

JOTTINGS

Volume 75, Issue 2

November, 2015

COLUMBUS MEDICAL ASSOCIATION ALLIANCE

Upcoming Events

Holiday Project

Donations to the
Mid-Ohio Foodbank

Steering Committee Meeting

Tuesday, January 12, 2016
CMA Office
1390 Dublin Road
9:30AM

Doctor's Day Projects

Month of March
Blood Drive and Donations to
our Scholarship Fund to
honor physicians

Watch your mail for up-
dates on these programs

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

The deadline for the
next newsletter is
November 20



Come to "You've Got Style"

You won't want to miss this special event!

You're really important to our efforts;
we can't do it without you.

Make your reservation today and be part of the fun!



November 11, 2015

Scioto Country Club
2196 Riverside Drive

10:00 AM – Boutique, Silent Auction, & Raffle

12:00 PM – Welcome Remarks

12:15 PM—Style Show

12:30 PM – Luncheon

1:00PM — Speaker: Jenny Rogers
Style Editor for *Columbus Monthly*

Cost \$50.00/person

Make check payable to "CMA Alliance" and mail by November to:

Madeline Tzagournis
4335 Sawmill Road
Columbus, OH 43220

614-442-1980 or koorootz@gmail.com

All proceeds benefit our
Medical and Nursing Student Scholarship Fund

Invite friends to come!

If you can't come to the event, please consider
making a donation to our Scholarship Fund

In Memory Of...

The Alliance lost two dear friends in September.
We will certainly miss both of them.

Nancy Jane Goorey — 5/8/1922 - 9/10/2015



Nancy was small in stature but a human dynamo otherwise; such an accomplished woman who never feared tackling a new project. Did you know that she was a dentist? That she was the first female president of the Columbus Dental Society and of the American Association of Dental Schools? Was honored as a YWCA Woman of Achievement? Was president of both our local and the state Alliances? Founded the Mouthguard Project to furnish high school athletes in Columbus with free mouthguards? Worked tirelessly to raise funds for the establishment of the McConnell Arts Center in Worthington? She was active in too many organizations to list here, serving as president at one time or another for most of them.

Nancy was born in Davenport, Iowa and raised in Wooster, Ohio. She graduated from the OSU College of Dentistry in 1955. As a single mother, Nancy raised four children. In middle age, she met Dr. Lou Goorey and, even though she didn't like him much in the beginning, he won her over and later they married. Together they were the "first couple" of Worthington as Lou served on City Council for over 40 years, ten as president. Together they worked on civic, medical, political, artistic and community projects, each offering encouragement and support to the other. They were married for 35 years and a more loving couple would be hard to find.

Nancy and Lou loved to travel and did so all over the world. They also relished time in their house in Hide-A-Way Hills in the Hocking Hills and at their time-share in Florida where they went to relax. She loved The Ohio State University — and even had "Carmen Ohio" played at her Celebration of Life service. Nancy was honored by the OSU Dental School by having an educational suite named for her and was honored for her dedication and work by many other organizations too.

Jane Lea (Goltz) Higbee — 10/26/1935 - 9/14/2015



Jane was born in Portsmouth, Ohio and graduated from Portsmouth High School. She attended The Ohio State University and married John "Jack" Higbee, her college sweetheart, in 1955. Together they raised four children and were married for almost 60 years before Jack passed away last December. They were devoted to their children and fourteen grandchildren.

Jane was an active member of the Alliance, holding several offices over the years and even coming to Board meetings when she wasn't on the Board. She was the first person to volunteer to help with our fall fundraiser every year. Jane also played tennis and golf and belonged to the Mt. Carmel Women's Auxiliary Council. Jane and Jack were avid Buckeye fans, attending most OSU home football and basketball games in their scarlet and grey garb. They spent two months every winter in Florida and traveled to see family members often.

Jane was a devoted and loving wife, mother, grandmother, sister, aunt and friend. Many will miss her smiling presence.

