

JOTTINGS

Volume 75, Issue 1

September/October, 2014

COLUMBUS MEDICAL ASSOCIATION ALLIANCE

Upcoming Events

Steering Committee

Meeting

September 9
9:30AM
CMA Office
1390 Dublin Road

Fundraiser

Committee Meeting

September 9
11:00AM
CMA Office
1390 Dublin Road

Fall Focus

September 18-19
OSMA Alliance Office
3401 Mill Run Drive
Hilliard

"Make A Reserva-

tion" Event

November 5
Scioto Country Club

Holiday Project

December

Watch your mail for
updates on these
programs

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

The deadline for
the November
newsletter is
October 1.

Plan to "Make A Reservation" in November

Come to our annual event to raise funds for our Nursing and Medical Student Scholarship Fund. You won't want to miss this fun day. Plan now to attend.

See page 5 for details.

Here is the information you need to mark your calendar today.

Wednesday, November 5

Scioto Country Club

10:00AM-2:00PM

Fall Focus is in Columbus

You're invited to Fall Focus 2014 sponsored by the Ohio State Medical Association Alliance for **ALL** our members. If you are an officer, committee chair or just an interested Alliance member, there will be something for you at this meeting.

Fall Focus will be held **September 18-19** at the **OSMA Alliance Headquarters**. Since it's in town this year, why don't you join us? (See page 7 for the registration form.)

The informative sessions will include:

- ◆ **Ohio Supreme Court Justice Sharon L. Kennedy**
- ◆ **"Success in Fundraising" —Lisa Cisco, President/Owner of Travel Partners in Dublin and Founder of the "Buckeye Cruise for Cancer"**
- ◆ **"Jewelry 101: From Fashion to Hand Crafted, Everything You Always Wanted to Know"**
- ◆ **AMA Alliance Update**
- ◆ **"Fall Entertaining Made Easy...A Hands-On Experience" -- Carol Sankovic**
- ◆ **"A Casual Evening in Dublin" — including appetizers at Thalia & Dalia, shopping at Baker's Village Garden Center & Gift Shop, plus shopping and dinner at The Morgan House**

Contact Cindy Wolfe at the OSMAA for more information (527-6750 or alliance@osma.org)

Sponsors For Our Fundraiser

To help raise money for our Scholarship Fund, we are trying to secure sponsorships for the November event. If you, a family member, your spouse's office, a business you patronize, etc. would like to become a sponsor for the fundraiser, you can copy and fill out the **form on page 9** and return it to Sue Dingle.

Each level has specified benefits, such as an acknowledgement (ad) in the program and a certain number of tickets.

Please consider becoming a sponsor to help our cause.

From the Editor's Desk

Dear Friends —

Welcome back! Can it really be time for the first newsletter already? Where did summer go? Hope you had a relaxing time with family and friends and took time for yourself to “recharge your batteries.”



It's time to pay your dues; Alliance membership: What's in it for you? We are a network of medical spouses who understand medicine, medical issues and physician families at all stages of the medical practice from training years through retirement. We work to build a healthy Columbus through our community health projects and support legislation that promotes quality accessible health care. We also raise funds for medical education. Our newsletter provides information on the latest medical news, helpful hints, our projects, etc. Your dues help us to accomplish all that we do!

Jeanie Kupper from Montgomery County was installed as the Ohio State Medical Association Alliance's president in May. Her slogan for the year is “The Alliance — the Heart of the Medical Family.” That just says it all! We, Alliance members and spouses of physicians, are the heart of our own families as well as the Alliance family.

And that's the way it is with our Alliance. Now is the time to pick up with friends and acquaintances (or even meet somebody new) as we share the joys (and woes) of being a doctor's spouse. You will enjoy the time with us and benefit from knowing those who understand what you're going through. Come join us whenever you can.

It's said that you have to mention a fact at least five times before people remember it. That's why I print the date of our annual fundraising event so many times in each newsletter. Please mark November 5 on your calendar. Have you got it now?

