



“BUILDING A STRONGER BRIDGE”
“UBUNTU”

Krista Crawford-Mathis, PhD
Roanoke

President
2010-2011

**MSVA Annual Report
2010-2011**

MEDICAL SOCIETY OF VIRGINIA ALLIANCE

BOARD OF DIRECTORS 2010-2011

ELECTED OFFICERS

President - Krista Crawford-Mathis (John) Roanoke
President-Elect - Ellen Morgan (Stephen) Roanoke
Recording Secretary - Liesl Delisio (John) Richmond
Corresponding Secretary - Stacy Castro Arlington
Treasurer - Beth Nelsen (Len) Rockingham
Central Region Vice President - Katie Urso (James) Richmond
Eastern Region Vice President - Gretchen Haushalter-Hardy (Tim) Chesapeake
Northern Region Vice President - Dawn Kern (Charles) Rockingham
Western Region Vice President - Dolly Chauhan - Danville

APPOINTED OFFICERS

Advisors - Nancy Kyler (Robert) Staunton, Natalie Rude (Robert) Roanoke and Debbie Trainer (Timothy Hagemann) Richmond
Chaplain - Mary Ann Nirschl (Robert) Arlington
Historian - Gail L. Tiesenga (Sidney)
Fact Checker - Connie Vermillion (Robert) Roanoke

COMMITTEES

AMA Foundation - Kathy Koch (Edward G.) Arlington
Awards – Krista Crawford-Mathis, Ellen Morgan and Stacy Castro
Bylaws & Governance - Sharon Moffatt (Thomas) Richmond
Communication:
 MSV Alliance Alert - Gail Arthur, M.D. (Samuel) Rockingham
 Website - Elizabeth Wong (Johnny) Richmond
 Newsletter Editor - Tracy Baker (Albert) Lynchburg
Convention - Ellen Morgan (Stephen) Roanoke and Krista Crawford-Mathis (John) Roanoke
Directory - Joan Chang (Amos) Virginia Beach
Doctors' Day - Eileen Thomason (Phillip) Chesapeake
Fall Forum - Kimberly Notarianni (Michael) Arlington
Finance - Beth Nelson and Committee
Gavel Club - Gail Arthur, M.D. (Samuel) Rockingham and Natalie Rude (Robert) Roanoke
Legislative Affairs – Clara Cerniglia (Frank) Richmond
Medical Heritage - Eileen Thomason (Phillip) Chesapeake
Members-At-Large - Ellen Morgan (Stephen) Roanoke
Membership - Natalie Rude (Robert) Roanoke
MSVA Leadership Development Conferences 2010-2011 - Ellen Morgan (Stephen) Roanoke
MSV Foundation Board - Krista Crawford-Mathis (John) Roanoke, Debbie Trainer (Timothy Hagemann) Richmond and Shannon Valentine Lynchburg
MSV Liaison - Gail Arthur, M.D. (Samuel) Rockingham

Nominating Committee Chairs - Natalie Rude (Robert) Roanoke, Gail Arthur, M.D. (Samuel) Rockingham and Patti Simpson (William) Fauquier

Reading - Mary Ann Nirschl (Robert) Arlington, Tina Wood (John) Roanoke and Natalie Rude (Robert) Roanoke

Reference - Candy Krop (Thomas) Virginia Beach

COMPONENT PRESIDENTS AND PRESIDENTS-ELECT

EASTERN REGION

Chesapeake Medical Society Alliance

President - Cathy Lindner (Thomas)

President Elect - Joan Chang (Amos)

Newport News Medical Society Alliance

President - Fran O'Hagan (Richard)

Norfolk Academy of Medicine Alliance

Contact - Wendie Kalafsky (John)

Virginia Beach Medical Society Alliance

Contact - Candy Krop (Thomas)

CENTRAL REGION

Northern Neck Medical Association Alliance

Contact - Gail L. Tiesenga (Sidney)

Richmond Academy of Medicine Alliance

President - Nina Newton (Broadie)

President-Elect - Pat Merson (Mark)

Williamsburg/James City County Medical Society Alliance

Contact - Karen Jamison (Thomas)

NORTHERN REGION

Arlington County Medical Society Alliance

Contact – Kathy Koch (Edward G.)

Fauquier Medical Society Alliance

Contact - Patty Simpson (William)

Rockingham County Medical Alliance

Co-Presidents - Kathy Lareau (Gene) and Ratha Nithiahnanthan (David Rossi)

WESTERN REGION

Danville-Pittsylvania Academy of Medicine Alliance

President - Meeti Nigram (Mukesh)

Lynchburg Academy of Medicine Alliance

President - Angela Olmsted

Roanoke Academy of Medicine Alliance

Co-Presidents - Kristina Sommer (Steve) and Laura Arnold (Scott)

Medical Society of Virginia Alliance

MSVA 2010-2011 CALENDAR

2010

May 1 – Registration for MSV Convention/Fall Forum opens

May 12 Legislative Summit, MSV Board Room, Richmond

June 13-15 AMA Alliance Annual Meeting, House of Delegates, Chicago, Marriott Hotel

July 9-10 – MSV strategic alignment retreat, Richmond, Virginia

July 31- Heartbeat of the MSVA Deadline

August 23- MSVA Executive Committee Meeting

September - Regional Roundtables

September 25-28 – AMAA Leadership Development Conference

October 14- National SAVE Day “Stop America’s Violence Everywhere” Day observation

October 21-24 - MSV Annual Meeting, Westfield’s Marriott, Chantilly, Virginia

October 22- MSV Foundation Gala, Westfield’s Marriott, Chantilly, Virginia

October 22-24- MSVA Fall Forum, Westfield’s Marriott, Chantilly, Virginia

2011

January - Regional Roundtables

January - MSVA Executive Committee Meeting

February 10-13- Richmond AMA Foundation Antiques and Fine Arts Show

March TBD Finance committee meets to set 2009-2010 budget

March 1- Heartbeat of the MSVA Deadline – email to Tracy Baker, editor

March 1- HAP (Health Awareness Promotion) Awards application due to AMAA

March -TBA AMA Alliance Winter Session, Washington, D.C.

March 30- LEAP (Legislative Education and Awareness Promotion) Awards application due to AMAA

March 31- Reports from county and state due for Annual Report

March 31- Photos/component pages for scrapbook due to Historian,

March 31- Doctors’ Day Observation

April 15- Roanoke Foundation Book and Author Dinner

May 5-7 - MSVA Convention and Skill Development, Staunton,

June- TBA AMA Alliance Annual Meeting, House of Delegates, Chicago

June 30- End of MSVA Fiscal year- TREASURER’S BOOKS CLOSE

MSVA Annual Report 2010-2011

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President's Report
"Building a Stronger Bridge"

Krista Crawford-Mathis, PhD, Roanoke

MSVA President, 2010-11

When former MSVA Co-Presidents Sharon Moffatt and Debbie Trainer, PhD, were handing the reigns of this organization over to my predecessors, Immediate Co-Past Presidents Natalie Rude and Gail Arthur, MD, they gifted me a book, *Oh the Places you will Go*, by Dr. Seuss. The book was in recognition of completing my graduate studies, but the words were foretelling and very befitting of my year as MSVA President. Go I did!

