



Southern Connection

SMA Auxiliary

Fall 2004

2003-2004 SMAA Officers

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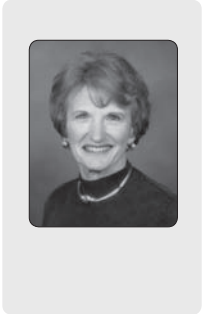
Peggy Crawford
Louisville, MS

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President's Message

OPPORTUNITIES TO EXCEL has been our theme this year. Sandy Currie and I have had a wonderful time visiting your state alliance conventions. We have tried to encourage each of you to take advantage of the many opportunities to work together as spouses of physicians for the success of the medical profession.



Within the Southern Medical Auxiliary have been many opportunities—opportunities to recognize and honor our physicians on Doctors' Day, to preserve our medical history, to reach out to our young physicians, and to help prevent breast cancer. We will soon add prevention programs for osteoporosis and heart disease in women. Many of our programs are carried out through the state alliances. Your involvement in SMAA enhances the opportunities to network and gain new ideas as we work together to improve the health and quality of life for all.

We are excited about *Choices*, our new osteoporosis initiative. Sixty of our members have responded to our request to be facilitators and our first training session will be held on Thursday morning at the Annual Assembly in New Orleans. We hope you will attend, either for training as a facilitator or for individual prevention information. We also plan to have our "New Physician Travel Benefit Program" in place by January. Don't forget to volunteer as a host family or donate your Frequent Flyer Miles.

Please review the updates from our vice-presidents and committee chairs that are included elsewhere in this issue of *Connection*. They have worked hard this year and you'll want to take advantage of the opportunities they present to you to become involved. My challenge to them, and to you, last November, was to do a little bit better each day. Let's continue that challenge and make a difference.

98th Annual Scientific Assembly
NEW ORLEANS, LA
November 11-13, 2004



President's Message

continued from cover

I invite you all to attend our 2004 Scientific Assembly in New Orleans, November 11-13. This convention provides us with excellent educational programs, time to discuss our "problems" and turn them into opportunities as we learn from each other, time to renew old friendships, to make new ones, and to just have a good time.

Sancy McCool and her committee are busy planning outstanding social events and tours for the entire family. You'll want to attend the SMA Opening Ceremony on Thursday morning at 8:00 and the SMAA General Session at 2:00 Thursday afternoon. The Installation and Awards Luncheon, the President's Reception, and the Dinner Dance are all a must! And don't forget the Health Walk/Fun Run on Saturday morning.

I wish to thank the SMAA Board for their encouragement and hard work and the entire SMA Staff for their support. Lana Burwell is a jewel! It's been a distinct pleasure to serve this year as your SMAA president. I have been richly blessed with many new friendships. I have enjoyed working with Sandy Currie and I know that you'll continue to go forward under her leadership. Your friendship, hospitality, and willingness to work together have truly given us so many opportunities to excel.

Love to all,



Nancy Lindstrom, President SMAA



2003-2004 SMAA Executive Board

Front row, right to left: Annelle Tanner, Janie Altmeyer, Gail Delaney, Nancy Lindstrom

Back row, right to left: Donna Gosney, Kathy Carmichael, Sandy Currie

Not Pictured: Merrell Rogers and Donna DeRosa

The *Southern Connection* newsletter is published twice a year—in the spring and fall. Deadlines for submitting articles are January 15 for the spring issue and June 15 for the fall issue. Each issue contains information on the activities and programs of SMAA along with feature articles. The newsletter can also be accessed through the SMAA Website at www.sma.org/auxiliary. Please submit articles and pictures for publication to:

Editor at PO Box 190088, Birmingham, AL 35219.

Articles should be typed and can also be faxed to 205-945-1548 or emailed to Lana Burwell at lburwell@sma.org.



My Super Sensational Six

I've had such a wonderful beginning to my year as your president, since I was able to visit six state conventions while still serving as President-Elect: South Carolina, Missouri, Kentucky, North Carolina, Texas and Florida. That gave me so much valuable background and knowledge about you, your organizations and your projects. I feel privileged to be part of such a fine network of community servants, and your hospitality was a wonderful gift.

It's obvious that your commitment is still strong on our important projects such as Doctors' Day and Medical Heritage, community service subjects such as breast cancer, and membership promotion. Thank you for welcoming me and for all you do for medicine and for your communities.

