Show Me Alliance News

The Newsletter of the Missouri State Medical Association Alliance

September 2013

AMA Board Member To Speak to Alliance

by Barbara Hover, MSMA Alliance President

AMA Board of Trustee Chair David Barbe, MD, will address the Alliance on "How to Make Friends and Influence Legislators," and will join an outstanding group of health professionals who will speak to the Alliance during the 2013 Fall Conference in the scenic Ozarks on Sept. 30 - Oct. 2.

This annual event will be held at the Hilton Promenade at Branson Landing, a premier entertainment and shopping complex located on the banks of Lake Taneycomo. With more than 100 shops and restaurants nearby you will want to arrive early to have plenty of time for shopping. Go to www.bransonlanding.com for more information and directions to this great place.

The Alliance's Fall Conference is a wonderful opportunity to hear timely reports on critical issues facing Alliance members this year. See page 7 for the agenda and registration form.

Pre-conference fun is scheduled for

Monday, Sept. 30, with dinner at the Cantina Laredo at 7:00 p.m. Early check-in at the Hilton Promenade is also available. On Tuesday, we begin the conference in earnest with a board meeting starting at 10:00 a.m., followed by speakers with topics on health system reform, health care delivery, and a bus tour of, and a catered dinner at the School of the Ozarks. Our own Lissa Young will present on Easy Wardrobing for Life and Travel during the dinner.

On Wednesday, the Alliance will continue its "Move Across Missouri" program with a photo opportunity on Lake Taneycomo. (See story, page 2.) Morning speakers and topics include making healthy choices, synthetic pharmaceuticals, and granting-writing and fund-raising. The Conference will wrap up with a tasty lunch and cooking demonstration by the Promenade's chef.

We hope to see you there but space is limited so you will want to make your

Leadership Conference held in Cape Girardeau in July.

The Alliance voted to adopt and support the Surgeon General's healthy lifestyle platform, tweaking it with a new statewide health initiative, called MOVE

ACROSS MISSOURI (MAM). We encourage medical families and families in general, to MOVE ACROSS MISSOURI, whether it be biking, hiking, swimming, walking, running; just be active with your family, children, and spouse.

Because Missouri is home to a number of historic trail ways, we launched MAM during the meeting in Cape Girardeau with a walk along the scenic Mississippi River Walk (see photo left). We would like each local Alliance to incorporate this new state



reservations soon. The deadline for the hotel reservations and conference registration is Sept. 15. After that date, hotel availability cannot be guaranteed and the conference registration goes up \$15. Rates for the hotel are \$139, plus tax, per night for either double or single. See you there!

initiative into their local health projects. We

are excited to see the inventive ways our

grassroots Alliances incorporate MAM into

their communities. We also encourage families and individuals to turn off the TV and MOVE. MSMAA will advocate and promote, with the help of local Alliances, for families to increase their quality time together by

adopting a more active lifestyle.

We plan a celebration of our new health program at the annual MSMAA meeting in St. Louis, April 4-6. We will highlight each county's projects at the meeting and awards will be given to counties, families, and individuals for time spent in Moving Across

More details are inside and on our website at www.msma.org/alliance. So MOVE with us!

Let's Move Across Missouri!

Alliance leaders met U.S. Surgeon General Regina Benjamin at the AMA/ AMAA Annual Convention in Chicago in June. After learning more about her fitness platform, the women were inspired to bring healthy lifestyle changes to the MSMAA



Reports The Power is in **Our Hands**

Nine members of the Missouri State Medical Association Alliance attended the AMAA Annual Meeting June 16-19 in Chicago. Greene County Medical Alliance was honored to receive a first place HAP award for their project Pills are NOT a Party, which educates middle school youth on the dangers of abusing prescription drugs and over-the-counter medication. Missouri also was pleased to receive a second place Leap Award for its "Advocacy Day." We thank Kathy Weigand for her hard work and dedication to this project. See photo below. It was a rewarding meeting and we came away with



a renewed motivation to make a difference in our state and local communities. I encourage Alliances around the state to enter

your projects for the Prestige Awards offered by the AMA Alliance. Applications are available on the AMAA web site and the deadline for entry is usually the last day of March.

