



# TMAA NEWSLINE

ONE DESTINATION, MANY PATHWAYS

Early December Issue

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## Contact Us

TMAA Website:

[www.TMAAlliance.org](http://www.TMAAlliance.org)

E-Mail:

[TMAA@tma.medwire.org](mailto:TMAA@tma.medwire.org)

Phone: 615-385-2100

Direct Line: 615-460-1651

1-800-659-1862

AMA Alliance Website:

[www.amaalliance.org](http://www.amaalliance.org)

Phone: 312-464-4470

## President's Message

The holiday season is upon us once again. It is time to make our shopping lists, to cook or bake for entertaining, put out the menorah, decorate the tree, share laughter and memories with friends and family, but most of all to give the gift of love. It is the joy we give to others throughout the year that comes back to us in many ways. As Oren Arnold wrote once with gift suggestions.... to your enemy, give forgiveness; to an opponent, give tolerance; to a friend, give your heart; to a customer, give service; to all, give charity; to every child, give a good example; to yourself, give respect.

Throughout this holiday season, I wish for each of you peace, joy, health and most of all love and happy memories with your friends and families. Happy Holidays.

Before closing, let me take this opportunity to encourage all to consider attending the upcoming 2009 Southern Regional Alliance Development Conference to be held in Atlanta, Ga February 5-7, 2009. For your convenience, we have two attachments (with this issue of our *Newsline*) which include all the information you will need. Please make plans to attend, encouraging your alliance friends to join you. Those who attended last year in Huntsville came back very enthusiastic. "This is our Southern opportunity to network and fellowship" as quoted by our own alliance member Jo Terry.

**Darlene Vickers**  
President



## HATS OFF TO.....

Make sure you go to [TMAA@tma.medwire.org](mailto:TMAA@tma.medwire.org) and visit our revised website up dated by **Jonathan Horowitz**. Jonathan, we appreciate all your advice and expertise in helping us with our site.

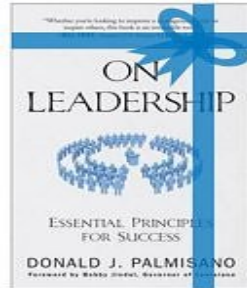
*TMAA Membership*

## Dates to Remember:

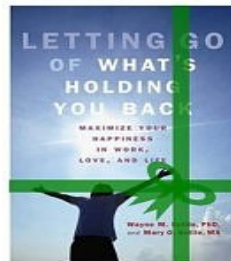
- Dec. 9 Chattanooga  
Hamilton County  
Med.Hol.Tea/Mtg.
- Jan. 8 KAMA Meeting
- Feb. 5-7 Southern Reg.  
Alliance Dev. Conf.
- Feb.25 Drs.' Day on the  
Hill(Middle TN)
- March 1 Health Grant  
Requests due
- March9-11 AMAA Conf.&  
AMA Nat.(NAC)
- March 15 Dolores Chandra  
Award Nom. due
- March 25 Drs.' Day on the  
Hill (West TN)
- March 30 Doctors' Day
- March 31 Final Member-  
ship dues to  
AMAA
- April 3-5 TMA/TMAA  
Annual Mtg.
- April 25-Drs.' Day on the  
Hill (East TN)

## Consider these AMA Alliance Healthy Gifts!

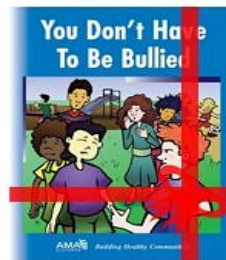
The Alliance offers many healthy products so you can add healthy gifts to your holiday shopping list this year. Get your family and friends on the right track for a healthy 2009. There is something for everyone in your life including:



For your spouse – who is a leader among many, a *personally signed* copy of Dr. Donald J. Palmisano's latest book, *On Leadership: Essential Principles for Success*, for the spouse who loves to cook, the *AMA Healthy Heart Cookbook*



For you and your spouse – who want to make the most out of life, Wayne and Mary Sotile's latest book, *Letting Go of What's Holding you Back, or The Medical Marriage.*



For the children or grandchildren – the *Hands are NOT for Hitting* t-shirts or the many Children's Activity Books including *Be a Winner: Shape Up for Life, Hands are NOT for Hitting* and *I Can Be Healthy.*

For the children and their classmates – the full set of Children's Activity Books to continue their 2009 school year off in a safe, healthy and encouraging way.

For your friends and other avid Alliance members – the Alliance hooded sweatshirt for those chilly days or the colorful caps that come in stone, green, dandelion or black. Help them show their support of the Alliance's mission of building healthy communities.

To see more gift ideas, visit the Alliance Web site at [www.amaalliance.org](http://www.amaalliance.org) and click on **Online Shop**. Shop in the comfort of your own home. Order today or no later than Dec. 17 to ensure your gifts arrive early by visiting our Web site or calling the Alliance office at 312-464-447 to place an order.



## **AMAA Walking Challenge**

If you haven't yet made your New Year Resolution to get in shape with the extra pounds we 'could' put on with the great goodies we consume, why not consider this idea ....??

