



# SOUTHERN CONNECTION

Newsletter for Southern Medical Association Alliance • [www.smaalliance.org](http://www.smaalliance.org)

## Message from the President

This year one of our goals was to increase communication. We urged members to like and follow us on our Facebook. We connected with members via our new *Let's Get Connected!* electronic newsletter which was sent in between the editions of the *Southern Connection*. We wanted to make sure members stayed up-to-date on events going on in our region. We asked them to participate and if they knew of something happening in their area, to let us know so we could share it in our newsletter. Overall, I feel we accomplished the goal of increased communication to our members.

We encouraged members to celebrate Doctors' Day and make their celebrations even more meaningful by purchasing items from our Doctors' Day products. We encouraged our counties and states to enter their projects for Doctors' Day, Health Education, and Medical Heritage as exhibits at the Annual Meeting. All Health Education Projects will submit a video with their project this year. These will be posted on our web site. We had 9 Health Education, 6 Doctors' Day, and 3 Medical Heritage project entries. We invited and encouraged all of our members to join us for our annual meeting in November in St. Petersburg, Florida.

A Membership Contest was held at the end of the year. States and Counties had a chance to win \$100. The membership contest ran from the end of September through October 27th. The categories were:

- the State that increased their membership the most
- the County that increases their membership the most
- the County who won monetary awards for projects last year that increased their membership most

Winners were announced at the annual meeting and will be published in the next issue of the *Southern Connection*.

On January 3, 2017, SMA President, Dr. Ajoy Kumar, SMAA Secretary, Ann Anderson, and I, met with medical school student, Douglas Bennion, the 2016 recipient of the Society of 1924 Scholarship, at the University of Florida Medical School in Gainesville, Florida. Ann Anderson arranged with Patrick Duff, MD, Associate Dean for Student Affairs at the school, to do a presentation of a certificate with Mr. Bennion. The school's newspaper sent a photographer and reporter to write an article about Mr. Bennion and our

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**Elaine Hale**  
SMA Alliance President, 2016-2017  
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scholarship. This was a perfect way to receive publicity about our available scholarships and create awareness of the SMA and SMAA.

I attended the AMAA Southern Regional Meeting, February 2-5, 2017. There were many outstanding speakers as well as many opportunities to network with alliance members from the southeast and beyond. Speakers and talks included Deb Peabody presenting, "Heart of a Leader," which focused on attributes of a good leader; "Polish 101," Business Etiquette and Leadership presented by Carolina Buxton Avinger, President, Protocol, LLC; an outstanding presentation on the "History of Charleston" was given by Nicolas Butler, PhD, Historian, Charleston County Public Library; Pat Troy, Executive Director of the AMAA, gave an excellent presentation on "Leadership and Entrepreneurism;" AMAA President Rosemary Xavier, gave an update on the AMAA; "Serving with the Alliance" was presented by Rep. Todd Atwarer, CEO, South Carolina Medical Association Financial Services; Gerald E. Harmon, MD, Chair Elect, Board of Trustees, AMA, gave an update on the AMA; DeAnn Walpole, Immediate Past President of the South Carolina Medical Association Alliance, gave a presentation on "Legislative: Achieving our Goals;" Suzanne Manning, Executive Director of Greenville County Medical Society, gave a Social Media presentation; an excellent presentation on Parliamentary Procedure was given by South Carolina Medical Association Alliance's Janelle Otherson; and, several networking sessions were provided. Social events included a tour of historic homes, lunch with Southern Fashion, a ghost tour, and a gathering to fill bags of needed items for the local homeless shelter. I was given time to talk with attendees about being members of the SMAA and encouraged them to have their spouses join the SMA. I also reminded attendees about Doctors' Day and our SMAA Doctors' Day store.

I attended the SMA Strategic Planning Meeting in Birmingham February 10 and 11. It was a pleasure to serve on this committee. As a result of the meeting the Alliance will hold a vote to open our membership to partners. We will also have more family friendly events at the annual meeting. This year included a Photo Booth at the Thursday evening reception, a Scavenger Hunt for the children of the attendees, and Story Tellers.

I attended the Missouri State Medical Association Alliance meeting March 31 - April 1, 2017. Chaired by Allene Wright, the meeting was very organized. There were many opportunities to network with alliance members and their spouses. The meeting consisted of business meetings, a foundation fundraiser, a family event, the awards and installation luncheon, as well as the installation and reception for the Missouri State Medical Association. Thursday evening I attended the Dutch Treat Dinner at Lidia's Italian Restaurant. I met many of their members who I had not