From the Editor's Desk



Dear Members,

It's with a sad heart that I reflect on the passing of our dear friends and active members **Nancy Goorey** on September 10. and **Jane Higbee** on September 14. I attended the funerals for both of these wonderful ladies and will miss them immensely. Each gave much to the Alliance, her family, friends and community over the years.

Makes you think of your own mortality when friends leave this earth. Since I am celebrating a Big Birthday in October, it's hard not to consider how much time I have left in my life and what I'm going to do with it. I think that success is when you look back at your life and the memories make you smile. Each of us needs to think of what we want to do with our lives and what we can give to others. How will you be remembered?

Back to business: We need your support to make our annual fundraising event a success. One of the missions of the Alliance is to raise monies for our Scholarship Fund to help future doctors and nurses who have high tuitions to pay for their medical training.

We need for you to join us on November 11 at Scio-to...and bring friends. If you can't come, please send a monetary donation

or support us by contributing an item for the silent auction, buying raffle tickets, etc. If your spouse would like to be a corporate sponsor for our event, see page 11 for the information he/she will need to make a donation. In exchange, your spouse's practice will be recognized in the program that day.

Once again we will be donating food to the Mid-Ohio Foodbank as our holiday project. Specific information for contributing will appear in the December newsletter. When you're shopping for your Thanksgiving dinner, put a few extra cans in your cart to donate.

The Alliance wishes you all a wonderful Thanksgiving holiday, spending time with family and friends, eating a ridiculously large amount of food, watching some football and taking a nap on the couch afterwards. Enjoy it all and don't forget to count your blessings!

Stay tuned...

Sue Dingle

A thought to ponder:

The best sermons are lived, not preached.

Family News

Michael Volmer, the son of the late member **Valerie Vollmer**, passed away in September.

Peggy and Jim Best now have their first great-grandchild, born last spring. They enjoy babysitting for this child one day each week.

Donna Knerr has successfully recuperated from a shoulder replacement.

Valerie and Doug Baker and their two children visited Burapest and Venice last summer.

Shirley and Jay Powers took a trip to the Upper Peninsula of Michigan to enjoy a visit with relatives.

Columbus physicians **Richard Carr, MD**, and **Jerome Driesen, MD** passed away recently.

Invitations for the November 11 event have been mailed out. If you did not receive yours, please contact Sue Dingle.

If you need extra invitations to invite your friends to our November fundraiser, please contact Sue. She can address them for you or you can pick them up from her and address your own, maybe including a special note with each.

Don't forget to send Family News items to Sue Dingle at 614-459-1292 or shdingle@yahoo.com

Alliance News

Steering Committee Meeting

Tues., Jan. 12, 2016
9:30AM
CMA Office

Date for Next Year's Fundraiser

Would you believe we have the date for next November's special event already? Scioto fills up fast so we have put **Wednesday, November 9, 2016** on the books. Mark this date on your 2016 calendar .

Directory Corrections

Note that it should be **Jenny Dingle and Kathy Harter** in the listing of the Steering Committee on page 4.

Sandy Davidson - cell phone: 614-582-4249

Sue Massie - home phone: 614-541-1026

Jane Morton - address change, as of January 1, 2016:
340 West Goodale Street #301
Columbus, OH 43215
Same telephone

Alliance Donation

The Steering Committee voted to donate **\$500 to the CMA Foundation.**

Easy Way to Help

Shirley Powers collects pop can tabs for the Ronald McDonald House. The tabs earn money for the House. Start saving them today.

The Board has suggested having a basket with toiletries (from hotels or extras) at the free clinic. Many of the clients are homeless, in treatment houses or shelters, or are immigrants and in need of such products.

Please bring the tabs and/or toiletries to Shirley's house or our November event or she can pick them up from you to take to the clinic.

Concussion Cards

We still have plenty of Concussion Cards available for local community coaches. If you know of any sports organization that would like them, please contact

Aireen Aguilar

Have You Paid Your Dues Yet?

If not, here is a form for your convenience.

