New Legislators in the Capitol for Alliance Advocates for Health Care Annual Day at the Legislature Feb 21 & 22
by Gail Holand / VP Legislation

Alliance Advocates for Health Care Annual Day at the Legislature/Winter Board Meeting will be held on Tuesday, February 21-22, 2017, in Jefferson City. Alliance headquarters will be the Baymont Inn.

We’ll start the two-day event on Tuesday at Baymont with lunch and an afternoon board meeting. Our Dutch treat dinner Tuesday night will be at Madison’s Cafe, in downtown Jefferson City, where we will hear from our MSMA lobbyists and receiving talking points for the march on the Capitol.

On Wednesday morning, we’ll meet at the Capitol at Sen. Rob Schaaf’s office and then visit as many lawmakers as we can. Mark your calendars now and send in the registration form found inside by February 10. Visit www.msma.org/alliance to download the form.

Just a reminder, you don’t have to wait until Advocacy Day to get things done. Visit www.msma.org/advocacy. For this year’s election cycle, we had some awesome wins as far as “friends of medicine.” I hope you will continue to encourage your representatives and senators to support the issues that will be facing medicine, patients and physicians in the coming session. Remember they are your voting voice! Contacting your legislators is a way for them to know what is important to you. Call them, write them, email them, and visit them.

Opioid Abuse & Human Trafficking Highlighted Fall Conference
by Marsha Conant / President-Elect

Branson Landing was a beautiful setting for our 2016 Fall Conference. From the time President Jana Wolfe called the meeting to order and Christine Rice led us in the Pledges until adjournment, Jana and the Greene County members educated, entertained, and embraced us! See photo below!

The business part of the meeting was quickly and efficiently dealt with. Carol Jean DeFeo presented plans for the Foundation. She also reported that we are able to fund a scholarship for each of the six Missouri Medical Schools. Health VP Diana Corzine provided forms for the “Drugs Are NOT For Me” contest. She has researched human trafficking for resources and news on the topic. Legislation VP Gail Holand handed out information on three issues: the recently passed bill to combat sex trafficking and protect victims, the huge amount of money given to political campaigns and lobbyists by pharmaceutical companies, and the November 8 election and legislative issues in Missouri. Gail urged each and every one of us to vote in November.

Membership VP Donna Corrado is researching accepting membership payments by credit card. State dues are $25, and direct members should send the annual dues to Donna. MSMA Liaison Liz Fleenor provided Donna with fliers to hand out for membership.

Sue Ann Greco discussed requirements for the MSMA offices and solicited nominations. Reporting on their county activities were continued on page 3
I LOVE this time of year! The crisp air and the soft glow from the fireplace… and a cup of hot chocolate.

Your Alliance has been very busy. The meetings! Fall Conference, North Central Meeting, Southern Medical, AMA Alliance… and our county meetings. I watched and joined in on many. Each one was full of wonderful get-togethers and learning. Thank you for all the invitations and experiences.

The plans are set for Annual Day at the Legislature, Day of Advocacy. Thank you to Gail Holand, VP of Legislation. This is our day to shine as an Alliance. We will be lobbying our legislators for health care and issues that affect our communities. We will be supporting the MSMA platform and the misguided legalization of marijuana, fighting for stronger texting and driving, and human exploitation and trafficking laws. Be a part of making differences, JOIN US!

The Annual Meeting Committee, Allene Wright, Anne Turnbaugh, Carol Jean DeFeo, and Sue Ann Greco have been VERY busy. All the news, information and registration will be out soon. BUT I want to share a bit of the secrets awaiting you at the Annual Meeting, March 31-April 1 in Kansas City at the Sheraton. My dear friend, Yvonne Patterson-Burbach, will be entertaining us this year. Well known as ‘The Bird Lady,’ Yvonne is a highly respected avian educator. Join her, the Alliance on Friday afternoon for “Wings of Love.” There will be an entertaining and educational performance by Yvonne and many of her birds. There will even be a special appearance by Swoop, her eagle owl, with a 5½ foot wingspan! Be sure to bring your kids. Heck, even Grandma and Grandpa will LOVE it.

The MSMA and the MSMA Alliance are proud to bring Sam Quinones to the stage for one of MSMA’s General Sessions. The author, journalist, and storyteller will educate us on the opioid journey through America. I have had the pleasure of hearing him and reading his book, “Dreamland.” Join the Association and the Alliance to hear his revelatory account of the corrosive threat facing America and its heartland.

