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Message from the President

What an exciting year it has been! It truly has been a joy to visit with each of you and enjoy your states’ traditions and customs. I’ve also had an opportunity to hear about the wonderful projects you are all doing in your states. From preserving medical heritage to celebrating Doctors’ Day, the support you provide for medical families is much appreciated. You are serving your communities and states with much-needed community service and health education projects. The list is endless and your impact is making a difference!

Louisiana: Shreveport was the setting for the LSMSA Board Meeting in November. There were many familiar faces (SMAA members) in attendance and President Anita White did an outstanding job presiding. We enjoyed a wonderful tour of the future Marlene Yu museum in Shreveport. Marlene’s daughter, Stephanie Yu Lusk, is a member of the LSMSA. Alma Rozeman (Councilor), Rose Kuplesky (Past President), and Emma Borders (Committee Chair) were all in attendance and several LSMSA members joined the SMAA at the meeting. Thank you for a wonderful visit!

Alabama: Huntsville and the Madison County Medical Alliance hosted the AMA 2015 Southern Regional Conference. It was a great event and provided an opportunity to network with Alliance members from all over the nation in one place. Because of scheduling difficulties due to multiple Alliance meetings being held on the same weekend, this was a perfect opportunity to meet many Alabama Alliance leaders. Thank you to the planning committee for allowing me the opportunity to speak to those in attendance and show off some of the SMAAs great Doctors’ Day gear! Several orders for these products were placed right then and there! All but one of our SMAA Executive Committee members were in attendance (WOW!!) including Alabama’s Kathy Murray (VP of Medical Heritage). Ashley Clark (AL Councilor) did an outstanding job chairing the event and Lindsay Rice (R & E Chair) presented a fabulous Tech Talk that even included a group selfie with her selfie stick! I’m looking forward to seeing lots of people from the Southern Regional Conference at our SMAA Annual Meeting in October! It will be like a family reunion!!

Tennessee: The TMA Alliance held its 87th Annual Meeting and Convention at the Gaylord Opryland Resort and Convention Center in Nashville, TN in April with the theme “Grand Ole Alliance.” Isn’t that clever?! SMAA President-elect, Barbara Blanton, served as...
my hostess and we had a wonderful time. It was a thrill to have the opportunity to address the TMAA at its opening session and hear reports on philanthropy and professional etiquette, presented by TMAA & SMAA member, Heidi Dulebohn and presided over by SMAA member/TMAA president, Nora Lee. We enjoyed a fun dinner with live-by-request entertainment by the servers at the Opry Backstage Grill. The TMAA is working hard to continue its mission of “Members Making a Positive Difference” and several members expanded their Alliance reach by joining the SMAA. Other SMAA members/leaders in attendance were Robin Hutchins (Councilor) and Jacque Prince (Doctors’ Day committee).

Missouri: The MSMAA Annual Meeting was held in Kansas City in April. With a Shining Stars theme, President and SMAA Secretary, Kathy Weigand, led the meeting and celebrations in outstanding fashion. And speaking of “fashion,” Kathy took the theme of their fundraiser to heart by dressing up as Lady Luck at the Alliance’s Casino Night fundraiser! Celebrating its 90th year, the MSMAA incorporated a Foundation Boutique into its festivities where the vendors gave back a portion of their sales to the Alliance and also donated one item each to the medical education silent auction. There was also a live auction with live auctioneer where SMAA Committee member, Marsha Conant, did an outstanding job displaying the items for bidders to view. It was exciting to hear about all of the projects MSMAA is busy doing and I enjoyed the time with SMAA members Millie Bever (Young Physicians committee chair), Donna Corrado, Barbara Hover (Health Education committee), Anne Turnbaugh (Medical Heritage committee), and Allene Wright. Again, I was given the opportunity to bring greetings from the SMAA and additionally, was allowed to help present a special award at the Spirit of Alliance Awards Luncheon to Kathy Weigand for her efforts in establishing the Almond Fund for philanthropy in Missouri. It was quite exciting to have several MSMAA members join SMAA at the meeting and I look forward to seeing many at our annual meeting!