met before and talked with them about the SMAA and the SMA discussing the reasons to join and answering questions. Friday morning started with their Board of Directors meeting followed by their General Assembly I. *The Spirit of Alliance Award Luncheon* celebrated awards of counties and individuals featuring Foundation, Health, Legislation, and Membership awards for individuals. They presented one of our SMAA Awards to the county that had won in November at our annual meeting. They awarded their Jean E. Duensing Literary Award to Kelly O'Leary; the Sandra Mitchell Alliance Member of the Year Award was presented to Deb Snyder; and their Jean Wankum Spirit of the Alliance Award was presented to long time member Ellen Murdock. Friday afternoon we were invited to the MSMA General Session to hear speaker Sam Quinones, Journalist and Author of *Dreamland: the Opioid Epidemic*. Later that afternoon we enjoyed a family friendly *Wings of Love* bird show. Friday evening ended with a foundation fundraiser for medical education "A Night with the Blues." They had food stations, drawings for prizes and featured *The Blues Highway Band*. This gave me a great opportunity to talk with physicians about the benefits of joining the SMAA. Saturday morning started with the MSMA's General Assembly II which consisted of reports and general business. I was given an opportunity to speak about SMA/SMAA and encouraged their members to join the SMAA and asked that they encourage their spouses to join the SMA. I discussed our upcoming annual meeting and how to enter their projects in our project awards. Since it was Doctors' Day weekend I gave all attendees a Doctors' Day pin and had a drawing for a Doctors' Day device charger. The Installation Luncheon followed where officers were installed - President - Marsha Conant, President-Elect - Gill Waltman, Treasurer - Debra Snyder, Secretary - Diana Corzine, VP Membership - Shweta Agarwal, VP Legislation - Kirk Doan, VP Health - Donna Corrado, and VP Foundation - Julia Norregaar. Saturday evening I was introduced at the MSMA President's Installation which was followed by the MSMA Presidential Reception honoring newly installed presidents Warren Lovinger, Jr., MD, MSMA President and Marsha Conant, MSMA Alliance President. There were many opportunities to talk with physicians and their spouses about the SMA/ SMAA.

I attended the South Carolina Medical Association Alliance on May 5, 2017 for their annual meeting. The meeting began with an Executive Board Meeting followed by an excellent presentation on the *Issues of Aging* given by Johnsie Douglas, Dementia Care Specialist, M.Ed, LPC and Gail Stokes, Senior Editor, All About Seniors. I was given the opportunity to speak to their members in the morning at the beginning of their annual session. I had been told before the meeting that they had a group of new members coming and was asked to tell them details about the SMA/SMAA. I gave a rundown of our three areas of focus, Doctors' Day, Health Education and Medical Heritage. I encouraged all to submit their projects

for judging. I explained the benefits of being a member of the SMA/SMAA. Reports were given by chairs and scholarships were announced. Sherry Anne Gettys had asked me to assist with the installation of officers. Officers installed were President - Lib Orr, President Elect - Phyllis Valainis, Secretary - Laurie McCotter, Treasurer - Beth Haswell, and Vice President - Suzanne Manning. At the luncheon honoring past presidents and current county presidents I had the opportunity to speak individually with many of their members.

I attended the North Carolina Medical Society Alliance Annual Meeting May 15-16, 2017. Monday, May 15th we had a tour of the University of North Carolina at Chapel Hill Nutrition Research Institute. This was fascinating. The relatively new institute was very impressive. They explore nutrition from every angle. Their studies can even involve research volunteers staying overnight with access to only the food given to them for the study. They have explored many different aspects of nutrition and been able to both confirm and disprove theories with their studies. After the tour we proceeded to a local restaurant for dinner. This was a fun time and enabled me to meet many of the NCMSA members and tell them about the SMAA and SMA.

Tuesday was the NCMSA Annual Meeting and Installation of Officers. During lunch the officers were installed – President, Kirby Sheridan, President Elect, Uma Avva, Secretary, Susan Hammer, Treasurer, Barbara Savage, Vice President of Membership, Wanda Smith, Vice President of Resource Development, Marilu Thordsen, Vice President of Program Development, Mary Tyrey, Immediate Past President, Sheila Josilevich. Dr. Frank C. Schwalbe, MD, spoke about his novel and writing. NCMSA has an endowment that pays for a writer to speak every year. I was given time to talk about the benefits of belonging to the SMAA/SMA and invited everyone to our annual meeting in St. Petersburg in November.

I attended the AMAA Annual Meeting in Chicago June 10 to June 12. The meeting had many good speakers including keynote speaker Robert Nelson, CAE, former CEO of the National Coffee Association, *Engaging Change and Opportunity to build Relevance and Member Value*; Mark Levin, CAE, CSP, *Bringing Out the Leader In You*; Warren Holleman, PhD, *Physician Burnout: The Current Epidemic and What We Can Do To End It*; and, Dr. Shawn Ryan and Dr. Kelly Clark, *The Road to Recovery: Understanding, Treating and Preventing Addiction*. Panel discussions were held regarding Physician Burnout and Opioid Addiction. The business meeting included an overview of finances, bylaws changes and voting for nominating committee and committee chairs. Social events were a fundraiser for AHEI, which funds grants for health initiatives and a party hosted by Kentucky honoring 2017-2018 AMAA President Kim Moser. The social events and other networking opportunities gave me time

to encourage membership for the SMAA and the SMA and educate potential members of the benefits of joining.

