



# TMAA NEWSLINE

ONE DESTINATION, MANY PATHWAYS

## President's Message

The 81st Annual Convention of TMAA is April 3 and 4, 2009 in Nashville, Tennessee. This will be a joint TMA/TMAA Convention.

- Friday afternoon meetings for TMAA Finance, Philanthropic, Health Promotions and Executive Committee
- Friday evening begins with an Opening Reception for TMA/TMAA members and spouses
- Saturday morning TMAA opening session (general membership meeting) followed by a joint luncheon/ awards presentation for TMA/TMAA
- Silent Auction Baskets benefitting TMAA Foundation
- Saturday afternoon leadership workshops and Installation of 2009/10 TMAA Officers with Board Meeting to follow
- Saturday evening, we culminate this fabulous weekend with the Presidents' Reception followed by the Joint TMA/TMAA Medicine Ball Dinner and show

Each one of you is important toward the success of this year's convention through your participation and commitment toward wonderful convention events. Dottie Pennington and Melody Counts, our Convention Co-Chairs have planned a streamlined yet enjoyable time for us so that we will learn, enjoy and grow in our personal leadership skills for both our Alliance as well as for ourselves. AMAA President Sandi Frost will be our special guest speaker as well as Nancy Brant, SMAA President who will participate during our session. There will be fun, educational and motivation ideas, as well as old and new friendships to be made. Plan to bring along a guest also.

I hope that you will plan to attend where we will celebrate our jobs well done. We all need to take part... so make your reservations **now**.

Once again, thanks to every member of TMAA for your support and contributions to the Alliance. You are the lifeblood of our great organization. Let's be proud of who we are and the work that we do for our communities.

**Darlene Vickers President**  
[dfvickers@yahoo.com](mailto:dfvickers@yahoo.com)

February/March Issue

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- **Health Promotions**
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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

**Dates to Remember:**

Feb.25 Drs.' Day on the Hill(Middle TN)  
March 1 Health Grant Requests due  
March 4 Drs. Day on the Hill (East TN)  
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 Membership dues to AMAA  
April 3-5 TMA/TMAA Annual Mtg.

## Announcements

To

### ALL HEALTH PROMOTIONS CONTACT PERSONS

HEALTH GRANT DEADLINE IS MARCH 1, 2009! THERE ARE FUNDS AVAILABLE FOR YOU TO USE TO PROMOTE HEALTHY LIFESTYLES IN YOUR COMMUNITY! PLEASE TAKE ADVANTAGE OF THIS OPPORTUNITY! DOWNLOAD THE APPLICATION FORM AND GUIDELINES FROM THE WEB SITE AT

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

Go to Resources.... Click on Health Grant Request Form for 2008-09 PDF AND COMPLETE; SEND ALL THIS TO SHARON W. GERKIN AT [SGERKINOT@AOL.COM](mailto:SGERKINOT@AOL.COM), FAX: 865-573-7778 OR BY REGULAR MAIL.

SCREENOUT CHALLENGE: HELP YOUR LOCAL ALLIANCE SECURE TWO ENDORSEMENTS FOR SCREENOUT! AND BRING THEM TO THE ANNUAL MEETING IN APRIL. ENDORSEMENTS CAN COME FROM LOCAL MEDICAL SOCIETIES, HOSPITALS, CIVIC ORGANIZATIONS, ETC. THE FORM CAN BE DOWNLOADED AND PRINTED FROM THE AMAA WEB SITE. IF YOU NEED ASSISTANCE, CALL ME AT 865-609-0002 OR EMAIL ME. I WILL PRESENT A SURPRISE GIFT TO THE ALLIANCES WHO SECURE TWO ENDORSEMENTS!

Sharon W. Gerkin

TMAA Health Promotions VP

## Project Pointers

*Little time, Little involvement, Great Rewards.*

*Your Health Promotions Committee offers you ideas on easy, cost effective projects that can make a difference in community. This can be a one person project or an entire Alliance.*

## 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. ***I Can Be Safe*** uses picture finds, connect-the-dots and mazes; children learn safety at home and at play. ***I Can Be***, through mazes, connect-the-dots and other coloring activities, children learn to be kind, honest, healthy and more. These can be placed in elementary schools, your spouses' waiting room, Boy and Girl Scout Troops. There are many ways you can place these free materials in your community.

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.***

**I CAN BE...**



Send Applications to:  
**Beth Kohr**  
515 North State Street, 9th Floor  
Chicago, IL 60654  
Phone: 312.464.4480  
Email: [beth.kohr@ama-assn.org](mailto:beth.kohr@ama-assn.org)

## Purchase bookmarks

### Talk to Your Kids About Bullying bookmark



This bookmark offers parents and teachers simple tips on how to talk to children about bullying. This bookmark reinforces the message that bullying is not acceptable. By talking with children about bullying, parents can offer guidance, support and assistance. For only \$5 you can place these bookmarks at the Children's desk of your library, at a bookstore checkout. What an easy way to increase awareness about Bullies!