Texas: The Texas Medical Association Alliance held its 97th Annual Convention in Austin, TX April 29-May 2. SMAA Councilor, Angela Donahue, presided over the well-attended annual meeting and presented an outstanding address to the TMA House of Delegates outlining the accomplishments of the TMAA. The “County Crowning Session: Toot Your Own Horn!” was a fun time to hear about the projects all of the county alliances have been busy conducting. We had a fun time listening to a talk about deciphering body language and learning what NOT to do in an interview! It was a thrill to present two special awards with cash prizes (thanks to the SMAA allotments) at the Awards Luncheon, one for Medical Heritage and one for Health Education. These projects will definitely be on display at the SMAA annual meeting in October! Bobbi Rodriguez (Committee member) and Libby White welcomed many new TMAA members to the membership of the SMAA during the convention. Congratulations to Patty Loose (SMAA Councilor) on her installation as President of the TMAA.

As a reminder, we encourage everyone to attend the SMA Alliance Annual Meeting scheduled for October 29-31 at Sandestin Gold and Beach Resort in Florida. There, we will celebrate the accomplishments of all of our local and state Alliances in the southern region and hear live, in-person, reports from our state presidents! Please plan to submit all of your projects for judging and display at the Annual Meeting. Register now by going to www.SMAAlliance.org. There you will also find entry forms and judging guidelines for project submissions, which are due by August 15, 2015.

Let’s keep hitting the high notes for SMAA!!

Karen Morris
President, SMA Alliance
Travel Memories Made to Date
SMA CME/CE Educational Opportunities

**SMA’s Osteoporosis Bone Club – May’s Topic: ONJ**

**Fee:** No fee for the first 25 participants, REGISTER EARLY!

**Date/Time:** Thursday, May 21, 2015, 7:00-8:00 p.m. Central Time (8:00 Eastern)

**Description:** This is the first in a series of on-line accredited webinar live meetings. The format will be a case presentation, followed by a lively discussion with the moderators, attendees, and invited panel, related to osteonecrosis of the jaw (ONJ).

Prior to the Webinar, take a moment to read the article entitled, “Diagnosis and Management of Osteonecrosis of the Jaw: A Systematic Review and International Consensus.” The authors of this paper, Drs. Aliya Khan and (tentative) Archie Morrison, will be leading the discussion, along with Drs. Ron Hamdy and Sanford Baim. A description of the case to be presented will be sent to all registrants prior to the webinar. Upon completion of the session, attendees should be able to: 1) Identify the incidence of ONJ in patients with osteoporosis on antiresorptive medication; 2) Identify the factors that increase the risk of ONJ; 3) Know the relationship between ONJ and antiresorptive therapy; 4) Understand the diagnosis, stages and management of ONJ; and 5) Know when to refer a patient with ONJ to a dentist and to an oral surgeon.

**CME Credit:** Southern Medical Association is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

Southern Medical Association designates this Live activity for a maximum of 1.0 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**Moderators:** Ronald C. Hamdy, MD, Johnson City, TN; and Sanford Baim, MD, Chicago, IL

**Panel:** Aliya A Khan, MD, Hamilton, ON, Canada; and (tentative) Archie Morrison, MD, Halifax, NS, Canada

To register, CLICK HERE

System Requirements and App Information for Viewing:
Click for System Requirements to view SMA’s Webinars

Download the apps free on the App Store, Google Play and the Windows Mobile Store.