We are going to invite retired physicians and their spouses to our event this year as we know they miss seeing their medical colleagues. If you know of someone we could invite, please give me his/her address. Also, it would be great if each of you brought at least one guest with you too — or, even better, fill an entire table. This will be the 7th year for our special event and still there are some of you who have never attended. Why not try it this year? I know you will enjoy the day and all it entails. No excuses allowed!

A last thought: please keep in contact with old friends. My college roommate died unexpectedly this summer. We talked sporadically over the years and saw each other every summer. It was time to call her to make plans to get together and I kept putting it off — until I got the call from her daughter with the sad news. I have no more opportunities to find out what's new with her or reminisce about old times. I feel the loss greatly and wish I had made more of an effort to keep in touch. Now isn't there someone you would like to talk with? Just do it!

And do you know of any prospective members for the Alliance? Maybe friends, partners' wives, neighbors, etc. We will contact any person you tell us about so send names, addresses and phone numbers to me so I can tell them about our group.

Am anxious to see each and every one of you as we start this new year.

Stay tuned...

Sue Dingle

A thought to ponder:

Aspire to inspire before you expire

Our Web Site & Blog

Don't forget to check out our web site and blog for the latest information about the Alliance and its activities at the following addresses:

<http://columbusmedicalassociationalliance.weebly.com>

<http://cmaafranklinco.blogspot.com>

The Alliance thanks **Aireen Aguilar** who maintains the blog and web site.

Alliance News

Steering Committee Meeting

Tuesday, September 9
9:30AM
CMA Office
1390 Dublin Road

If you are unable to attend this meeting, please call Shirley Powers.

Planning Meeting for November Fundraising Event

Tuesday, September 9
11:00AM
CMA Office
1390 Dublin Road

If you are unable to attend, please call Sue Dingle

We will be meeting after the Steering Committee that day.

Directories Are in the Mail

Our 2014-15 directory should arrive soon in your mailbox. If you do not receive yours, please contact **Aireen Aguilar** and she'll mail you one.

Keep it handy as it contains the information about our programs and meetings this year in addition to all our members' contact information.

Report any changes or corrections to Aireen.

**Thanks to Aireen
for putting
together the
directory again this
year.**



Our Alliance Is Recognized

At the OSMA Alliance state convention last May, Franklin County was awarded the following:

- Newsletter -- 1st Place - Content
- Medical & Allied Scholarship Health Project — "A VIP Party" Fundraiser — 1st Place
- Doctor's Day Award — Blood Drive and Scholarship Fundraiser — 1st Place

State Alliance Wins AMA Alliance Award

The OSMA Alliance was awarded the AMA Alliance's HAP Award for its SAVE-A-SHELTER project at the annual convention last June in Chicago. Local alliances throughout the state, including ours, donated personal care, cleaning and baby items to women's shelters in their communities. Our contributions went to CHOICES, the only women's shelter in Columbus.

Teen Hotline Cards

The cards are hot off the presses and will be distributed on September 22 to all middle and high schools in Columbus.

Concession Cards

Our new health project, in cooperation with the CMA, is at the printer. We're still figuring out how to get all the information on a small card.

When finished, the cards will be distributed to youth sports groups around the city.



Good Health Columbus Political Action Committee Annual Fundraising Event

September 18, 2014

6:00 pm

Location: Home of Phil Cass, CMA CEO
4000 The Old Post Rd. Columbus, OH 43221

Good Health Columbus Political Action Committee makes financial contributions to elected officials who support physicians (CMA), the Physicians CareConnection (Physicians Free Clinic & Voluntary Care Network) and Central Ohio Trauma System (COTS).

GHC PAC has one fundraising event every year. Enjoy an evening with physicians and their spouses and this year's featured guest: State Representative Mike Duffey (Worthington). It is an informal evening, with plenty of opportunity to ask questions and hear Rep. Duffey's candid assessment of policy and politics in Ohio.

