

JOTTINGS

Volume 74, Issue 5

March, 2014

COLUMBUS MEDICAL ASSOCIATION ALLIANCE

Upcoming Events

Steering Committee

Meeting

Wednesday, March 12
CMA Office
1390 Dublin Road
10:00 AM

May General Meeting

Wednesday, May 14
Brookside Country Club
Topic: TBD

OSMA Alliance

Convention

May 8-9
OSMA Headquarters
Hilliard

CMA Annual Gala

Friday, May 9
at Vue
95 Liberty Street
Columbus 43215

Planning Meeting

for November Fundraiser

Tuesday, May 27
Sue Dingle's home
10:00AM

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 April 15.



Doctor's Day Options

This year we again have two ways to honor a physician of your choice for Doctor's 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 Doctor's 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.

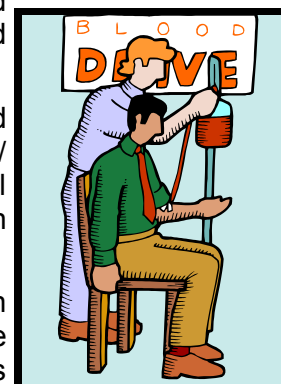
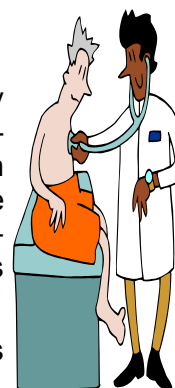
When a medical student finishes medical school, he/she will be \$150,000 in debt. Please help us ease this financial burden for our future medical care providers and thank a physician now.

17th 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.



Remember: Every two seconds, someone needs blood!

From the Editor's Desk



March 30th is **Doctor's Day**. Please donate to our Scholarship Fund or give a unit of blood in your doctor's honor. Surely one doctor touched your life this past year. Please let them know that you appreciate what they did for you or a member of your family. See pages 1, 4 and 5 for details.

We are currently trying to find **a speaker for our November 5 fundraiser**. This is the hardest job to accomplish. Who would you like to hear? Do you personally know a "famous" person from Columbus? Please contact me with speaker suggestions ASAP as planning for our event revolves around who is speaking.

Our Alliance has donated \$1000 toward the reception of member **Sarah Sanders** when she is installed as

President of the AMA Alliance in June. We are very proud that this outstanding individual is a member of our alliance and know she will do a fabulous job.

Here are some statements that says it all. Happy Easter and pray for Spring!

Stay tuned.....

Sue Dingle

All I need to know I learned from the Easter Bunny!

Don't put all your eggs in one basket.

Everyone needs a friend who is all ears.

There's no such thing as too much candy.

All work and no play can make you a basket case.

A cute tail attracts a lot of attention.

Everyone is entitled to a bad hare day.

Let happy thoughts multiply like rabbits.

Some body parts should be floppy.

Keep your paws off of other people's jelly beans.

Good things come in small, sugar coated packages.

The grass is always greener in someone else's basket.

To show your true colors, you have to come out of the shell.

The best things in life are still sweet and gooey.

The Cook's Corner

Easy Cheesecake

1 3-ounce package of lemon jello
 3 tablespoons lemon juice
 1 8-ounce package of cream cheese, softened
 1 cup sugar
 1 teaspoon vanilla
 1 pint heavy cream

Dissolve lemon jello in 1 cup boiling water

Cream together the next 4 ingredients and add to jello.

Whip heavy cream and fold into gelatin mixture

Pour in to ready-made graham cracker crust

Chill

Makes 2 9" pies

Can be frozen



Alliance News

Steering Committee Meeting

Wednesday, March 12

CMA Office
1390 Dublin Road
10:00 AM

Please call Shirley Powers if you cannot attend.

General Meeting

On May 14 at Brookside Country Club, the Alliance will hold its final meeting of the year. The topic is still to be determined .

Mark your calendar now and plan to join your friends for lunch.

Artwork at the CMA

Beautiful art sculptures are now on display at the CMA Office. They were made by stone carvers from Zimbabwe for display and sale. Phil Cass, CEO of the CMA, has visited and been involved with a small experimental village there. Whenever he went, he would bring back several stone carvings

Matt Habash, the CEO of the Mid-Ohio Foodbank, had the idea that he and Phil should find a way to bring these stone works to Columbus. Largely through Matt's hard work, Phil's connections and several years of combined effort, they were able to finally bring this significant collection of stone carvings to our town. Phil knows two of the five artists and when he asked them what the inspiration was for various works, they always told him, "We carved what the stone wanted to be."