I visited all of you across the Commonwealth who chose to dial-in by teleconference or type-in by Skype ©and shared with many of you face-to -face at local, state, and national events in: Lynchburg, Danville, Chesapeake, Richmond, Rockingham, Roanoke, Natural Bridge, Chantilly, Arlington, Chicago, and Orlando. We e-mailed, texted, face booked, e-news-ed, hard copied, and snail mailed. Our conversations ran the gamut: strategic, personal, heart- warming, political, challenging, action oriented, results driven, family laden, medicine centered, happy, angry, sad, critical, reflective, insightful, silly, frustrated, funny, etc. In other words they were reflective of a family – a family of medicine.

It has been my honor to represent you on the MSV Foundation board, the MSV Executive Committee, the MSV Strategic Alignment Task Force, and at the Southern Regional conference, the AMAA National convention and Leadership Development Conference. Wearing each of these hats, sometimes all at once, I was aware that I was for this brief period of time your voice for the future. We made some slight in-roads with our partnerships. Looking back I don't think we "did any harm" - in keeping with medical canon. Each meeting was approached with an open mind, taking in all that was offered and bringing back thoughts for your input. We not only grew but had some great "fun" in the process. I know that Ellen Morgan will continue as your representative with care, compassion, and critical thinking.

These conversations and meetings were fruitful for not only our organization but for all of our partnerships. Your hard work and dedication to our common mission led to over \$205,000 raised and donated to service our communities.

"One person may supply the idea for a company, community or nation, but what gives the idea its force is a community of dreams" – Andre Malraux. Keeping that in mind, I am not going to recite all that you accomplished here. Instead, I want you to read about your triumphs and dream fulfillment in the report that follows. Please take a moment and read more than just your own local news. Keep turning the pages and see everything the MSVAlliance community (you) achieved this past year. I am sure you will be as impressed and proud as I.

One final thank you for the trust and confidence you placed in me this past year,

Ubuntu!

Ellen Morgan, Roanoke

President Elect

As President-Elect, my mantra this year has been to "Listen, Learn, and Experience". This mantra has been a wonderful tool as I have traveled via car and airplane and gained insight and information through teleconferences ,phone calls ,face to face meetings ,and Skyping. I have met and connected with many of the MSVA members who are actively participating in their local alliances. My travels have also allowed me to, network with alliance members throughout the nation, gaining a better understanding of shared alliance issues at all levels. In the past year the MSVA leadership has been involved in the current MSV strategic alignment process that will eventually blend the goals of the 5 entities, MSV, MSVA, MSVF, MSV Insurance, MSVPAC, into an organization with a unified voice and vision.

The conferences, leadership skills training, and networking opportunities included:

The AMAA Leadership Training and Meetings-

AMAA Annual Meeting in June- several actions and decisions were approved by the HOD

- A) Domestic partnerships added as a membership category .The AMA Alliance further broadened membership to include those part of a physician couple .In addition, removed restrictions on membership so that a regular member is any member of a physician or medical student couple, present or former, at least one of whom is or was eligible to be a member of the AMA or an individual physician or medical student who is eligible to be a member of the AMA

- B)) The AMAA Meeting would be changed to an Annual Meeting format that would give each registered member the opportunity to vote on issues.
- C) A policy was passed supporting efforts to raise awareness of Post Traumatic Stress Syndrome.
- D) New member benefits added- Sears products, Bally's fitness member options, and discounts on Keurig coffee makers

AMAA 2010 Medical Family Summit- held in Chicago in September

This was a new and unique conference that blended 2 days of fun and education for the entire medical family with 2 days of leadership training. I hosted the Virginia contingent that included Krista Crawford –Mathis, Cindy Simonds, Vicky Torre, and Cathy Lindner.

The MSVA Meetings, and Leadership Training –

The 2010 Annual MSVA Convention at the Natural Bridge Hotel and Conference Center

HOD business was conducted, a celebratory luncheon was held to honor Krista Crawford-Mathis and her 2010-2011 board, and a group safari was included on the first day. The second day consisted of leadership development activities that included presentations on “It Is All about Marketing”, *Reinvent Yourself with the 12 Piece Wardrobe*, and “Turning Words Into Art : Using Microsoft Word to Promote Your Alliance.

MSVA Executive Board Meetings-

I was able to attend the fall summer meeting in Richmond in June and participate in the winter teleconference meeting in January.

My travels around Virginia included a Health Fair held by Danville-Pittsylvania Medical Academy of Medicine Alliance in Danville and attended the Arlington County Medical Society Alliance’s Strategic Planning Retreat in Arlington, and the Danville-Pittsylvania Medical Society Alliance’s Medical Technology Fair.

On A Local level-

I remain very active in my local alliance (the Roanoke Academy of Medicine Alliance) and have kept the membership up to date with news and events that have been pertinent with the MSVA

Krista Crawford-Mathis, Natalie Rude, Gail Arthur, and I have conducted several face to face, as well as Skype meetings for planning and informational purposes.

MSV Strategic Alignment Process continues a journey to successfully discover a common vision that will align and blend the 5 entities involved.

I have been able to attend both strategic Alignment Task force meetings in June and February in Richmond.

I have been so fortunate to have Krista Crawford-Mathis as a mentor throughout the year learning the details of this organization. We have started and continue frequent mini “state of the union meetings” that have been invaluable as I have transitioned through the year. There has also the support and generous encouragement from Natalie and Gail, the Immediate Past Presidents as well as from many of the other past presidents, and members throughout the state.

Plans are in place for the 2011 MSVA Annual Convention that will be held at the Stonewall Jackson Hotel in May. The focus of the conference will be “Growing Relationships”. I think you will find the presentations interesting and our day trip to the Viette gardens a truly wonderful experience.

My president’s year is right around the corner and I plan to continue the mantra of listening, learning, and experiencing throughout the upcoming year. With the support and growth of each member and alliance, we will face the challenges and changes of the future as one unified organization, maintaining our mission to support physicians and their families as well as promote the health of Virginia’s communities.

Ellen Morgan, Roanoke

First Vice President, Membership

The duties of the First Vice President have been a collaborative effort this year between Natalie Rude and myself. Natalie has graciously maintained the membership database and I have been able to travel, communicate, and network with alliances on a local, state and national level. Through these travels, I have listened and learned that the common thread of concern among all

alliances is retaining their members and what strategies they have placed into action to attain their own specific goal(s). As the President Elect and First VP, this has been very impactful to me. I plan to share the knowledge I have gained during this transitional period with alliances across the state in an effort to grow and nurture our membership.

