

JOTTINGS

Volume 76, Issue 1

September/October, 2015

COLUMBUS MEDICAL ASSOCIATION ALLIANCE

Upcoming Events

Steering Committee

Meeting

September 8
9:30AM
CMA Office
1390 Dublin Road

Fundraiser Committee

Planning Meeting

September 8
11:00AM
CMA Office
1390 Dublin Road

Fall Focus

September 17-18
Portage Country Club
Akron, Ohio

"You've Got Style!"

Fundraising Event

November 11
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.

Celebrating 75 Years!

Our alliance was founded in spring, 1940 with Mrs. Ralph Hoffman as president. Back then we were a "white gloves and tea" organization that worked to mainly help the war effort. That makes this our 75th year as an organized group in Columbus. 75 years is the Diamond Anniversary.

Today our mission is to partner with physicians to promote public health and safety, effect legislation concerning today's practice of medicine, raise funds for medical education and provide support and camaraderie to each other.

The Alliance is made up of smart, caring and determined individuals who are concerned about our spouses, the health and wellness of our fellow Columbus citizens and each other. We are proud to have accomplished so much in our seventy years. Aren't you glad you belong to such a compassionate organization?

Come to Fall Focus

You're invited to Fall Focus 2015 sponsored by the Ohio State Medical Association Alliance for **ALL** our members. The two-day event includes sessions on informative topics that everyone should know about. (See insert inside.)

Fall Focus will be held **September 17-18** at the **Portage Country Club in Akron**. Mark your calendar now to attend this informative, empowering, and entertaining conference with friends from the Alliance.

A registration form is included herein for your convenience.

Need 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 enclosed 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.



We need items for our centerpieces and silent auction.

Please see inside for more information!



From the Editor's Desk



Dear Friends —

As I write this, it's still summer. I tend to work on the newsletters when I can so today is July 26 and I'm writing articles for the September/October issue. It's nice to know that there's still plenty of summer time left for me while getting organized for a deadline that will be here before I know it. But when you read this, summer is over! Why does summer go so fast while winter drags?

It's time to pay your **dues**; watch for the dues form with your directory. And you can donate funds to our special projects on the dues notice too. Your dues/donations help us to accomplish all that we do. The cost of our dues hasn't been raised in quite a few years. For just \$20 you can join our local alliance plus you have the opportunity to become a state and national member. We thank all of you who faithfully help us do what we do every year.

Is our annual **fundraiser** on your calendar for November 11? If not, put it there now. It's going to be a fun day and you won't want to miss it. The theme of this year's event is fashion/style. You know you are interested in what's in style this fall. Come find out how to accessorize, build a basic wardrobe, develop a style of your own, etc.

We need some items for our **center-pieces** at the luncheon that day. Do you have the following you could loan us?

- * Purses * Jewelry
- * Hats * Scarves

We promise to return what we borrow right after the day is over. Please call Theresa Lembach if you have an item or two we can use.

We also need **silent auction items**. What new item do you have around the house that you don't like or won't be using? Why not donate it to the cause? We make quite a bit of money from the silent auction to help us with our scholarships each year.

We have a new member on the Steering Committee. **Jenny Dingle** has agreed to take on the responsibilities of the treasurer job for the coming year. Yes, she is my daughter-in-law and, no, I did not twist her arm! We will certainly miss Scott Vaughan's expertise and welcome Jenny to the group.

Happy 75th anniversary to us!! What a long and rich history we have as a social service organization in Columbus. We all should be proud of our many accomplishments over the years. It would be nice to see the organization grow by adding new members so if you know of any prospective members, please give us their contact information. We need new blood as many of us are getting tired!

I'm looking forward to seeing each and every one of you as we start this new year. What good friends I've made over the years because of this group. I am blessed!

Stay tuned...
Sue Dingle

A thought to ponder:
Happiness is always an inside job.