I attended the Florida Medical Association Alliance Annual Meeting that was held over two days on August 3-4, 2017. They welcomed 27 members from all over the State, paid respects to their members who had passed away, approved changes to the bylaws, reestablished their Foundation, played bunco, made new friends, installed their new board, watched a slideshow of a year in photos, and recognized the achievements of their County Alliances.

At the installation ceremony, incoming President Mariquita Anderson, was honored by the Orange County Medical Society President, Dr. Brian Nobie, and their Executive Director, Fraser Cobbe, and by FMAA and Orange County Medical Society Alliance Past President, Adina Nobie. Lisa Tritel, FMAA Secretary and Past President of Lee County Medical Society Alliance, also honored Mariquita as she is a four time Past President of Lee County Medical Society Alliance. Officers installed were President, Mariquita Anderson, President Elect, Bev Devine, Treasurer, Anne Grenitz, Secretary, Lisa Tritel, Immediate Past President, Angela Abrams, Parliamentarian, Susie Reeder, Director, Kari Oeltjen, Director, Bobbie Mendez, Director, Erin Lilly, Director, Karen Swain, and Director, Kathy Hill. Mariquita's initiatives for the year are opioid addiction awareness, mental health awareness, human trafficking awareness, nutrition, sleep hygiene, and licensure of lactation consultants. Everyone especially enjoyed the video homage to outgoing President, Angela Abrams. Her husband, Dr. Jody Abrams, couldn't attend that Friday so he secretly put together a slideshow of photos of her year. Awards given were: Best Youth Oriented Community Service Program: 1st Place was awarded to Collier County Medical Society Alliance for "*Teenagers as Parents for two schools*;" and, 2nd Place was awarded to Orange County Medical Society Alliance for "*Hands Are NOT for Hitting in two schools*;" Best County Fundraiser: 1st Place was awarded to Collier County Medical Society Alliance for "*Fashion Show for Scholarships*," and, 2nd Place was awarded to Sarasota County Medical Society Alliance for "*Giving Challenge and Development of Videos*;" Membership Development: 1st Place was awarded to Sarasota Medical Society Alliance for "*Fall Coffee*;" Best Newsletter: 1st Place was awarded to Sarasota County Medical Society Alliance for "*County Connections*;" Youth STD Awareness Video Contest was awarded to Orange County Medical Society Junior Alliance for their video educating their peers about the dangers of STDs via social media networks through a clever use of LEGOs; Membership Contest Winners: Collier County Medical Society Alliance for County with the highest percentage of member increase, Capital Medical Society Alliance for County with the most new members, winner of County New

Member Drawing was Sarah Ho of Capital Medical Society Alliance. The FMAA was also the winner of the FMA PAC Most Members Trophy for the second year in a row for having the most members for the FMA PAC recruited during annual meeting. I was given time to talk about the SMA and SMAA. I encouraged membership in both organizations and invited everyone to join us for our annual meeting in November in St. Petersburg.

I attended the Mississippi State Medical Association Alliance (MSMAA) Annual Meeting August 11-12. On Friday evening I attended the Mississippi State Medical Association (MSMA) Foundation/Alliance Fundraiser and Reception followed by the MSMA Inaugural Gala where I was introduced. This was an ideal network time to meet both alliance members and their spouses and talk about the benefits of belonging to the SMA and SMAA. On Saturday the MSMAA had their annual session where I was given time to speak about becoming a member of the SMAA and encourage them to have their spouses join the SMA. I invited everyone to come to our annual meeting in November. Following the annual session was the Alliance Installation and Awards Luncheon. Their guest speaker was Dr. Daniel Edney, MSMA Past President. Outgoing Co Presidents Merrill Rogers and Sondra Pinson, presented the Member of the Year Award to Karen Morris. Officers installed were President, Heather Rifkin, President Elect Joseph "Bo" Zimmerman, Vice President of Scholarship, Lauren Reed, Vice President of Health Promotions, Patricia Lawson, Vice President of Legislation, Shannon Warnock, Vice President of Membership, Carol Reeves, Secretary, Olivia White, and Treasurer, Teresa Floyd. Heather's theme for the year revolves around the symbolism of butterflies. As a surprise for her, a release of butterflies was done after the meeting adjourned. I found many opportunities to network for the SMA and SMAA.