Our goal for membership this year has been to improve the documentation of dues information on the state and national level. A revised spreadsheet was developed using the basics of the AMAA version and formatted into a central spreadsheet that could be used by the local and state alliances. All state alliances were sent a state and a national dues process submission form with specific instructions in September. The dues would be processed and tabulated by the MSVA Treasurer, Beth Nelson and a paid alliance membership list was sent to Natalie to be entered into the MSVA membership database.

The Members at Large mailing was sent out in October and, as a result of improved communication with the MSV through the ongoing strategic alignment process and a physician's presence at Fall Forum, the MAL membership has increased to 17 this year.

I have given membership updates at both Executive Board Meetings and at Fall Forum. An informational membership table was set up in the MSV display area at Fall Forum.

Membership reminders have been placed in the monthly Alliance Alert, by Gail Arthur and membership articles have been placed in the MSVA Heartbeat, Fall and Spring issues.

On the national level, I have had email and telephone communication updates with the AMAA membership chair, Ann Anderson. Ann has been very helpful with membership questions and has lent her support of the MSVA progression throughout the year.

I traveled to Chicago and attended two AMAA meetings in 2010-11, Annual Convention in June and the Medical Family Summit in September. I participated in the MSV Executive Board meeting in Richmond and the winter teleconference call. I was pleased to visit several components this year. Danville-Pittsylvania Medical Society Alliance held their Health Fair in October and their Medical Technology Fair in March. I also traveled to Arlington County Medical Society Alliance to participate in their Strategic Planning Retreat to in November. There have not been any regional meetings this year.

I would like to thank the local component presidents, membership chairs and treasurers for all the time and energy they have spent recruiting and sending their reports in a timely manner. I would also like to thank Natalie Rude who has been so diligent in keeping the membership database up to date, Beth Nelson for her constant flow of membership tallies and roster sheets, and Krista Crawford-Mathis for her support and leadership in helping me prepare for the upcoming year.

The MSVA membership for 2009-2010 is as follows:

Alliance	Regular	Retired	Med School	Total
Arlington	34	13		47
Chesapeake	26			26
Danville	49	14		63
Fauquier				0
Lynchburg	78	17		95
Newport News	39	5		44
Norfolk	2	1		3
Northern Neck	3	7		10
Richmond	73	1		74
Roanoke	95	46		141
Rockingham	56	4		60
Virginia Beach	10	2		12
Williamsburg	5			5
Members at Large	13	3	1	17
Totals	483	113	1	597

Liesl Delisio, Richmond

Recording Secretary

As MSVA Recording Secretary, the minutes to the following meetings were recorded:

2010-2011 MSVA Board of Directors Meeting

The meeting was held via conference call. Natalie Rude called the meeting to order at 9:40 AM. The budget was presented and approved. The meeting was adjourned at 10:30 AM.

MSVA Executive Board Meeting

The meeting was held at the MSV Headquarters in Richmond, VA on Monday, August 23, 2010. Presidents Krista Crawford-Mathis called the meeting to order. It was established that a quorum of 7 was present. Members present were Nina Newton, Liesl Delisio, Krista Crawford-Mathis, Ellen Morgan, Debbie Trainer, Sharon Moffatt, Gail Arthur and Elizabeth Wong. On conference: Kathy Koch, Laura Arnold, Angela Olmstead, Natalie Rude, MaryAnn Nirschl, Jo Terry, and Karen Jamison, Margy Berry, Connie Vermillion, Kristina Sommer.

Minutes from January 25, 2010 meeting – Krista requested we be able to relax the parliamentary procedures and please forward any changes to Liesl by email, changes were noted and minutes were filed.

MSVA Fall Forum

The meeting was held at the Westfields Marriott in Chantilly, VA on Saturday and Sunday, October 24-25, 2010. President Krista Crawford-Mathis called the meeting to order at 8:25am AM Saturday, October 24, 2010. It was established that a quorum of 23 members were present. The meeting was adjourned at 9:45am AM.

MSVA Executive Board Meeting

The meeting was held by conference call on Monday, January 31, 2011. President Krista Crawford-Mathis called the meeting to order at 10:02 AM. It was established that a quorum of 7 was present. Members present were Elizabeth Wong, Ellen Morgan, Gail Arthur, Natalie Rude, Sharon Moffatt, Debbie Trainer, Rufus Phillips, Cyn Romero, Clara Cerniglia, Kristina Sommers, Meeti Nigram, Nancy Kyler, Joan Chang, Margy Berry, Candy Krop, Katie Urso, Tracy Baker, Krista Crawford-Mathis, Connie Vermillion, Liesl Delisio, Dawn Kern, Gail Tiesinga, Nina Newton, Laura Arnold. Minutes from the August 23, 2010 meeting were approved. Officer's reports were compiled with meeting agenda in the minutes. The meeting was adjourned at 11:42am. The completed minutes for all of the above meetings were sent via email to the MSVA Reading Committee.

Stacy Castro, Arlington

Corresponding Secretary

When I originally agreed to do this job, I thought, "Piece of Cake!" Not so! If you consider this to be a 9 month assignment, let's say, easily for 7 I have thought, "What should I be doing?" Well, this is a crunch time job! And, it's not done yet! Of the jobs I have agreed to take through the course of my relationship with this worthy organization, I will admit this has not been my favorite one! However, when we take on a job that may not be our favorite one, I believe is when we have the greatest opportunity to learn, and perhaps will ultimately feel the greatest satisfaction? So, you will have to ask me, when all is said and done, when the reports are neatly, I am hoping, compiled into a single document to reflect the achievements of so many across our commonwealth, how I then feel about having been MSVA's corresponding secretary!

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Beth Nelsen, Rockingham

Treasurer

I have maintained the SunTrust Bank checking and money market accounts since August 2010. The accounts and record keeping will be audited by the Audit Committee at the end of the fiscal year 2010-2011. I have maintained the accounts

in a timely manner and provided reports when needed. Communication with Natalie Rude, membership chairperson, has occurred on a regular basis. These figures reflect the payment of all expenses to date.

As of April 6, 2011

SunTrust checking \$ 24,973.83

SunTrust money market \$ 49,395.38

Total: \$ 74,369.21

Natalie Rude, Roanoke

Advisor

It has been my sincere pleasure to act as an advisor to MSVA President Krista Crawford-Mathis during the past year. Krista, I congratulate you on a most successful year!

Committee Reports

Elizabeth Wong, Richmond

Website (Communications)

The Website Committee of was steady this year with newsletter, meeting, and governance document posts. We added Gail Brook Arthur's MSVA Facebook link <http://www.facebook.com/pages/Medical-Society-of-Virginia-Alliance/171183986002> to the homepage to enable greater latitude with news items relevant to our audience as well as branch out the MSVA to the social network audience. Our web page link was also added from the MSVA Facebook page to the <http://alliance.msv.org/> website to redirect Facebook visitors to the MSVA site and partner sites.

Ellen Morgan, Roanoke

Convention

This information is included in the President-Elect report by Ellen Morgan.