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 8
9:30AM
CMA Office
1390 Dublin Road

If you are unable to attend, please contact Shirley Powers

Planning Meeting for November Fundraising Event

Tuesday, September 8
11:00AM
CMA Office
1390 Dublin Road

If you are unable to attend, please contact Sue Dingle

We will be meeting after the Steering Committee that day.

Directories Are in the Mail

Our 2015-16 directory should have arrived in your mailbox. You can't miss it as it's a bright pink this year! 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 member 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 -- 2nd Place
- Website — 3rd Place
- Membership Directory — 3rd Place
- Invitations — 1st Place
- Fundraising — "Make A Reservation" — 1st Place
- Doctor's Day Award — Blood Drive and Scholarship Fundraiser
- Teen Hotline Cards — 2nd Place

Teen Hotline Cards

Brenda Gerhardt has "retired" from producing the cards. We thank her for her many years of devotion to this project.

Due to the expense of these cards, the Steering Committee has decided to make this a bi-annual project.

Concussion Cards

5000 cards have been distributed to sports groups around the city. These were made in cooperation with the Columbus Medical Association last spring.

Thanks to **Aireen Aguilar** who oversaw the production and distribution of these worthwhile aids.

Send Bills to Treasurer

Throughout the year send your receipts for reimbursement or bills to be paid to the treasurer

Jenny Dingle

2567 Lane Road (43220)



Good Health Columbus Political Action Committee Annual Fundraising Event

**September 17, 2015
6:00-7:30pm**

**Location: Home of Dr. Patrick Ecklar
3993 Old Poste Rd. Columbus, OH 43221**

Physicians and their spouses are invited to join their colleagues for this year's GoodHealth-Columbus PAC fundraiser. This is a popular and informal event that physicians have enjoyed for several years.

CMA's 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).

To attend the Fundraiser RSVP by 9/11/15 to Kelly O'Brien at (614) 255.4391 or at kobrien@goodhealthcolumbus.org.

Whether you can attend this event or not, we ask your consideration of contributions at the \$500 sponsorship level, \$250 leadership level or \$100 supporter level; however, support of all levels is welcome and appreciated. Checks can be made payable to Good Health Columbus PAC, 1390 Dublin Rd., Columbus, OH 43215 or you can go online and donate via a personal credit card on the CMA website.

Time To Pay Dues!

Your dues notice is inside the Alliance directory you should have received recently.

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



Aireen Aguilar's mother passed away July 12 in the Philippines. Aireen was able to return home for the internment. The Alliance sent condolences to Aireen and made a contribution to our Scholarship Fund in her mother's memory. Aireen and Pedro attended a medical conference in Rio de Janeiro, Brazil at the end of August.

Vi Messick lost her husband, **Dr. Richard Messick**, in May. He was a retired internal medicine physician. We also sent condolences to Vi and made a contribution to our Scholarship Fund in his memory.

Caroline (Carrie) Powers, daughter of **Jay and Shirley Powers**, was married to **Justin Cockrell** on May 23. They honeymooned on St. John's and now reside in Columbus. Shirley and Jay also took their family to St. John's and St. Kitts this summer.

Debbie and Craig Anderson were pictured in the July/August *Capital Style* magazine attending the Easter Seals "Romancing the Grape" fundraiser.

Dr. William Ferris, husband of former member **Mary K. Ferris**, passed away in May.

Sarah Sanders, her husband and two daughters took a cruise to Alaska in July.

Theresa and Bob Lembach and family vacationed at Kiawah, South Carolina in August.

Dr. Donald Lewis, spouse of the late member **Sally Lewis**, passed away on August 13. He was a retired ophthalmologist. The Alliance sent a donation to our Scholarship Fund in his memory and a condolence card to his two sons.