I enjoyed a nice visit with the Kentucky Medical Association Alliance (KMAA) August 25-26, 2017. The weekend started with a Dutch Treat dinner at a local restaurant on Friday evening. The KMAA fundraising meeting was held in conjunction with the Kentucky Medical Association (KMA) Annual Meeting. On Saturday a luncheon and fundraiser was held. Items for the live auction were auctioned by alliance

member Nancy Bunnell. There were many enticing items for bid. The most intriguing and beautiful items were some beautiful handcrafted woodturning items by Dr. R. Neal Garrison. Dr. Garrison has a master of woodturning from Marc Adams School of Woodworking in Indianapolis. He is the husband of Anita Garrison, a past KMAA President. The proceeds from the auction were given to the McDowell House Museum. The McDowell House Museum is a medical history museum that honors Ephraim McDowell. In 1809 he performed the world's first abdominal surgery, successfully removing a 22 1/2 pound ovarian tumor from a woman. Think about surgery in 1809, no anesthetic or antisepsis, which was unknown to the medical profession at that time. The woman survived the surgery and lived for many years. They also had a fashion show presented by Kolby Delanor from Koy by Delanor with hand dyed outfits by Laverne Zabielski. That same evening, I attended and was introduced at the KMA Installation and Awards. I was proud of members of the Lexington Medical Association Alliance who won the KMA Outstanding Layperson Award for their Legislative Awareness and Education Program. Tracy Francis, Cheryl Broster, Patty Pellegrini and Betty Nolan received the award from Dr. Nancy Swikert. I spent time networking with Alliance and Medical Association members, talking about and encouraging membership in both the SMA and SMAA.

I believe our new communication efforts have helped us reach more of our members. I feel traveling to our states helped to keep us in the front of the minds of our members and potential members. I was able to encourage those who have done Health Education, Doctors' Day and Medical Heritage Projects, to enter them for display at this year's Annual Session as well as reminding them of our Doctors' Day Store.

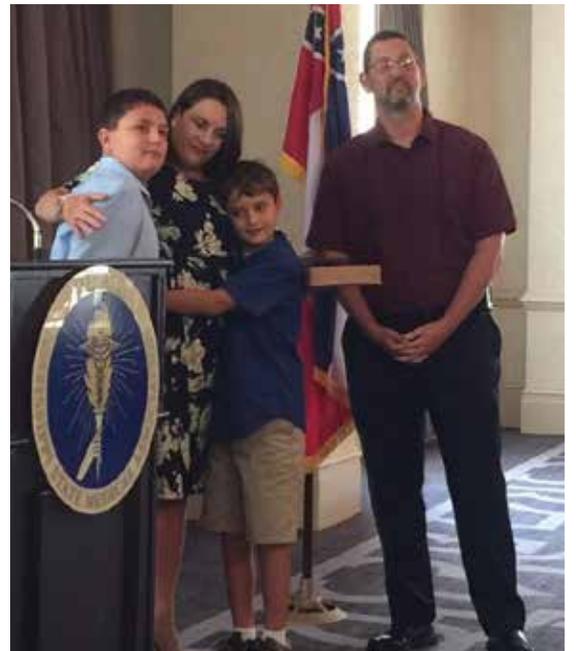
All in all it has been a great year and I thank you for the opportunity to have served as your President.

Elaine Hale  
SMA Alliance President



# TRAVEL MEMORIES

Made to Date





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# Privacy Liability & Regulatory Violations



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Contact our representative Teddy Gillen at [MedicalMalpractice@sma.org](mailto:MedicalMalpractice@sma.org) or 770-591-6353, ext. 20 for a 5-minute discussion. You have nothing to lose and the potential to save!



# ALABAMA

## Report of the SMAA 2016-2017 Councilor

Submitted by: *Trudie Seirafi*

The Alliance to the Medical Association of the State of Alabama (AMASA) had an exciting year this past year and a productive fall with great plans for the upcoming year.

Lindsay Rice led the way as the 2016/17 President and hosted a great fall retreat held in Huntsville, AL in August, 2016, where increasing the membership of the state and local alliances was the focus, as well as promoting the state health project.

The annual meeting in April 2017, was held at the Renaissance Montgomery Hotel in Montgomery, AL. A very big welcome to the new officers for the 2017/18 year! **(Apsannah)Apsie Coccia** – President, **Ashley Clark** – President Elect, **Lindsay Rice** – Past President, **Carole Avery** – 1st VP, **Jennifer Karr** – 2nd VP, **Mary Beth Lloyd** – Treasurer, and **Trudie Seirafi** – Secretary.

Awards were presented for the Membership drive. Madison County had the most members (149) and greatest increase was Tuscaloosa County with a whopping 33% increase.

Kathy Murray, our SMA Alliance president elect was present and encouraged the local and state alliances to inform current and prospective members of the many benefits the SMAA has to offer.