Calling all Conventioneers

New Orleans is calling us, and I hope you'll join me in answering the call. It's one of my favorite cities, and I'm thrilled that I'll be installed as your president in such an exciting location. Our meeting is in conjunction with the 98th Annual Scientific Assembly of SMA, and the dates are November 11-13. Among the many highlights are seminars on retirement and optimal health, tours to fascinating places such as New Orleans' popular art and D-Day Museums and French Quarter homes, a Health Walk/Fun Run, and the Talk of the Town CME dinner at the famed Windsor Court Hotel, among others.

A very special treat will be the Presidents' Reception, which will be held at the extraordinary Audubon Aquarium of the Americas, with food prepared by a spectacular caterer who was featured recently in Martha Stewart's magazine! Whatever you do, don't miss this one.

And, Don't Forget

The first meeting of the 2004-05 board will take place on Saturday morning at 9:30 and everyone is welcome. This post-convention meeting will follow the Health Walk/Fun Run that begins at 7:00. Coffee and beignets will be served in our hospitality room at the Hilton from 9:00-9:30, before the meeting. Please help end the auxiliary's convention and begin our new year in a spirit of camaraderie and friendship by joining us Saturday morning.

Then Dance the Night Away

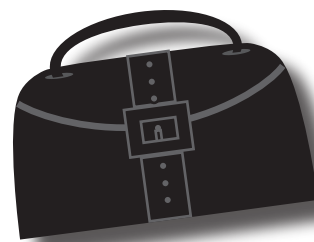
As tradition demands, the SMA/SMAA convention will end with a dinner dance at the Hilton on Saturday night. It's New Orleans, and if that doesn't make you want to dance, I don't know what will! Please join us for this finale of music, fine food, and fun Saturday night at 7:30.

**Thank you again for all you do for the SMA Auxiliary.
Let's continue our progress and commitment as we
Communicate – Motivate – and Participate**

Doctors' Day

"A heartfelt thank you to everyone who made Doctors' Day 2004 a huge success! I appreciate your help in honoring our spouses in your counties and in your states. Whatever your role, however small you might feel it was, I know it was appreciated. Councilors, don't forget to bring an exhibit to convention in November for judging and prizes! Looking forward to seeing each of you in New Orleans!"

Gail Delaney, Vice President/Doctors' Day



Report of the 2004 Nominating Committee

The 2004 Southern Medical Association Auxiliary Nominating Committee met in Birmingham, Alabama, March 30-31, 2004 at the SMA Headquarters. The committee consisted of Donna DeRosa, Washington DC/Virginia; Chair, Nancy Brant, Georgia; Nita Maddox, Alabama; Gwen Pappas, Arkansas; and Merrell Rogers, Mississippi.

The following slate of officers will be presented at the 2004 SMAA annual meeting in New Orleans, Louisiana in November:

President-Elect:

Donna Gosney, Alabama

•

Vice President-Membership:

Gail Delaney, South Carolina

•

Vice President-Doctor's Day:

Amal Shamieh, Louisiana

•

Vice President-
Health Education:

Kathy Carmichael, Mississippi

•

Vice President-
Medical Heritage:

Barbara Jett, Oklahoma

•

Secretary:

Linda Elliott, West Virginia

SMAA Joins Forces with Procter & Gamble to Educate Osteoporosis Patients

The SMA Auxiliary has teamed with Procter & Gamble to become facilitators for the *Choices* Program. *Choices* for Better Bone Health provides an organized learning experience for people diagnosed with osteoporosis, allowing them to self-manage their disease in order to maintain a healthy lifestyle. Participants learn how to develop personal plans for better bone health and the skills necessary to implement their plan. Last year the SMA Auxiliary voted to add osteoporosis to their health education focus beginning November 2004.



More than 60 SMAA members expressed interest in becoming facilitators or acting as liaisons in their community. Facilitators will be asked to invite attendees, locate a meeting site, line up guest speakers, facilitate meetings, and report to the SMAA about the outcome of the program. The course is designed to consist of five 2-3 hour sessions, including group discussions, demonstrations, and activities. The sessions provide key information on: 1) the disease, 2) osteoporosis therapies, 3) the psychosocial impact of osteoporosis and the value of support groups, 4) how to fall-proof the home and other ways to prevent fractures, and 5) how to remain stylish with osteoporosis.