We will end Friday with our Annual Foundation “A Night with the Blues” Fundraiser and Dinner. Eat, dance, and enjoy friends, old and new. There are many surprises awaiting you! Kathy Weigand, Chair, has plans for the evening. Join us!

My year is rapidly coming to a close. It has been an honor and a pleasure traveling and meeting so many of you, my medical family. We have a bond that is wrapped with heart strings.

See you in February!
Sana Saleh from Kansas City, Mary Aiken from Greene County, Gill Waltman from St. Louis, and Diana Corzine from Buchanan County.

Joan H’Doubler will be accepting nominations until March 1 for the Alliance Member of the Year and Spirit of the Alliance Awards. Sandra Murdock collected $800 for MMPAC. Anyone who joined MMPAC at the conference was entered into a drawing for jewelry. Gill Waltman collected funds for the Holiday Sharing Card.

Barbara Hover and Kelly O’Leary presented the AMA Alliance opioid misuse awareness program. We viewed the powerful DVD Barbara and her team created. A copy of the DVD and educational materials were provided to share with our county Alliance members in order to increase awareness about this very serious problem.

Steve Miller, a substance abuse prevention specialist, enlightened us about the issues with marijuana. What is currently available is much stronger than the marijuana of the ‘60s and sometimes includes a synthetic additive; and children are overdosing due to food and candy-laced with marijuana.

During our free time, some of us enjoyed the show, “Branson Six,” at the Mickey Gilley Theatre, and still had time to partake of Jana’s kind hospitality in her suite.

On the second day, we listened to a heartbreaking program on human trafficking and exploitation given by Casey Alvarez of GO:61. This is the fastest growing crime in the world. Two years ago, the Western District of Missouri had prosecuted more human trafficking cases than any other district in the United States! There are three kinds of trafficking: labor trafficking, domestic trafficking, and sex trafficking (which is the majority). There must be force, fraud, or coercion to meet the definition of trafficking. A major contributing cause is the breakdown of the family. More needs to be done across the State of Missouri. Current resources are only able to deal with 5% of the need, and only 1% of victims are rescued. We need victim mentors; the victims need to feel that they matter to someone. Casey recommended that we contact our local chief of police and city council to find out what is being done in each of our cities.

After drying our tears, we ended our conference with a heavy dose of laughter: “Laughter the Best Medicine,” with Jeff Houghton and the trio of comedians.

Potential members, how they spend their time, and what they love to do. We need to communicate immediately. Make calls to tell someone we missed them at the meeting. And post-meeting, ask “did you enjoy yourself? What did you think about the meeting? Any questions?” We need to be open to change. In order to implement an idea, a business plan is needed and commitments from each member of how they will help. Job-sharing is helpful as is mentorship. Carol also shared great fundraising ideas.

Palmer Mackie, MD, spoke on the impact in Indiana from the opioid epidemic. In 2008, Indiana saw more people die from opioids than from motor vehicle accidents. With opioid use, quality of life decreases and obesity and depression increase. If you never use opioids, you are four times more likely to recover from pain. Indiana gave 109 opioid prescriptions for every 100 people! Treatment of newborns with neonatal abstinence syndrome is very costly.

Rudy Kachmann, MD, explained the mind, body, and spirit connection. Eight things impact wellness: self-responsibility, nutrition, physical fitness, spirituality, lifestyle, educating yourself, connecting the mind and body, and health risk factors. Nutrition is the most important, and sugar is the major culprit. Know your numbers-get a glucose tolerance test and an NMR lipid test. Start screening earlier-possibly from age one. Everyone has stress; you need a system of dealing with it. These can include music, yoga, laughter, or meditation.

Of course the North Central group had time for fun, starting with a cocktail reception at the hotel, two wonderful dinners, a stretching session with certified Yoga instructor Ann Canavati, and an enthusiastic raffle to raise money for the Carol Harding Scholarship fund. Each North Central State had been asked to contribute something for the raffle. Items included a Vera Bradley tote bag from Indiana, pure Minnesota hand harvested wild rice, Halloween decorations and Cherry Mash mini candy bars from Missouri.

Clara Sumeghy, Michigan, informed us about a new group: the AMA International Medical Graduates Task Force. She asked us to check with our states and counties for the names of international graduates.