Eileen Thomason, Chesapeake

Doctor's Day

Doctors Day was yesterday and I am hoping the local alliances celebrated in their usual ways with breakfasts, luncheons and dinners for the docs. As state chair I emailed a copy of the Governors Proclamation from last year to Gail Arthur who put it in the MSVA Newsletter online so I am hoping many more people were able to see it than last year and that it will inspire local alliances to think about getting their cities and counties to produce a similar proclamation every March 30th. Doctors Day is already a National Day of Celebration. I have attached a copy of the Proclamation, which I also sent to Gail Tiesenga for the scrapbook. As far as we are concerned every day is Doctors Day!

Beth Nelsen, Rockingham

Finance

The Finance Committee met on April 7, 2011 at the Coffee House in Lexington. Committee members present were Krista Crawford-Mathis, Ellen Morgan and Beth Nelsen. The proposed 2011-2012 budget was developed based on last year's figures, year to date figures, current membership trends, and committee recommendations. The proposed budget will be presented for approval to the MSVA Board of Directors and the House of Delegates at the Annual Meeting on May 6-7, 2011.

Natalie Rude, Roanoke and Gail Arthur, Rockingham

Gavel Club

It was an honor to serve as Gavel Club Chairs for 2011-12 as Krista Crawford-Mathis served as MSV Alliance President. Gavel Club members were kept abreast of alliance activities through the [Alliance Alert](#) and the [MSVA Heartbeat](#). Members contributed money to the MSV Foundation in honor of Krista's leadership this year. Gail and I will be honored to welcome Krista as our newest Gavel Club member on Friday, May 6, 2011 at the MSV Alliance Annual Meeting at the Stonewall Jackson Hotel and Conference Center in Staunton, Virginia.

Natalie Rude, Roanoke and Gail Arthur, Rockingham

Nominating

The MSVA 2010-2011 nominating committee for the year 2011 – 2012 met via conference calls beginning January 31, 2011. All members, Krista Crawford-Mathis, Ellen Morgan, Liesl Delisio, Karen Jamison, and Joan Chang were present, including chairmen, Natalie Rude and Gail Arthur. Eligible names were suggested and discussed by the committee. Each name was then reviewed for eligibility for the respective office.

Each nominee was contacted over the next few weeks and we received the consent of each candidate. As of March 31, the Nominating Committee is still working to fill officer positions, except for President-Elect, which the Nominating Committee decided would be run by committee for 2011-12.

The slate of officers for the year 2010-2011 was submitted to the alliance membership via [MSVA Heartbeat](#), spring edition. The list of candidates was presented to the membership of MSVA via the [Alliance Alert](#) e-newsletter thirty days in advance of the MSVA Annual Convention. Additional nominations for any office may be made from the floor of the Annual Meeting, provided consent of the eligible nominee has been obtained in writing.

The Nominating Committee extends appreciation to all who serve in support of the Alliance.

The following are the offices and the slate of candidates of the Medical Society of Virginia Alliance, 2011-12.

President – Ellen Morgan, Roanoke

President Elect – Stacy Castro, Arlington and Nancy Kyler, Rockingham, Advisor

1st Vice President – Membership- Rashmi Pandya, Danville

Central /Northern Region VP–Pending

Eastern Region VP – Joan Chang, Chesapeake

Western Region VP – Dawn Kern, Rockingham In 2011-12, Western region will include Rockingham, Roanoke, Danville and Lynchburg.

Northern Regional VP- Northern and Central regions will merge in 2011-12.

Corresponding Secretary – Katie Urso, Richmond

Recording Secretary –Clara Cerniglia, Richmond

Treasurer –Beth Nelsen, Rockingham

Advisors – Krista Crawford-Mathis, Natalie Rude, and Sharon Moffatt

Arlington Free Clinic

ACMSA members participated on committees and attended the annual Arlington Free Clinic Gala.

Arlington Food Bank

ACMSA continues to support the Food Bank with a monetary contribution.

Doctor's Day-

ACMSA members participated in the Virginia Hospital Center Annual luncheon for physicians. ACMSA & ACMS will celebrate Doctor's Day with a private reception and an evening at the Birchmere on Saturday, May 14. Virginia born, multi-award winning vocalist, Roy Clark will provide the entertainment.

HEALTH PROMOTION - Articles appeared in the Arlington Artery newsletter on time management, nutrition and cholesterol awareness.

INTERNATIONAL HEALTH –

ACMSA continues to support the Virginia Hospital Center Medical Brigade with a monetary contribution. The Brigade is a medical mission that travels to Honduras to provide care for the underprivileged and to developed community based health projects.

LEGISLATION - Members participated with the ACMS in White Coat Day for District 10. AMA & MSVA legislative alerts were forwarded to members. Members encouraged to contact Governor and elected leaders as requested by AMA & MSV.

S.A.V.E - Shelter Shower (see above)

SPECIAL INTEREST GROUPS – Championship Football Playoff Chili Party- Joint event with the Arlington County Medical Society with proceeds benefiting the Arlington County Medical Society Foundation.

ACMSA Past- President and Leader luncheon was held in December to commemorate the 65th Anniversary.

Stitchers- A dedicated group of ACMSA members that enjoy meeting twice a month to support, mentor and share common interests.

2010-2011 NEW PROJECTS – The Arlington County Medical Society Alliance (ACMSA) is celebrating its 65th year with an evaluation of plans for the future. In May 2010, a group of interested members with the guidance of member, Jeanne F. Franklin, Mediator and Attorney at Law, took on the challenge of addressing issues that jeopardized the future of the organization, clarifying mission and goals, and identifying sources that can strengthen the family of medicine. The committee reviewed communications, ways to attract new members, including programs that would be of interest to a mixed gender group, and obtaining 501-C3 tax status for future fundraising activities. We recognize medical practices are changing, spouses' lives are changing, and women/partners lives continue to evolve with limited time to volunteer.

A survey was sent to ACMSA members in August and the results were not surprising. Those that did respond wanted to continue with most activities. ACMSA has a long and remarkable history, accomplishing an impressive array of educational and philanthropic activities. We have been successful in creating enduring friendships and sponsoring activities that have been popular ways of opening doors to increased collegiality among the families of medicine.

The first General membership meeting held in September, and was not only a welcome back meeting but also served as the first of a group of meetings that would be held to explore the goals of the ACMSA. We were honored to have MSVA President Krista Crawford -Mathis attend and actively participate in the discussions. Meetings continued throughout the year and the committee will continue to meet as needed to reach benchmark goals.

Arlington Medical Society Alliance Strategic Planning

Mission Statement: *“The Arlington County Medical Society Alliance supports the Northern Virginia medical family and contributes to the health of the community.”*

*The Vision Statement, useful as a guide for future decision-making, and to feed marketing material, is still a work in progress. But its core concepts were approved. “The Alliance (ACMSA) is a home base for spouses and partners of physicians in the Northern Virginia area. It provides its members with access to educational events, information resources, networking, social gatherings, and public service opportunities that have positive impact on the health of the community.