Checks can be made payable to Good Health Columbus PAC, 1390 Dublin Rd., Columbus, OH 43215, ATTN: Kelly O'Brien or you can go online and donate via a personal credit card on the CMA website .

Please RSVP by September 12th to Kelly O'Brien 614-255-4391 or kobrien@goodhealthcolumbus.org

Time To Pay Dues!

Your dues notice is inside the Alliance directory you will receive soon.

Please fill out the form and return it along with your check to Joyce Penn .

Reminder: Your dues may no longer be paid through your spouse's CMA dues notice.

Family News



Sarah Sanders was installed as President of the AMA Alliance on June 18th. Aireen Aguilar represented our alliance at the event. She read the Ohio Governor's proclamation at the installation. Sarah's husband Charles also lost his grandfather in May who was the minister who married them.

Dr. Matthew Clary, son of **Peggy and Dr. Richard Clary**, was married to Jennifer Rosen in Philadelphia last December 7, 2013. He is an assistant professor at the University of Colorado College of Medicine, Department of Otolaryngology. Jennifer is a pediatric nurse practitioner with Denver Health.

Dr. Louis J.R. Goorey has given more than 40 years of service to the Worthington community. He retired this year after serving as a member of City Council since 1973 and as Council President since 1995. Prior to serving on City Council he was a member of the Board of Zoning Appeals. Lou was honored for his service by having the Worthington Municipal Building named for him. It is now the Louis J. R. Goorey Worthington Municipal Building.

The Worthington Women's Club members were invited to show their talent in the arts in the "Spring into Art" exhibition at the McConnell Arts Center last April. **Aireen Aguilar's** crocheted grocery bag was selected to be a part of the show.

Jenny Dingle retired from Anthem at the end of May to be a stay-at-home mom.

Dottie Cowles' daughter, Karen Cowles-Glaze, passed away in June. The Alliance sent condolences to Dottie and made a donation to our Scholarship Fund in her daughter's memory.

Myles Maxson was born to Susie and Chad Richards on January 7 in Sonoma, CA. He is the Richards' first child and the fifth grandchild for **Vicki and Steve Probst**.

Vi and Dick Messick will celebrate their 65th anniversary on September 2. Their son and daughter-in-law have returned from four years in the Peace Corps in Swaziland and their 5th great-grandchild will be born in October.

Jane and Jack Higbee attended their granddaughter's graduation from high school last June in Vancouver, WA. She is now a freshman at Washington State.

Dr. Manuel Tzagournis, spouse of **Madeline**, was pictured and quoted in a *Dispatch* article about the centennial of the OSU College of Medicine.

Shirley and Jay Powers announce the engagement of their daughter Caroline (Carrie) to Justin Cockrell. The wedding will take place May 23, 2015. They also took their grandchildren to Yellowstone and Idaho on vacation this summer.

Brenda Gerhardt reports that she has taken a position as an adjunct professor in the department of counselor education at the Dublin campus of the University of Dayton. Her son, Micah, is starting his PhD program in Human Development & Family Science at OSU this fall. He graduated summa cum laude with honors and distinction in research last spring. Her son, Kenji, spent eight weeks in Dresden, Germany this summer as part of the study abroad program at OSU. He is starting his second year at OSU.

Theresa and Bob Lembach enjoyed a week with their family — all 16 of them — at Kiawah Island, SC in early August.

Columbus physicians who passed away over the spring and summer are: **Kenneth Chapman, MD** and **Robert F. Goldberg, MD**

Send family news to Sue Dingle. Let us know about trips, additions to your family, honors, special occasions, etc.

Past-presidents are pictured here at the May meeting.

Left to right: Aireen Aguilar, Joyce Penn, Joy Myers, Kathy Harter, Sue Dingle, Peggy Best, Shirley Powers



Come “Make A Reservation” for November 5

Our annual luncheon and boutique fundraiser will be held Wednesday, November 5 at Scioto Country Club. **Mark it on your calendar now so you won't plan anything else for that day.**

This event is the ONLY fundraiser we have all year to raise monies for our Medical and Nursing Student Scholarship Fund so we hope you and your friends will attend.