It is not too late to form a team of 5 members from your local alliance! Just record the mileage of your steps daily, with a goal of 2000 miles per team, the distance from Chicago (AMAA Headquarters) to Hollywood (Movie Capital of the World), reporting monthly totals to Sharon Gerkin at [sgerkinot@aol.com](mailto:sgerkinot@aol.com). The Walking Challenge began on October 1, 2008 and concludes on March 31, 2009. Any physical activity can be converted to steps walked. Just download the activity conversion chart from the AMAA website, [www.amaalliance.org](http://www.amaalliance.org). LET'S GET WALKING TO BE HEALTHY!

The TMAA Walking Team of 2008-09 consists of Sharon W. Gerkin, Captain, Shawna Dittrich, Sarah Higgins, Milli Yium, and Leanna Wright. The Tennessee Walkers combined for an October total of 512 miles! Keep a walking...for the cause and a healthier you!!!

Sharon W. Gerkin, VP, Health Promotions

### **Let's Harness the Power of Medicine!**

Elections are now finished for 2008 but we still need your support! Only you can really make a difference! Get involved today! Contributions received now are credited to 2009. Join IMPACT today and help us in the fight to protect your practice and your patients. With the kickoff of a new fundraising campaign this year, we are well on our way to reaching the half-million dollar mark by 2012. In 2008 we saw a 25% increase in funding and membership. While this figure represents tremendous progress, we must continue the fight to reach the level of the Trial Lawyers PAC. With your financial support and outreach to fellow colleagues, we can make this goal a reality!

IMPACT is the bipartisan political action committee of the Tennessee Medical Association. Our goal is to support pro-medicine candidates by making direct contributions and being involved personally in the political process in their efforts to win election to state public office.

### **We now need your financial help to replenish IMPACT's coffers!**

Alliance IMPACT dues are \$100 and AMPAC dues are a separate \$100, which should be sent directly to AMPAC.

You can mail your dues to IMPACT, 2301 21<sup>st</sup> Avenue South, Nashville, TN 37212 or you may contact the IMPACT office by emailing [amyb@tma.medwire.org](mailto:amyb@tma.medwire.org) or visit our website at [www.medwire.org/impact](http://www.medwire.org/impact) . You may also call TMAA'S office toll free at 1-800-659-1862 or locally 615-385-2100, ext. 151.

Amy R. Bowland, Impact Fundraiser (615) 460-1656

## DOCTORS' DAY ON THE HILL



The dates have been set for Doctors' Day on the Hill.

Middle TN.....Wednesday, February 25

West TN .....Wednesday, March 25

East TN .....Wednesday, April 22

So please mark your calendars accordingly. We need your support in attending this very important event.

**Membership** in your county alliance, the TMA Alliance, and the AMA Alliance makes a difference in the health and well-being of your community. Share the work of your alliance with physician spouses who are not members. I believe every physician spouse can benefit from alliance membership in the local, state, and national alliance. Medicine is changing. Be a part of that change. Our communities and the family of medicine needs **YOU**.

Robin Hutchins, VP, Membership

### Apply for Free Alliance Publications



The AMA Alliance Health Promotions Committee is offering mini-grants of 100 copies of our children's activity books ***I Can Be Safe*** and ***I Can Be***. All members who know of a project, school or community group that would benefit from the books are encouraged to apply.

Please complete the application link below and return it via e-mail, regular mail fax. ***Please note, that although the books will be granted to your Alliance, we ask that your group pay for the shipping costs. The maximum amount of books that can be acquired is four packs total.*** Send Applications to:

Jennifer West

515 North State Street, 9th Floor

Chicago, IL 60654

Phone: 312.464.4498

Email: [jennifer.west@ama-assn.org](mailto:jennifer.west@ama-assn.org)

Fax: 312.464.5020 ...To print out a grant application go to

[www.amaalliance.org/site/files](http://www.amaalliance.org/site/files)

**I CAN BE...**

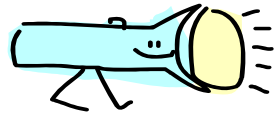


AMERICAN MEDICAL ASSOCIATION ALLIANCE

We are striving to keep our calendar as current as possible. Please mail your county news to the TMAA office at:

TMAA  
2301 21<sup>st</sup> Avenue South, P. O. Box 120909,  
Nashville, TN 37212

Once again, if you would like us to promote your county alliance event by advertising it in our *Newsline*, please e-mail the information to the TMAA office.



Seeing something is easier to remember.... So we're looking for yours.....

### MARK YOUR CALENDAR



- DEC. 9 Chattanooga Hamilton County Medical Alliance Holiday Tea/Mtg.  
RSVP..Jayne Brzezienski (423) 400-7456
- JAN. 8 Knoxville Academy of Medicine Alliance (KAMA) Meeting held at Calhoun's on the River with Dr. Kevin Martinolich speaking about "Sleep Disorders." For further info. – Cindy Bresee , KAMA President (865) 679-0883; [kamapresident@gmail.com](mailto:kamapresident@gmail.com)
- FEB. 5-7 Southern Regional Alliance Development Conference – Atlanta, Ga (see attachments)
- FEB. 25 Doctors' Day on the Hill for **Middle TN**
- MARCH 25 Doctors' Day on the Hill for **West TN**
- APRIL 25 Doctors' Day on the Hill for **East TN**