**SMA’s Focus on the Female Patient**

**Location:** Kiawah Island Golf Resort, East Beach Conference Center, Kiawah Island, SC

**Date:** Monday, July 20 thru Thursday, July 23, 2015


**Description:** Women’s health continues to evolve, and many new and updated practice guidelines have recently been released related to the care and treatment of female patients. On Monday and Thursday the group will meet in a combined plenary session to review general women’s health topics of interest to both primary care and specialists. On Tuesday and Wednesday, the group will breakout into tracks – OB/GYN and Primary Care for specialized education. Two special workshops are offered for all attendees at no additional charge: 1) The Scope of Pain (Opioid Prescribing Education) and 2) Clinical Documentation. CME and Nursing Contact Hours are available.

**CME/CE Credit:** Southern Medical Association is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

Southern Medical Association designates this Live activity for a maximum of 25.75 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

The Southern Medical Association is an approved provider of continuing nursing education by The Alabama State Nurses Association, an accredited approver of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

This activity qualifies for up to 22.75 contact hours. Monday 5.5; Tuesday 5.75; Wednesday 5.75; Thursday 5.75.

Southern Medical Association Provider # 5-125.

The American Academy of Nurse Practitioners Certification Program (AANPCP) accepts AMA PRA Category 1 Credit™ from organizations accredited by the ACCME. Individuals are responsible for checking with the AANPCP for further guidelines.

**NEW! Educational Resources**

Now available on the SMA Alliance website is a page with several informative videos, articles and forms. Recently added was Inspiration Technologies, a video presented by Lindsay Rice on the value and use of technology – software and devices.

Visit the SMA Alliance website at [http://smaalliance.org](http://smaalliance.org), click on the Resource tab and then Educational Resources to see Lindsay’s video as well as the other informational pieces.
Huntsville, Alabama welcomed 57 Alliance friends from 13 states to the Rocket City in January. The Madison County Medical Alliance (MCMA) and the Alliance to the Medical Association of the State of Alabama (AMASA) were thrilled to entertain this group consisting of AMA Alliance, SMA Alliance and the various state alliance members and leaders.

The events kicked off with a Welcome Reception at the Huntsville Museum of Art where guests enjoyed catching up with Alliance friends from across the country. Friday morning started with a welcome from Huntsville Mayor Tommy Battle. Attendees heard a Washington Update from U.S. Congressman Mo Brooks (R-AL). Congressman Brooks shared the story of Dr. Marlin Gill, a physician from Decatur, AL, whose letter was read on the house floor about the “War Against Doctors.” Attendees also heard a legislative update specific to medical care, specifics on how to keep your alliance programs tied to your mission and the first day wrapped up with an energetic session on social media complete with a show and tell of sorts on Tech Toys on the market today.

We heard from AMA Alliance President, Sarah Sanders, who shared the important roles of the county, state and national alliances. We took several different looks at the medical marriage on Saturday. A local financial consultant talked about comfort levels in investing, along with sharing staggering statistics on the debt physicians coming into practice will be facing. We learned how to nurture our spousal relationship and what a priority that is. A special thank you to Dr. and Mrs. Phil Roth (Alabama) and Drs. Don and Nancy Swikert (Kentucky) for sharing the challenges and experiences they’ve had being in a medical marriage. This panel discussion was the perfect ending to our meeting and we so appreciate you all sharing your stories.

It wasn’t all work and meetings in Huntsville. Many alliance members enjoyed the optional tours in the afternoons. A group went to the HudsonAlpha Institute of Biotechnology for a facility tour and to hear about the amazing research going on there. No visit to Huntsville would be complete without a behind the scenes tour of Marshall Space Flight Center and visit to the Space and Rocket Center.

Thanks to everyone who traveled to Huntsville and helped make this meeting so fun. SMAA had a great representation at this meeting and are so grateful for your participation. The energy was contagious!

Alliance to the Medical Association of the State of Alabama (AMASA) Meeting

The Alliance to the Medical Association of the State of Alabama (AMASA) has had a busy spring. We just wrapped up our Annual Meeting in Montgomery, Alabama. We are grateful to Kendra Blackmon for attending and giving an update on SMA Alliance. Everyone was excited to learn about the roll out of Nurse’s Day. The delegates from all over the state heard a very informative update on legislation that could greatly impact medical practices in Alabama. We had a great silent auction to help raise funds for our AMASA medical student award fund. It was great to hear all the great projects the county alliances are doing across the state to support the family of medicine. SMAA recognized Madison County Medical Alliance for their Doctor’s Day and Health Projects that will be submitted at the SMAA convention this fall.