*We learned an amazing fact that since 1994, ACMSA has donated a minimum of \$113,000 to community non-profits who serve the health and welfare of the community. Therefore, it was decided that fund raising will be a recognized part of ACMSA’s public service component. For that purpose, ACMSA will apply for federal 501.c.3 status, as well as register at the appropriate time with the Virginia Department of Agriculture.

The annual Fashion Show will not take place this year because “our runway is undergoing a renovation.” But a simpler “place holder event” to signal ACMSA’s desire to continue support for its favorite charities in the community will be held. A Spring luncheon and Boutique will take place in April. 25 % of Boutique sales will profit Charities. Community Non –profit Charities have been invited to attend and give a presentation on the services they provide.

*Program planning is being developed to appeal to different genders, ages and interests.

*Increasing membership and revitalizing leadership is the ultimate goal of the Strategic Plan. Branding, creating a marketing brochure, an identifying logo, working with our local medical society, hospital medical staff offices, and physician offices as avenues for getting our message out are all within reach of being completed as we finish this year’s activities. Outreach to local medical schools is included in the membership plan but is not in the immediate plan. Exploration of updating the website is also under consideration as a way to provide additional value to members and to promote Alliance membership.

COMPONENT ALLIANCE: Chesapeake Medical Society Alliance

Contact Person: Joan Chang

THEME (optional): Come Grow With Us

MEMBERSHIP: 30

Full (Local/State/National) Members: 28 Local & State / AMAA

Retired (Local/State) Members:

Physician Spouses: 5

Total:

PHILANTHROPIC REPORT:

Community projects: Our Holiday Sharing Card is sent to all active physician staff members (450) the proceeds of which benefitted the Chesapeake Care Free Clinic. For every dollar we donated \$10 worth of free medical and dental care is given.

Total Philanthropic Contributions \$2, 789.00

COMMITTEE REPORTS

COMMUNITY OUTREACH - Holiday Sharing Card donation to the Chesapeake Free Clinic.

LEGISLATION - We advised and assisted Chesapeake Regional Medical Center Administration with their “Legislative Appreciation Breakfast” in October 2010. Shirley Buchanan and Joan Chang were asked by the administration to assist them in making this legislative event a success. It was!!! They contacted all the state and national legislators as well as the city council members to request their presence at the event. Their suggestion of including the city council was a first for administration and it proved to be very beneficial. Many of their suggestions helped to make the event very successful. It was the best attended by legislators ever!

2010-2011 NEW PROJECTS –

1. The Chesapeake Medical Society and the CMS Alliance cooperated in surprising Shirley Buchanan for her 80th birthday. We jointly hosted a Surprise birthday party for Shirley during the Medical Societies “After Holidays Party”.
2. We hosted a “ Books, Authors and Wines” Event in Feb. 2011. One of our alliance members and her husband have both written books. They spoke to our group about how they began their ventures and how to get a book published. It was very interesting, informative and educational for our group. Afterwards we had a wine tasting with hors’ d’oeuvres.
3. This year we changed our Holiday Sharing Card benefactor from the AMA Foundation to our local Free Health Care Clinic. We raised a record (for us) amount of money for this event.

COMPONENT ALLIANCE: Danville-Pittsylvania Academy of Medicine Alliance

PRESIDENT: MEETI NIGAM

THEME: Domestic Violence- *since our area’s only domestic violence victims’ shelter Doves foundation closed down a while ago, we are trying to make new group to lay another foundation with a task force involving other community organizations, Police, Commonwealth Attorney and Sheriff to have one in this area and DPAMA is participating in this program actively. Long term goal is to get a shelter and much needed help to victims.*

White House Teleconference participation on the occasion of **Domestic Violence Awareness Month**. On behalf of the White House Council on Women and Girls, they invited me to join a teleconference call on Wednesday, October 27th. I participated in this White House Teleconference with open discussion about new rules and regulation benefitting Domestic Violence victims. Obama Administration officials spoke about efforts to address and end violence against women. I watched the event online and felt honored to be part of this burning issue.

MEMBERSHIP:

(Local/State/National) Members: 64

Total: 64

NECROLOGY: None

PHILANTHROPIC REPORT:

Medical Society of Virginia Alliance Projects:

Holiday sharing card - \$ 2530

Take five Program - \$25

Doctors' Day - \$ 30

Medical Technology Fair - \$1000

5K Walk Fundraiser scheduled in April 2011 - ?

Valentine day party - \$170

MSVA PROJECTS TOTAL:

We have had a great year with the events that have uplifted the spirit of our medical community, made us proud and to come together. Following are the events since the installation of the Officers in May 2010:

Community projects:

Health Fair for Uninsured;

DPAMA was a partner to the Health Fair for the Uninsured, held on July 25th, 2010 and organized by the Philippino community. Many Academy and Alliance members participated, including Drs. Davidson, Garcia, Escario, De Las Alas and more. Claudia Jannach worked as a translator and Mary Davidson, Tita Escario, Dora Pradhan and Meeti Nigam all volunteered at this event. A BIG Thank you to all of you who made this event possible!

National S.A.V.E. day with candlelight vigil;

This event, held on October 14th, is a campaign initiated by the AMA Alliance to bring an end to violence. Participants began the vigil at the Episcopal Church and walked down Main St. to the YWCA where speakers included Congressman Tom Perriello, Mayor Saunders, Michael J. Newman, the Commonwealth's Attorney, Sheriff Mondul, Police Chief Broadfoot and City Council Member, Dr. Miller. Many showed their support to ending violence by attending this event. It was even featured in the local newspaper Register & Bee!

An Evening with your Doctors;

DPAMA, DRMC and YWCA co-sponsored two separate events, free and open to the public, to support community health. The first event, **Mending Broken Hearts**, took place on September 29th and featured speakers Drs. Kotlaba, Nigam, Lin and Miller. There were approximately 70 people in Attendance and learnt about heart diseases and the cure.

The second event, **Keep the Flower Blooming after Menopause**, was held on October 20th and featured Drs. Newell, Lahti, Carbone and Beaver. Both events were a success in reaching many people in this community with valuable health information that they otherwise may not have been able to obtain. Many thanks to our co-sponsors who made this event possible and especially to all the physicians who took time out of their already hectic schedules to be present.

Community Health Fair 2010:

The Community Health Fair was a successful event, organized in collaboration with Alliance held on November 13th, 2010. Even our children participated and helped!!! We made 500 snack bags for patients! Left over bags were donated to the homeless shelter, a local church and God's Storehouse. Receipts were provided for these donations. Krista Crawford-Mathis, MSVA President, and MSVA President-Elect, Ellen Morgan were both present at this event!