You will never be able to buy these anywhere for what they are selling for now and the choice is extraordinary. There are currently 25 sculptures to see at the CMA and another 225 at the Foodbank. A listing and pictures of the ones at the Foodbank are available at the CMA.

Family News

Sue and Jack Dingle will be visiting friends on John's Island, Florida in March and then heading to Naples. They will also go to Sea Island, Georgia at the beginning of April.

Jerry Penn, spouse of member **Joyce**, broke his ankle recently but is back at work now — with Joyce as his chauffeur!

Hagop Mekhjian, MD, Senior Associate VP for Health Sciences at the OSU Wexner Medical Center and spouse of member **Jan**, was a finalist for the *Columbus CEO*

magazine's Health Care Achievement Awards.

Columbus physicians **D. Craig Chapman, Jr., MD**, **David Kelly, MD** and **Howard Sokolov, MD** passed away recently.



We Need Your Help!

Planning is underway for our annual event to raise funds for our Scholarship Fund for nursing and medical students next **November 5**. But we can't do it without YOU!!

The following committees need chairs and/or workers:

Invitations	Reservations
Place and Menu	Silent Auction
Raffle	Boutique
Registration Table	Name Tags
Style Show	Name Tag Addressing
Table Decorations	Models
Invitation Addressing	Program

Planning Meeting for Fundraiser

Tuesday, May 27

Sue Dingle's home
2875 Squires Ridge
Upper Arlington

10:00AM

If you can't make the meeting, please call Sue to tell her what you would be interested in doing.

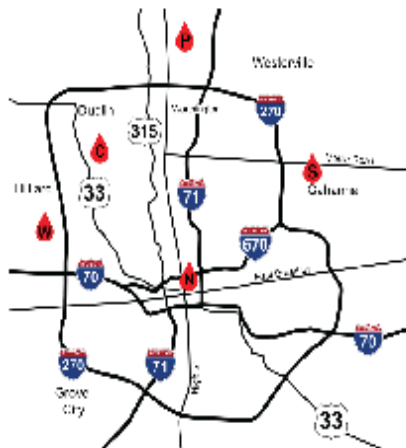
Please contact Sue Dingle (459-1292 or shdingle@yahoo.com) if you are willing to help in some capacity.

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

<u>Whole blood hours:</u>	<u>Apheresis Hours:</u>
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

<u>Whole blood hours:</u>	
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

<u>Whole blood hours:</u>	
Tues	Noon-6 p.m.
Wed	Every other - call for hours
Fri	8 a.m.-2 p.m.

Make your appointment today!

Hours subject to change. Updated Feb. 2018.

Polaris Donor Center, Lewis Center

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

<u>Whole blood hours:</u>	<u>Apheresis Hours:</u>
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.

<u>Whole blood hours:</u>	<u>Apheresis Hours:</u>
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

<u>Whole blood hours:</u>	
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).

Donate to our Scholarship Fund to Honor a Doctor

To honor a physician for **Doctor's Day 2014**, the Columbus Medical Association Alliance, in cooperation with the Columbus Medical Association Foundation, is offering you the opportunity to contribute to our Alliance Scholarship Fund. Fill out the form below and mail it with your check to:

Sue Dingle
2875 Squires Ridge,
Columbus, OH 43220

Please read the directions below carefully.



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 _____

11th Annual Columbus Medical Association Social Party “A Little Party Never Killed Nobody”

Join us for a CMA “family” reunion...

The CMA’s new “Don,” Incoming CMA President Dr. Jason Melillo, is making you an offer you can’t refuse. Join him and the rest of the “family” for a little food, a little gambling and a lot of fun!

All CMA members and guests (“gangsters and molls”) are invited to duck into the CMA’s Speakeasy for “A Little Party Never Killed Nobody”. We’ll be offering great eats, playing great beats and serving up the best cocktails of the golden era. You can even sneak into our secret back room “Melillo’s Supremo Casino” for a little gambling during the evening (just for fun).