Rita and Dick O'Brien announce the graduation of their granddaughter, Kelly Devlin O'Brien from the Ohio State University Dental School. She is now doing a Residency in Dentistry at the University of Virginia, Charlottesville. (Her fiancé is in law school at this location.) Kelly was Queen on the Dentistry Homecoming Float and President of her class, thus speaking at the Convocation Ceremony. She graduated Summa Cum Laude and is a member of the Omicron Kappa Upsilon honorary fraternity. Kelly's BS is from the University of Notre Dame.

Joan Streck will be celebrating a special birthday by visiting Paris, Florence, Sorrento and Rome in September with her husband **Rick**.

Glenda Van Buren's brother-in-law, Stanley Van Buren, passed away recently.

Columbus physicians who passed away over the spring and summer are **Daniel Detrick, DO, Barry Hillman, MD, Anne Knisely, MD, Charles McKitrick, Jr., MD, William Shiels, II, DO** and **Haifeng Wu, MD**.

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

Fundraiser: "You've Got Style!"

Our annual luncheon and fundraiser will be held Wednesday, November 11 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: Jenny Rogers**

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.**

You can sit together with your friends too by listing their names on the back of the RSVP card. 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'll 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/child/grandchild would — contact Valerie Baker.
- ◆ If you can **sell raffle tickets** that day at the registration table, contact Sue Dingle.
- ◆ If you can't attend our event, please consider sending in a **donation.**

Jenny Rogers Knows Fashion

We are honored to have Jenny Rogers, editor of *Capital Style* magazine and the fashion columnist for *The Columbus Dispatch*, as the guest speaker this year at our annual November fundraising event. Most women love fashion. Come find out what's "in" in Columbus this fall and where to find it. Hear how to be stylish or develop a style of your own.

Capital Style is the lifestyle magazine for Central Ohio's sophisticated, smart, on-the-go women. As the editor, Jenny finds the individuals, companies, boutiques, beauty trends and fashion you need to know about and helps package it into a bimonthly magazine. Because the *Dispatch* was recently sold, the last edition of *Capital Style* will come out in September and then Jenny will assume the job of style editor for *Columbus Monthly* magazine.

Jenny graduated from Ohio University. Previously, she served as the special sections editor for *Columbus Monthly*, where she assigned and edited the special advertising sections, as well as special publications like *Columbus Monthly's City Guide* and *Columbus Monthly's Best Driving Vacations*. She also served as the editor of *Columbus Bride* and *Columbus Monthly's Home & Garden*.



Scholarships Awarded

Last year funds were raised to give two medical student scholarships (\$2000 each) and five nursing student scholarships (\$1000 each). These funds are mainly secured through our fall fundraising event, member donations and Doctors' Day donations. These are the scholarship recipients for this fall:



Allison Slijepcevic — OSU College of Medicine

Heather Stiff — OSU College of Medicine

Jessica Bruffy — Mt. Carmel College of Nursing — wants to earn a Masters in Nursing and become a Nurse Practitioner in Pediatrics or NICU

Eleanor Horton — Capital University College of Nursing — wants to become a NICU Nurse Practitioner

Jacob Deemer — Capital University College of Nursing — wants to become a Certified Registered Nurse Anesthetist

Nina Dluznski — OSU College of Nursing — wants to become a pediatrics cardiac nurse

Tory Kalb — OSU College of Nursing — wants to be a NICU Nurse

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

Did you know that the Alliance has given \$216,084 in scholarships to 348 students (298 nursing and 50 medical) since we began our scholarship program in 1952 for nursing students and in 1997 for medical students?

The Cook's Corner

Apple Pie Bites

Makes 8 apple pie bites

- ¼ cup packed light brown sugar
- 1 teaspoon apple pie spice, and additional apple pie spice for sprinkling on top of crescent rolls
- 3 tablespoons butter, melted
- ⅓ cup chopped pecans
- 1 small Granny Smith apple, cored and sliced into 8 (1/2-inch) slices
- 1 (8-ounce) can Pillsbury Original crescent rolls

Preheat your oven to 375 degrees F. Line a baking sheet with parchment paper. In a small bowl, combine brown sugar and apple pie spice. Set aside. Melt butter and toss apple slices in butter, set aside. Arrange crescent roll triangles on baking sheet lined with parchment paper. Evenly distribute brown sugar mixture onto each triangle. Sprinkle each triangle evenly with the chopped pecans. Place an apple slice on the wide end of each triangle. Wrap crescent roll dough around each apple.

