

# JOTTINGS

Volume 76, Issue 2

November, 2016

**COLUMBUS MEDICAL ASSOCIATION ALLIANCE**

## Upcoming Events

### Holiday Project

Donations to  
Ronald McDonald House

### Steering Committee Meeting

Tuesday, January 17, 2017  
CMA Office — Board Room  
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 updates on these programs

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

The deadline for the next newsletter is  
November 20



## Come to "A Tea Party"

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 9, 2016

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

Special guest: Mrs. Brenda Drake, wife of OSU president

1:00PM — Speaker: Tammy Fleishman, life coach

Cost \$50.00/person

Make check payable to "CMA Alliance" and mail by November 4 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!

Hats and gloves are encouraged!

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

## From the Editor's Desk



Dear Members,

It's almost time to give thanks for our many blessings. Most psychologists concur that being thankful is a key component of healthy relationships. We should do this every day, of course, but Thanksgiving gives us a chance to concentrate on what we're thankful for in our lives. I am grateful for my family and the fact that my children and grandchildren all live in Columbus so I can see them often. I am also blessed to have many wonderful and caring friends with whom I can share the fun times and the not-so-fun times. What are you thankful for?

We sure hope you will support our 9th annual fundraising event coming up November 9. We need your support to make our 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 9 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. **We still need tea pots and tea cups for our centerpieces.** 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 ex-

change, your spouse's practice will be recognized in the program that day.

Our holiday project this year is a new one. We will be donating to the Ronald McDonald House. This facility provides housing for families who have a child in the hospital.

Did you know that Americans will consume over 45 million turkeys on Thanksgiving, each meal consisting of between 2,400 and 4,500 calories. 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:

"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live them."

— President John F. Kennedy

**Don't forget to send Family News items to Sue Dingle at 614-459-1292 or [shdingle@yahoo](mailto:shdingle@yahoo).**

## Family News

**Jenny Dingle** was named "Woman of the Week" by Executive Elements, a woman's executive coaching service. She is a Level 2 Executive Consultant with Rodan & Fields.

Serving on the Ohio State Medical Association Alliance's Board this year are our members **Kathy Harter, Joy Myers, Sarah Sanders** and **Sue Dingle**.

**Dr. Kathe Mueller** was honored by the Ohio Academy of Family Physicians for being part of the medical profession for 50 years

**Todd Baker** was recently hired as the new Chief Executive Officer of the OSMA to replace Brent Mulgrew.

**Dr. Craig Anderson**, spouse of member **Debby**, was pictured in *Columbus Monthly* as a Board member of The Central Benefits Health Care Foundation, which focuses on grantmaking for the preventive healthcare needs of children, prenatal to age six.

**Aireen and Pedro Aguilar** celebrated their 40th anniversary in Las Vegas and toured Bryce Canyon, Zion, Death Valley, Valley of Fire, and Red Rock Canyon.

**Invitations for the November 9 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.**

## Alliance News

### Steering Committee Meeting

Tues., Jan. 17, 2017  
9:30AM  
CMA Office  
Board Room  
1390 Dublin Road

### 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 1, 2016** on the books. Mark this date on your 2017 calendar.

### Directory Corrections

**Vi Messick's** address in our directory should be:

4160 Trueman Blvd.

### Alliance Donation

The Steering Committee voted to donate **\$500 to the CMA Foundation** in honor of our three liaisons: **Kathy Harter** (CMA); **Barbara Lach** (CMAF); and **Heather Slattery**. (CMA PFC)

The Foundation helps to fund the Central Ohio Trauma System and the Physicians Free Clinic, all worthy and necessary venues for the health of Columbus citizens.

### Easy Ways to Help

**Shirley Powers** collects the tabs off pop cans and hotel samples for the Ronald McDonald House. Save those for her.

**Kathy Harter** collects gently used clothing for the "Café Thrift" held in November at Dublin Scioto High School. All the clothing is free to the students. Don't you have something you won't wear anymore to donate? Call her if you do.

### Holiday Project

This year's holiday project centers on the Ronald McDonald House here in Columbus. This is the place where out-of-town families come to stay while their child is in the hospital — a home away from home.

We would like to **raise \$1000** for the House to put in their general fund to be used as needed. **With this donation, we will then have a room named in the group's honor with a plaque on the wall.**

More details will follow in the December newsletter.

