



TMAA NEWSLINE

ONE DESTINATION, MANY PATHWAYS

President's Message

I am Thankful.

I am thankful for this beautiful Fall season. Robin and I made visits to West Tennessee on Sunday and Monday, Nov. 2nd and 3rd. Later in the week we visited Johnson City. From the western to the eastern areas of Tennessee, the trees were spectacular in their color. Tennessee is truly a beautiful place in which to live.

I am thankful for my family and friends who are enjoying good health and looking forward to the upcoming holidays.

I am thankful for serving as your President. I am so enjoying meeting each of you and the wonderful opportunities I am sharing with Robin Hutchins, President-elect and many of you.

I am especially thankful for each of you and your hard work as you serve on the executive board, board of directors, county presidents and those officers, and most of all for you - each member of the Tennessee Medical Association Alliance. Because of you we are very busy in our important work towards building healthier communities and supporting the family of medicine. We are truly united in our one destination and on many pathways.

I wish each and every one of you and your families a happy and healthy Thanksgiving.

Darlene Vickers
President

TMAA UPCOMING REGIONAL EVENTS

West TN Consolidated Medical Assembly would like to invite all Alliance members in West TN, including those who are not officially in the counties we represent, to all of their functions including their Holiday Party (**Dec 2, 6 PM** at the Jackson Country Club) For the Holiday Party they ask for a \$50 per person contribution (which is approx their cost). To receive other announcements they will email them to you by requesting to stoscheck@netscape.net.

Mid-November Issue

• **President's Message**

• **UPCOMING REGIONAL EVENTS**

West TN Cons. Med.
Holiday Party
KAMA Meetings
Chattanooga Hamilton
County Med.Hol.Tea/Mtg.

• **Hats Off to...**

• **Fundraising Tip**

• **Holiday Sharing Card**

• **Health Promotions**

• **Apply for Free Alliance Publications**

• **Membership**

• **Success with IMPACT Contributions**

• **Mark Your Calendar**

Contact Us

TMAA Website:
www.TMAAlliance.org

E-Mail:
TMAA@tma.medwire.org

Phone: 615-385-2100

Direct Line:615-460-1651
1-800-659-1862

AMA Alliance Website:
www.amaalliance.org

Phone: 312-464-4470

Dates to Remember:

- Dec. 2 – West TN Cons.
Med. – Hol. Party
- Dec. 4 – KAMA Meeting
- Dec. 9 – Chattanooga
Hamilton County
Med.Hol.Tea/Mtg.
- Jan. 8 – KAMA Meeting

Knoxville Academy of Medicine Alliance (KAMA) KAMA's December meeting will be held Thursday, December 4 at Carrabbas Italian Grill with the Spirit of Praise Ensemble performing. In January they will meet the second Thursday (1/8/09) at Calhoun's on the River with Dr. Kevin Martinolich speaking about "Sleep Disorders." For further info. – please contact Cindy Bresee, KAMA President (865) 679-0883; kamapresident@gmail.com

Watch for information regarding "All About Women" a new Knoxville event to educate and help women. KAMA will be participating along with other organizations on August 29, 2009. East TN Children's Hospital is starting a coalition on treating/preventing childhood obesity with the kick off being in January, 2009. KAMA is considering how this organization can best be involved in this endeavor.

2008-09

TMAA Leadership

Darlene Vickers
Robin Hutchins
Kellee Bryant
Leanna Wright
Mary Ann Lovelace
Madeline Becker
Sharon Gerkin
Melissa Portera
Ellen Evancho
Shawna Dittrich
Susan Louthan
Sarah Higgins
Sue Vegors
Rinah Hamburger
Stephanie Masterson
Andrea Gaume
Dawn Richardson
Suzy Smith
Christina Brewer
Annelle Bond
Beth Kasper
Barbara Trautman
Marcia Young
Gail Brabson
Tad Lisella



Chattanooga Hamilton County Medical Alliance cordially invites you and a guest to celebrate the Holiday Season with us at this special time of the year.

A Holiday Tea

Tuesday, December 9th, 2008
10:30~11:30 a.m. Social and Meeting
11:30 a.m. Lunch

at the home of Alliance Member

Suzanne Greer
1415 Needle Rush Lane
Chattanooga, TN
(The Enclave)

\$15.00 per person

RSVP to Jayne Brzezienski 400.7456
Alliance@chattmedsoc.org

- ◆ All members are encouraged to bring a potential new member and receive a special gift*
- ◆ Please bring women's hats, scarves, and gloves for the upcoming Partnership for Families Shelter Holiday Party, to be held on Dec. 11th, at 6:00 p.m.*
- ◆ 2008-2009 CHCMSA Directories and Cookbooks will be available at the Tea.*



HATS OFF TO.....



Robin Hutchins & Jacque Prince,
Event Co-Chairs



Tina Hatcher & Kirsten Kropilak



Carol Acker & Michelle Maves

KAMA has been very busy during the past couple of months. The highlight of fall was Fashiondrama. It was a fun, beautiful event. Over 240 people attended the show held at the Downtown Hilton. Jacque Prince and Robin Hutchins chaired an amazing committee. The proceeds amounted to over **\$18,000**, funding their annual nursing scholarships, KAPA and other philanthropic programs. They urge all to please patronize the local merchants that helped make this event a success: Doncaster, Coachman Clothiers, Janice Ann's, Bella Boutique, J. P. Coffin's and Henig Furs. TAPP (Teen Aids Prevention Program) and SAVE (Stop America's Violence Everywhere) are two committees that work directly with Knox County Schools. TAPP, through the direction of Nancy Prater, teaches 7th graders about HIV and refusal skills regarding risky behavior. Shawna Dittrich's committee, SAVE, packages materials for the teachers to use in their classrooms.