Friday, May 9, 2014
at Vue
95 Liberty Street (Brewery District)

6:00 – 7:00 p.m.
Reception to honor physicians celebrating 50 years in medicine
7:00 – 10:00 p.m.
Welcoming of Dr. Jason Melillo as Incoming CMA President
Suggested Attire: Cocktail (or *gangster & moll attire* if you dare)



Questions about the event? Contact Kari Johnson
614.240.7410 or kjohnson@goodhealthcolumbus.org

Tickets are \$100 or

Start your own ‘Crime Family’

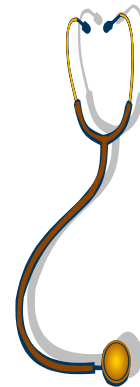
Gather your family, friends and colleagues and ‘bada bing, bada boom’, you have a crime family! Includes 10 event tickets (a savings of \$25 per ticket), a reserved table and recognition of your “family” on the CMA Loop.

Congratulations to these 50-year Physicians!

The following physicians have been doctors for 50 years. They will be honored at the CMA party in May:

Glen Aukerman, MD
James Blackford, MD
John Burns, MD
Don Gebhart, MD
Lorence Gutterman, MD
*John Higbee, MD
Siroos Ighani, MD
Ronald Litvak, MD
Alan Longert, MD

David Louis, MD
Robert Ludwig, MD
Robert McKinlay, MD
Lester Mohler, MD
*Gerald Penn, MD
Ralph Rohner, MD
Edward Sparks, MD
*John Thomas, MD



* — denotes spouse of an Alliance member

Health Tips for Every Body

10 Tips for Healthy, White Teeth

Not only do your teeth help you talk and chew, they can make or break your appearance. Here are 10 secrets for keeping your pearly whites in tip-top shape.

1. **Go on a white-teeth diet** -- If you're quaffing red wine and black tea, or smoking cigarettes, expect the results to show up as not-so-pearly whites. Other culprits to blame for dingy teeth include colas, gravies, and dark juices. Bottom line: If it's dark before you put it in your mouth, it will probably stain your teeth. Brush immediately after eating or drinking foods that stain teeth and use a good bleaching agent, either over-the-counter or in the dentist's office. For convenient teeth-cleaning action, eat an apple.



2. **Chuck your toothbrush** — or change the head of your electric toothbrush at least every two to three months. Otherwise, you're just transferring bacteria to your mouth. The best way to brush is by placing your toothbrush at a 45-degree angle against your gums and gently moving it in a circular motion, rather than a back-and-forth motion. Grip the toothbrush like a pencil so you won't scrub too hard.

3. **Clean your tongue** -- Use a tongue scraper every morning to remove tongue plaque and freshen your breath. One major cause of bad breath is the buildup of bacteria on the tongue, which a daily tongue scraping will help banish. Plus, using a tongue scraper is more effective than brushing your tongue with a toothbrush.

4. **Eat "detergent" foods** -- Foods that are firm or crisp help clean teeth as they're eaten. We already mentioned apples (otherwise known as nature's toothbrush); other choices include raw carrots, celery, and popcorn. For best results, make "detergent" foods the final food you eat in your meal if you know you won't be able to brush your teeth right after eating.

5. **Gargle with apple cider vinegar** -- Do this in the morning and then brush as usual. The vinegar helps remove stains, whitens teeth, and kills bacteria in your mouth and gums.

6. **Brush your teeth with baking soda once a week** -- This will remove stains and whiten your teeth. Use it just as you would toothpaste. You can also use salt as an alternative toothpaste. Just be sure to spit it out so it doesn't count as sodium intake. Also, if your gums start to feel raw, switch to brushing with salt every other day.

7. **Stay fresh** -- To check the freshness of your breath, lick your palm and smell it while it's still wet. If you smell something, it's time for a sugar-free breath mint. Shopping for mouthwash? Make sure it is alcohol-free. Most over-the-counter mouthwashes have too much alcohol, which can dry out the tissues in your mouth, making them more susceptible to bacteria.

8. **Practice flossing with your eyes shut** -- If you can floss without having to guide your work with a mirror, you can floss in your car, at your desk, while in bed, and before important meetings. In which case, buy several packages of floss and scatter them in your car, desk, purse, briefcase, or nightstand.

9. **Brush your teeth when you first get out of bed and before you get back in at night** -- They're the two most crucial times. That's because saliva (which keeps cavity-causing plaque off teeth) dries up at night, so it's best to have all plaque cleaned off the teeth before sleep. It's also important to brush first thing in the morning to brush off plaque and bacteria (morning breath!) that may have built up as you slept.