### 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	\$ _____
Nursing Student Scholarship	\$ _____
Undesignated	\$ _____

Donations \$ \_\_\_\_\_

Dues \$ \_\_\_\_\_

Amount Enclosed \$ \_\_\_\_\_

Make checks payable to: CMA Alliance and return to:

Joyce Penn, 2800 Squires Ridge, Columbus, OH 43220

**If we don't hear from you soon, we will send reminder notes.**

## “A Tea Party” 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 still need wine — any bottle \$20 or more

### Raffle Prize



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

- |                                |                     |           |                    |               |
|--------------------------------|---------------------|-----------|--------------------|---------------|
| Gift card /Cambridge Tea House | Flat pearl necklace | Scone mix | Tea bags           | Jams          |
| Tea spoons with honey          | Rock sugar          | Loose tea | Tea maker          | Clotted cream |
| Ice tea collection             | Tumbler             | Tea tin   | Shortbread cookies |               |

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



- |                     |                              |                    |                   |
|---------------------|------------------------------|--------------------|-------------------|
| Christmas ornaments | Women's clothing/accessories | Handmade jewelry   | Scarves           |
| Items for your home | Rodan & Fields face products | Hostess gifts      | Ohio T-shirts     |
| Purses/tote bags    | Seasonal decorations         | Kitchen items      | Picture frames    |
| Children's clothing | 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 9. Please chat with them during the day to let them know how pleased we are that they were chosen and could join us.

## Special Guest Brenda Drake

Brenda Drake, wife of Ohio State's President Dr. Michael Drake, will be the special guest at our November fundraiser. She is also the wife of a doctor as Dr. Drake was an ophthalmologist. Come hear about her very busy life.

Mrs. Drake is a graduate of Stanford University and the UC Berkeley School of Law. She practiced corporate law in San Francisco and Marin County for 15 years before entering the philanthropic sector with the Rickard and Rhoda Goldman Fund. From 2005-2014, she was associate to the chancellor at the University of California, Irvine. This is a volunteer position that supports activities on the campus and in the Orange County community.

As the university ambassador, Mrs. Drake is actively engaged in events and initiatives on behalf of Ohio State at the local, regional, and national levels. She is routinely on campus, interacting with students, faculty, staff and donors, and hosts a variety of constituents at the university residence. In 2016, she was appointed to the Wexner Center Foundation Board.



## Cook's Corner

### Zippy Chicken & Corn Chowder

8 Servings

1/4 cup butter	1 skinned rotisserie chicken, shredded
1 large onion, chopped	6 cups (32 oz.) fresh or frozen corn
1 medium green pepper, chopped	1 tablespoon Worcestershire sauce
1/4 cup all-purpose flour	1/2-1 teaspoon hot pepper sauce
1 tablespoon paprika	1 teaspoon salt
2 medium potatoes, peeled and chopped	1 cup 2% milk
1 carton (32 oz.) chicken broth	

In a stockpot, heat butter over medium-high heat. Add the onion and pepper; cook, stirring, until vegetables are crisp-tender, 3-4 minutes. Stir in flour and paprika until blended.

Add potatoes; stir in broth. Bring to a boil; reduce the heat and simmer, covered, until tender, 12-15 minutes.

Stir in chicken corn, Worcestershire sauce, hot pepper sauce and salt; bring to a boil. Reduce heat and cook, uncovered, until corn is tender, 4-6 minutes. Add milk; heat through (do not boil)

This is a good recipe for children, but feel free to rev up your portion with more hot sauce.





## Health Tips for Every Body

### Leftovers and Food Safety

Often when we cook at home or eat in a restaurant, we have leftovers. To ensure that leftovers are safe to eat, make sure the food is cooked to a safe temperature and refrigerate the leftovers promptly. Not cooking food to a safe temperature and leaving food out at an unsafe temperature are the two main causes of foodborne illness. Safe handling of leftovers is very important to reducing such. Follow the USDA Food Safety and Inspection Service's recommendations for handling leftovers safely.

#### Cook Food Safely at Home

The first step in having safe leftovers is cooking the food safely. Use a food thermometer to make sure that the food is cooked to a safe, minimum internal temperature.

- **Red meats:** Cook all raw beef, pork, lamb and veal steaks, chops, and roasts to a minimum internal temperature of 145° F as measured with a food thermometer before removing meat from the heat source. For safety and quality, allow meat to rest for at least three minutes before carving or consuming. For reasons of personal preference, consumers may choose to cook meat to higher temperatures.
- **Ground meats:** Cook all raw ground beef, pork, lamb, and veal to an internal temperature of 160° F as measured with a food thermometer.
- **Poultry:** Cook all poultry to an internal temperature of 165° F as measured with a food thermometer.