Brush each crescent roll with remaining butter. Sprinkle lightly with additional apple pie spice. Bake for 10-12 minutes, or until golden brown. Cool for 5 minutes before serving.



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

Tips for Better Living

Drug Collection Drop-Off Sites

Many Ohio residents have expired or unused pharmaceutical products in their medicine cabinet and don't know what to do with them. Unused drugs can create a risk of unintentional overdose or illegal abuse if not properly disposed. However, flushing medication in the toilet can contribute to water contamination and may cause harm to aquatic life. To safely dispose of leftover pharmaceuticals from the home, the best option is to take them to a permanent pharmaceutical drop-off.



Drug Collection Units are located in police departments in many suburbs in Columbus. The newest unit has been installed in the Upper Arlington Municipal Building (3600 Tremont Road) in the lobby and is open to the public from 8:00AM-5:00PM, Monday through Friday. Drugs may be dropped off with no questions asked.

The unit provides a safe and environmentally responsible way to dispose of unwanted, unused or expired medication, including controlled substances. This is just one step in the process of reducing unneeded medications in people's homes and decreasing prescription drug abuse. Every day prescription drugs are abused by people of all ages and are also a poison threat for toddlers.

Annoyed by Robo Calls?



How many times each day do you answer the phone and there's no one there or it's a recorded message? Even if you've registered your phone for the "Do Not Call" list. That's a robo call, an automatically dialed call that delivers a recorded message, typically on behalf of a telemarketing company or a political party.

Well, now you can finally get rid of most of these calls. Just go to nomorobo.com and register your phone for this **free** service. The website explains the service and you can sign up immediately. Your editor has it on her phone and it has made a world of difference in the number of calls our household receives.

Health Tips for Every Body

Coloring Isn't Just For Kids Anymore



Remember how much fun it was to color as a child? Well, you can do it again as an adult and it's good for you!

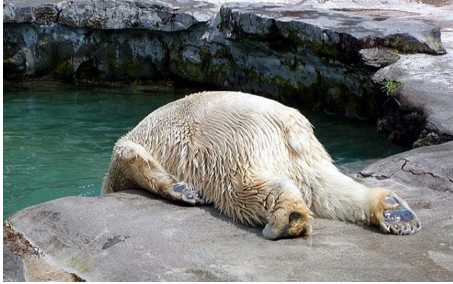
Coloring with makers, crayons or colored pencils relaxes you and also offers complete absorption. It engages both sides of your brain and is both creative and tactical. The creativity comes with envisioning the color selection and how it will play throughout the entire piece, which the tactical involves applying your decisions to the artists' design. Both keep your right brain from taking over and wandering where it wants, as it does when you doodle. It is impossible to worry about something else when your mind is completely engaged.

One of the first psychologists to apply coloring as a relaxation technique was Carl. G. Jung in the early 20th century. He did this through mandalas: circular designs with concentric shapes similar to the Gothic churches' stained rose window. They had their origin in India.