The cost is \$50 per person.

Watch for your invitation in the mail soon.

We have planned the following for the day:

- **Boutique**
- **Silent Auction**
- **Style Show**
- **Luncheon**
- **Raffle**
- **Speaker: Jon Christensen**

The more the merrier so please invite your friends. **If you want us to send invitations to your friends, give their names and addresses to Sue Dingle.**

We will be reserving tables for 8, 9, or 10. Contact Madeline Tzagournis with the names of people at your table or list the names on the back of the RSVP card and she will make sure you all sit together. So get together your friends, family, neighbors, book club, tennis partners, bridge group, etc. and reserve a table.

The only way we make money for our scholarship fund is if we have non-members attend. Please help us to make this the biggest and best year ever!

Please Help!

To make this year's fundraiser a success, we need your help:

- ◆ We would welcome **donations of items for the silent auction.** We'll take anything you want to give, but we would especially like restaurant certificates, spa gift cards, OSU items, event tickets, jewelry, purses, wine, etc. We will also accept **monetary donations** so the committee can buy items to make packages/baskets. Do you have something you've never used or a gift you didn't like just sitting around your house? Then donate it to us — someone else will love it! Contact Chair **Kathy Harter.**
- ◆ If you can man the **check-in table** for a half-hour that day, call Jane Higbee.
- ◆ If you would like to **model** in the style show — or your spouse would — contact Shirley Powers.
- ◆ If you can't attend our event, please consider sending in a **donation.**

Who's the man behind the menu?

We are honored to have Jon Christensen, the restaurant and wine reviewer for *The Columbus Dispatch*, as our guest speaker this year at our annual November fundraising event. Don't you want to know how he got interested in this unusual avocation? Does he wear a disguise when he visits a restaurant? How is he qualified to critique food establishments?

Jon was born in Bridgetown, Barbados in 1940 to parents in the American diplomatic corps. He was educated in Martinique, France and Ireland and speaks fluent French. He graduated from Ohio State with a B.A. in political science and then obtained a law degree, with honors, from its College of Law where he was the managing editor of the OSU Law Journal. He practiced law in the Columbus office of Jones, Day and then in the firm of Arnebeck and Christensen. He now practices in the firm of Christensen, Shoemaker, Winkler, Howarth & Taylor.

Outside his law practice, Jon is a well-known restaurant reviewer and author of articles on food and wine. He has been the statewide and local editor for the Zagat and Gayot guides to restaurants in Ohio. He has also reviewed performances of early, classical, baroque and other music for the *Dispatch*. He has served on the boards of several music organizations. His interests include photography, music, computer-related activities, cooking and gardening.

Since most of us love to eat and read Jon's reviews to find out about new restaurants, come find out the background story of this man's unique contribution to Columbus living.



Scholarships Awarded

Last year funds were raised to give 2 medical student scholarships (\$2000 each) and six nursing scholarships (\$1000 each). These funds are mainly secured through our fall fundraising event.

Sabrina Smith — OSU College of Medicine — Was an Albert Schweitzer Fellow during which she developed and enacted a year-long project to combat disparities in health care and promote healthy lifestyles. Aside from volunteering at CODA (Central Ohio Diabetes Association), she established “5-2-1” Healthy Kids. A motivated, caring individual with strong leadership skills .

Ana de Roo — OSU College of Medicine — She is a driven, inquisitive, organized and highly intelligent student with a variety of work and life experiences that have taught her to be flexible, accountable and productive. After graduation from Princeton (premed), she moved to Singapore and taught Inorganic and Physical Chemistry to Tertiary students in the Biomedical Sciences Diploma Program at Ngee An Polytechnic.