Medical Technology fair;**Organized by the Danville-Pittsylvania Academy of Medicine Alliance on March 19th, 2011**

Community and physicians learnt about different updated technologies and therapies available to everyone for diagnosing and treating complex health problems. Featuring state of the art imaging and therapeutic technologies, such as the new 64 slice CT scan and 3D echo, as well as the latest in electronic medical records and much more! There was STEM scientific lab for kids! This was an excellent opportunity for students to explore exciting future career opportunities in the medical field.

COMMUNITY PROJECTS TOTAL: 6**International Health;**

The medical mission in MAY 16-19,2010-11 (Tita's Report) by our member, representing FSWVAPP included an Anesthesiologist (Dr. Escario), 2 Surgeons, ER Doc Dr.Jose Miler, 7 Dentists, 5 Nurses (Tita Escario and 4 of her classmates) and 7 Dental assistants. Our Members with the team descended on the small town of Bogo. They did so much dedicated service, total number of indigent patients served was 4,186 with small surgeries and other Medical services. Thanks to Tita For her time and work as she is our Health Committee chair person.

Community Outreach:

A Domestic Violence Task Force has just been established for Danville. Meeti Nigam, Dora Pradhan and Carol Caplan are involved with this project. Snack Bags were donated to a local church, Gods Storehouse and homeless shelter.

Health Promotions:

A new year New you - On January 21st, 2011, we held "**New Year, New You**" nutrition and fitness presentation at YMCA. It was informative and helped members better understand how to balance food and exercise to achieve a healthy weight. Those in attendance also learned about all of the benefits of YMCA membership for physical fitness and family activities. It was a great way to kick off the year!

Technology fair (described above)

Health fair for uninsured (described above)

Community Health fair (described above)

Thursday Morning Walk:

Walks were held every Thursday at 8:45 am, rain or shine, beginning at the YMCA parking lot. Walks lasted approximately 1 hour. Enjoyed the weather, company and started the day the right way with a good dose of physical activity!

DOCTOR'S DAY – It was celebrated as a “Hollywood Night” theme on Saturday March 26th, 2011 at the beautiful venue Danville Golf club. All couples were dressed up very elegantly walking *on Red Carpet* and beating the beauty and outfit of Hollywood. Everyone enjoyed cocktails, Ballroom Dancing

while dining and then getting into the rhythm of Dancing together with our great DJ! Door prizes, baskets, gift cards and babysitting on site made it a big success. Adults enjoyed a delicious dinner while kids munched on pizza nearby!

What a great time we had! Our efforts and hard work to keep the medical community bonded were realized on that night. With the help of our generous sponsors including our local hospital, we could offer this evening to our members free!!!

LEGISLATION - On Thursday, November 11, **Annual Legislative Meeting** held by the Academy with Alliance members' participation. Honorable legislators Danny Marshall and Don Merricks were present and the malpractice cap agreement between MSVA and trial lawyers was presented and discussed.

White Coat On Call Day - Monday, January 24, 2011, District V physicians and our members Dora Pradhan and Virginia Hall visited our Representatives and State Senators to make them aware of Medical Practice related issues. About 27 people were in the group with some Medical Students too.

S.A.V.E - National S.A.V.E. DAY activity stated above

SCHOLARSHIP(s) -NA

SPECIAL INTEREST GROUPS -

The DPAMA Ladies' Night was a combined event with Gourmet Club and featured a Pampered Chef representative demonstrating the latest in culinary products and food preparation. Attendance was high for this event and all of the ladies enjoyed a great girls' night out!

2010-2011- NEW PROJECT

Medical Technology Fair described above

Other social activities done by our Board:

Started **quarterly Newsletter** to keep our medical community connected with latest news and events, sent by mail and electronically to assure everyone gets it.

Our annual **fundraising Sharing Card** was organized by members, who took initiative with the task and saw it through to completion.

Take 5 Fundraising - 5 minutes to write a check for \$5 for a local philanthropic

Cake Decorating & Skin Care Clinic

The Cake Decorating & Skin Care Clinic was well attended and everyone had a good time! Each person decorated their own cake as they learned to make a cake look fantastic. Next, everyone received sample of Estee Lauder skin care products while learning tips for fabulous skin, complimentary.

Members' Directories have been sent to all members.

Valentine's Day Party:

The Valentine's Day Party had a great turnout and was filled with lots of good food and fun! Dr and Mrs. Stoneburner were honored as the Couple of the Evening for their recent celebration of 60 years of marriage on valentine day Party.

Fathers' Day:

The pool party was held on June 20, which also happened to be Father's Day. The food was great, as well as the company! We all had good time!

Welcome Coffee:

It was held on Thursday, September 16th at 10:00 am at the home of Dr. and Mrs. Mukesh Nigam. There were several members in attendance. The event began with plenty of good food and lively conversation! DPAMA President, Meeti Nigam welcomed everyone and shared the exciting events planned. The featured guest speaker, Eric Deaton, CEO of Danville Regional Medical Center, expressed a very positive outlook for the future of the hospital and a willingness to be actively involved in the community. Mr. Deaton also introduced Dr. Sari Saccocio, the new Chief Medical Officer at DRMC. Krista Crawford-Mathis, President of the MSVA, gave a very supportive and uplifting speech and commended the DPAMA for being such an active part of the community. Finally, clinical psychologist, Ann Woodson, and Mr. Taylor, also a psychologist, raised awareness about domestic violence and the need to support the opening of a shelter in our community.

DPAMA Family Halloween Party:

Food, fun and family were abundant at this event as were many great costumes! The kids enjoyed a bounce house, balloon artist and lots of glow in the dark treats! Adults mingled and enjoyed taking part in the event! Is that Freddy Krueger? No, that's just the OB/GYN DOC!

100 Years YOUNG:

DPAMA Honorary Member Rebecca McGovern turned 100 and lives in Stratford house, some Alliance member visited her for birthday

Honorary Member Rose Garden Event:

The Honorary Member Rose Garden Event was held on Thursday, October 7, 2010 at 10:00 am. It was a beautiful day to be in the garden! About 20 DPAMA regular members attended, as well as several staff members from DRMC. Special mention was made in memory of the recently deceased physicians, Late Drs. Sloan, Hodges, Aswath, Neal, Cobble and Harvey.

Wine testing and gourmet club:

Was hosted by CEO Mr. and Mrs. Deaton. The Wine Tasting event was a blast! More than 70 people attended the event at the home of our excellent hosts, Mr. and Mrs. Deaton. We enjoyed couple's night out. We feasted on various appetizers and greeted this year's BEAUJOLAIS Nouveau.

Upcoming events:**Annual WALK**

Fundraising event for local charity at Dan Daniel Park on April 7th 2011, Thursday

April 21 **Gourmet club** for next year nomination confirmation.

May 17 2011 **Installation lunch** at Stacey Ensminger's house.

COMPONENT ALLIANCE: Fauquier County Medical Society Alliance**Contact Person: Patty Simpson**

The Fauquier County Medical Society and Alliance hosted a kick-off party last Friday to rejuvenate our groups. The party was a success! We are very hopeful to get the groups to return to active status.