Welcome the new AMASA Board (2015-2016)
(L-R) Karen Alford-Immediate Past President, Lindsay Rice-President Elect, Apsie Coccia-1st VP-Membership, Amy Wybenga-President, Rose Wiethop- 2nd VP-Health Projects, Ashley Clark-Treasurer, Carole Avery-Secretary.
AMASA celebrated the success of the statewide health project this April. These Healthy Eating Plates were given out all over the state. The plates are targeted for 2-8 year old and will be distributed through Owens Cross Roads Elementary School and The New Hope Children’s Clinic. These dishwasher safe, durable, portioned food group plates help children learn the important food groups. The food icons on the plate encourage children to make half their plate fruits and vegetables, 1/4 whole grains, and 1/4 lean proteins. We hope this plate will serve as a daily reminder to entire families to fuel their bodies with the nutrition each of us needs.

A special thank you to all the SMAA members who came to Huntsville, Alabama in January for the AMA Alliance Southern Regional meeting. We were thrilled to have so many of our Alliance friends from across the south in attendance and are looking forward to learning lots in Jackson.

Lee County had a Doctors’ Day Event on March 30 at FineMark Bank & Trust. The event was coordinated by Lee County President Lisa Tritel and President Elect Vickie Sweet. The bank generously had the catered event with appetizers and cocktails. Vickie Sweet gave a toast and the Doctors were presented with boutonnieres. This wonderful event was attended by 68 physicians and spouses.

Duval County hosted the Past Presidents Lunch at the home of Nahid Venus. It was a lovely event that also welcomed new members!

Sarasota Medical Alliance Foundation is giving away $7000 in scholarships. $4000 is going to The Venice Medical Academy and $3000 is going to LECOM (College of Osteopathic Medicine). Congratulations to SMAA!

Broward County members of the FMAA will be hosting a membership event at the Fort Lauderdale Yacht Club on May 6.

The Medical Association of Georgia Alliance, led this year by President Miriam Eve Tidwell, has struggled to rebuild itself after several years floundering after the loss of leadership. Eve, along with a leadership team, visited state alliances bringing along the quilt given to Past American Medical Association Alliance President Barbara Tippins by the Georgia state alliances at the end of her presidency. This quilt represented the past while encouraging the future.

The state alliance concentrated on aiding the Foundation in their prescription drug project, “Think About It”. In addition, working alongside member Merrilee Gober, R. N., the Alliance contributed to and became a partner with Healthy Babies, Healthy Mothers. Dues were waived this year for any spouse of a MAG member and the Dancy Fund, established to provide low-interest student loans for medical students, was reinstated. During the annual session, held at Calloway Gardens, AMAA President-elect, Julie Newman, was a featured speaker, talking about the restructuring of the AMAA.

The Floyd-Polk-Chattogo Alliance in Rome, Georgia ended the year with several great programs including one on the archeology of the Vann Cabin and a fashion show with over 80 members in attendance. During the fashion show new President Lynne Finn took office. The Alliance continues to provide varied meeting times; experiences where members chose to have a spa treatment or skeet shoot at a local resort; and wine tastings or yoga sessions. This Alliance is a showcase for the state on what can be accomplished and what we hope to use to reinvigorate other alliances across the state.

As the 2015-2016 year is brought into view, the MAG Alliance looks with hope to the future by focusing on relevant programs and what worked in the past and how that can be reinvented for today’s world and members.