Procter & Gamble will provide SMAA with funding for training supplies such as manuals, posters, invitations, training CD's, and other materials for 50 facilitators.

Barbara Miller, Ph.D., co-creator of the *Choices* program and the Procter & Gamble Category Manager for Professional & Scientific Relations regarding osteoporosis, will be conducting a two-hour orientation and workshop at the SMAA annual meeting in New Orleans for facilitators and anyone else interested in learning more about the program.

The workshop is scheduled for Thursday morning, November 11 at 10:30. Members who are interested in becoming facilitators and those interested in learning about the program in order to take it back to their states/counties for implementation are encouraged to make plans to attend.

For more information on the *Choices* program or becoming a facilitator, contact Lana Burwell at 800-423-4992 ext. 185.

Breast Cancer Awareness, Heart Disease in Women and Osteoporosis Breast Cancer Awareness, Heart Disease in Women and Osteoporosis

No, it is not a typo but just a way to stress the importance of repeatedly letting everyone in the SMA Auxiliary states and counties know the focus of Health Education projects has been expanded to include Breast Cancer Awareness, Heart Disease in Women and Osteoporosis. At the SMAA meeting in New Orleans, November 11-13, the Health Education committee will judge only Breast Cancer Awareness projects for the final time. For the next 5 years, Breast Cancer Awareness, Heart Disease in Women and Osteoporosis projects will be judged.

This is such an exciting change because it provides an opportunity to highlight all the wonderful work being done by the County Alliances in the areas of Breast Cancer Awareness as well as Heart Disease in Women and Osteoporosis, and it expands the possibilities for excellent community education projects. Please pass this information along to everyone you know and encourage new projects.



A logo has been developed to go with this new focus. In addition to the pink ribbon for Breast Cancer Awareness, a Red Dress Pin symbolizing Heart Disease in Women and the lace ribbon representing Osteoporosis have been combined to make a beautiful pin and a powerful message. Contact Lana Burwell at 800-423-4992 ext. 185 about purchasing the Swarovski crystal Red Dress pin from SMAA at a discounted price of \$35.00, a savings of \$15.00 from the Swarovski retail price.

In all of the reading seminars I attended as a teacher, they stressed that you must repeat information at least seven times before it can be internalized and retained. I almost made it, but feel compelled to complete your education by stating one last time – Please get out the message, **The new SMAA Health Education focus includes Breast Cancer Awareness, Heart Disease in Women and Osteoporosis!**

If you have any questions about the Health Education focus, please feel free to contact me or get in touch with Lana.

Donna Gosney, Vice-President for Health Education

Help SMA/SMAA Promote a Healthier Lifestyle While Supporting a Great Cause!

Calling all Auxilians! Get out your running shoes and dust them off! SMA and SMAA are hosting the first Health Walk/Fun Run at the annual meeting in New Orleans this November. This event will take place on Saturday, November 13 at 7:00am. The Health Walk will be a one-mile walk, while the Fun Run will be a 5-K run in the beautiful Woldenberg Park located near the Aquarium of the Americas and the Hilton Riverside Hotel. Support the Research and Education Endowment Fund by registering for active participation in the event for \$40 per person or you can be a passive participant or “Phantom Runner” for \$25 per person. Don’t miss out on this fun and worthwhile activity. Sign up when you register for the annual meeting or contact Lana Burwell at SMAA by email at lburwell@sma.org, or call SMA at 1.800.423.4992. Don’t be left in the dust!



Call to Convention 2004 • Hilton New Orleans Riverside Hotel

SMA 98th Annual Scientific Assembly • New Orleans, Louisiana • November 11-13, 2004

Plans are underway to make this year's convention in New Orleans one of the best. Convention activities will kick off in the convention center with the **SMA OPENING CEREMONY** on Thursday, November 11 at 8:00. The featured guest speaker is **HAMILTON JORDAN**, White House Chief of Staff for Jimmy Carter. Since leaving the White House, Mr. Jordan, who is a three-time cancer survivor, has written two best sellers, started an NFL franchise, been named "Sport Executive of the Year," and created numerous successful companies, many in the fields of health and biotechnology. His inspirational message tells the story of his successful battle to overcome cancer while his assertive approach to life gives hope and encouragement to those facing similar challenges. In addition, a well known New Orleans resident, **HARRY CONNICK, SR.**, will make a special appearance to help us celebrate Veteran's Day 2004.