Bailey Calvelage — Mt. Carmel College of Nursing — A good listener, self-directed with a unique cognitive gift. An ethical, dedicated, hard working and talented person who is interested in advancing her skills at both a personal and professional level. Plans to pursue Family Nurse Practitioner

Olivia Ringwalt — Mt. Carmel College of Nursing — Work-study student at Lower Lights Christian Center in Franklinton while caring for underserved people in that community. A competent, caring person with good communication skills. Plans to continue her education to become a Family Nurse Practitioner.

Melissa Lerch — Otterbein College of Nursing — Has exceptional communication skills, is mature, humble, graceful and compassionate.

Sarah Robinson — Otterbein College of Nursing — She is thoughtful, prepared and organized with a caring and positive attitude. Plans to attain a Masters of Science in Nursing.

Andrea Black — Capital University College of Nursing— Has excellent time management, organizational and leadership skills. Served as a volunteer consultant for the Franklin County Junior Fair Board and advisor for the Country Town 4 HER's 4-H Club. Plans to pursue Pediatric Nurse Practitioner and later a Doctorate of Nursing Practice.

Roxy Decker — Capital University College of Nursing — Dedicated in a clinical setting, caring, enthusiastic for learning opportunities, and flexible with changes, especially assignments with patients. Interested in becoming a flight nurse and would like to further her nursing career to become a Family Nurse Practitioner.

Congratulations to these outstanding individuals who are the future of medicine.

The Cook's Corner

Ziploc Omelets

Tired of making individual omelets for everyone? Try this nifty way to make the omelets all at the same time.

— Have each guest write his name on a quart size Ziploc bag in permanent marker. Crack 2 eggs (large or extra large) into the bag (not more than 2); shake to combine them. (Use Ziploc bags only.)

— Put out a variety of omelet ingredients: cheese, ham, onion, mushrooms, green/red peppers, tomatoes, hash browns, salsa, etc. Each guest adds the ingredients of choice to his/her bag and shakes. Make sure to get the air out of the bag and zip it closed.

— Place the bags into rolling, boiling water for exactly 13 minutes. You can usually cook 6-8 omelets in a large pot. For more, make another pot of boiling water.

— Open the bags and the omelet will roll out easily. Be prepared for everyone to be amazed!

Recipe courtesy of Vi Messick



If you have a favorite recipe to share, please send it to Sue Dingle.

OSMA Alliance Fall Focus Registration Form

Name _____ County _____

Address _____

Phone _____ Email _____

Thursday, September 18, 2014

Lunch: _____ Will be "Healthy Vegan" \$15.00

Dinner: choice: _____ Lemon Chicken or _____ Zucchini Boats Salad and dessert included \$25.00

Friday, September 19, 2014

Lunch will be catered by Panera Bread. — appetizers, salad and dessert included. \$15.00

Please indicate if you would like a vegetarian sandwich _____

Registration Fee: \$45.00

Total Enclosed: _____

Registrations are due by September 4, 2014. Mail or fax back to: Cindy Wolfe, OSMAA, 3401 Mill Run Drive, Hilliard, OH 43026; Phone: 614-527-6750 or Fax: 614-527-6763 or E-mail: alliance@osma.org. Make check out to OSMA Alliance.

Health Tips for Every Body

Temporomandibular Disorders (TMD)

Temporomandibular disorders (TMD) occur as a result of problems with the jaw, jaw joint, and surrounding facial muscles that control chewing and moving the jaw. These disorders are often incorrectly called TMJ, which stands for temporomandibular joint (TMJ). This is the hinge joint that connects the lower jaw (mandible) to the temporal bone of the skull, which is immediately in front of the ear on each side of your head. The joints are flexible, allowing the jaw to move smoothly up and down and side to side and enabling you to talk, chew, and yawn. Muscles attached to and surrounding the jaw joint control the position and movement of the jaw.