Niko Corley, our state medical association legislative chair was our guest speaker. He gave an inspiring and informative lecture on the current events in our state and federal government. Many topics hit home and inspired us to get involved at any level we could. In addition, the 2017 State and Federal Agendas were given out with lists of what MASA supports and what MASA opposes. Issues affecting our state were discussed and questions were answered in regard to how our state practices are affected. Many topics from opposing home birth with mid-wife with minimal training, to opposing expansion of podiatrists' treatments and ability to use general anesthesia, and opposing approval of biologics with lower safety standards. The Patient Compensation System was also discussed and the effects stretching across practices statewide. (Cause more taxes for physicians, undoes tort reforms, & increases payouts to list a few.)

Support for our SMAA President Elect Kathy Murray hostess committee was brought forth and contributions for her upcoming term were solicited and successfully obtained.

The opportunity presented to us to have our AMASA medical student scholarships announced in the MASA publication annually as well as other county medical school scholarships.

Two county alliances received SMAA grants for health care projects, River Region Medical Alliance won first place receiving an award of \$200 and Madison County receiving \$100 for second place.

Lastly, MASA invited our AMASA members to join them in one of their lectures regarding "Implications of Cannabis as Medicine." It was fantastic and very informative.

With our 2017 fall meeting behind them, great plans were made for the upcoming year. With the new President at the helm, Apsannah Coccia, AMASA is supporting the opioid abuse prevention initiative among other things.

At At AMASA's fall meeting, presentations were given on the opioid crisis. With some great discussion on ways AMASA can help in fighting this epidemic, Jennifer Karr, VP of Health and Ashley Clark are working on researching specific ways AMASA can help in the coming year. Plans to present these ideas and information at our Annual Meeting in April, 2018 are underway.

The DEA has a National Prescription Drug Take Back Day scheduled for Saturday, October 28th. AMASA is encouraging all their County Alliances to help in promoting this endeavor. Considering this is a national event, the promotional efforts on social media will reach far beyond just the borders of Alabama. AMASA has set up a Facebook Campaign that began in October.

Madison County Medical Alliance (MCMA) looks forward to another wonderful year supporting the New Hope Children's Clinic (NHCC). NHCC is a non-profit, school-based health clinic created to increase access to and provide local, low-cost comprehensive medical care for children in our home county of Madison County and surrounding communities. The MCMA helps support the NHCC through sponsorship of their annual fundraiser in June and through other monetary gifts and donations of daily consumables such as paper towels, copy paper, soap, alcohol swabs, small toys, and other needed items. Several of our members also volunteer their time at the clinic. For more information, please contact Christina Tabereaux, [christina.tabereaux@gmail.com](mailto:christina.tabereaux@gmail.com).

AMASA looks forward to the 2017/18 year with anticipation of great things. More about the fall successes of the local alliances will be forthcoming and shared in the spring edition of the *Southern Connection*.



# MISSISSIPPI

## Report of the SMAA 2016-2017 Councilor

*Submitted by: Heather Rifkin*

The Mississippi State Medical Association Alliance held its Annual Meeting and New officer installation in August. The new officers are as follows: President – Heather Rifkin, President Elect – Bo Zimmerman, Secretary – Olivia White, Treasurer – Teresa Floyd, Vice President of Health Promotions – Patricia B. Lawson, MD, Vice President of Membership – Carol Reeves, Vice President of Scholarship – Lauren Reed and Vice President of Legislation – Shannon Warnock. The new officers were pleased to have special guests Elaine Hale, Southern Medical Association Alliance President and Kim Mosier, AMA Alliance President, in attendance.

The theme for this year will be the butterfly effect. No small action is insignificant, the tiniest efforts can make a huge impact. We have asked our members to join together and make small positive changes to encourage the butterfly effect to ripple through our alliance. We are all embracing our own “flight” as individual butterflies, but together we can help the group reach new heights. This is the year we will soar to success together.

We are pleased to be aligning ourselves with both the AMA Alliance and our state Medical Association this year to help combat the opioid issue in the state of Mississippi. We have begun to develop key relationships with both community and state wide partners which will enable us to increase the effectiveness of our opioid misuse campaign and subsequent project ideas. We remain legislatively engaged and will hold our 13th annual Capitol Screening Initiative on January 18, 2018 at the State Capitol in Jackson. A membership promotion encouraging the use of our new online dues payment system is also something we are focusing our energy on. We will continue our efforts to raise funds for our alliance supported scholarships.

We will have several members from Mississippi in attendance at the Southern Medical Association Alliance Annual Meeting in November. We look forward to forging new connections and fostering existing friendships in St. Petersburg. Thank you for your support and encouragement as we soar to new heights this year together, because together we are stronger.