Hurry back to the Hilton after Opening Ceremony to attend a **WELCOME TO NEW ORLEANS ORIENTATION** at 10:00. You'll get the scoop on where the locals dine and dance, the best place to purchase New Orleans specialty items, and a priority list of "must sees." A question and answer period will follow the presentation.

Those of you who expressed interest in becoming facilitators for the Auxiliary's new osteoporosis project **CHOICES FOR BETTER BONE HEALTH** will have a chance to meet the co-creator of the program, Dr. Barbara Miller, during the two-hour workshop and orientation on Thursday from 10:30-12:30. Anyone interested in learning more about this self-management program for osteoporosis patients should attend.

The Auxiliary's **GENERAL SESSION AND EXHIBIT AWARDS CEREMONY** is scheduled for Thursday afternoon from 2:00-5:00. The 2003-2004 Board will highlight their activities and achievements from the past year, introduce the new health care directives for 2005 and present awards for the best exhibits illustrating state and county alliance community service projects. If you're new to the Auxiliary, this meeting is a great way to learn about SMAA programs and how you can participate. A social break is planned during the meeting to give you time to meet the Board, check out the Holiday Boutique, renew old friendships and make new ones.

Thursday evening the Auxiliary will co-sponsor the **TALK OF THE TOWN** CME Dinner at the award-winning Windsor Court Hotel. Enjoy the ultimate elegant New Orleans dining experience while listening to this year's featured speaker, Dr. Tieraona Low Dog from Corrales, New Mexico. Dr. Low Dog will discuss how to develop a personal plan for achieving optimal health and living a life in balance. She began her extensive career studying herbal medicine and its role in modern health care more than 20 years ago. Time Magazine presented her with the Innovator in Complementary and Alternative Medicine Award in 2001 and Bill Clinton appointed her to his White House Commission on Complementary and Alternative Medicine.

The key speaker for Friday morning's **PRESIDENT'S SYMPOSIUM** is Nieca Goldberg, MD, Chief of the Cardiac Rehabilitation and Prevention Center at Lenox Hill Hospital in New York City. A passionate spokesperson on the subject of women and heart disease, she has written what is considered to be the "bible" of heart disease in women. A national spokesperson for the American Heart Association, Dr. Goldberg has been featured in a number of news publications, as well as appearances on Good Morning America, the Today Show, NBC Nightly News, and CBS' The Early Show.

The **AUXILIARY INSTALLATION LUNCHEON** is at 11:30 am on Friday in the Hilton. Enjoy delicious Creole cuisine and join in the festivities as Sandy Currie of Amarillo, Texas is installed as the new Auxiliary President. The coveted awards for the top Doctors' Day, Health Education and Medical Heritage exhibits will be presented at this time and you will also learn who won the new "Creole Raffle".

After the Luncheon, spend the afternoon exploring two of New Orleans' outstanding museums. The **OGDEN MUSEUM OF SOUTHERN ART** houses 18th and 19th century paintings and prints, ceramics, photographs and sculptures. The **NATIONAL D-DAY MUSEUM** pays tribute to the more than one million Americans who took part in the various amphibious or D-Day invasions of World War II. It is the only museum in the United States that addresses all of the D-Days of World War II.

If you're not into museums and want to become more confident about your future, attend the special session for physician spouses: **CRITICAL ISSUES NEEDED FOR A WORRY-FREE RETIREMENT**. A Financial Service Representative from SMA Services, Inc. will discuss issues such as wills, estate planning, long term care policy do's and don'ts, the use of gifting to avoid taxes, and more.

Friday night, SMA President Dr. Rudy Howell and SMAA President Nancy Lindstrom, will be honored at the **PRESIDENT'S RECEPTION AT THE AUDUBON AQUARIUM OF THE AMERICAS**. The Aquarium features more than one million gallons of fresh and saltwater exhibits including 530 species of ocean life. Immerse yourself in the wonders of the deep at one of the top five aquariums in the country while enjoying delicious food and camaraderie with your friends and colleagues.