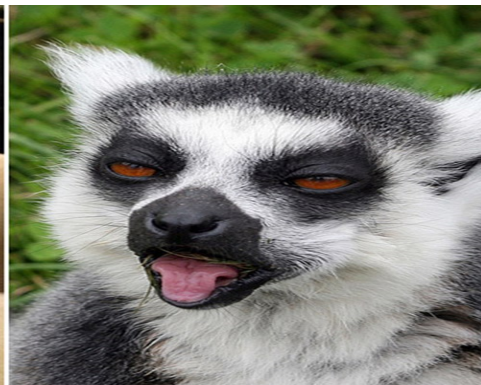
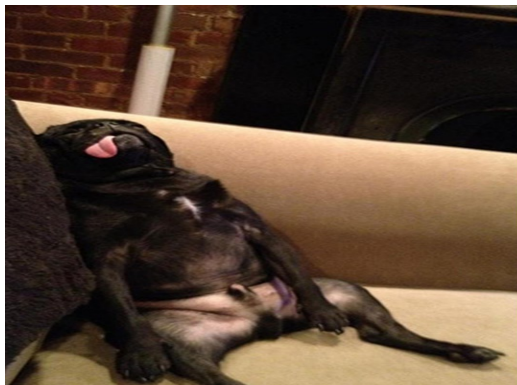
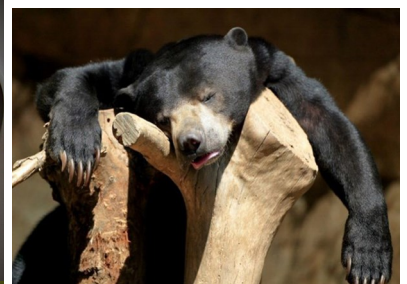
Coloring is almost a meditative pursuit. It relieves stress, helps you relax, lowers your blood pressure and creates something totally unique. The colors themselves carry therapeutic qualities also. Cool colors (blue, green, purple) have a calming effect. Warm colors (red, orange, yellow) are pepper-uppers. Bright colors are energizing. Dark colors carry a relaxing energy, while pastels communicate softness and help soothe the soul.

They now make coloring books for adults, including ones with paisleys, botanicals, animals, landscapes, mandalas, nature, classic paintings, designs, gardens, etc. There is something for everyone! You can find such coloring books on-line, at book stores and art stores. You can even download individual pages to color from the internet rather than buying an entire book.

Jest For Heath



“The Morning After the Big Party”



“FALL FOCUS” CONFERENCE

September 17-18, 2015
Portage Country Club -- Akron, Ohio

CONFERENCE SPEAKERS



Imagine what you could accomplish if you **got really clear** about what you want?

Discover the **possibilities!**

Transforming Chaos to Clarity

Betsy's passion is empowering individuals and groups to harness and integrate creativity, positive energy, life balance and healing self-care into life and business situations for outstanding results. Her presentation will include an introduction to EFT, an easy and effective stress-relief technique, also referred to as "Tapping."

"The Heroin Epidemic in Ohio"

presented by

the Summit County Opiate Task Force and Summit County Alcohol, Drug Addiction, and Mental Health Services Board



There has been a FOUR-FOLD increase in drug over-doses in our state since 2000. Ohio is currently ranked 11th in the nation in deaths due to drug overdose. Experts in the field will elaborate on the scope of this problem as it impacts our communities, and the programs and initiatives that are being used to combat this alarming situation.

Deaths Avoided With Naloxon



Learn how lives are being saved through this community-based education and Naloxone distribution program. Naloxone (also known as Narcan) is a medication that can reverse an overdose caused by any opioid drug. How can we help, at the community level, to ensure that all those who need it can obtain these lifesaving drugs.

"How Much Longer Can I Do This?" A Dramatic Presentation on Caregiving at Home

A dramatic monologue portraying a highly stressed family caregiver, sharing her struggles in taking care of an elderly loved one who is entering the final months of her life. The presentation will address issues such as the stress and emotional challenges of a caregiver, the decision to move your loved one to a nursing home, and hospice care. The presenter, Mary Giffin, Ph.D., is an experienced caregiver, professional actor and playwright. She is an Assistant Professor of English at Walsh University in North Canton, Ohio.





"Power Spousing" The Hardest Job in American Politics

Joyce Sawyer, author of the book, *Power Spousing*, will present her personal stories of surviving, and thriving, under the widespread pressures of being married to someone in a highly demanding profession. Her insights are based on her marriage to State Senator Tom Sawyer, who has held offices at the national, state and local levels. While Joyce's frame of reference is public service, the insights presented can easily transfer to spouses in other fields such as business, medicine, athletics and more. Please note that this is an absolutely non-partisan, non-political presentation!