“Hot Topics” gave us an opportunity to question other state leaders, to vent and share frustrations, and to get awesome ideas to bring back home to Missouri.
Missouri Alliance Members Impact AMA Alliance
by Marsha Conant / President-Elect

With a “Focus on the Future,” AMAA President, Julie Newman, launched a successful meeting of fun and facts at the AMA Alliance Annual Meeting in June in Chicago. Missouri was there in force with MSMAA President Jana Wolfe and President-elect Marsha Conant, Barbara Hover, Allene Wright, Sue Ann Greco, Mary Shuman, Kathy Weigand, Diana Corzine, Kelly O’Leary, Kirk Doan, and Sandra Murdock. Missouri members enjoyed an evening of dinner and discourse at the Tortoise Club.

President Julie Newman welcomed everyone to the meeting. Barbara Hover, Chair of the Opioid Abuse Prevention Task Force, presented the AMA Alliance National Health Focus: the Opioid Addiction epidemic. Barbara played the DVD and gave us an overview of the finished project. Barbara then introduced Missouri member, Kelly O’Leary, who lost her son to opioid addiction and is featured on the DVD. Barbara provided all attendees with educational information for our communities.

Keynote speaker, Sam Quinones, extensively researched the history of the opioid addiction problem for his book, Dreamland, gave us the history of the drug trade, and the 1980s-1990s revolution in pain management. Oxycontin was touted as being virtually non-addictive and was aggressively marketed to physicians. Oxycontin was the bridge to heroin. Heroin has gotten cheaper, more prevalent, and more potent. Jail time forces addicts right back into drugs. To be effective, two years of expensive treatment is required. Physicians and physician groups are needed to find approaches going forward.

A community forum panel followed which included Sam Quinones, Dr. Kelly Wright, American Society of Addictive Medicine; Mr. Daniel Sexton, Cook County Prosecutor; and Captain O’Shea, a Chicago police officer in charge of narcotics. In Chicago, non-violent users are offered treatment instead of being in the criminal system. The goal is to go after the dealers. Police presence has proven to be a deterrent. According to Dr. Wright, “Addiction is a chronic brain disease” that needs to be managed over time. There is no simple one-pill solution.

Robert Nelson spoke on the future of boards. The environment for boards will be more unpredictable, and some organizations may go out of business. With communities facing greater and more complex challenges, the AMAA can bring people together to find solutions. The Alliance must develop future leaders. We need to “add value” to the organization, to the member experience, and to the board experience. To attract younger members, we must seek to involve them in our organization. We need dialogue and to listen to what they have to say in order to make our organization relevant.

Saint Louis University Associate Professor, Jennifer Giancola, spoke to us about “Time Management.” It is important to have a life vision, “a bucket list.” Have a master list with monthly, weekly, and daily priorities. Do the biggest, most important task first. Schedule time for projects and batch similar tasks. Deal with information once. De-clutter and organize your home and office.

Rosemary Xavier spoke to us on the “Art of Planning.” Get the information, set meaningful goals, measure success, and have everyone on the same page.

Jeff Capaldi gave “Social Media” tips. People want to be informed, entertained, and included. Consider videos and 30 or 60 second vignettes. Post photos of activities and have people submit their photos. Track what gets the most attention (the most clicks). Learn from your successes.

Mentoring was the first topic addressed by Cecilia Sepp. Each new member needs a mentor, someone who shares their knowledge and experience. Her second talk was on the “Art of Culture.” “Culture is the way you think, act, and interact.” Define what’s valuable and relevant to your members and potential members; you are competing for their time. Retention is recruitment; current members are your marketing. Who will be the members in the future? What needs to change to achieve success? Be flexible and make people feel included.

The Florida State Alliance hosted, “Tropical Breezes in the Windy City” with a dinner and Improv Show to honor Rosemary Xavier, AMAA President-Elect.

Sarah Sanders, Past AMAA President, installed the 2016 Directors and Officers. Sarah reminded us that we joined the Alliance because of “a desire to change something in the world we live in.” AMA President, Steven Stack, MD, installed AMAA President Rosemary Xavier.

Missouri continues to have a big impact at the national level. Barbara Hover, Jana Wolfe, Sue Ann Greco, Mary Shuman, Kirk Doan, Allene Wright and Kathy Weigand have each taken on AMAA responsibilities. Allene Wright served both as a presidential aide and on the election committee at this AMAA meeting.