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A baby shower benefiting the Florence Crittenton Services of North Carolina was held on Sunday, March 29th in Charlotte. The shower was hosted by Charlene Slaughter, NCMS Alliance President and Romell Johnson, VP, Program Development; 30 attendees donated over $4,500 in in-kind and cash donations. Located in Charlotte for 112 years, Florence Crittenton provides services and a home for single pregnant girls and women, as young as age 10, and parenting adolescents and their children. The agency provides prenatal care, educational services, and substance abuse counseling among other services to empower and equip these young mothers and mothers-to-be. This year alliance members have donated over $10,000 worth of baby items to Florence Crittenton by attending baby showers throughout the state.

As part of the Mother’s Day appeal, each spring the NCMS Alliance asks members to honor the special women in their lives with a donation to the Annual Fund. This year the unique Mother’s Day card features a beautiful photograph featuring young mothers from the Alliance’s project this year, Florence Crittenton Services of North Carolina. Mrs. Kristin Young contributed this unique photo. Kristin is a Charlotte mother to six children and owns Kristin Young Photography. Kristin’s photos beautifully depict that in spite of challenges, motherhood is an extraordinary passage. These young women, who are frightened and apprehensive about motherhood, are able to face the challenge with tools and support from the staff at Florence Crittenton.

The annual meeting is planned for Saturday, May 16th at the Raleigh Marriott Crabtree Valley Hotel. Attendees will enjoy a reception Friday evening at the home of Karen Albright. Author Diane Chamberlain will be the featured speaker at the Hubbard Luncheon; Deborah Harrell-Meehan, a Wake county member, will be installed as president for 2015-16.

The Tennessee Medical Association Alliance (TMAA) joined with the Tennessee Medical Association (TMA) to hold the Eighty-Seventh Annual Meeting and Convention. The TMAA portion of the meeting was held on April 10 - 11, 2015 at the Gaylord Opryland Resort & Convention Center in Nashville, Tennessee.

The theme for this meeting was “Members Making a Positive Difference.” President Nora Lee presided. Guest speakers for this event were Karen Morris, SMAA President and Beverly Wright, AMAA Secretary. Both speakers inspired and reaffirmed our commitment to the Alliances. Heidi Dulebohn gave a well-received talk on social and professional etiquette. Following Friday’s agenda, attendees joined Nora Lee for the TMAA President’s Reception & Dinner at the Opry Backstage Grill.

Saturday morning began at Cascades American Cafe at 7:30 AM for the annual Golden Gavel Members Breakfast for past state presidents. It gave guests a chance to congratulate outgoing president Nora Lee on a job well-done, as well as giving well wishes to the incoming President and President-Elect, Gail Brabson and Milli Yum respectively. Saturday meeting speakers were Dr. Douglas Springer, TMA President, Julie Griffin, TMA Director of Government Affairs and Katie Hilt, TMA Assistant Director of Government Affairs. Lunch followed with the TMA and featured a panel discussion of advance care directives.

Installation of new officers occurred after lunch and the Dolores Chandra Excellence in Leadership Award was presented to Kristi Bonvallet of the Chattanooga/Hamilton Medical Society Alliance.

Many TMAA members joined the TMA for their President’s Reception and then boarded the General Jackson Showboat for a dinner cruise featuring a first-class live musical performance befitting Music City.
Report of the
SMAA 2014-2015
Texas Counselors

Submitted by: Angie Donahue and Patty Loose

Community Health

State projects

Be Wise Immunize- over 21,500 immunizations given at county alliance events.

Both childhood/adolescent vaccinations and adult flu vaccine. Events include at schools, Health Fairs, back to school immunization events, drive-up shot clinics and churches

Hard Hats for Little Heads- 20th anniversary of project. Over 37,000 helmets given to children this year by county alliances, culminating in the 200,000th (cumulative) helmet given in December. Given at health fairs, bike rodeos, holiday parties, skating rinks, and schools.

Walk with a Doc- alliances have joined their county medical societies in support of this weekly event in their communities.