We currently have **24** federated Alliance members, and are still aware of more that intend to join. I have sent dues in to AMA, and the MSVA check to Beth Nelson.

We are planning a "meet for dinner" at a local restaurant this month, and will again participate in Fauquier County Relay for Life on June 11th.

Our team "FCMSA and Friends" is currently soliciting members and monetary support for the American Cancer Society.

We are continuing our dinners for the Free Clinic Volunteers.

COMPONENT ALLIANCE: Lynchburg Academy of Medicine Alliance

Contact Person: Angela Olmsted

MEMBERSHIP:

Full (Local/State/National) Members: 99 Local & State / AMAA: 99

Retired (Local/State) Members: 17

Physician Spouses:

Total: 99 members

PHILANTHROPIC REPORT/Community Projects:

Conducted a food drive for local food bank at November meeting

Sharing Card contributions for local projects and AMA Foundation raised \$4775

Conducted a drive for baby and toiletry items for local Family Alliance at March Meeting

In honor of Doctors Day- \$500 donation given to the Central Virginia Free clinic

Awarded Two Scholarships to nursing students- total scholarship for 2011- \$1000

Various monetary contributions to local charities totaling \$3500

 Mirams's house- \$500

 Childrens Miracle Network \$500

 Academy of Fine Arts \$500

 Family Alliance \$500

 Jubilee \$500

 Centra New Pediatric Unit \$1000

Currently working on a joint LAM/LAMA event in Sept 2011. Dinner fundraiser for Lynchburg Greater Community Trust and LAMA nursing scholarship.

COMPONENT ALLIANCE: Newport News Medical Society Alliance

PRESIDENT(s) or Contact Person: FRAN O'HAGAN

MEMBERSHIP:

Full (Local/State/National) Members: 27 MEMBERS

Retired (Local/State) Members: 39 MEMBERS

Physician Spouses:

Other (please specify): LOCAL MEMBERSHIP ONLY: 56 MEMBERS

Total: 122 MEMBERS

NECROLOGY:

Deceased Members:

MRS. NANCY MULLINS / SPOUSE: DR. JAMES (MAC) MULLINS

PHILANTHROPIC REPORT:

Medical Society of Virginia Alliance Projects:

MSVA PROJECTS TOTAL:

Community projects:

WE SELECT OUR DONATIONS IN MAY. HOWEVER, BELOW ARE THE DONATIONS FOR SPRING 2010

AFTER PROM:	\$500
AMERICAN RED CROSS:	\$1,000
FOODBANK OF VIRGINIA PENINSULA:	\$2,000
LINK OF HAMPTON ROADS:	\$1,500
ST. PAUL'S EPISCOPAL CHURCH:	\$2,000
ST. VINCENT DE PAUL BACKDOOR MINISTRY:	\$2,000
YMCA CAMP:	\$1,000

COMMUNITY PROJECTS TOTAL:

TOTAL CONTRIBUTIONS: \$10,000

COMMITTEE REPORTS

COMMUNITY OUTREACH -

DOCTOR'S DAY - KAROL CLARK AND KATE QUEEN WILL HOST OUR DOCTORS' DAY SPRING FLING AT KAROL'S LOVELY HOME IN POQUOSON ON SATURDAY, MARCH 19, 2011.

HEALTH PROMOTION -

INTERNATIONAL HEALTH - WHILE IN THE DOMINICAN REPUBLIC HELPING WITH THE HAITIAN RELIEF EFFORT, KATYA DAHDAH HAD THE OPPORTUNITY TO MEET A SPECIAL LITTLE BOY NAMED ALEXANDER. ALEXANDER WAS BORN WITH SEVERE BIRTH DEFECTS.

KATYA WAS ABLE TO SECURE THE SERVICES OF RETIRED PLASTIC SURGEON GLENN SHEPHARD AND PRACTICING PLASTIC SURGEON LEX MCARTHUR. WITH THE HELP OF BARB MCARTHUR, ANESTHESIOLOGIST PAUL REIN, AND PEDIATRICIAN MARGARET

BLANCHARD, ALEXANDER WAS ABLE TO TRAVEL TO HAMPTON ROADS FOR HIS SURGICAL PROCEDURES AND PRIMARY CARE. HE HAS RETURNED TO THE DOMINICAN REPUBLIC A HAPPY, HEALTHY CHILD.
WE ARE VERY PROUD OF THESE WONDERFUL, GENEROUS PEOPLE WHO HAVE OFFERED THEIR TIME AND SERVICES IN THIS EFFORT.

SCHOLARSHIP(s) - ONE \$1,000 NURSING SCHOLARSHIP AWARDED IN NOVEMBER 2010.

COMPONENT ALLIANCE: Northern Neck Medical Association Alliance

PRESIDENT(s) or Contact Person: Gail Tiesenga

THEME (optional): *Hanging in There*

MEMBERSHIP:

Full (Local/State/National) Members:

Retired (Local/State) Members: 3

Physician Spouses:

Other (please specify):local/state 7

Total: 10

COMMITTEE REPORTS

COMMUNITY OUTREACH – Twice a year NNMAA provides meals for the local Free Health Clinic’s evening hours staff, doctors and volunteers (approx 35)

HEALTH PROMOTION - We are planning a CPR session to familiarize members on the new guidelines and recertify members.

SCHOLARSHIP(s) – Plans for NNMAA Foundation’s nursing scholarships have not been finalized

OTHER: We meet quarterly for lunch. Two of these included programs featuring members. One member founded our new local maternity center and took us on a tour of the facility. Another meeting featured a member who has an interior design business called ReArrangements – repositioning and updating what you already own.

Medical Society of Virginia Alliance
Annual Report Form 2010-2011
for Component Alliances

COMPONENT ALLIANCE: Richmond Academy of Medicine Alliance

Contact Person: Nina Newton

MEMBERSHIP

RAMA Members: 106 + 14 Life = 120

MSVA: 74

AMAA: 64

PHILANTHROPIC REPORT:

Community projects:

Benefit Antique and Fine Arts Show: February 10-13, 2011

Approximately \$98,000 was raised for the community. The major benefactor was Access Now, a community program sponsored by the Richmond Academy of medicine to provide specialty medical care for low-income, uninsured residents of the greater Richmond metropolitan area in partnership with the area's free clinics.

Secondary Beneficiaries:

Nursing Scholarships and Allied Health Care Scholarship
ER SACK's (Sexual Assault Crisis Kits) clothing and toiletries at five ER's
Science Museum of Virginia

The Antique Show includes an opening night Mardi Gras Preview and a Benefit Luncheon and Lecture. This year's speaker was Susan Sully, authority on Southern Architecture and Design and author of The Southern Cosmopolitan.

The Antique Show also includes a raffle at the luncheon and silent auction displayed at the Show.