#### Keep Food out of the "Danger Zone"

Bacteria grow rapidly between the temperatures of 40° F and 140° F. After food is safely cooked, hot food must be kept hot at 140° F or warmer to prevent bacterial growth. Within 2 hours of cooking food or after it is removed from an appliance keeping it warm, leftovers must be refrigerated. Throw away all perishable foods that have been left in room temperature for more than 2 hours (1 hour if the temperature is over 90° F, such as at an outdoor picnic during summer).

Cold perishable food, such as chicken salad or a platter of deli meats, should be kept at 40° F or below. When serving food at a buffet, keep food hot in chafing dishes, slow cookers, or warming trays. Keep food cold by nesting dishes in bowls of ice or use small serving trays and replace them often. Discard any cold leftovers that have been left out for more than 2 hours at room temperature (1 hour when the temperature is above 90 °F).

#### Cool Food Rapidly

To prevent bacterial growth, it's important to cool food rapidly so it reaches as fast as possible the safe refrigerator-storage temperature of 40° F or below. To do this, divide large amounts of food into shallow containers. A big pot of soup, for example, will take a long time to cool, inviting bacteria to multiply and increasing the danger of foodborne illness. Instead, divide the pot of soup into smaller containers so it will cool quickly.

Cut large items of food into smaller portions to cool. For whole roasts or hams, slice or cut them into smaller parts. Cut turkey into smaller pieces and refrigerate. Slice breast meat; legs and wings may be left whole.

Hot food can be placed directly in the refrigerator or be rapidly chilled in an ice or cold water bath before refrigerating.

#### Wrap Leftovers Well

Cover leftovers, wrap them in airtight packaging, or seal them in storage containers. These practices help keep bacteria out, retain moisture, and prevent leftovers from picking up odors from other food in the refrigerator. Immediately refrigerate or freeze the wrapped leftovers for rapid cooling.



**Wrap Leftovers Well**

Cover leftovers, wrap them in airtight packaging, or seal them in storage containers. These practices help keep bacteria out, retain moisture, and prevent leftovers from picking up odors from other food in the refrigerator. Immediately refrigerate or freeze the wrapped leftovers for rapid cooling.

**Store Leftovers Safely**

Leftovers can be kept in the refrigerator for 3 to 4 days or frozen for 3 to 4 months. Although safe indefinitely, frozen leftovers can lose moisture and flavor when stored for longer times in the freezer.

**Thaw Frozen Leftovers Safely**

Safe ways to thaw leftovers include the refrigerator, cold water and the microwave oven. Refrigerator thawing takes the longest but the leftovers stay safe the entire time. After thawing, the food should be used within 3 to 4 days or can be refrozen. Cold water thawing is faster than refrigerator thawing but requires more attention. The frozen leftovers must be in a leak-proof package or plastic bag. If the bag leaks, water can get into the food and bacteria from the air or surrounding environment could enter it. Foods thawed by the cold water method should be cooked before refreezing.

Microwave thawing is the fastest method. When thawing leftovers in a microwave, continue to heat it until it reaches 165° F as measured with a food thermometer. Foods thawed in the microwave can be refrozen after heating it to this safe temperature.

**Reheating Leftovers without Thawing**

It is safe to reheat frozen leftovers without thawing, either in a saucepan or microwave (in the case of a soup or stew) or in the oven or microwave (for example, casseroles and combination meals). Reheating will take longer than if the food is thawed first, but it is safe to do when time is short.

**Reheat Leftovers Safely**

When reheating leftovers, be sure they reach 165° F as measured with a food thermometer. Reheat sauces, soups and gravies by bringing them to a rolling boil. Cover leftovers to reheat. This retains moisture and ensures that food will heat all the way through.

When reheating in the microwave, cover and rotate the food for even heating. Arrange food items evenly in a covered microwave safe glass or ceramic dish, and add some liquid if needed. Be sure the covering is microwave safe, and vent the lid or wrap to let the steam escape. The moist heat that is created will help destroy harmful bacteria and will ensure uniform cooking. Also, because microwaves have cold spots, check the temperature of the food in several places with a food thermometer and allow a resting time before checking the internal temperature of the food with a food thermometer. Cooking continues for a longer time in dense foods such as a whole turkey or beef roast than in less dense foods like breads, small vegetables and fruits.

**Refreezing Previously Frozen Leftovers**

Sometimes there are leftover "leftovers." It is safe to refreeze any food remaining after reheating previously frozen leftovers to the safe temperature of 165° F as measured with a food thermometer.