Help SMA and SMAA promote better health early Saturday morning by participating in the **HEALTH WALK/FUN RUN** in Woldenberg Park. This year's 1-Mile Health Walk or 5-K Fun Run will benefit the Research and Education Endowment Fund. If you can't be present on race day or just don't want to break a sweat, you can still support the R&E Fund and receive a race T-shirt by registering as a Phantom Runner.

Auxiliary sessions culminate after the Fun Run at 9:00 with coffee and beignets in the Hospitality Room before the **POST CONVENTION BOARD MEETING AND WORKSHOP** begins at 9:30. This meeting is a must for the new 2004-2005 Auxiliary Board but everyone is welcome and invited to attend. New officers will explain their program areas and discuss plans for the coming year. Winners of the top Doctors' Day, Health Education and Medical Heritage awards will give short presentations on their community service projects.

Saturday afternoon you can tour three beautiful private homes in the **FRENCH QUARTER**. Included in the tour is the home of Lindy Claiborne Boggs, former U.S. Representative from Louisiana and U.S. Ambassador to the Vatican, and mother of ABC-TV commentator, Cokie Roberts. Built in 1795, this historic three story Spanish Colonial townhouse is located on the famed Bourbon Street.

The **PRESIDENT'S NIGHT DINNER DANCE** is always the exciting grand finale of the Annual Meeting. Dine and dance the night away! Entertainment will focus on the Music of New Orleans featuring Dixieland, gospel, Blues and of course, jazz! Laissez le bon temps roulez – let the good times roll!

SMA's 97th Annual Meeting in Atlanta, Georgia



Auxiliary Schedule of Events

SMA 98th Annual Scientific Assembly • New Orleans, Louisiana • November 10-13, 2004

Wednesday, November 10, 2004	
12:30 - 2:00 pm	2003-2004 SMAA Executive Committee Meeting – President’s Suite; Hilton
1:00 - 5:00 pm	Exhibit and Boutique Set-up in SMAA Hospitality Room - Hilton
4:00 - 6:00 pm	SMA Leadership Forum (SMAA Executive Committee)

Thursday, November 11, 2004	
7:30 am - 5:00 pm	SMAA Hospitality Room/Boutique/Exhibits – Hilton
7:30 - 9:30 am	SMAA Exhibit Set-up*
8:00 - 9:30 am	SMA Opening Ceremony – Convention Center
9:45 am	SMAA Exhibit Judging
10:00 - 10:30 am	Welcome to New Orleans Orientation - Hilton
10:30 - 12:30 pm	Choices Orientation & Workshop - Hilton
12:00 - 1:30 pm	Auxiliary Past-Presidents’ Luncheon – Galatoire’s Restaurant
2:00 - 5:00 pm	Auxiliary General Session and Awards Ceremony - Hilton
6:00-9:30 pm	Talk of the Town CME Dinner - Windsor Court Hotel: “Life in the Balance: Achieving Optimal Health”

Friday, November 12, 2004	
7:30 am - 5:00 pm	SMAA Hospitality Room/Boutique/Exhibits - Hilton
9:15 - 10:45 am	SMA President’s Symposium – Convention Center “Life Saving Strategies for Preventing and Healing Heart Disease in Women”
11:30 - 1:30 pm	Auxiliary Installation Luncheon - Hilton
2:00 - 5:00 pm	Southern Arts Serendipity Tour – Art Museum & D-Day Museum
2:30 - 4:00 pm	Critical Issues Needed for a Worry Free Retirement - Hilton
5:00 - 6:30 pm	Reception for new Auxiliary President - Hilton
7:00 - 9:30 pm	Presidents’ Reception – Audubon Aquarium of the Americas

Saturday, November 13, 2004	
7:00 am	Health Walk/Fun Run – Woldenburg Park adjacent to Hilton
9:00 - 9:30 am	Coffee and Beignets – Auxiliary Hospitality Room - Hilton
9:30 - 12:30 noon	Auxiliary Post Convention Board Meeting - Hilton
1:00 - 5:00 pm	New Orleans Home Tour - French Quarter
6:30 - 7:30 pm	President’s Night Dinner Dance Reception - Hilton
7:30 - 12:00 midnight	President’s Night Dinner Dance – Hilton

Registration Packets should be picked up inside Exhibit Hall A at the Ernest N. Morial Convention Center. Hours of operation for the Registration Desk are:

Wednesday, November 10 12:00 pm - 6:00 pm
 Thursday, November 11 6:00 am - 5:00 pm
 Friday, November 12 6:30 am - 5:00 pm

* All SMAA exhibits must be in place by 9:30 am Thursday and removed from Hospitality Room by 2:00 on Saturday afternoon.