Application and Annual Dues Form

Name: _____

(Last) (First)

Address: _____

City: _____ State: _____ Zip: _____

Telephone: _____

Fax: _____ Cell: _____

E-Mail: _____

Spouse's Name: _____

Dues

National, State & Local (\$100)

State & Local (\$50)

Widow/Retired (\$20)

Resident Physician & Medical Student Spouse (\$12.50)

Donations to Philanthropy Projects

Holiday Project \$ _____

CMAA Scholarship \$ _____

Doctor's Day \$ _____

Medical Student Scholarship \$ _____

Nurse Scholarship \$ _____

Teen Hotline Card \$ _____

Undesignated \$ _____

Donations \$ _____

Dues \$ _____

Amount Enclosed \$ _____

Make checks payable to: CMA Alliance and return to:
Joyce Penn, 2800 Squires Ridge, Columbus, OH

“You’ve Got Style!” Needs Your Help

Wanted: Silent Auction Donations



If you would like to donate to the **Silent Auction**, please contact **Kathy Harter** . We need diverse items, such as OSU items, kitchen items, restaurant gift cards, bath and body products, items for entertaining, store gift cards, items for men, grocery store gift cards, entertainment tickets, artwork, gourmet food, jewelry, etc. Choose something you would like to have yourself! We will sell individual items as well as baskets and packages. If you have an item you have never used, please consider donating it to us.

We need \$20 or higher wine for our wine table too.

Raffle Prize



Who wouldn't want to win our exciting raffle prize this year! We've put together a package in a beautiful purse which includes:

- | | | |
|---|-----------------|----------------|
| Gift cards for Audacious Boutique and DSW | Sunglasses/case | Jewelry |
| Note pad & pen | Nail file | Kleenex |
| Pill box | Scarf | Umbrella |
| | Hand lotion | Perfume |
| | Key Chain | Hand Sanitizer |

Don't Forget to Buy Raffle Tickets



If you are not coming to our event, you can still buy raffle tickets. See page 10 for the raffle tickets which you can fill out and send in before the day. Instructions are on that page as to price and where to mail them. You can also order them on the response card included with your invitation even if you cannot attend. You do not need to be present to win.

Come Start Your Christmas Shopping



We have 15 wonderful vendors at our boutique this year, including several new ones. They will offer the following for your shopping pleasure:

- | | | | |
|---------------------|----------------------|--------------------|-------------------|
| Christmas ornaments | Women's accessories | Handmade jewelry | Scarves |
| Items for your home | OSU items | Hostess gifts | Note cards |
| Purses/tote bags | Seasonal decorations | Kitchen items | Jewelry bags |
| Crochet necklaces | Food/spices | Stella & Dot items | Stocking stuffers |

Scholarship Recipients

All medical and nursing student scholarship recipients have been invited to our luncheon event on November 11. Please chat with them during the day to let them know how pleased we are that they were chosen and could join us.



Pictured here are **Aireen Aguilar** (Alliance Scholarship Chair), **Nina Dluzynski** and **Tory Kalb**, the OSU College of Nursing scholarship recipients.

Aireen Aguilar represented the Alliance at the Mt. Carmel College of Nursing Scholarship Dinner and the OSU College of Nursing reception for donors and recipients.

A New Project to Consider

Kathy Harter brought a new project to the Steering Committee's attention at our meeting in September. We present it here in case any of you would like to help out donating clothes or volunteering to work.

Dublin Scioto High School teachers, PTO and students started a "Café Thrift" store four years ago at which the students go "thrifting" in a school area of donated clothing on one day of the year. All clothing is FREE to the students and the store is open to all students. While it might seem that Dublin is one of the wealthier suburbs, it has many families who struggle to buy necessities for their children. This store allows them to have fashionable clothing without anyone knowing they have a need. Teenagers these days are into "thrifting" at such stores around Columbus and enjoy the opportunity to expand their wardrobe by the store in their school.