Missouri Summer Leadership Conference was held July 16-17 in Cape Girardeau. It was a fun and highly informative two days. Workshops included topics ranging from "Teen Dating Violence Prevention" to "Juicing to a Healthier You." We also were pleased to have "Building a Vibrant Medical Alliance" presented by the Cape Girardeau County Area Medical Society Alliance. They shared their successes so that other Alliances could benefit from their ideas. We wish to thank Nicole Nguyen and Julie Ogles for organizing this meeting. They did a fabulous job. I also encourage other local Alliances to please volunteer to share your projects at an upcoming MSMAA meeting. We will all profit from your initiatives and this is how we will improve Alliances statewide.

Our Fall Conference will be held October 1 and 2 at The Landing in Branson, Missouri. We will have sessions on health education, personal development, legislation, grant-writing and fund-raising. Our goal this year is to increase the active participation of our membership at the state level so I encourage you to attend. I promise you will have a satisfying two days filled with educational activities, fun, fellowship, and shopping. We will also have a special tour of College of the Ozarks, a private college which stresses character, hard work, and financial responsibility. The meeting will end with a luncheon demonstration by the chef at the Branson Hilton. You won't want to miss this conference so be sure to register early. Remember Today's Alliance the Power to Make a Difference.

Good Community Health Starts with You!

by Shirley Collison & Marsha Conant, CO-VP Health

Mission Possible: a healthy state! It sounds so simple. We want the whole state of Missouri to be healthy. As you know it starts with each of us. Let's be healthy in body, mind, and spirit.

Our MSMA Alliance President Barbara Hover is challenging us with her "Move Across Missouri" campaign. We want to encourage all of the Alliances statewide to document who, what, where, and when activities take place in their communities. Make them very brief descriptions. Look for the form to fill out on the MSMAA website. And submit them by March 1 to be included in an album to be presented at the state convention.

We are dovetailing our challenge with our governor's initiative. In June, Governor Nixon launched the "100 Missouri Miles" initiative to hike, bike, or paddle 100 miles in Missouri by the end of the calendar year. This campaign came on the heels of the nonprofit-American Trails naming Missouri the No. 1 trail state in the nation.

So hike, jog, run the Katy Trail, the Trail of Tears, rails to trails, the neighborhood trails or cross country trails. We want your individual, group and community activities to be recognized at the 2014 MSMA Alliance State Convention.

Recently, Dan Buettner presented a conference in Springfield. He wrote "The Blue Zones - Lessons for Living Longer from the People Who've Lived the Longest." With National Geographic, he located these zones throughout the world with high numbers of centenarians. These Blue Zones have some commonalities such as not smoking, cherishing family, keeping social sphere of friends, eating a plant-based diet, having a spiritual connection/ritual, and keeping physically active.

We all want to be healthy and live long, productive lives. So let's do it. Let's move.

We are "Today's Alliance, the Power to Make a Difference."



Category: family, individual, Alliance group Any Form of Exercise: walk, bike, swim, hike, dance, bowl, paddle, run, skate

Time/Frequency: track mileage, location

<u>Community Involvement:</u> track event, like walk/run 5K, Relay for Life, Fundraising walks, fun walks

Missouri Trails: Try to incorporate Missouri trailways in activity. Visit http://100missourimiles.com to find trails and ideas. Alliance form will be posted on our website soon! Awards: Winners will be determined by the greatest amount of time and frequency. Awards will be given at the Annual Meeting in St. Louis, April 4-6, 2014.

Reports









Cape made Leadership FUN! Clockwise from top: Julie Ogles and Nicole Nguyen handled registration and coordination; Alliance ladies from Cape offered great hospitality; Mary Ann Castillo presented on "Teen Dating, Violence and Prevention"; and Jeri Spence shared how juicing is delicious and nutritious.