County projects

Health Fairs, Anti-bullying campaigns, baby showers for indigent mothers, making and providing blankets to children in protective services, providing clothing/food, household items to those in homeless shelters, support of domestic violence shelters, Sensory holiday party for children with disabilities, health fairs, WATCH program (healthy life styles) curriculum in schools (15th year), senior citizen parties, numerous scholarships for health related degrees,

Legislation

County alliance members have supported candidate campaign fundraisers, coffees, “Get out the Vote” calls and block walking.

TEXPAC- alliances have encouraged alliance membership in our state PAC. Twelve alliance members are voting members on the TEXPAC Board.

First Tuesdays at the Capitol- Texas is on a biannual legislative schedule and the first Tuesday of each month that the legislation is in session (Jan, Feb, March, April and May) alliance members join physicians, residents, and medical students in Austin to visit our local legislators and lobby for physicians and their patients. March was designated “Alliance First Tuesday” and we had a reception at the Capitol on that Monday evening for all alliance members and spouses, hosted by Representative Susan King from Abilene, an alliance member and wife of TMA President Dr. Austin King. Tarrant County member Mary Ann Shelton, whose husband is a former state representative, took any children that attended with their parents on a behind the scenes tour of the Capitol while their parents were visiting their legislators.

Membership

State

Resource Liaisons- Five new Board positions. Five members that were selected based on their knowledge in varied areas of relevance; such as membership, board development, volunteer recruitment and retention, legislative advocacy and organizational logistics, among others. Our hope is that it will be helpful to county presidents to have a group of highly trained people that can respond to requests for assistance in the areas of membership, organizational logistics, board development and leadership training/mentoring with direction from the TMAA president. It has helped restart some of our alliances.
Regional Meeting at the Lost Pines Resort in Bastrop Texas- 2 days of training and sharing of ideas with alliance members from across the state.

Monthly Memo- monthly e-newsletter sent to state board and county leadership to share and exchange information about what is going on at state and county level.

County

- High school Junior volunteer organization within their alliance comprised of medical family children- great volunteer opportunities for kids. You must be a member of the alliance for your child to participate.

- TLC (tender loving care) committees to support local members

- Special interest groups (book clubs, movie/theater group, Parents of Preschoolers, needlepoint groups, investments groups, and cooking groups)

- Member highlight in directory (service)

- Creative programming

- Use of social media to communicate and invite members to join in

The SMA Alliance wants to hear from you. We want to see your pictures. So we have opened the SMA Alliance Facebook Page to the public. Tell us about what’s happening in your community, your state or from a personal standpoint. The facebook page is yours and it will only be better with your participation.

Report of the SMAA 2014-2015 Membership Committee
Submitted by: Elaine Hale, Vice-President and Chair

The SMAA Membership Committee met through a conference call in February. We discussed strategies to recruit new members and physician members. We discussed recapturing members and split the list of those who have not renewed their membership and have made attempts to contact each personally.

We would love to hear your experiences and ideas. Think about why you are a member, did you have an experience that made you a loyal member? Share it with us. We want to serve you, our members, tell us how. We look forward to hearing your ideas. Please contact Elaine Hale at brase@bellsouth.net or 407-859-5675.

Report of the SMAA 2014-2015 Medical Heritage Committee
Submitted by: Kathy Murray, Vice-President and Chair

Your Medical Heritage Committee members extend greetings and hope everyone is enjoying the spring warm up. Now is the time for SMAA State and County Medical Alliances to remember to submit their Alliance’s Medical Heritage Projects at their annual state meetings. Award winners will be selected and projects will be forwarded to the SMAA Annual Meeting scheduled in October. We want to have as many projects as possible, so if you do not have time to get your project exhibit ready for the state meeting, you can still submit you project directly to SMAA. The deadline for submission is June 1.

You can go to the smaalliance.org website and click on “Community Service” to access all the information you need to submit the project. The Dr. and Mrs. Milford O. Rouse Award will be presented to the county or state submitting the best overall Medical Heritage project. In addition, the Alliance will also receive a $500 monetary prize. We look forward to seeing you in October!

