat, or swollen glands in your neck or other parts of the body. Small children sometimes drool before cold sores appear. After the blisters appear, the cold sores usually break open, leak a clear fluid, and then crust over and disappear after several days to 2 weeks. For some people, cold sores can be very painful.

Some people have the virus but don't get cold sores. They have no symptoms.

Your doctor can tell if you have cold sores by asking you questions to find out whether you have come into contact with the virus and by examining you. You probably won't need any tests.

Cold sores will usually start to heal on their own within a few days. But if they cause pain or make you feel embarrassed, they can be treated. Treatment may include skin creams, ointments, or sometimes pills. Treatment may get rid of the cold sores only 1 to 2 days faster, but it can also help ease painful blisters or other uncomfortable symptoms.

The herpes simplex virus that causes cold sores can't be cured. After you get infected, the virus stays in your body for the rest of your life. If you get cold sores often, treatment can reduce the number of cold sores you get and how severe they are.

There are some things you can do to keep from getting the herpes simplex virus.

- ◆ Avoid coming into contact with infected body fluids, such as kissing an infected person.
- ◆ Avoid sharing eating utensils, drinking cups, or other items that a person with a cold sore may have used.

After you have been infected with the virus, there is no sure way to prevent more cold sores. But there are some things you can do to reduce your number of outbreaks and prevent spreading the virus:

- ◆ Avoid the things that trigger your cold sores, such as stress and colds or the flu.
- ◆ Always use lip balm and sunscreen on your face. Too much sunlight can cause cold sores to flare.
- ◆ Avoid sharing towels, razors, silverware, toothbrushes, or other objects that a person with a cold sore may have used.
- ◆ When you have a cold sore, make sure to wash your hands often, and try not to touch your sore. This can help keep you from spreading the virus to your eyes or genital area or to other people.

Talk to your doctor if you get cold sores often. You may be able to take prescription pills to prevent cold sore outbreaks.



The Cook's Corner

Here's a recipe for a cold winter night.

Mom's Meat Loaf

1/2 c. chopped onion
 1/2 c. chopped celery
 1/4 c. chopped green pepper
 2 tbsp. butter
 1 (12 oz.) bottle Heinz chili sauce
 1 1/2 lbs. lean ground beef
 1 c. soft bread crumbs
 1 egg, slightly beaten
 1/2 tsp. salt
 1/8 tsp. pepper



Sauté onion, celery, and green pepper in butter till vegetables are tender. Stir in chili sauce. Combine 1/2 c. of chili mixture with ground beef, bread crumbs, egg, salt, and pepper. Pat meat mixture into a loaf pan and cover with the remaining sauce.

Bake in 350°F oven, 1 hour. Let stand 5 minutes. before slicing. Serve remaining sauce, cold or heated, over meat loaf.

Makes 6 servings

Thank You Note from Diane May

I'd like to thank the CMA Alliance for the beautiful necklace. Every time I wear it, I will remember fondly the various Alliance members I have worked with over the years.

A special "thank you" to you (Sue Dingle) for your kind words during my open house. They meant a lot.

Sincerely,
 Diane May

Our 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, Teen Hotline Cards, and Undesignated. Here are those who donated to one or more of our projects:

Valerie Baker	Lois Bean	Peggy Best	Sharon Blose	Dottie Cowles
Sandy Davidson	Janice Dawdy	Sue Dingle	Shirley Doolittle	Brenda Gerhardt
Nancy Goorey	Kathy Harter	Kathy Jennings	Joyce Johnson	Suzanne Kendrick
Sara Ann Leach	Theresa Lembach	Barbara Marshall	Sue Massie	Mary Anne Meagher
Madeline Meimaridis	Vi Messick	Jane Morton	Rita O'Brien	Joyce Penn
Vicki Probst	Nell Stevenson	Mary Ann Stockum	Del Thomas	Madeline Tzagournis
		Scott Vaughan		

Jest For Health

Snow Humor



Wife texts husband on a cold winter's morning: "Windows frozen, won't open."
Husband texts back: "Gently pour some lukewarm water over it and gently tap edges with hammer."
Wife texts back 5 minutes later: "Computer really messed up now."

LIFE SAVING NUMBERS

1 blood donation  can help save the lives of up to **3**  people

Every **2**  seconds someone in the U.S. needs blood

 American Red Cross

Doctor's Day Blood Drive

at Area Donor Centers

(Gahanna, Dublin, Hilliard and Powell)

March 1st – 30th

Schedule an appointment today!
[redcrossblood.org/1-800-RED CROSS](http://redcrossblood.org/1-800-RED-CROSS)

(1-800-733-2767) request a Donor Center

Individuals who are 17 years of age or older, are in good health, and are not taking any medications that may affect blood donation are eligible to give blood. Please bring your ID card or other form of identification to the center. © 2012 American Red Cross | 06/12AP283