Are You a Member of MMPAC?

by Gail Holand, MMPAC Chair Alliance members should use the MSMA and AMA resources to read and learn about medical issues, and to keep yourself informed. The Missouri Medical Political Action Committee (MMPAC) is a bipartisan selection and fundraising committee whose goal is to support and elect promedicine candidates at the state level. It is very important to have informed candidates for these offices. Candidates on the 2014 ballot will begin their term in 2015. It is never to early to identify and get to know your state Representatives and Senators. Email me to contribute at: gailann77@juno.com

Annual Day at the Legislature Slated for February

by Lissa Young, VP Advocacy

Alliance Advocates for Health Care Annual Day at the Legislature will be February 18-19, with headquarters at the Baymont Inn in Jefferson City.

There will be critical legislative items such as Tort Reform, Medicaid Expansion, Nurse Independent Practice, Midwife Licensure and other topics to discuss and present to our state representatives.

Start collecting your red, white, and blue outfits to wear while we're in the Capitol. We'll have the crucial materials for discussion with our lawmakers, thanks to MSMA Headquarters.

Mark your calendars now and watch for the registration form with details to be released in early 2014. We will WORK, GET OUR VIEWS KNOWN and still have some FUN. The Power of the Alliance to Make a Difference will rule.

Just a reminder, you don't have to wait until Advocacy Day to get things done. If you do not know who your representative or senator and would like to contact them, visit this website: http://www.senate. mo.gov/LegisLookup/default.aspx/leg lookup.aspx to find out who your lawmaker is.

AMA Alliance Highlights

Missouri Shines at AMA Alliance Annual Meeting

by Kathy Weigand, MSMA Allliance President Elect

Missouri had a great presence at the AMA Alliance Annual meeting in Chicago June 16-18. Those in attendance were: State President Barbara Hover, President Elect Kathy Weigand, Metro Med KC County President Carol Jean DeFeo, Budget and Finance Chair Allene Wright, Foundation VP Sue Ann Greco, Past State Presidents Sandra Murdock and Michele Kennett, Health VP Marsha Conant, and Greene County President Mary Aiken.

On Sunday, after registration and a welcome by AMA Alliance President Pat Hyer, break-out sessions were held and included the following topics: How to Run a Meeting, Legislation and Your Senator, Social Networking and Event Planning. At least one of your Missouri representatives attended each of the sessions. Later in the afternoon two additional sessions were attended by all: Collaborating with your Medical Society, Communicating Effectively, and Getting Your Voice Heard.



From left: Sandra Murdock, U.S. Surgeon General Regina Benjamin, MD, Barbara Hover, and Jana Wolfe.

Sunday evening was the highlight of the meeting. Our own President, Barbara Hover accepted the first place award for the Prestigious "HAP" Award (Health Awards Project) for Greene County's "Pills Are NOT a Party" educational DVD. Missouri Alliance President Elect Kathy Weigand was awarded second place in the "LEAP" Award (Legislative Education Awareness and Promoation) for planning and coordinating the our Alliance Advocates for Health Care Annual Day at the Legislature at the Missouri Capital, which was held in February.

Breakfast on Monday was sponsored by the American Medical Political Action Committee, and the Belle Chenault Award was presented to Donna Rovito of Pennsylvania for her legislative efforts. Susan Paddock of Oklahoma, spoke about AMPAC and encouraged all to join for an investment in our future, and the future of medicine.

Keynote speaker Dr. Robert J. Ursano Professor of Psychiatry and Neuroscience in Bethesda, Maryland, spoke about Post Traumatic Stress Disorder "Learning to Care for those in Harm's Way." He stated that the average length of treatment for PTSD is 12 years. Roundtable discussions followed lead by Sharon Chontos from Nebraska regarding Membership.

The Opening Session of the AMA Alliance 90th meeting included 190 total members (including 146 voting members). It was duly noted that all Alliance state reports are online. Pat Troy, President of Next Wave Group, spoke about the Strategic Plan and Membership report. Membership is up over 1,000 members since February 2012.