Our last educational address was from Samantha Meltzer-Brody, MD, MPH, on “the consequences of burnout on physicians and their families. A practicing psychiatrist, she has been seeing more physicians with symptoms of burnout. These symptoms include emotional exhaustion, detachment, and a low sense of accomplishment. Fifty percent of all physicians meet the criteria for burnout. We need to push for valuing physicians and put the emphasis back on patient care. Stigma, ambivalence, avoidance, denial, inadequate insurance, and confidentiality are all major concerns. Doctors are pushed to work faster, but medicine is not a “production line.” Physicians must get regular exercise and spend time with family, friends, and colleagues. Doctors who take more vacation days have less burnout, so make sure your spouse schedules vacation time. A good resource is the book The Happy MD by Dike Drummond, MD. And check out the app “Burnout Proof”.

Physician health must be our priority. Remember, we are all in this for the long haul, and we cannot survive if we don’t take care of ourselves first.
Missouri State Medical Association Alliance

Holiday Sharing Card

From the following who most generously gave to the Missouri State Medical Association Foundation, to its Alliance Scholarship Fund, and to the American Medical Association Foundation.

We bring you tidings of good cheer, & wish you a happy, healthy & peaceful New Year.

Guiseppe Aliperti, MD & Debbie Aliperti
Erol Amon, MD, JD & Sally Amon
Mary B. Aiken
   In honor of Richard C. Aiken, MD, PhD
Sandra Ahlum, MD & Lent Johnson, MD
Grant Bever, MD & Millie Bever
Gregg J. Berdy, MD & Ranjan P. Malhotra, MD
   ~Ophthalmology Associates
George Bohigian, MD & Chris Bohigian
Jim Braibish & Dr. Diane Braibish
Edmond Cabbabe, MD & Rima Cabbabe
Samer Cabbabe, MD & Amy Cabbabe, MD
David Chalk, MD & Eileen Chalk
Sophia Chung, MD & John Holds, MD
Mike Collison, MD & Shirley Collison
   In honor of Siena D’Souza,
   pre-med student, Rockwood University
James Conant, MD & Marsha Conant
Joseph Corrado, MD & Donna Corrado
   In honor of Dr. & Mrs. H. Peter Ekern
Frank Corry, MD & Judy Corry
Carol Jean DeFeo
   In honor of Fred G. DeFeo, MD
Jonathan D. Dehner, MD & Patricia Dehner
Betty M. Drees, MD
Thomas Greco, MD & Sue Ann Greco
Ted Groshong, MD
John C. Hagan, Ill, MD & Becky Hagan
Mrs. Charles H’Doubler (Joan)
Alex Hover, MD & Barbara Hover
George J. Hruza, MD & Dr. Carrie Hruza
William Huffaker, MD & Betty Huffaker
Ravi S. Johar, MD & Kay J. Johar
Jerry Kennett, MD & Michele Kennett
Nathaniel Murdock, MD & Sandra Murdock
   In honor of the Murdock family
David & Jill Nowak
Timothy O’Leary, MD & Kelly O’Leary
Mrs. Harry E. Raybuck (Jean)
JoEllyn Ryall, MD
Sen. Robert Schaaf, MD & Debbie Schaaf
Ross Shuman, MD & Mary Shuman
Jeffrey Thomasson, MD & Gail Thomasson
M. Bryant Thompson, MD & Nancy C. Thompson
Stephen R. Waltman, MD & Gill Wiltman
Robert Weigand, MD & Kathy Weigand
Jim Wolfe, MD & Jana Wolfe
Michael D. Wright, DO & Allene P. Wright
   In honor of 2016-2017 MSMA Alliance board members
Mrs. J. Michael Zylka (Angela)
92nd Alliance Meeting Preliminary Schedule

All Alliance meetings are at the Sheraton Kansas City Hotel at Crown Center unless otherwise indicated. Schedule subject to change. Please check official program for exact times and locations.

**Thursday, March 30**
7:00 pm  Alliance Dutch Treat Dinner  
Meet in the lobby by 6:30 pm.

**Friday, March 31**
8:30 am  Alliance Board Meeting
10:00 am  Alliance General Assembly - Session I
11:30 am  “Spirit of the Alliance” Awards Luncheon
3:15 pm  “Wings of Love” Bird Show
4:00 pm  Set-Up for Alliance Foundation Fundraiser
4:30 pm  Alliance Past Presidents’ Reception
7:00 pm  “Blues Highway” Alliance Foundation Fundraiser & Dinner

**Saturday, April 1**
8:30 am  Alliance General Assembly - Session II
12:30 pm  Alliance Installation Luncheon
2:30 pm  Alliance Board Meeting
5:30 pm  Reception: 50-Year Pin Recipients & MSMA & Alliance Past Presidents
6:30 pm  MSMA Presidential Inauguration
7:30 pm  MSMA Presidential Reception

**Meeting forms online at**
www.msma.org/alliance

**Convention is EARLY! Make Hotel Reservations Now!**

www.msma.org/convention-registration-lodging  
Call Sheraton Kansas City at Crown Center  
1-866-932-6214  
Group rates available until February 27, 2017. Rates start at $151 per night plus charges and taxes. If calling, mention “MSMA 2017 Annual Convention.”