The school is now collecting boy's and girl's gently-used clothes in all sizes, from XS to XXL. Items they need for female students include: dresses, including Prom dresses; purses; shoes; boots; jewelry; shirts; jeans; shorts; and coats. In addition, guy pants, dress shirts, belts, shoes, jeans and casual shirts are needed for the male students. Coats and hoodies, OSU and Dublin spirit wear, and sports team clothes go quickly. Baby clothes and kids' clothing go well also. Clothes can be bagged up and taken to Scioto's main office (4000 Hard Road) or Kathy Harter's home.

On the big day (November 19), the clothing is available from 7:15 a.m. till the end of the school day. This is a popular school event that is well attended by all the students and supported by the administration and staff. Plato's Closet (7525 Sawmill Road) is once again a sponsor.

If you would like to help with this event, they're looking for volunteers to help organize all the clothing for the big day. Listed below are the dates to help. Contact Kathy Harter (rharter@columbus.rr.com) if you have clothing to donate or can help.

Work dates for Café Thrift are:

October 8 — 10:00AM
October 13 — 10:00AM
October 15 — 11:00AM
October 20 — 10:00AM
October 22 — 10:00AM
October 27 — 10:00AM
October 29 — 10:00AM

November 3 — 10:00AM
November 5 — 10:00AM
November 10 — 10:00AM
November 12 — 10:00AM
November 16 — 10:00AM
November 17 — 10:00AAM
November 18 — 10:00AM until school is out

November 19th (Sale Day) — 7:00AM to 3:00PM



Tips for Better Living

Airfare Deals

The best time to book a domestic flight is typically 47 days before takeoff, says CheapAir.com, which analyzed 5 million trips involving 1.5 billion potential fares. Even better if it's a Tuesday, the usual "cheapest" day. Book at about 3:00PM, ET, advises FareCompare.com.

If you're flying to Latin America, the cheapest fares are available about 96 days in advance. To Europe it's 276 days and to Mexico it's 251 days. Interesting fact: a trip's price typically changes 70 times.

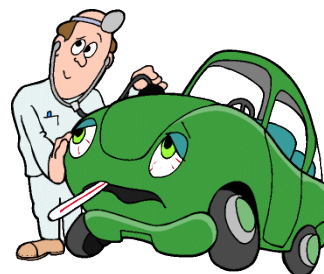


Prepare Your Car For Winter Weather

While we don't like to think about it, winter is just around the corner. Is your car ready to handle the cold, snow and road conditions?

Here is a list of things that should be inspected by a qualified auto service facility before winter arrives:

- Battery and electrical system
- Brakes
- Tires, for proper inflation and tread depth
- Exhaust system for any leaks
- Cooling and heating systems
- Wipers and windshield washer fluid
- Headlights and taillights
- Defroster



It's a good idea also to have an emergency kit in your car's trunk in case you get stranded somewhere. This might include:

- Flashlight
- Flares
- Extra gloves/hand warmers
- Blanket
- Energy bars
- Snow shovel
- Boots
- Jumper cables
- Bag of sand or kitty litter
- Ice scraper
- First aid kit



AAA approves auto repair shops that meet stringent criteria. There is a list of these facilities on their website at AAA.com.

Cook's Corner

Deli Style Turkey Cranberry Sandwich

This is a delicious way to use left-over Thanksgiving turkey.

2 slices bread (toasted or untoasted)
Mayonnaise
Cream cheese, softened
Cranberry sauce —plain or with berries
Turkey slices
Lettuce

Optional:
Sprouts
Cucumbers
Tomato slices
Red onion



Spread mayonnaise on one side of sliced bread and softened cream cheese on the other.

Add sandwich elements in the following order omitting/adding anything you want to:

Sliced bread with mayonnaise, lettuce, sprouts, cucumber slices, tomato slices, red onions, turkey slices, cranberry sauce, and sliced bread with cream cheese.



Don't forget to vote on November 3.

October is Breast Cancer Awareness Month

Have you had a mammogram recently?



Jest for Health

INSTALLING HUSBAND SOFTWARE

A woman writes to the IT technical support guy:

Last year I upgraded from **Boyfriend 5.0** to **Husband 1.0** and I noticed a distinct slowdown in the overall system performance, particularly in the flower and jewelry applications, which operated flawlessly under **Boyfriend 5.0**.