During the breakfast session on Tuesday, Pat Graham from Springfield, Illinois, spoke on bullying. The General Session was opened by AMAA President Hyer after which she presented her State of the Alliance report. Barb Hanas, the Alliance Health Eduction Initiative Chair, has requested 501 (c) 3 status and if approved

grants given by the Alliance will be available by May 2014 for a total of \$5,000. She encouraged Alliances to develop health projects in collaboration with community projects to apply for the grants.

The Election Committee presented their report and the following were elected officers for 2013-2014: President: Jo Terry; PresidentElect: Sarah Sanders; Secretary: Pat Klettke; and Treasurer: Rosemary Xavier

At the Inaugural luncheon, state presidents in attendance

were recognized by President Hyer. Officers and Directors were installed by Emma Borders, Immediate Past AMA Alliance President. Jo Terry's inaugural address closed the 2013 meeting.

Mary Aiken, President of Greene County submitted this information on one of the breakout sessions on: How to Run a Meeting, Agendas, Current Thoughts on Minutes, Conflict of Interest Policy, Treasurer Points, Parliamentary Procedure by presenters Pat Hyer, Jo Terry, Sarah Sanders, Julie Newman and Ruth Ryan.

Presenters pointed out that the common complaint about board meetings is that they are "too long." Keeping a focussed agenda will aid efficiency. Don't ask for committee reports that are not relevant or timely. Minutes represent the actions of the board - if it's not in the minutes, it didn't happen. Business conducted via email must be ratified at the next meeting and recorded in the minutes. Don't retain documents longer than the prescribed period. While "respectfully submitted" is no longer used when submitting minutes, this mini-report is "respectfully submitted." Thanks Mary!

"Pills are NOT a Party" HAP Acceptance Speech

by Barbara Hover, MSMA Alliance President

It is an honor and a privilege for the Greene County Alliance to accept the HAP award on behalf of the many volunteers who made *Pills are NOT a Party* a reality.

According to the Centers for Disease Control:

- 20% of U.S. high school students have taken a prescription drug without a doctor's prescription. They also use cold or cough medicines to get high.
- Teens falsely believe that Prescription Drugs and Over the Counter medications are safer than illicit drugs
- Prescription and OTC medications are the most commonly abused drugs by teens.

Our Alliance wanted to do something about this alarming issue. The goal of *Pills are NOT a Party* creates a comprehensive preventative educational tool to be used by teachers in the classroom, health professionals, and parents. Our target is 10-12 year-olds, an age identified by the National Institute of Health and the CDC as at risk to begin drug abuse. Our Alliance feels that the time to educate is before children begin to experiment with drugs; therefore sixth grade is the target audience.

In our previous educational DVD, Smoking Makes Me Ugly, animation effectively engaged children, so we decided to use that format again. Our animated 15-minute Pills DVD begins in a school setting where a student purchases pills from another. These pills are later used at a party where one of the children takes a toxic combination and overdoses. He is rushed to the hospital and admitted to ICU. The doctor then takes the youth that accompanied the patient to her office. With the help of Proper Prescription Pete, a talking pill bottle, the doctor explains why you should only use drugs prescribed to you by a physician. The DVD instructs as to the proper use of medications and how they work in the body. Positive peer pressure, proper disposal of medications and legal implications are also presented. There are very few drug abuse programs directed for the middle school years. This makes our DVD unique and valuable. It grabs the attention of middle school students and doesn't let go. The story was created to have an emotional impact which strengthens the message. Learning theory suggests that emotional impact reinforces learning lessons. Also studies have shown that students retain information that has been presented in a variety of ways. This is part of the value of the animation. The DVD is designed for classroom use, and can be paused for discussion.

Our Alliance has a passion for focusing our energies on health issues affecting our community. This project also had the added impact of bringing a new focus to our Alliance and collaboration with many physicians and professional educators in our area. We had the active participation of our entire board of directors and many other alliance members. They recognized the serious issue this DVD addresses and wanted to help. The storyboard and all the voice talent was provided by Alliance members. We engaged the help of a professional animator and sound studio. Over half

AMA Alliance Highlights



Greene County winning the HAP Award with, from left, AMA Alliance President Pat Hyer, Barbara Hover, and Mary Aiken.

the funding was obtained through our Doctors' Day project with Cox Hospital, Ferrell Duncan Clinic, and Mercy Springfield being major contributors. Because of their participation we have the needed funding to distribute the DVD to every middle school in our area. Professional educators have been enthusiastic about the project and say that our DVD is unique and unmatched



by any other in its approach to educating children about the hazards of indiscriminate drug use.