~We are looking for your accolades to boost. We appreciate your forwarding them to us so we can let others know how well you are doing.~

Fundraising Tip of the Month

Use your old cell phones to raise money! Through a web site called phoneraiser.com, you can do just that.

After registering with Phoneraiser, you can download a free fundraising guide which provides instructions and advice for conducting a successful fundraiser. The site will provide you with five prepaid FedEx labels to send used cell phones, with full instructions on packaging. Once received, Phoneraiser will issue a check to your charity in exchange for the phones. Monies for the used cell phones range from 25 cents to \$300 depending on the make and model of the phone.

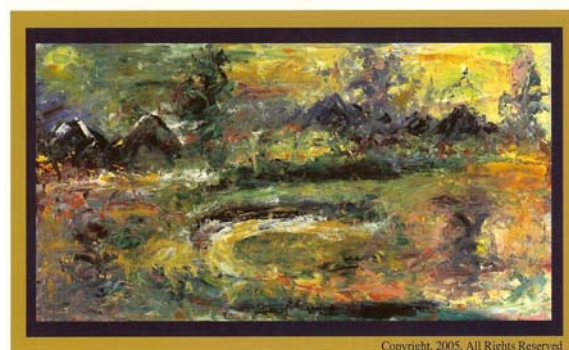
Phoneraiser is one of many sites that are springing up to provide new avenues for fundraising. Another example is iGive, which raises money as people shop online. For any of these web sites, read all of the fine print carefully before using it as part of your campaign.

Holiday Sharing Card

Tennessee again led the nation in contributions to the American Medical Association Foundation (AMAF)! The AMAF is the philanthropic arm of the AMA, working to advance the health care of America and the interests of the medical profession by developing and supporting meaningful programs in medical education, public health and research. The primary fundraiser of the TMAA is the annual Holiday Sharing Card (shown below).

Contributions to the AMA Foundation can be designated to one of the following funds:

- The Fund for Better Health
- The Scholars Fund
- The Development Fund



Apres Ski is the title of this year's artwork featured on Tennessee's Holiday Sharing Card. The artist is Candace Blom, a Washington-Unicoi-Johnson County Medical Alliance member who was inspired by the Masters: Monet, Renoir, and Degas. Forty-five hundred cards have been printed and distributed across the state. All proceeds will go to the AMA Foundation and are tax deductible.

By Madeline Becker, VP, AMAF

HEALTH PROMOTIONS

SCREEN OUT!: Now is the time to start gearing up for the holiday season by planning a petition drive. Since November is World Lung Cancer Awareness Month, a visit to a local hospital and clinic to collect petition signatures and endorsements would be a worthwhile effort. November 20 is the Great American Smoke Out, a National Day highlighting smoking prevention efforts and encouraging Americans, of whom 45.8 million smoke, to quit smoking. Also, don't forget about Screen Out! On Turkey Day! This is a great time to talk to family and friends asking them to sign a petition and obtain endorsements.

AMAA Walking Challenge: 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. 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. 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 it up.

A Happy and Healthy Thanksgiving to you!
Sharon W. Gerkin, VP, Health Promotions

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
Fax: 312.464.5020

To print out a grant application go to
www.amaalliance.org/site/files



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

December 31st is approaching. Don't delay! Avoid holding onto your AMA Foundation donations until the last minute. Mail your checks and completed forms now. Everyone has a hectic holiday schedule, including your state chairs. By sending your funds early, you will give your state chair ample time to record all of the information and ship the funds to Chicago.

SUCCESS WITH IMPACT CONTRIBUTIONS

IMPACT (Independent Medicine's Political Action Committee Tennessee) supports incumbents and candidates from both sides of the aisle who back issues of importance to organized medicine and/or are in a position to either effect change or prevent passage of harmful legislation.

Due to careful consideration, the IMPACT Board's distribution of our funds in this election was a wise one. We won 12 of 13 Senate races and 74 of 78 House races.

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

Elections are over 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. Rejoin IMPACT today and help us in the fight to protect physicians' practices and their patients. Alliance IMPACT dues are \$100 and AMPAC dues are a separate \$100, which should be sent directly to AMPAC.

IMPACT is the bipartisan political action committee of the Tennessee Medical Association. We support only pro-medicine candidates. You can mail your dues to IMPACT, 2301 21st Avenue South, Nashville, TN 37212 or you may contact the IMPACT office by emailing amyb@tma.medwire.org. You may also call the office toll free at 1-800-659-1862 or 615-385-2100.

Thank you for your support!

Barbara Trautman, TMAA Representative, IMPACT Board of Directors



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

TMAA
2301 21st 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. Thanks for allowing us to help you. **Seeing** something is easier to remember.

MARK YOUR CALENDAR



- DEC. 2 West TN Consolidated Med. Alliance Holiday Party - 6 PM at the Jackson Country Club\$50 per person contribution (which is approx their cost)
- DEC. 4 Knoxville Academy of Medicine Alliance (KAMA) Meeting held at Carrabbas Italian Grill - the Spirit of Praise Ensemble performing.
- DEC. 9 Chattanooga Hamilton County Medical Alliance Holiday Tea/Mtg. See invite above or for more details/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