If you have questions, don’t hesitate to contact me at oximeter@aol.com.

Report of the SMAA 2014-2015 West Virginia Councilor
Submitted by: Judy L. Bofill, RN

It is a pleasure to report on what is going in West Virginia. As I mentioned before, we are not as active as we used to be. Despite our very few members there was a unified and coordinated action so that we retained the Scholarship program. We have a Scholar as of now and our chairman is Betty Kuppussami. We have a meeting once a year that will occur this August at the Greenbriar and hopefully new members will join & old members will come back.
From the Centers for Disease Control

E-cigarette use triples among middle and high school students in just one year

Current e-cigarette use among middle and high school students tripled from 2013 to 2014, according to data published by the Centers for Disease Control and Prevention and the U.S. Food and Drug Administration’s Center for Tobacco Products (CTP) in today’s Morbidity and Mortality Weekly Report (MMWR). Findings from the 2014 National Youth Tobacco Survey show that current e-cigarette use (use on at least 1 day in the past 30 days) among high school students increased from 4.5 percent in 2013 to 13.4 percent in 2014, rising from approximately 660,000 to 2 million students. Among middle school students, current e-cigarette use more than tripled from 1.1 percent in 2013 to 3.9 percent in 2014—an increase from approximately 120,000 to 450,000 students.

This is the first time since the survey started collecting data on e-cigarettes in 2011 that current e-cigarette use has surpassed current use of every other tobacco product overall, including conventional cigarettes. E-cigarettes were the most used tobacco product for non-Hispanic whites, Hispanics, and non-Hispanic other race while cigars were the most commonly used product among non-Hispanic blacks.

“We want parents to know that nicotine is dangerous for kids at any age, whether it’s an e-cigarette, hookah, cigarette or cigar,” said CDC Director Tom Frieden, M.D., M.P.H. “Adolescence is a critical time for brain development. Nicotine exposure at a young age may cause lasting harm to brain development, promote addiction, and lead to sustained tobacco use.”

Report of the SMAA 2014-2015 Doctors’ Day Committee

Submitted by: Rhonda Rhodes, Vice-President and Chair

Doctors’ Day was once again a huge success for the SMA Alliance. We offered NEW this year a very nice vinyl banner sign along with all the other items in the SMA Alliance Doctors’ Day store. Even though we remember our physicians in a special way this one day a year, please remember that everyday physicians work to save the lives of their patients. So they are special every day!

Please feel free to contact me at rhoda40@hotmail.com if you have any questions, concerns or suggestions regarding the SMA Alliance Doctors’ Day.

Happy Mother’s Day
The SMA Alliance wishes all Mothers a very Happy and Healthy Mother’s Day.
Our Doctor’s Day Celebration on Sunday, March 29th at the Robb House was attended by almost 30 members and spouses, who ate, drank, visited with each other and toured some of the historic medical collections at the Robb House. Proclamations from both the City and the County were read, honoring the physicians in our community and their dedication to the health and welfare of its citizens.
Doctors' Day Celebrations

From Orange County Medical Society, Florida
Submitted by: Adina Nobie from the Orlando Sentinel

Vital Signs

The Orange County Medical Society Alliance turned National Doctor's Day into a week of appreciation by delivering 100 care packages to volunteer physicians at Shepherd's Hope's five free clinics in Central Florida.

“These boxes are merely a token of gratitude filled with items such as candies, snacks, notepads, pens and other small trinkets,” said in a statement Adina Nobie, past-president of Orange County Medical Society Alliance, which has been spearheading the local Doctor's Day initiative for the past three years.

The care packages also include handwritten notes and drawings by young patients and local school children, thanking the doctors for their medical care.

Packages were put together by Orange County Medical Society's Junior Alliance, which is made up of children of local physicians.