**Alliance Registration**
Opens January 6

**Wings of Love**

Enjoy an entertaining hour of fun-filled bird love with Yvonne Patterson-Burbach (the ‘Bird Lady’). The riveting bird show brings the incredible avian world to you in a fun yet educational way to remind us of the natural gifts we share in the animal world.

Friday, March 31 | 3:15 pm | The Terrace Sheraton Kansas City at Crown Center

**The Alliance and MSMA General Session**

Sam Quinones  
Journalist and Author of *Dreamland, The True Tale of America’s Opiate Epidemic*

Friday, March 31  
1:30 pm  
Sheraton Kansas City at Crown Center
**Tuesday, Feb. 21**
11:00 A.M. Registration/Baymont Inn Meeting Room - *Lunch catered by Roly Poly Wraps*
12:30-4:30 P.M. Winter Board Meeting - *Coffee and dessert during meeting*
3:00 P.M. Check-In at Baymont Inn
6:00 P.M. Dinner/Dutch Treat Dinner - *Madison’s Café in downtown Jefferson City*

**Wednesday, Feb. 22**
6:30-8:00 A.M. Complimentary Continental Breakfast at Hotel
8:45 A.M. Meet in Sen. Rob Schaff’s office the Capitol - *visit with Legislators*
Noon Check out of hotel
Luncheon Dutch Treat Luncheon - *Arris Bistro, 409 West Miller Street/next to Baymont Inn*

Name_________________________________________________________________________________________

Address_________________________________________________________________________________________

City/State/Zip__________________________________________ County/Alliance__________________________

Email__________________________________________ Tel________________________________________

**Attendance & Fees - Check all you will be attending**

- Advocates Day Registration (required for all participants) $30* X # attending____ = $____
- Advocates Day Late Registration (rec'd after Feb. 10) $35* X # attending____ = $____
- Tuesday Catered Lunch $12* X # attending____ = $____
- Tuesday Dinner @ Madison’s Cafe Dutch Treat X # attending____ = $____
- Wednesday Continental Breakfast @ Baymont Inn Complimentary of Baymont Inn
- Wednesday Dutch Treat Lunch @ Arris Bistro Dutch Treat X # attending____ = $____

**TOTAL** = $____

**Fee Payment & Registration**
Make check payable to MSMAA and send by **Feb. 10** to: Gail Holand 1840 E Vincent Springfield, MO 65804
Call/text with questions **417-860-6101** or email holandhaus@yahoo.com.

**Hotel Information**
Baymont Inn - 319 W. Miller Street, Jefferson City. **Room cost is $79.00/night.**
**Call** the Baymont Inn at **573-636-5231** and ask for the MSMAA or Missouri Alliance Room Block.
Deadline for hotel reservations is **Jan. 21**, after which availability and rate cannot be guaranteed.

**Dietary or Faith Restrictions**
No arrangements will be made unless notified. Please contact Gail Holand.

**Refund/Attendance Policy**
Full refunds will be made if notification of cancellation is received by the event chair **SEVEN DAYS** prior to the opening event.

*The meeting/event registration fee will be paid by any Alliance member attending any or all events on the agenda. Your registration fee covers paper materials, speakers’ fees, meeting room rental, and audio/visual equipment.*
Alliance Happenings

Alliance Advocates for Health Care
An Annual Day at the Legislature & Board Meeting in Jefferson City

Tuesday, February 21 & Wednesday, February 22
Meeting Location: Baymont Inn & Missouri Capitol

Lodging Deadline - Jan 21  Registration Deadline - Feb 10

Growing Missouri’s ALLIANCE

2017 ALLIANCE ANNUAL MEETING
Sheraton Kansas City at Crown Center  March 31 - April 1, 2017
Hotel Reservations by February 27  Advanced Meeting Reservations Required by March 20

“The road to an Alliance meeting is never long.”