Respectfully submitted,  
Heather Rifkin  
SMA Councilor 2016-2017





## OKLAHOMA

### Report of the SMAA 2016-2017 Councilor

*Submitted by: Barbara Jett*

The Oklahoma State Medical Association Alliance had three board meetings scheduled for this calendar year. The next meeting is October 19, 2016. We support the Oklahoma State Medical Association Alliance Health Education Foundation (OSMAA-HEF), a Public Foundation that gives a \$2000.00 scholarship to a Junior or Senior Medical Student each year. The student must have attended an Oklahoma High school and enrolled in good standing at the University of Oklahoma. We raised money during the annual meeting, which was held in April this year in Oklahoma City. This year, President Kathy Bookman, presented the President's citation to Barbara Jett at the black-tie inaugural dinner that was held at the conclusion of the state meeting. Jeary Seikel was presented a special award for her community service project during the alliance annual meeting. The rural counties are not very active, but the state alliance is trying to get the former county members to become Members-At-Large and the alliance hosted a tea at the annual meeting for them.

Oklahoma County meets on the 3rd Wednesday at 11:30 for lunch, fellowship and an educational program. Speakers have spoken on flower arrangements, health issues, and decorating. Oklahoma County had their annual Kitchen Tour on October 16th. Five homes with new or newly remodeled kitchens were on the tour. Tables were decorated for the holidays with place settings and floral decorations. Prior to the tour, the alliance celebrated its October meeting with a meeting at Culinary Kitchens. In November, we will have a general meeting and celebrate the success of the Kitchen Tour. The always fun annual Holiday Auction will be held the first week in December. The community service team is active. They choose a project and volunteer at a different place every month and then go to lunch. Communication has improved with a Monday mailbox via email, e-vites. We still do a mailing for those not in the electronic world. Amy Bankhead is the current president and will serve as a two year term. Cara Falcon is serving as President-elect.

#### **Tulsa**

They will have their annual Christmas lunch at the Philbrook. They are in the process of sending out membership forms and a list of meetings in 2017.



## WEST VIRGINIA

### Report of the SMAA 2016-2017 Councilor

*Submitted by: Judy Bofill and Jeanny Kalaycioglu*

The WVSMA Alliance met for their annual meeting for 2016-2017 on August 25th, 2017 at the Greenbrier Resort, White Sulphur Springs, West Virginia during the WVSMA annual Health Summit and business meeting.

Member Sue McKinney led the meeting.

The most important item of business was the announcement of the three 2017 recipients of the first annual WVSMA Alliance Medical Scholarships which was established September 2016. Monies collected over the course of several years from various fund raisers and dues were used to establish a \$30,000 scholarship endowments for each of the three medical schools in West Virginia; Marshall University School of Medicine; the West Virginia School of Osteopathic Medicine and the West Virginia University School of Medicine. Criteria for each school's recipient was based on academic scholarship, need and made by each school's selection committee. There is an attachment included with a picture and information about each student. Clare Flanagan, Assistant Vice President of Health Sciences Development joined the meeting to share wonderful stories concerning their scholarship recipient, Terry Davis. The recipients were featured in the September issue of the WVSMA Journal which is included.

New committees were formed for the upcoming year. Since the WVSMA Alliance is governed by committee there are no officers. Rose Romero will be the 2017-2018 WVSMA Alliance contact. The Southern Medical contact from West Virginia is Judy Bofill.

Among other business that was conducted new by-laws are going to be addressed, a December conference call is planned.

Plans for next year's meeting were concluded.

Following the meeting members met at the Draper's Restaurant in the resort for lunch.

# THERE IS A HERO IN YOU!!



According to the American Diabetes Association (ADA), there is a hero in you whether you are living with diabetes, caring for someone who is, or you are fighting to stop it.

Stay at a healthy weight, be active and eat well. These three steps can help you to stay healthier longer and lower your risk of diabetes.

People who are overweight have a higher risk for type 2 diabetes, heart disease and stroke. Being overweight can also increase a person's risk of high blood pressure, unhealthy cholesterol and high glucose (sugar). If you are overweight, losing even 10-15 pounds may help you prevent and manage these conditions.

You can find ways to add physical activity to your day even if you have never exercised. Activities that are not strenuous can still attribute to a healthier lifestyle. Once physical activity is part of your daily routine, you will marvel at the new "spring in your step".

Healthy eating to prevent or control diabetes does not mean a person is living in deprivation. It simply means eating a tasty, balanced diet that will boost your energy and improve your mood.

November is national American Diabetes month. To quote the AMA, "So put on your cape and take a stand."

[Read more>>](#)

## HEALTH EDUCATION

### Report of the SMAA 2016-2017 Vice President and Chair of Health Education

*Submitted by: Rhonda K. Rhodes*

It was such an honor to serve as your Vice President and Chair of Health Education this year.

I live in Louisville, Kentucky with my husband John who is a retired Cardiologist. We have six children and seven grandchildren. They keep us busy attending all their extracurricular activities and babysitting.

Health education is near and dear to my heart. I feel a true obligation to promote healthy living through example and education. There are several areas of interest for me because of family such as Leukemia, Cancer, Alzheimer Disease, and Drug addiction. In some way each one has affected a family member. Through education and preventive measures I feel we can better our chances in life.