10. **Conceal with color** -- Ladies: Choose a medium coral or light red lipstick. These colors make your teeth look whiter, whereas lighter-colored lipsticks tend to bring out the yellow in teeth.

**March is
Colon Cancer
Awareness
Month**

**Is it time for your
colonoscopy?**

FYI: Medicare warning

Your editor saw this on "NBC Nightly News" and in "The Columbus Dispatch" recently and thought you should be given fair warning if you're on Medicare. If you are admitted to the hospital under the designation of "**Under Observation**" rather than "**In-Patient**" and need further treatment (for example, at a rehabilitation facility), Medicare won't pay for the treatment. The hospital has distinct guidelines to follow to determine your designation, but if at all possible you should try to be an in-patient.

Tips for Better Living

The Best Way to Clean Your Pillows

Yes, you need to clean your pillows.

When was the last time you washed your bed pillows? Last month? Last year? Never? If it's been six months or more, it's time to give them a bath.

If You Have Down and Fiberfill Pillows...

Good news! You can wash these kinds of pillows in your washer. For best results, we recommend washing two pillows at a time (to help keep the washer balanced) and using a front or top-loading machine without an agitator. If an agitator-style top loader is your only option, place the pillows in the tub vertically, so it's less likely they'll get wrapped around and damaged by the agitator. If your pillow has a care label, definitely read that and follow the directions. If not or you've clipped off the tag, use warm water and opt for the gentle cycle. It's also a good idea to add on an extra cold-water rinse and spin. Tumble dry the pillows on low heat, fluffing and turning them often. In the Good Housekeeping Research Institute Home Appliances and Textiles Labs, they toss in a few rubber dryer balls, like Nellie's, to help plump the filling and keep it from clumping as it dries.



What About Foam Pillows?

Unfortunately, you can't put foam pillows in the washing machine, but if there's a removable cover, you can wash that according to the care instructions on the tag. To remove dust from a foam pillow, vacuum both sides with your vacuum's upholstery tool. If possible, dial down the suction level to make the job a bit easier to do. Or, tumble the pillow in the dryer on the no heat or air-only cycle for 20 minutes. Spot-clean any soiled areas with a cloth dipped in a mild sudsy solution. Rinse with a damp cloth. Allow the pillow to air dry completely before putting it back on the bed. Some foam pillows include instructions for hand washing. If you choose to follow them, be very gentle. Wet foam is heavy and tears easily. To help pillows stay cleaner longer, use liners under your pillowcases and wash them monthly.

If you're just not up to washing your pillows, you can always replace them.

A Tip for Travelers

Like airline tickets, hotel rooms often fluctuate in price according to demand. But few if any travelers have time to track changes after they've booked a room. Ensure that you don't miss out on a lowered room rate by reserving a room through this web site — **Tingo.com**.

Featuring tens of thousands of properties across the globe, this site automatically cancels and books your reservation for less if the price drops before your arrival. You pay for your stay in full when you initially book, and if you're entitled to a refund, you'll receive it within a day or two of checkout.



The average user saves about \$50 for each two-night trip — enough to cover breakfast in bed or a late-night feast of minibar snacks.

Jest for Health

Definition of APHORISM

1: a concise statement of a principle 2: a terse formulation of a truth or sentiment : adage

It's not whether you win or lose, but how you place the blame.

You are not drunk If you can lie on the floor without holding on.

We have enough "youth." How about a fountain of "smart "

A fool and his money can throw one heck of a party

When blondes have more fun, do they know it?

Money isn't everything, But it sure keeps the kids in touch.

Don't drink and drive. You might hit a bump and spill something.

If first you don't succeed, skydiving is not for you

We are born naked, wet and hungry. Then things get worse.

Red meat is not bad for you. Fuzzy green meat is bad for you .

Ninety-nine percent of all lawyers give the rest a bad name.

Alabama state motto: "At least we're not Mississippi."

Artificial intelligence is no match for natural stupidity.

You know why a banana is like a politician?
At first he is green, Then he turns yellow. And then he's rotten.

Congressmen should wear uniforms, You know, like NASCAR drivers, so we could Identify their corporate sponsors.

The real reason politicians try so hard to get re-elected is that they would hate to have to make a living under the laws they've passed.





Columbus Medical Association Alliance

1390 Dublin Road

Columbus, OH 43215

<http://columbusmedicalassociationalliance.weebly.com>

<http://cmaafranklinco.blogspot.com>