Georgia Strikes Out Spit Tobacco

The Medical Association of Georgia Alliance, working in coalition with several other groups, is attempting to Strike Out Spit Tobacco. Immediate Past-President Nancy Brant began the program, which has now been adopted by schools throughout the state, as well as by dental offices, emergency medical personnel, and the National Collegiate Athletes Association (NCAA).

Studies show that spit tobacco use typically begins around age 12 and is especially prevalent in rural areas. Children also try to emulate major league ball players they see chewing tobacco on the field on national television. Mrs. Brant, working with Coach Mike Hurst, head baseball coach for Georgia State University and an oral cancer survivor, used grant money from the Medical Association of Georgia Foundation, the AMA, and the Bartow County Medical Alliance to produce a short film about spit tobacco usage.

The Alliance worked in coalition with the American Cancer Society, Oral Health America, The Georgia Spit Tobacco Education Program, The National Spit Tobacco Education Program, and the National Cancer Institute. Coach Hurst, the star of the video, gave his personal account of his diagnosis of oral cancer due to spit tobacco use, treatment, and its effects on his lifestyle. The video is paired with a brochure highlighting important tips on oral cancer signs and symptoms, treatment, statistics, and resources.

The NCAA incorporated the video into their 2004 baseball rules clinic video that is required viewing for all Division I head coaches. The video has also been distributed to schools throughout Georgia, dental offices in Alabama, insurance companies, and to emergency fire/medical personnel.

Mrs. Brant stated, "If we persuade just one young person to stop using spit tobacco or from starting down that road, then we will have made a difference." For more information on this program or to obtain copies of the video (\$15 each) please contact the Medical Association of Georgia Alliance, Mary Eva King, 1330 W. Peachtree Street NW, Suite 500, Atlanta, GA 30309.

MSMA 79th Convention A Rousing Success

The Missouri State Medical Association and the Missouri State Medical Association Alliance held their annual meetings in St. Louis on April 1-3, 2004. This was the 79th convention for the Alliance with President Lori Jones of Joplin, Missouri presiding.

Mrs. Rhonda Wade was honored as MSMA Alliance Member of the Year for her work with the Duffel for Kids program in St. Louis during an awards luncheon on Friday. An American Medical Association Foundation fundraising dinner was held on Friday evening with a silent auction and a performance by T.R.A.S.H. (Truly Rational and Sane Humans--off stage). T.R.A.S.H. troupe members are physician spouses and the theme of their comedy and musical revue is, naturally, medicine.

Mrs. Anne Turnbaugh, of Jefferson City, Missouri, was installed as MSMA Alliance President on Saturday afternoon. Mrs. Jean Wankum, a former AMAA Field Director, conducted the installation of all officers. Saturday evening brought a reception for both outgoing MSMA President Fred DeFeo and MSMA Alliance President Lori Jones and the newly installed MSMA President Edmond Cababbe and the MSMA Alliance President Anne Turnbaugh.

The Missouri State Medical Association Alliance was very pleased to have two guests attend the convention. Mrs. Sandy Currie, Southern Medical Association Auxiliary President-Elect, brought greetings from Southern Medical and noted that Missouri has a number of MSMA Alliance members active in the organization. MSMA Alliance member, Carol Sparkman, is a past SMAA president. Mrs. Kay Brada, American Medical Association Alliance Bylaws Chair and a Past-President from Kansas, also brought greetings from the AMA Alliance.

The exchange of ideas, camaraderie, and good fellowship was a highlight of this convention as it always is with our meetings in Missouri. We look forward to the coming year. Mrs. Turnbaugh quoted Ben Sweetland in her installation speech:

"We cannot hold a torch to light another's path without brightening our own."

The Organ Wise Guys

The one-hundred and eight third and fourth graders of the Winona, Mississippi elementary school learned the organs of their bodies, how to take care of them, what exercise means to the body, and what foods are healthy and unhealthy. Nell Middleton, president of the North Central (Mississippi) Medical Alliance and Kay Emmons, home economist, led the students in discussions about being overweight, how to share this information with their parents, and how to change their life style in order to obtain a strong healthy body. The students were given a test at the end of the session with each room receiving a special prize. Booklets on healthy foods were prepared and sent home for the parents to enjoy.