If a large container of leftovers was frozen and only a portion of it is needed, it is safe to thaw the leftovers in the refrigerator, remove the needed portion and refreeze the remainder of the thawed leftovers without reheating it.

**October is Breast Cancer Awareness Month**

Have you had a mammogram recently?



## Tips For Better Living

Those little things that we've been told all our lives wander into the deeper recesses of our minds, and we sometimes only remember them when it's too late. Here are a few reminders that should make your life easier.

1. Remember what you want in the big picture instead of what you think you must have this very moment. Most things we desire are not needs; they are wants. Being wise with your money promotes self-confidence and peace of mind.
2. Get a good night's sleep. If you are tired, you cannot function at your best, and you need to be at the top of your game as much as possible. So turn off the TV and sleep. It's good for you, emotionally and physically.
3. Don't loan money to those close to you. If you feel they deserve your help, make it a gift, because an unpaid loan can undo a friendship. I usually offer to give 10 percent of what's requested and suggest the person find nine more friends like me.
4. Write thank-you notes by hand. Hardly anyone does this anymore, yet it can be so meaningful. Taking the time to write a thank-you note shows that you truly appreciated the gift.
5. Give some love to a person in need. Visit a rest home where you don't know anyone and have a conversation with a stranger. Go to the hospital and volunteer or read to children at the library. You will feel better for it.
6. When someone loses a pet, don't say, "Well it was only an animal." People bond with their pets like children, and those pets become family members. So be sensitive when someone you know suffers such a loss.
7. When you think back on your life, focus on the good that has come your way, not on what you think you may have missed. Remember that no matter how many goodies other people you know have, your life is more abundant than most on the planet.
8. It's okay to slow down. Some people try to pack as much as they can into a day or a vacation. If you take a little more time getting things done or going places, you won't burn out and you'll see much more.
9. Read a book that you've read before. This is like reconnecting with an old friend. Plus, rereading an old book will call forth memories from the time you last read the story.
10. Give yourself a gift. It may be traveling to a distant land or simply taking the day off. Whatever you decide on doing, enjoy it with every ounce of energy and appreciation in you. Know that you deserve it!

## Don't Forget to Vote on November 8

The CMA PAC has released its endorsements for the Ohio Supreme Court. They recommend voting for the following for justices as they are friends of medicine:

- **Maureen O'Connor** for Chief Justice of the Ohio Supreme Court
- **Pat Fischer** for Justice of the Ohio Supreme Court
- **Pat DeWine** for Justice of the Ohio Supreme Court





## Jest for Health

### Ponderisms

#### Have you ever thought about these?



I used to eat a lot of natural food until I learned that most people die of natural causes.

Can you cry underwater?

How important does a person have to be before they are considered assassinated instead of just murdered?

Why do you have to “put your two cents in” but it’s only a “penny for your thoughts?” Where’s the extra penny going? (taxes probably)

What disease did cured ham have?

How is it we put a man on the moon before we figured out it would be a good idea to put wheels on luggage?

Why is it that people say they “slept like a baby” when babies wake up every two hours?

If a deaf person has to go to court, is it still called a hearing?

Why are you IN a movie but ON TV?

Why do people pay to go up tall buildings and then put money in binoculars to look at things on the ground?

Why do toasters always have a setting that burns the toast to a horrible crisp that no decent human being would eat?

Can a hearse carrying a corpse drive in the carpool lane?

If the professor on “Gilligan’s Island” can make a radio out of a coconut, why can’t he fix a hole in a boat?

If Wily Coyote had enough money to buy all those ACME products, why didn’t he just buy dinner?

If corn oil is made from corn and vegetable oil is made from vegetables, what is baby oil made from?

Why do the Alphabet song and Twinkle, Twinkle Little Star have the same tune?

Why did you just try singing the two songs above?

Did you ever notice that when you blow in a dog’s face, he gets mad at you, but when you take him for a car ride, he sticks his head out the window?

**Columbus Medical Association Alliance Raffle**

**"Time for Tea" Package**

**See page 4 for details**

**Proceeds benefit our CMAA Scholarship Fund**

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**Columbus Medical Association Alliance Fundraising Raffle**

Name \_\_\_\_\_

Phone \_\_\_\_\_

Tickets: 1 ticket/\$5, 3/\$10 or 8/\$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 9

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**Sponsorship Form for "A Tea Party"**

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://cmaatranklinco.blogspot.com>