May is Melanoma/Skin Cancer Detection and Prevention Month

Skin cancer is the most common type of cancer in the United States. Ultraviolet (UV) radiation from the sun is the main cause of skin cancer. UV radiation can also come from tanning booths or sunlamps. The most dangerous kind of skin cancer is called melanoma.

The good news? Skin cancer can almost always be cured when it's found and treated early. Communities, health professionals, and families can work together to prevent skin cancer or detect it early on.

Make a difference: Spread the word about strategies for preventing skin cancer and encourage communities, organizations, families, and individuals to get involved.

Read more>>
Call for Committee Participation

Dear SMA Alliance Member:

Your participation is needed! Southern Medical Association Alliance (SMAA) is looking for dedicated members to become involved in committee leadership positions for the business year 2015-2016. These positions have a term of one year.

Please go to the Committee Descriptions page, take a moment to review the description of each committee and the state councilor position. Then go to the Leadership Participation page and make your selection. Make the decision today to become part of the SMA Alliance leadership. Terms begin immediately following the Annual Convention in October.

SMA Alliance Annual Meeting

Fun for the Entire Family!

Plan to bring your spouse, the kids and/or grandkids this October 29-31, 2015! The Sandestin Golf and Beach Resort is a family-friendly destination that is second-to-none in providing fun-filled activities! With fabulous group room rates, combined with the many resort amenities, including the Halloween festivities, you don't want to miss this year's meeting!

Mark your calendars, or better yet go ahead and register and make your hotel reservations today! Visit sma.org/assembly/alliance for more information or to register.
CONTRIBUTION / PLEDGE FORM

☐ 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.

☐ Other Contribution $___________

Name __________________________________________ Address __________________________________

City _________________________________________ State_______________ Zip ____________________

Email _________________________________________________ Phone ____________________________

I wish to pay by:  ☐ Check  ☐ American Express  ☐ Mastercard  ☐ Visa  ☐ Discover

Card Number ____________________________________________________________________________

Expiration Date__________________  3 or 4-digit Security Code ____________________

Credit Card Billing Address:  ☐ Same as address used above

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Society of 1924
A Tradition of Supporting the Physicians of Tomorrow through a Legacy of Endowment

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!

Barbara Blanton - TN
Judy Bofill - WV
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Nancy Brant - GA
Nancy Bunnell - KY
Janet Campbell - MO (Posthumous)
Kathy Carmichael - MS
Jean Chernosky - TX
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Janelle B. Duremdes, MD - WV
Linda Elliott - SC

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Elaine Hale - FL
Jean Hill - MS
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Nancy Lindstrom - MS
Debbie Lovelace - SC

Sancy McCool - LA (Posthumous)
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Amal Shamieh - LA
Carol Sparkman - MO
Donald Swikert, MD - KY
Nancy Swikert, MD - KY
Barbara Tippins - GA
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Mail Form to: SMAA Society of 1924
35 W. Lakeshore Drive, Suite 201 | Birmingham, AL 35209
May is National Physical Fitness and Sports Month

Regular physical activity is good for everyone's health, and people of all ages and body types can be physically active. National Physical Fitness and Sports Month is a great time to spread the word about the benefits of getting active.

Here are just a few benefits of physical activity:

• **Children and adolescents** – Physical activity can improve muscular fitness and bone and heart health.

• **Adults** – Physical activity can lower risk for heart disease, type 2 diabetes, and some types of cancer.

• **Older adults** – Physical activity can lower the risk of falls and improve cognitive functioning (like learning and judgment skills).

[Read more >>]
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 $25 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: $25 Annual Member Fee

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

Name on Card:____________________________________________________ Card Number:________________________

Expiration Date:__________________________ Security Code:________________________

Signature:______________________________________________________________________________

Card Billing Information: ___ Same as above

Address:______________________________________________________________________________

City:__________________________ State:_______________ Zip:________________________ Phone:________________________________

____ Please send me SMA Membership information for physicians