The cause of TMD is not clear, but dentists believe that symptoms arise from problems with the muscles of the jaw or with the parts of the joint itself. Injury to the jaw, temporomandibular joint, or muscles of the head and neck -- such as from a heavy blow or whiplash -- can cause TMD. Other possible causes include: grinding or clenching the teeth, which puts a lot of pressure on the TMJ; dislocation of the soft cushion or disc between the ball and socket; presence of osteoarthritis or rheumatoid arthritis in the TMJ; and stress, which can cause a person to tighten facial and jaw muscles or clench the teeth.

People with TMD can experience severe pain and discomfort that can be temporary or last for many years. More women than men experience TMD, and it is seen most commonly in people between the ages of 20 and 40. Common symptoms of TMD include: pain or tenderness in the face, jaw joint area, neck and shoulders, and in or around the ear when you chew, speak, or open your mouth wide; limited ability to open the mouth very wide; jaws that get "stuck" or "lock" in the open- or closed-mouth position; clicking, popping, or grating sounds in the jaw joint when opening or closing the mouth (which may or may not be accompanied by pain) or chewing; a tired feeling in the face; difficulty chewing or a sudden uncomfortable bite -- as if the upper and lower teeth are not fitting together properly; or swelling on the side of the face. Other common symptoms of TMD include toothaches, headaches, neck aches, dizziness, earaches, hearing problems, upper shoulder pain, and ringing in the ears (tinnitus).

Because many other conditions can cause similar symptoms to TMD--- including a toothache, sinus problems, arthritis, or gum disease -- your dentist will conduct a careful patient history and physical exam to determine the cause of your symptoms.

Tips for Better Living

Beware Lithium Batteries

These photos show what happened when a GPS was left on a car dashboard in the sun; the battery overheated and then exploded. Be sure to not leave your cell phones, tablets, digital cameras and other devices using lithium batteries in the sun or somewhere where they can heat up. The US Postal Service will no longer ship electronic devices that use lithium batteries either. Be careful when using such devices.



Cell Phone Warning!

Never use a cell phone while it is hooked to the electrical outlet for charging! If you are charging the cell phone and a call comes in, unplug it from the charger and outlet. Otherwise a surge of electricity may cause the phone to explode, burning your fingers or even giving you a fatal jolt of electricity.

Jest for Health

These are actual ads seen in "The Villages" Florida newspaper.

FOXY LADY:

Sexy, fashion-conscious blue-haired beauty in her 80's.
I'm slim, 5'4' (used to be 5'6'), Searching for sharp-looking, sharp-dressing companion.
Matching white shoes and belt, a plus.

LONG-TERM COMMITMENT:

Recent widow who has just buried fourth husband. Looking for someone to round out a six-unit plot. Dizziness, fainting, shortness of breath not a problem.

SERENITY NOW:

I am into solitude, long walks, sunrises, the ocean, yoga and meditation.
If you are the silent type, let's get together, take our hearing aids out and enjoy quiet times.

WINNING SMILE:

Active grandmother with original teeth, seeking a dedicated flossier to share rare steaks, corn on the cob and caramel candy.

BEATLES OR STONES?

I still like to rock, still like to cruise in my Camaro on Saturday nights and still like to play the guitar.
If you were a groovy chick, or are now a groovy hen, let's get together and listen to my eight-track tapes.

MEMORIES:

I can usually remember Monday through Thursday.
If you can remember Friday, Saturday and Sunday, let's put our two heads together.

MINT CONDITION:

Male, 1932 model, high mileage, good condition, some hair, many new parts including hip, knee, cornea, valves. Isn't in running condition, but walks well.



Sponsorship Form for "Make A Reservation"

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.

hmmmm...
and yet another
day has passed
and I did not
use Algebra
once...very
interesting.



Columbus Medical Association Alliance

1390 Dublin Road

Columbus, Ohio 43215

<http://columbusmedicalassociationalliance.weebly.com>

<http://cmaafranklinco.blogspot.com>

“The Alliance — the Heart of the Medical Family”