We are making a difference and students are benefiting. The DVD is available for \$35 from the GCMSA office. More information about *Pills are NOT a Party* and our first DVD *Smoking Makes Me Ugly* is available from the Greene County office.

Again, thank you so much for this award. It is wonderful to see what can be accomplished with collaboration between individuals and organizations interested in the health and wellbeing of our youth. We are Today's Alliance – The Power to Make a Difference.

Foundation Grant Funds Available for Health Projects

If you are planning health projects for the year, don't forget: there are funds you can apply for through the Missouri State Medical Foundation. Here are the guidelines:

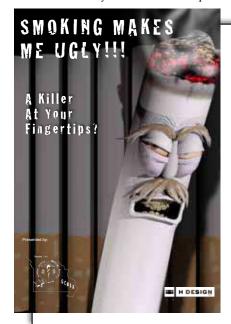
- 1. Funds are available to counties for projects related to the Alliance and also to MSMA Alliance for projects. However, the funds are not to be used for administration, travel or educational expenses.
- A formal application must be filed with the reviewing committee.
- Counties must provide an overview of their project, target audience, highlights of the project, budget, funds, donations and whether or not any co-sponsors were involved.
- Briefly outline the project's goals, what planning is involved and who is responsible for the implementation of the goals.

- Each county may only submit one program or project per year.
- Applications must be submitted by November 1 of each year so that there is time for the project to evolve and then be reported on at the Annual Convention in the Spring.
- 7. The applications for funds will be awarded based on the written project summary that is submitted.
- County must estimate the amount of funds needed with their
- Reports on projects must be given at the MSMAA Annual Meeting.

For more information and application, go to: http://www. msma.org/AllianceInfo. Please send application and information to Anne Turnbaugh, Chair, heintz2085@aol.com.

Smoking Makes Me Ugly Forms Will Soon Be on Website

Our state Alliance will be sponsoring the "Smoking Is NOT For Me" contest for calendar year 2013-2014. Contests of this type reinforce the anti-smoking education received in our schools. Prevention is the key to avoiding unhealthy behaviors. This contest may be provided by all local Alliances throughout the state. The updated forms for registrations and entries will be available soon for the local Alliances. Watch your email for the posting. The deadline for entries will be January 31, 2014.





ON WWW.MSMA.ORG/ALLIANCE

Forms for Grants/Awards Online Directory Fall Conference Registration Form & Agenda

Show Me Alliance News Officer Contact Info



2013 MSMA Alliance **Fall Conference**

Tuesday, October 1 & Wednesday, October 2 Hilton Promenade at Branson Landing, Branson, MO

AGENDA

Monday September 30

3:00 pm Check-in / early check-in available 7:00 pm **Dutch Treat Dinner at Cantina Laredo**

Tuesday, October 1

10:00 am Board Meeting / Box lunch available for purchase

12:30 pm Registration and Welcome

1:00 pm Program: How to Make Friends and Influence Legislators / David Barbe, MD, AMA Board of Trustees

2:00 pm Program: Forces Driving Change in Health Care Delivery & Payment Reform / Alex Hover, MD, Senior VP of Clinical Excellence, Mercy Health

3:00 pm Bus Tour of School of the Ozarks [Hard Work University] Dinner included in tour package

Program: Easy Wardrobing for Life and Travel / Lissa Young Return to The Landing / Relax, Shop [Stores open until 9:00 pm]

Wednesday, October 2

7:00 pm

7:30 am M.A.M. Move Across Missouri / Walk & Picture by Lake Taneycomo

8:30 am Breakfast

9:00 am Program: The Effect of Choices We Make / Jeff Tucker OTR/L, MEd, Mercy Health