"YOU are the Answer You've Been Looking For!" Presented by Erin Victor, Founder of the Akron Snow Angels

Erin saw a problem and had the courage, love and conviction to do something about it. Starting in February of this year, she began organizing weekly "missions" into the homeless communities of Akron, providing those less fortunate with warm clothing, toiletries and, most importantly, friendship, compassion and respect. This grassroots venture now has a name, The Akron Snow Angels, and her organization continues to grow and engage and help our community.



"FALL FOCUS" CONFERENCE "After Hours"



After the meetings on Thursday, we will be treated to a trolley ride to the historic Akron Civic Theater for a personal backstage tour. The Civic Theater was originally a Loew's Theater built in 1929. It is one of only 16 remaining atmospheric theaters in the United States and was designed to resemble a night in a Moorish garden. Come and watch the clouds float by in a twinkling night sky.

Following our tour of the Civic, we will head over to another historic landmark, Hale Farm and Village, for a fun dinner on the patio. This is an outdoor living history museum and a premier collection and property of the Western Reserve Historical Society. During daytime tours, mid-19th century life is depicted through dozens of historic structures, farm animals, heritage gardens, and demonstrations of Early American craft and trades.



**OHIO STATE MEDICAL ASSOCIATION ALLIANCE
2015 FALL FOCUS CONFERENCE
REGISTRATION**



Name _____ County _____

Address _____

Phone _____ Email _____

Conference Registration Fee — All Inclusive \$145.00

Includes all speaker presentations, lunch on both Thursday and Friday, Thursday tour of the Akron Civic Theater and Trolley Ride plus the Dinner Event at Hale Farm with open wine and beer bar (sponsored by Jack and Bev Devine) plus fabulous entertainment from our own SCMA member Carol Cain and her band, Acoustic Replay.

Complete your reservation for each item below please:

Thursday Lunch — Will attend (select an entrée) Cannot attend

Chicken Caesar Wrap: Chicken, lettuce, shaved parmesan and Caesar dressing served with house made chips and fruit.

Nuts and Berries Salad (Indicate with or without grilled chicken breast): Strawberries, blueberries, slivered almonds and feta cheese over mixed greens and romaine, and choice of dressing

Akron Civic Theater Tour and Trolley Ride — Will attend Cannot attend

Dinner Event at Hale Farm — Will attend Cannot attend

Friday Lunch — Will attend Cannot attend

Pasta Bar — no entrée choice necessary (vegetarian and gluten free selections will be available)

Hotel Reservations Only: Akron Fairfield Inn & Suites, 208 Springside Drive, Akron, OH 44333, 330-665-0641
Beautiful new hotel. The negotiated rate is \$104 plus tax for either one king bed or two queen size beds. The negotiated rate is good for September 16-18, 2015. Reservations must be made by 8/26/15 for guaranteed availability. Complimentary breakfast included. Hotel also has a workout facility. **Please mention Ohio State Medical Association Alliance when making your reservations.**

Ways to register for conference: Complete the registration form and mail in the enclosed envelope along with your check for \$145 payable to OSMA Alliance. Or email reservations for meals and events to: Bev Devine at bevdevine@roadrunner.com. Those registering by email may pay at the door. If you have any questions, call Bev Devine at 330.338.4006.

CONFERENCE REGISTRATION DEADLINE IS SEPTEMBER 10, 2015.

HOTEL REGISTRATION DEADLINE FOR GUARANTEED AVAILABILITY IS AUGUST 26, 2015.

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.

One year after Trump is elected president



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Columbus Medical Association Alliance
1390 Dublin Road
Columbus, Ohio 43215
<http://columbusmedicalassociationalliance.weebly.com>
<http://cmaafranklinco.blogspot.com>