Nell Middleton, North Central Medical Alliance President

Membership Really Does Matter and This is Why!

Amal Shamieh carries her Southern Medical Association Auxiliary directory with her when she travels. That way, she always has an active network of friends in southern cities and states she visits – just in case. That “just in case” eventuality occurred one day last March when she was in West Palm Beach, Florida, visiting her mother who had recently moved there for the winter from her bitterly-cold Iowa home. Unexpectedly, her mother had undergone surgery a little before Christmas, 2003, resulting in two stints and a pacemaker. In January, she and Amal’s father moved to a senior citizen complex located in a warmer winter climate of Florida, with instructions from her physician to get a checkup from a cardiologist within a few weeks. And who better than a fellow physician to recommend a competent practitioner when one is needed?

March 2004, found Amal consulting her SMAA directory for names and contact information of someone residing in or around West Palm Beach. This is how she “met” Susan Marks. Amal started the conversation with “Hi. I am Amal Shamieh, a fellow-member of Southern Medical Association Auxiliary, and I need your help.” Though they have talked on the phone many times since this initial encounter, they have never met in person, hoping to do so soon during an SMAA Annual Meeting. Amal explained her plight to Susan, who offered to ask her husband, a retiring gynecologist, who he would recommend. Later that same day, Dr. Marks returned Amal’s call with the name and contact information for his cardiologist, but he didn’t stop there. He arranged for Amal and her mother’s initial visit to the specialist AND made two follow-up phone calls to see that the visit went smoothly.

Following her initial visit in March ‘04 to the cardiologist Dr. Marks recommended, Amal once again traveled to West Palm to see her parents in April because her mom “just wasn’t feeling well.” When she called the physician her mom had just seen one month ago, he told her she needed to get to a hospital right away, and he gave her the name and location of one that was located in close proximity to her. Amal’s mom, however, insisted on seeing him because in just that one brief visit in March, she had established a trusting rapport with the physician, the basis of many patient-physician relationships and an oft-hidden but vital contribution to the healing paradigm. By the time Amal and her mom got to the emergency room, her new cardiologist was waiting for her. Amal credits him with saving his mom’s life, for at that time he discovered and treated a blockage in transmission of signals along the

wires between her heart and her pacemaker.

When I recently spoke with Amal, she and her parents were attending the high school graduation of a special granddaughter, Amal’s niece, in Washington, DC. Obviously her mom doesn’t consider a little thing like a heart condition a reason to confine her travels. And why should she? She has a daughter with a SMAA membership directory and an entire cadre of friends at her beck and call! And, as an SMAA member, you do too! Doesn’t every southern physician deserve that security?

Another such conversation began, “My first child will leave home to attend college in your state next year. Can you help me find out more information about places to stay, to eat, safe neighborhoods for his apartment, and a good doctor in case he needs one?” This experience actually led to a life-time friendship, one that has weathered TWO children through college, one through medical school, two weddings soon to occur, and even breast cancer in both families.

These stories could be multiplied many times across the Southern Medical Association Auxiliary family. As you read this column, you may be thinking of your own story of personal friendship with fellow Auxiliary members. If so, I’d love to hear about it, for these are the Real Stories of the Auxiliary. You can reach me by email annelletanner@cox-internet.com, phone 318-487-18250, fax 318-487-2940, or write me at 2710 Marye Street, Alexandria, LA 71301, chronicling your experience with networking and friendships among the Auxiliary.

What can be said about the value of membership in an organization that provides such lasting friendships as well as useful networking community? Remarkably, this is an organization where you have a good opportunity to meet the person you consulted during the Annual Meeting in the fall. Few professional meetings include meaningful opportunities to enjoy sessions together as a medical family or couple, but because both physician and spouse—as well as entire families—participate in this meeting, it has become one of the best-attended and most enjoyable healthcare meetings offered. The annual meetings provide a productive and fun few days during which the physician can gain knowledge on a wide variety of practice management or continuing medical education topics they may not ordinarily encounter, even during their own specialty meetings because those events are so targeted in one area. The

spouse selects choices of events ranging from physicians' spouse meetings focusing on activities that seek to improve health and healthcare for clients in our communities, to a wide variety of activities including sightseeing, shopping, personal and professional development. Additionally, several programs of potential interest to both spouses are planned so that the family can participate together in those events. Don't take my word for it, though. Mark your calendar NOW to try it for yourself THIS YEAR in New Orleans (my personal favorite meeting location!), November 11-13, 2004. And introduce yourself to me; I never know when I may need a friend in Your Town, USA.