Program: Synthetic Drugs / Erica Manahan Ozarks Fighting Back Director Regional Support 10:00 am Program: Grant-Writing & Fund-Raising or How to Be a Successful Mooch / Laura Skiles, Development Director, SWMO Summit Preparatory School 11:00 am

Noon

12:30 pm Lunch / Cooking Demonstration by Hilton Promenade Chef [included with registration]

1:45 pm Meeting adjourned

CONFERENCE RESERVATION & REGISTRATION

Print information / Mail with payment to add Name	
Address	
City/State/Zip	
Email	
County/Modical Society	

EVENTS	FEES	# ATTENDING	TOTAL
Conference Registration Fee (Before Sept. 15)	\$85	x #attending	\$
Conference Registration Fee (After Sept 15)	\$100	x #attending	\$
[Fee includes Wednesday Breakfast & Lunch /Chef De	emonstration]		
Tuesday Box Lunch [optional]	\$20	x #attending	\$ <i></i>
Tuesday Bus Tour of School of the Ozarks / Dinner	\$45	x #attending	\$
Please Choose Tuesday Dinner Entree / Circle One	Ozark Pot Roast	Roast Breast of Turkey	
TOTAL AMOUNT PAID			\$

SEND RESERVATION / PAYMENT BY September 15 AFTER September 15 REGISTRATION FEE IS \$100

Make check payable to MSMA Alliance and mail to: Barbara Hover 2900 N Rock Wall Lane. Ozark, MO 65721 Conference fee includes conference materials, breakfast and lunch Wednesday, service and AV needs.

HOTEL RESERVATIONS

Make hotel reservations by September 15 Hilton Promenade at Branson Landing - 200 Sycamore, Branson, MO 65616 417-336-5500 Mention Group Name - Missouri State Medical Association Alliance to get the \$139 rate single or double.

REFUND / ATTENDANCE POLICY

Full refunds will be make if notification of cancellation is received SEVEN days prior to the opening event.

DIETARY / FAITH RESTRICTIONS

No arrangements will be made unless notified with this registration form. Make notification here:

CONTACT / CONFERENCE QUESTIONS

Barbara Hover 417-860-7133 / email: arhover2@aol.com

SHOW ME ALLIANCE NEWS

MSMA, 113 Madison, P.O. Box 1028 Jefferson City, MO 65102

ADDRESS SERVICE REQUESTED



Are You on Facebook?

Missouri Alliances are on Facebook. You can find us at "Missouri State Medical Association Alliance". We've just begun uploading photos and sending out news, so please "Like" us and share your Alliance news on Facebook! Also on Facebook are the Cape Girardeau County Area Medical Society Alliance and the Greene County Medical Association Alliance.

Show Me Alliance News

Lizabeth R. S. Fleenor, Liaison
Published at MSMA

113 Madison St. • P.O. Box 1028

Jefferson City, MO 65109

800-869-6762 • Fax: 573-636-8552

Email: lfleenor@msma.org
Send change of address
to: lois@msma.org

AMA Alliance Contacts

AMA Alliance, Inc. 550M Ritchie Highway #271 Severna Park, MD 21146

Website - www.amaalliance.org Email - admin@amaalliance.org Telephone - 800-549-4619

Use mailing address to submit state and county membership lists, dues checks, and other invoices and payments.

ALLIANCE HAPPENINGS

2013

October 1-2 Fall Conference & Board Meeting Branson Landing/Hilton Branson

October 4-6 North Central States Regional Meeting Hilton Doubletree Omaha, NE

October 19-20 MSMA Council Meeting Hilton DoubleTree Jefferson City

November 16-19 AMA Interim Meeting Gaylord National National Harbor, MD

2014

January 18-19 **MSMA Council Meeting** Hilton DoubleTree Jefferson City February 18-19 Advocates for Health Care Day & Board Meeting **Baymont Inn** Jefferson City March 17-19 **AMA National Advocacy Conference Grand Hyatt** Washington DC April 4-6 MSMA Alliance Annual Convention Renaissance Airport Hotel St. Louis

SAVE THE DATE

Alliance Fall Conference & Board Meeting September 30-October 2 - Branson Landing