I hope you have had a healthy, happy, summer season and enjoying a great fall. The Health Education committee was started 24 years ago. The Alliance has been really busy this year with opioid awareness programs, STD, Nutrition education for people suffering from learning challenges and many more. We have nine project entries this year. I am so excited to see them all in St. Petersburg.

Rhonda K. Rhodes

# BYLAWS COMMITTEE

## Report of the SMAA 2016-2017 Committee

*Submitted by: Nancy Brant, Chair*

The Bylaws committee was tasked with examining bylaws submitted by the Executive Committee as well as by the membership at large.

There were no submissions by the membership after posting in the *Southern Connection* asking for such. The Executive Committee submitted several changes that were reviewed by the Bylaws Committee.

An initial call was held with the Executive Committee (Elaine Hale, Kathy Murray, Kathy Weigand, Ann Anderson) on May 10, 2017. I was given the concerns and possible changes for consideration at that time. A conference call with the Bylaws Committee (Nancy Brant, Barbara Tippins, Nancy Bunnell, Barbara Jett) followed on May 23. Kendra Blackmon was on both calls as Alliance liaison.

The Bylaws Committee put the requests, after discussion, into proper format with rationale and Kendra Blackmon prepared the document for the annual session to be held in St. Petersburg, Florida November 2-4, 2017. A copy of proposed changes went out 30 days in advance to the membership per protocol.

It has been a pleasure to serve on this committee and under Elaine Hale, SMAA President. I would like to thank my committee for a great job and for giving of their time and talents to ensure the success of our organization.

Respectfully submitted,  
Nancy Brant, Bylaws Committee Chair

# NOMINATING COMMITTEE

## Report of the SMAA 2016-2017 Nominating Committee

*Submitted by: Barbara Blanton, Chair*

The SMA Alliance Nominating Committee met via conference call on May 12, 2017. The Chair, Barbara Blanton, SMAA Immediate Past President called the meeting to order at 9:04 am. Kendra Blackmon, SMA Alliance Coordinator, provided to each of us through email an agenda, confidentiality agreement, Bylaws eligibility requirements, the potential candidate list, including participation records, and recommendations for potential officers received from the SMA Alliance membership.

The selection process began with the President-elect and proceeded in like fashion for each remaining office. Each potential officer was unanimously approved by the committee with the exception of the President Elect and Dr. Nancy Swikert recused herself from that vote. Each candidate was contacted by the Chair and they agreed to serve.

The Committee presents the following slate of nominated officers for 2017-2018. These officers will be approved and installed at the Annual Meeting to be held November 2-4, at the Vinoy Renaissance St. Petersburg Resort & Golf Club, St. Petersburg, Florida.

President – Kathy Murray, AL  
President-Elect – Donald Swikert, MD, KY  
Vice-President of Doctors' Day – Kathy Weigand, MO  
Vice-President of Health Education – Rhonda Rhodes, KY  
Vice-President of Medical Heritage – Abbie Freeman, SC  
Vice-President of Membership – Lindsay Rice, AL  
Secretary – Ashley Clark, AL

Submitted by: SMA Alliance 2017 Nominating Committee  
Chair, Barbara Blanton, TN  
Anita Moon White, LA  
Aroona Dave, KY  
Donna Gosney, AL  
Nancy Swikert, MD, KY

# SCHOLARSHIP SELECTIONS COMMITTEE

## Report of the SMAA 2016-2017 Scholarship Selections Committee

Submitted by: Merrell Rogers, Chair

First, I would like to thank my committee: Susan Rish, Gail Delaney, Nancy Bunnell, and Dr. Nancy Swikert. They were all great to work with and I appreciate all of the time they devoted to this project. This is my fourth year serving on this committee and first, as Chair. It has been an honor to be able to serve in this capacity and read and learn about the many deserving medical students in our territory.

The 2017 SMA Alliance Society of 1924 Scholarship Committee met via conference call on October 12, 2017 to select the winner of this year's scholarship. This is the fifth year we have been privileged to award a deserving medical student with a \$2,000 scholarship from the Society of 1924, and, like last year, we were asked to select a winner for the Society of 1906. This year, we received an outstanding 74 applications from 34 medical schools from across our territory and Illinois. It was not an easy decision, as once again, we had several exceptional applicants. After careful consideration, the winner of the 2017 Society of 1924 Medical Student Scholarship is Mr. Benjamin Smood from the University of Alabama at Birmingham School of Medicine. The Society of 1906 winner is Mr. Daniel Peters from the University of South Carolina School of Medicine, Columbia. We are proud to be able to help two very deserving medical students.

