



Southern Connection

Newsletter for Southern Medical Association Alliance

• www.sma.org/alliance

• Summer 2009

2008-2009 Officers

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Kingston, GA

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Oklahoma City, OK

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Message from SMAA President

by Nancy Brant

My eight year old granddaughter, Grace, spent the night with me last week. As she was leaving she hugged our little dog and said, "I'm going to miss you, Westley. I love you so much—even if you are

a boy—but in a family way"! I laughed but it made me think of family ties and what family means.

I just returned from the American Medical Association Alliance House of Delegates in Chicago. I was so proud of the way the Southern states worked together to examine issues and make statements. Although we are scattered across many states and many, many miles, we truly are a coalition of individuals with a common cause that unites us: the medical family.

Since its inception, SMAA membership has been comprised of the spouses of physicians who are members of the SMA and widows or widowers of deceased SMA members who were in good standing at the time of their death, with Past Presidents being Lifetime Members with all privileges of membership. The women who founded our organization were not welcomed with open arms, or even toleration in some areas. Yet they persisted through the "skeptical years of hesitancy, doubt, and discouragement into the present happy period of esteem".

And we are esteemed by our physician spouses. The SMA has moved into unprecedented recognition of the Alliance. We are considered an integral part of the Southern Medical Association. Our meetings are held together; our members serve on their boards and attend their meetings; we are included in their CME sessions and invited to partake of all they do. We are true partners in every sense of the word. Our Doctors' Day project is now a national event signed into effect by President George Bush in 1990. Our focus on breast health education received national attention as well.

Being an effective physician spouse organization has always enabled us to achieve notable strides and to continue to work alongside our physician counterparts. Is membership down? Yes. Does that impact what we can do and how we do? You bet? Are

we throwing in the towel and changing from what we were...what we are...into something we will no longer recognize? No.

As many of you know, I am also President of Congregation Rodeph Sholom in Rome, Georgia. We are a small group of only 31 families. But we are a dedicated group. We do what is necessary and everyone pitches in to keep the temple going with everything from an active teen group, lay-led services when our Rabbi cannot be there, a Sisterhood, and a Sunday School. I call us "the little temple that could". Another "family", dedicated to another cause, yet functioning as a unit to accomplish their goals.

While many organizations are restructuring themselves, the Southern Medical Association and the Alliance remain dedicated to physicians and physician spouses because we feel this integral conservative unit is our foundation. It is our past. It is our heritage. This SMA Heritage is values based and allows us to deliver on "The Promise of the Future". It connects the new with the old and allows members to know that our values must continue as the foundation of any future. To be true to ourselves, we must remain true to our inception and to our members.

At Southern we ARE a family. We love and support each other in ways that others who are not committed to the family of medicine will never know. We are a diverse, multi-cultural group of people with different beliefs and experiences. Yet we all share one thing. We are the spouses or widows/widowers of physicians. While we all lead separate lives and have different hobbies, careers, and backgrounds, we function as one, united under the banner of the family of medicine.

Thank you all for welcoming me and Barbara Jett into your "families" as I have traveled across the South to visit you. If we have yet to visit with you, please know we look forward to seeing you before the SMAA HOD in Grapevine, Texas in December.

Enjoy the summer!
Nancy



Message from the President Elect

by Barbara Jett, Oklahoma

“What is my next job?”

As the temperatures go over the century mark for the tenth day (today, we are trying to break the all time record set in 1954 of 107), I spend a lot of time indoors

appreciating my two new air conditioning units and am trying to come up with “cool” indoor projects to entertain my two young grandchildren when I pick them up from summer school.

My four year old grandson, Coulter, often asks, “What is my next job?” He loves to help add ingredients to a cake or cookies. After he cracks the egg, he says, What is my next job? After he adds the flour, the salt, the sugar, etc, he always ask the same question, “What is my next job?” At summer school the students are given jobs. Coulter has had the opportunity to be the equipment manager and the door holder, but he really is looking forward to being the song leader. You see, this week it is not his turn to have a job and he wants a job. He is always asking his teachers, “What is my next job?”

Thinking of the Alliance, wouldn't it be great if we had a room full of members like Coulter-- always asking “What is my next job?” Probably not all alliance members will ask, “What is my next job?” But--we may have a room full of members just like Coulter. Perhaps they are asking and we are not listening, or perhaps they would like to be asked to participate. Coulter loves to have jobs and loves to tell Grandma about how he did his job at school. It gives him a feeling of importance to have a job at school and at home. Our alliance members may also feel important if we give them a small job--one that they can accomplish easily and be a part of the alliance team.

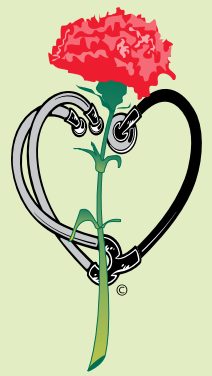
As you begin to plan your fall alliance programs, be sure to think about these membership groups. Perhaps, they, too, are asking, “What is my next job?”