In addition, **Husband 1.0** uninstalled many other valuable programs, such as **Romance 9.5** and **Personal Attention 6.5**, and then installed undesirable programs such as **News 5.0**, **Money 3.0** and **Sports 4.1**.

Conversation 8.0 no longer runs and **House Cleaning 2.6** simply crashes the system. Please note that I have tried running **Nagging 5.3** to fix these problems, but to no avail.

What can I do?

Reply:

First, keep in mind, **Boyfriend 5.0** is an Entertainment Package, while **Husband 1.0** is an operating system.

Please enter command: **ithoughtyoulovedme.html** and try to download **Tears 6.2** and do not forget to install the **Guilt 3.0** update.

If that application works as designed, **Husband1.0** should then automatically run the applications **Jewelry 2.0** and **Flowers 3.5**.

However, remember, overuse of the above application can cause **Husband 1.0** to default to **Silence 2.5** or **Beer 6.1**. Please note that **Beer 6.1** is a very bad program that will download the **Snoring Loudly Beta**.

Whatever you do, **DO NOT** under any circumstances install **Mother-In-Law 1.0**. (It runs a virus in the background that will eventually seize control of all your system resources.)

In addition, please do not attempt to reinstall the **Boyfriend 5.0** program. These are unsupported applications and will crash **Husband 1.0**.

In summary, **Husband 1.0** is a great program, but it does have limited memory and cannot learn new applications quickly.

You might consider buying additional software to improve memory and performance.

We recommend: **Cooking 3.0** and **New Wardrobe 7.7**.

Good Luck!



**“Of course I can accept you for who you are.
You are someone I need to change.”**

Columbus Medical Association Alliance Raffle

“You’ve Got Style!” Package”

Items in a purse — See page 5 for details

Proceeds benefit our CMAA Scholarship Fund

Columbus Medical Association Alliance Fundraising Raffle

Name _____

Phone _____

Tickets: 1 ticket /\$5 , 3/\$10 or 7/\$20. Make checks payable to CMAA. Mail to CMAA Raffle, 2875 Squires Ridge, Columbus, OH 43220
Proceeds benefit the CMAA Scholarship Fund. You do not need to be present to win. Drawing on November 11, 2015.

Columbus Medical Association Alliance Fundraising Raffle

Name _____

Phone _____

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Sponsorship Form for "You've Got Style!"

A fundraising event for the CMA Alliance Medical and Nursing School Student Scholarship Fund

Name/Company: _____

Address: _____

City, State and Zip Code: _____

Phone #: _____ E-mail: _____

Levels of Sponsorship

Platinum **\$1000.00**

- Acknowledgement during the event
- Company name on all promotional materials
- Full page ad in program book
- Reserved table of eight (need names of those attending)

Gold **\$750.00**

- Acknowledgement during the event
- Company name on all promotional materials
- Half page ad in program book
- Reserve six tickets to the event (need names of those attending)

Silver **\$500.00**

- Acknowledgement during the event
- Company name on all promotional materials
- Half page ad in program book
- Reserve four tickets to the event (need names of those attending)

Bronze **\$250.00**

- Acknowledgement during the event
- Company name on all promotional materials
- Quarter page ad in program book
- Reserve two tickets for the event (need names of those attending)

Friends of CMAA **\$100.00**

- Acknowledgement during the event
- Company name on all promotional materials
- 1/8th page ad in program book
- Reserve one ticket to the event (need name of the person attending)

Make all checks payable to: Columbus Medical Association Alliance

Mail to: Sue Dingle, Event Chair – 2875 Squires Ridge – Columbus, OH 43220

We thank you for your support for the future of medicine.



Columbus Medical Association Alliance

1390 Dublin Road

Columbus, Ohio 43215

<http://columbusmedicalassociationalliance.weebly.com>

<http://cmaafranklinco.blogspot.com>