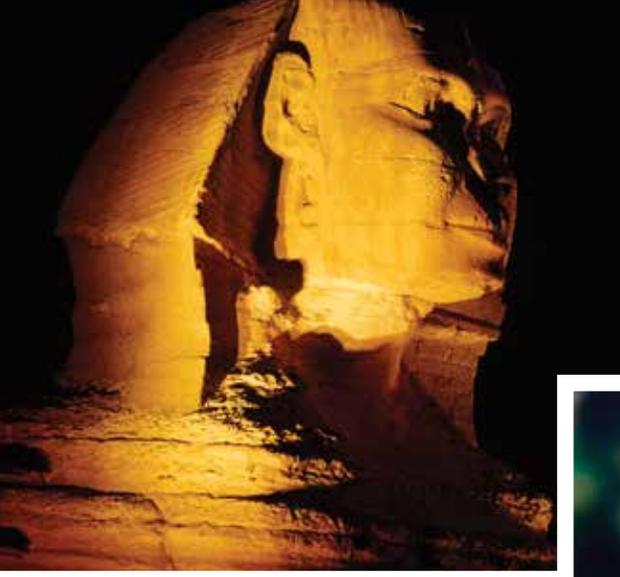


Mr. Smood's goals in medicine are multifold, but chief among them are to become a leading pediatric cardiothoracic surgeon in academic medicine with a strong commitment to clinical and translational research. He hopes to inspire the minds and mentor medical students in a way similar to those that have moved him. He expects to never lose this compassion and appreciation for the work he does, while striving to push the frontiers in medicine and surgery through biomedical engineering and clinical outcomes research. Specifically, Mr. Smood hopes to improve the treatment of mechanical circulatory support as a bridge to cardiac transplantation and perhaps increase the viability of xenotransplantation in neonates with irreparable congenital heart defects. He finds this work so rewarding and exciting due to the impeccable innocence of children plagued by devastating illnesses who can lead normal lives if treated early and appropriately. Moreover, he has spent the last 3 years of medical school surrounded by legends in cardiothoracic surgery at the UAB School of Medicine, and can only hope to follow in their footsteps by improving long term outcomes for those patients receiving cardiac surgery and critical care. Above all, his goal is to always treat each patient as an individual, with the humanity, care, and respect that he would provide his own loved ones.



Mr. Daniels is trying to keep an open mind to all of the areas of specialty/subspecialty. However, when it comes to the first dichotomy in medical careers—medical vs. surgical—he finds himself leaning more towards a medical specialty. He likes the idea of being able to practice medicine in a way that allows him to build long-term relationships with patients and enjoy successes with them over the span of years rather than hours or days. Another aspect of his career that is extremely important to him, is to be able to build and exercise his leadership skills. He is not sure yet how his leadership skills fit into the healthcare system, but he can imagine small group, large team, or administrative leadership being extremely rewarding. Lastly, he would like to be able to educate in some way. In his opinion, community education is the biggest factor in improving healthcare disparity. This is a new passion for Mr. Daniels that he is sure will grow during his career.

The next edition of the *Southern Connection* will be available in February, 2018. If you have anything you would like to submit, please send it to [alliance@sma.org](mailto:alliance@sma.org) on or before January 19th.



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# Society of 1924

*A Tradition of Supporting the Physicians of Tomorrow  
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Enclosed is my \$500 Contribution

Enclosed is my Initial Pledge of \$200.

*I agree to pay an additional \$100 each year for the next 3 years to fulfill my pledge.*

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**Make Your Pledge and You along with this Elite Group of CHARTER MEMBERS will continue to build a legacy of Physicians through Medical Student Scholarships!**

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Nancy Brant - GA

Nancy Bunnell - KY

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*Mail Form to: SMAA Society of 1924*

*3500 Blue Lake Drive, Suite 360 | Birmingham, AL 35243*

## MEMBERSHIP

Spouses of physician members of the Southern Medical Association or spouses of physicians eligible for membership may be members of the SMA Alliance. Founded in 1924 to promote and preserve the art and science of medicine, the SMA Alliance focuses year-round on health education, preservation of medical history, and observance of National Doctors' Day through community service activities. The Alliance continues to organize efforts to develop meaningful programs for the spouses of SMA members and to support SMA in pursuit of its mission and goals. Membership in the Alliance is not only a forum for personal and professional development, but more importantly, it is an opportunity to establish ties among medical families in order to support and encourage one another in these challenging times.

## DUES

The \$40 annual Alliance Member fee helps to support the community service projects of the Alliance and to offset costs associated with its continued administration.



## MEMBERSHIP APPLICATION

Name: \_\_\_\_\_ Degree: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Cell: \_\_\_\_\_

Email: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Gender: \_\_\_\_\_

Spouse's Name: \_\_\_\_\_

Payment Method: \$40 Annual Member Fee

Check—Payable to SMA Alliance    Credit Card:  Visa  MC  AMEX  Discover

Name on Card: \_\_\_\_\_ Card Number: \_\_\_\_\_

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Card Billing Information:  Same as above

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City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone: \_\_\_\_\_

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