Many of you responded to the Membership Survey included in the last *Southern Connection*. If you have not been able to do so yet, it's not too late. Contact Lana Burwell at SMAA at lburwell@sma.org or 800-423-4992 ext. 185 for a copy of the half-page form, and register your experience of becoming an SMAA member.

See you in New Orleans!

Annelle Tanner
Vice President, Membership

Amal Shamiieh is an active member of the Calcasieu Parish Medical Alliance and recently served as President of the Louisiana State Medical Society Alliance. Her husband, a neurologist in Lake Charles, Louisiana, is currently President of the Calcasieu Parish Medical Society.

SMAA R&E Endowment Fund Committee Plans New Fund-Raising Events for Convention

The SMAA Research and Education Endowment Fund Committee will present its first "Creole Raffle" this year to raise money for medical school scholarships and research training grants. Raffle items will be on display in the Auxiliary Hospitality Room located in the Hilton Riverside Hotel. Attendees can buy chances at \$10 each or six for \$50 to win items such as a diamond heart necklace, a framed print by a local wildlife artist from South Carolina, handmade glass jewelry from a Kentucky artisan, and a Fendi purse. The drawing will be held during the Auxiliary's Installation Luncheon on Friday.

A Holiday Gift Boutique will also be located in the Hospitality Room. Twenty percent of all boutique sales go directly to the Research and Education Endowment Fund. You can start and finish your holiday shopping here while supporting a good cause. Pewter Presentation from New Orleans, one of our most popular vendors from last year's convention will be back. We also have several new vendors attending, including: Bead Me Up from Macon, Georgia, which sells jewelry made with handmade glass beads, crystal, sterling and semi-precious stones; Cosas Buenos from San Antonio, Texas which sells women's accessories, home accessories, and other handmade, one-of-kind items; a dye artist from Cape Girardeau, Missouri; and Authenticity, a unique jewelry artisan also from Cape Girardeau. If you have any suggestions for other potential vendors, please contact Lana Burwell at 800-423-4992 or email her at lburwell@sma.org.

Saturday morning, SMA and the Auxiliary will co-sponsor a Health Walk/Fun Run to benefit the Endowment Fund. November in New Orleans is the perfect time to start your morning with an invigorating 1-Mile Health Walk or a 5-K Fun Run in Woldenberg Park adjacent to the Hilton Hotel. This beautiful stretch of green runs from Canal Street to Esplanade Avenue and overlooks the Mississippi River as it curves around New Orleans. If you can't be present on race day or just don't want to break a sweat, you can still support the Research and Education Endowment Fund and receive a race t-shirt by registering as a phantom runner. Encourage your spouse and friends to participate! Sign up when you register.

Don't miss any of these great opportunities to support the future generation of physicians!

Nancy Swikert, MD
Chair, SMAA Research and Education Endowment Committee

Medical Heritage — SMA Heritage

Now is the time that state and counties are submitting their Medical Heritage projects to be exhibited in New Orleans in November. It is so exciting to read about the excellent projects Medical Heritage Councilors have been able to direct in their states. The neat things about projects submitted to SMAA for judging is that they are not judged on the basis of cost or number of volunteers. We need to promote awareness of our medical heritage through programs and projects like these. We must continue to stimulate an interest in the research and recording of otherwise unacknowledged events and significant contributions to the broad field of medicine. The county or state with the most outstanding Medical Heritage exhibit will be presented the Dr. and Mrs. Milford Rouse award during the Auxiliary Installation Luncheon at the Annual Meeting in New Orleans. The winner of the award will receive a check for \$500.

The year is passing quickly and I have enjoyed working with all the Councilors but the best part is the friendship and knowledge I have gained. What wonderful "Opportunities We Have Had to Excel." I look forward to seeing each of you in New Orleans.

Kathy Carmichael
Vice President, Medical Heritage



SMA Auxiliary

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