- The newly retired physician spouses might just be looking for a place to spend their retirement time. They will bring skills, new ideas, and optimism to your board and to your alliance. Determine their interests and ask them to get involved.
- Plan some activity for the very young alliance member--those working Moms and Dads with small children. After a week of hard work, this age group is looking for weekend family activities during the morning, afternoon, or early evenings. Coulter thinks golf, croquet, and swimming would be good ideas for family events. Can you tell he loves sports? Oh, he wants me to also add T-Ball and basketball, too.
- The working spouse might be looking for an activity that they can participate in over a weekend. I know our county alliance is looking at this group to help staff their annual Kitchen Tour which will be held on a Sunday afternoon. It is a great time for the working spouse to meet people and spend time with friends. Guys love staffing the gardens and wine cellars. After a fun time staffing the Kitchen Tour, they may well ask, “What is my next job?”

Now, ask yourself, “What is my next job?” How can I make SMAA better? I would love to hear your ideas.

Doctors' Day Update

by Nancy Swikert, MD – Kentucky



A big thank you to all of the SMAA/SMA members who purchased Doctors' Day Items this year! We truly appreciate your continued support of the future of medicine by your generous donations. As with the rest of the US economy, the amount raised by the sale of Doctors' Day items this year was down to \$6800. But, we at SMAA are still proud of our continued observation and celebration of National Doctors' Day on March 30th each year. SMAA members are loyal to our beliefs and goals in “thin years” as well as “fat years”. So, again, from the Doctors' Day committee, a big thank you.

You can start planning now for Doctors' Day in 2010. We have a long list of previously mentioned ideas for uses of Doctors' Day items. A few of the most popular items and uses are listed below:

items;

Doctors' Day balloons, tray cards, thank you cards, travel mugs, stickers, and other items found at our website, sma.org

uses;

doctor lounges at hospitals, doctor offices, patient rooms, personal doctors, gift shops, cafeterias in hospitals, clinics, medical society retirement dinners, medical staff meetings, nursing homes, etc.

If you have a unique celebration of Doctors' Day, please contact us with the information so we can share it with other interested members of our SMAA.

Also, your Doctors' Day committee would like to remind all state councilors that we are looking forward to your Doctors' Day exhibits at our annual meeting in Grapevine, Texas in December. Please get your exhibit forms and exhibits ready now for that special event. Your state doesn't want to be left out of the great tradition of sharing ideas for Doctors' Day and the friendly competition for Doctors' Day awards. If you have any questions about the exhibits, please contact me or Lisa at SMA.

Your Doctors' Day committee appreciates your enthusiasm and the opportunity to work with all the SMAA state councilors in celebration of all doctors and the future of medicine.

Medical Heritage Report

by Rose Kuplesky – Louisiana

This has been a great, year for Avoyelles. I am the interim president for Avoyelles, while we have a young male member in training.

During the year following our successful Pink October 2008-2009 we continue to donate to the Christmas fund for foster children which our Medical Society matched this year.

In March the hospital hosted the grand annual crawfish - seafood boil. It was well attended by many physicians and spouses.

Health Awareness Week - April 20th - 24th was "Have a Five Star Week".

Each day the participant kept a log of fruit and vegetables, exercise, sleep time, relaxation & family time. It was a great week & many newspaper readers participated in the exercise. We ended the week with a softball tournament in honor of our Doctors. All of this was published in the paper & was well received. The Mayor even did a proclamation for us. LSMSA also received a certificate for participating in the Walking Challenge 2009.

This weekend we are partnering with the Boys & Girls Club of Avoyelles on Saturday. We will set up a booth for B/P checks & hypertension education. Hot dogs and drinks will be served. We donated the water. Hopefully people will have fun & also receive education about heart disease & high blood pressure. We will also have screen out petitions to be signed at our table.

Besides getting reports together for our 3 categories of projects, things are busy here even in the summer. Please remember to submit your projects to the SMAA office by September 15, 2009.



Grand Annual Crawfish - Seafood Boil

North Carolina Report

by Linda Lee Hanrahan

Getting Back to the Core Geographically and Physically
In North Carolina

Our State is basically divided into three segments, coastal, piedmont and mountainous. The greatest population is located in the center third segment, and, thus, has the greatest number of physicians and potential Alliance members. The coastal and mountain areas have pockets of higher population, but are predominately rural and often undeveloped. This is especially true in the western portion of the State. These two areas are often under-served by physicians, and spouses are often employed outside the home and/or busy with local activities and concerns. Our main membership is, therefore, from our center and piedmont section. Our state has been trying to utilize these Alliance members to outreach to the rural areas by regional meetings, officer visitations and by grants to fund their local projects, among other things.

We try to let them know that we are there for them, and will help in any way that we can help. By helping these areas, we strengthen ourselves- our core reason for being an Alliance.

The NCMS Alliance is involved with Its Get Fit NC program that tries to encourage physical fitness and better health through its health education efforts, symposiums and grants to help counties relay this information to their communities. There are county challenges for miles walked/ran, general health and nutrition information presented in their printed newsletter and its e-newsletter and website. They have an annual Get Fit Run to raise money that is sent to schools which are under funded for physical education equipment. The school children have been very excited and often write nice letters back to our Alliance. They stress the need to have the schools instill in the children from elementary school age, and older, to stay active and lead a healthier lifestyle.