Package of 50 \$5.00 (member)

order from [amaalliance.org](http://amaalliance.org) the online shop

Two Additional Health Project Suggestions from the AMAA  
Health Project Bank



## “Think, Don’t Drink”

ALLIANCE: Medical Society of the County of Schenectady, New York

BENEFICIARIES: Teenage Drivers

PROJECT: The alliance printed up business size cards with this information on it: “Please be responsible...Think, Don’t Drink. A reminder from the Alliance”. These cards were originally brought to local florists before prom season. The florists would then place the cards in the packaging of prom flowers to remind the teenagers picking up the flowers to “Think, Don’t Drink”. The Medical Society saw the importance of the project and donated cards. A local printer donated cards. After the first year of reaching the local florists, the owner of a chain of supermarkets in the state requested enough cards for all his floral departments in 57 of his stores across the state. Cards were also delivered to county high schools in time for them to be placed with the prom/formal invitations, contracts or at the place settings with the favors of the night event. This simple and inexpensive project, about \$200.00 for the cost of the cards has had a ripple effect, not only in this county but across the state reminding teenagers of the dangers of drinking and driving. *Consider working with your local Community Anti-Drug Coalition (CADC).*



## Domestic Violence Clothing Project

ALLIANCE: Medical Society County of Ulster, New York

GOAL: Provide professional clothing for residents of a domestic violence shelter

BENEFICIARIES: Victims of domestic violence

PROJECT: Alliance members donated professional clothing to a local domestic violence center to provide its residents with appropriate attire for job interview and /or work situations.

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## SAVE THE DATE!!!!!!



**Physicians Involved in Tennessee Capitol Hill (PITCH)** is the old, Doctors' Day on the Hill where physicians, spouses, and practice managers spend a day at the Legislative Plaza in Nashville, lobbying on behalf of organized medicine. TMA's legislative emphasis in 2009 is on insurance reform. We cannot stress enough the importance of having large numbers of physicians in white coats attending PITCH to promote our issues. At least 50 physicians, spouses, and practice managers need to participate on each of the three designated PITCH days to make them most effective. The set dates are the following:

**Middle TN.....Wednesday, February 25**  
East TN .....Wednesday, March 4  
West TN .....Wednesday, March 25

We need your support!!

### **Membership**

It is time to encourage current alliance members to renew their memberships and to welcome new members into the alliance. **REMEMBER TO INCLUDE MEMBERSHIP FORM**

Legislatively, Tennessee should find 2009 a good year for medicine. A strong membership (in terms of numbers) will be necessary to give those working in Nashville and Washington, DC the support they need in their ongoing efforts on behalf of medicine.

***Robin Hutchins, VP, Membership***

### **New Alliance Category for IMPACT Membership**

The IMPACT Board, at its February, 2009 meeting, established a new Capitol Hill Club membership level at \$250 for spouses of physicians who themselves do not want to join at the club level. Widows of physicians are also eligible for this category. Capitol Hill Club membership allows members to participate in special programs and receive special gifts that are not available to those at the sustaining Alliance membership level of \$100. IMPACT obviously would prefer both the physician and spouse join at the CHC level of \$1000, but understand that may not always be possible. TMAA members who are

already 2009 IMPACT members are encouraged to upgrade to the Capitol Hill Club level if their physician spouse will not, or cannot, contribute at the \$1000 level.

Thank you for your support of IMPACT. You strengthen our efforts with your participation.

Barbara Trautman, TMAA IMPACT/AMPAC Representative

***MORE DETAILS FROM.....***

The **West TN Consolidated Medical Assembly Alliance** would like to begin a scrapbook to showcase all the wonderful, fun things we do to support our medical communities. Photos can either be e-mailed to me at [jpmasterson7@yahoo.com](mailto:jpmasterson7@yahoo.com) or sent to me at 890 Grayson Lake, Jackson, TN 38305. For more info call, Stephanie Masterson (731) 660-3573

Everyone (especially those in West Tennessee) is invited to a garden luncheon with a plant swap/sale on April 28 in Jackson, TN. At this lunch, the speaker's topic will be on gardening and how to grow fruit trees. Fruits are so healthy but growing them can be tricky. Each participant will get to take home a plant. A local nursery will bring some fruit trees and bushes to be offered for purchase. The cost for the event will be \$15 and proceeds will benefit Relay for Life (cancer research). Contact Christa Stoscheck at (731) 668 9562 if you plan to attend.

**MARK YOUR CALENDAR**



- FEB. 25 Doctors' Day on the Hill for **Middle TN**
- MARCH 1 Health Grant Requests due
- MARCH 4 Doctors' Day on the Hill for **East TN**
- MARCH 9-11 AMAA Conf. & AMA Nat. (NAC) – Winter Session, Washington, DC
- MARCH 15 Deadline for Dolores Chandra Award Nomination
- MARCH 15 Final Membership dues to TMAA Office
- MARCH 25 Doctors' Day on the Hill for **West TN**
- MARCH 30 Doctors' Day
- MARCH 31 Final membership dues to AMAA
- APRIL 3-5 TMA/TMAA ANNUAL MEETING, AIRPORT MARRIOTT, NASHVILLE**
- APRIL 28 Garden Luncheon with speaker on gardening and how to grow fruit trees; Contact Christa Stoscheck (731) 668-9562 for more info.