A healthy State and body need to have a strong core to get on with the activities of daily living and make their communities a better place for themselves and others.

MSMA ALLIANCE COOKBOOK FUNDRAISER

There are 450 recipes submitted by physicians and physician spouses across MS. ALL proceeds will go toward providing financial assistance with tuition cost for third and fourth year medical students at the University of MS Medical Center in Jackson, MS.

**COOKBOOKS ARE
\$16 plus \$3.50 S/H**

**Contact: Sondra Pinson
(662) 690-6530
twptupelo@comcast.net**

ANNOUNCING

The SMA Alliance has a new website that has been designed to help you keep in contact with your Alliance friends. Please go to **www.smaalliance.org** to review the new website, set up a blog about your family, friends, areas of interest in your location, etc.

Please be sure to take the survey and let us know what else we can add/change to the website to make it easier for you to use!

Don't miss the SMA Alliance's 85th Annual Convention in Dallas, Texas! Register today at <http://www.sma.org/am2009/registration/index.cfm>. There will be a special event during the Installation Luncheon on Friday, December 5 that you won't want to miss celebrating this momentous occasion!



Annual Scientific Assembly

Gaylord Texan Resort and Convention Center

Dallas, Texas

December 3 - 5, 2009

Health Education Report

by Pacita Salon – West Virginia

DOWN WITH HYPERTENSION AND WEIGHT

It is not too late to join the challenge to lose weight before the convention. We will have fun.

Remember, the Health Education Committee of the SMAA Challenged YOU to a year of weight loss from August 2008 until December 3, 2009.

For those who participated we will have a check-up in Grapevine, Texas in a private place we will weigh you or gently ask for your weight or measure your waistline and take your blood pressure.

For those who would like to start now please give me a call at 304-673-0272 or any members of our Health Education Committee.

The members of the committee are:

Teresita Cabotaje, Vickie Casibang, Myrna Goodman, Emily Hill, Miriam McEver, Elsie Perez, Marylon Rahbar and Frances Smaltz.

News from around the State:

Hilton Head Medical Association Alliance

President: Judith Hewes
President-Elect: Linda Elliott

Mississippi State Medical Alliance

President: Sondra Pinson
President-Elect: Louise Lampton

South Carolina Medical Alliance

President: Paige Tiffany
President-Elect: Lynn Isenhower



Kathy Carmichael and Jane Preston



Susan Resh and Sons



Mississippi Ice Cream Social



South Carolina Doctors' Day Event

If you would like your new officers listed and or photos from your state meetings, please send to the SMAA office at lodaniel@sma.org.



A Golden Opportunity

Southern Medical Association

2009 CME CALENDAR OF EVENTS

July 26-30	Focus on the Female Patient Kiawah Island Golf Resort, Kiawah Island, SC
August 14-16	Hypertension, Diabetes & Hyperlipidemia Westin Savannah Harbor Golf Resort & Spa, Savannah, GA
November 6-8	Southern Region Burn Conference Hilton Shreveport Hotel, Shreveport, LA
December 3-5	SMA Scientific Assembly Gaylord Texan Resort and Convention Center, Dallas, TX
December 18-20	Medical Dilemmas in Patient Care: Exploring the Primary Care-Specialty Interface Crowne Plaza Times Square Manhattan, New York, NY

2010 CME CALENDAR OF EVENTS

February 18-21	13th Annual Conference on Osteoporosis: Diagnosis, Management and Prevention Amelia Island Plantation, Amelia Island, Florida
July 25-29	21st Annual Focus on the Female Patient Conference Kiawah Island Golf Resort, Kiawah Island, South Carolina
November 4-6	SMA Scientific Assembly Gaylord Palms Resort and Convention Center, Kissimmee, Florida

Young Physician Scholarships

A limited number of registration scholarships are available for young physicians (residents or 1-2 years in practice). For more information, please contact Kathy McLendon via e-mail: kmclendon@sma.org

- **Educational Cruise Opportunities** – www.sma.org/cmecalendar
Watch for new 2010 CME cruise conferences!
- **New Fall of 2009! EMR Seminars** - www.sma.org/cmecalendar
EMR seminars for physicians and office managers. Learn how the American Recovery and Reinvestment Act will benefit your practice.
- **MedEd On-Demand Library** - www.sma.org/meded
Do you need CME credit but can't take time away from the office? Does your nursing staff need contact hours? Free to SMA members and their clinical staff.
- **Southern Medical Journal** – www.sma.org/smj
Each monthly issue features selected journal articles offering physician credit and nursing contact hours.
- **Communities of Interest** - www.sma.org/community
Developed for each conference to provide a unique opportunity for further development of leadership skills and serve as a platform to effectively advocate for important issues.

For More Information

www.sma.org/cmecalendar • 800.423.4992 ext. 620

Southern Medical Association is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.
Nurse Continuing Education Contact Hours: The Southern Medical Association is an approved provider of continuing nursing education by the Alabama State Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. Southern Medical Association Provider #5-125.