COMMITTEE REPORTS

SACKS: Sexual Assault Crisis Kits-

We collected toiletries including soap, toothbrushes, toothpaste, deodorant etc... and purchased new underwear and sweat suits to make 225 kits which were delivered to five local hospital emergency rooms. The kits were given to sexually assaulted patients so they would have clean clothing to wear home. Their clothing is kept for forensic evidence. The need is much greater than the 225 kits we delivered this year so we are increasing our budget for this and will provide more kits this coming year.

Meals on Wheels:

RAMA members volunteer the first Friday and the fifth Monday of the month throughout the year to drive a designated route to deliver meals.

Remember My Name:

The ceremony was held on October 28, 2010 to commemorate the men, woman and children who have lost their lives as a result of domestic violence. We support the YWCA in this touching ceremony by providing the flowers and refreshments and serving the refreshments to the families of the victims. This year 16 new victim's names were added to the 96 names remembered since 1995.

SPECIAL INTEREST GROUPS:

Book Club: This very active group meets monthly except during the summer to discuss the book of the month. One member leads the discussion over lunch or a beverage.

Holiday Party: Many members celebrated the holidays at the Holiday Party on December 5, 2010 at the home of Nina and G. Broadie Newton.

Component Alliance: Roanoke Academy of Medicine Alliance

Co-Presidents: Laura Arnold and Kristina Sommer

Membership:

Local/State/National members: 141
Retired members (Local/State): 47

Necrology: 2

Monetary Donations:

Book & Author Dinner 2010:	\$32,600
AMAF (Sharing Card)	\$7,502
Doctor's Day (American Red Cross Japan Relief Aid):	\$700
Shelter Shower-Turning Point Women's Shelter:	\$725
CHIP:	\$250
RAMA Foundation:	\$50
Total:	\$41,827

Donations of goods and time:

Many of our members volunteered for the CHIP dental days at Halloween and Easter. It was great fun to help the children with crafts and games to make their visit to the dentist fun!

Our goal this year was to bring back the fun in RAMA in hopes of increasing both membership and participation. We increased membership by over 50 and saw a small improvement in participation. We tried to lighten the mood at our meetings and have them at fun venues like spas and restaurants to help increase the number of young members that would attend.

We consider our membership meetings a kind of support for the medical family. It is like group therapy to see and talk with other medical spouses about what is going on in our lives and with the practice of medicine. We also reach out to members who are having health problems or have lost loved ones by calling or sending a card.

Community outreach:

RAMA's major fundraiser is the Book & Author Dinner, which will celebrate its 13th year in 2011. We are thrilled to have Andrew Klavan as this year's headliner author. We will also enjoy the company of Patti Callahan Henry and James Swanson, and Adriana Trigiani return as our Emcee. The event will be held April 15th, 2011 at the Hotel Roanoke and Conference Center. We are hopeful that we will have over 500 people in attendance and will be able to donate more than \$30,000 to several local health related charities: CHIP, Project Access, Children's Trust and St. Francis Service Dog Foundation. In addition, profits will be given to the RAMA Foundation Scholarship Fund to be given as scholarships to local students in the health fields. Proceeds from 2010's event were \$32,600.00!

Instead of having separate events to raise money for our Turning Point Shelter, CHIP, Doctors' Day and the RAMA Foundation Scholarship Fund, we decided to host a Philanthropy is Fun lunch at a local restaurant. We raised \$1725 and checks are still trickling in!

Health Promotion:

Child Health Investment Project (CHIP)

Legislative medical issues:

MSVA President Krista Crawford-Mathis and President Elect Ellen Morgan joined the 6th district delegation for MSV White Coats on Call January 20th in Richmond. The group met with 6 delegates and senators who represent the Roanoke area.

Social:

RAMA's "Welcome to the Valley" cocktail party is a fun event to meet new physicians to the valley and their spouses. This year we jazzed it up and held it at Black Dog Salvage...a funky local salvage store that made for a very fun venue. We invited the first class of medical students attending VT/ Carilion Medical School and really enjoyed the young, vibrant group. We enjoyed the music of a local jazz trio, Groovational Pull, adding another element of fun that we have never tried before. All in all, I believe it was the best cocktail party we have hosted in my memory! Our "Mailing" party was a great success, drawing over 30 members, stuffing about 32,000 invitations/envelopes for Book and Author Dinner and enjoying mimosas and other goodies to eat!

New project or program:

We decided to begin volunteering at CHIP (Child Health Investment Partnership). CHIP promotes the health of medically underserved children within the greater Roanoke Valley. We supported their efforts with volunteers and supplies at their two dental fairs at Halloween and just before Easter. We had great fun dressing up at Halloween and watching the children have their photos taken with the Easter Bunny before Easter. The children and parents are so appreciative and it is a very fulfilling volunteer opportunity.

Closing thoughts or reflections on your year:

RAMA began its year with a welcome to the valley cocktail party for new physicians and their spouses in September. There were about 90 people in attendance. We also hosted our September Welcome Coffee at co-President Kristina Sommers home.

Our November general membership meeting was held at Saint Francis Service Dog Foundation. Partial proceeds from several previous Book and Author Dinners have gone to St. Francis so it was great fun to tour their kennels and see a service dog work.

The 2010 Sharing Card was sent out in December and received 108 donations totaling \$7502.00.

Our January meeting was held at Pure Spa. After the business meeting we were treated to a choice of spa services including pedicures, massage, reflexology, facials and body wraps. With the hard, snowy winter that we had, relaxation and stress-relief were welcome!

Our March meeting was held at Local Roots Cafe under the banner of "Philanthropy is Fun". We combined our collection for Doctor's Day, Turning Point, and CHIP. Local Roots is a restaurant that believes in local farming to provide the ingredients for their menu. We enjoyed hearing their chef explain his background in farming and how they farm right here in Roanoke to make their tasty food. We then enjoyed a fabulous lunch prepared by their kitchen, which loosened our pockets to give to their choice of philanthropies. We collected over \$1700. Also, in March, we had our "Mailing" party, which was a great success, drawing over 30 members, stuffing about 32,000 invitations/envelopes for Book and Author Dinner and enjoying mimosas and other goodies to eat!

We look forward to our May luncheon and the installation of our new Board of Directors.

COMPONENT ALLIANCE: Rockingham County Medical Alliance

PRESIDENT(s) : *Ratha Nithiahnanthan, ratha@gmail.com, 215-287-4773*
Kathy Lareau, kmflareau@gmail.com, 540-234-6200

THEME: New Opportunities for “Another Decade of Difference”. We had three goals for this year – increase membership by 20%, double fundraising proceeds, and initiate a new project that will make a healthy impact in our community. We have achieved all three goals! We surpassed our membership goal, doubled our fundraising, and have initiated an interesting project that will carry into next year.

MEMBERSHIP:

Local/State/National – 51	\$5,100
Local/State – 5	250
Local – 9	270
Retired: Local – 9	90
L/S – 3	60
L/S/N – 2	<u>140</u>
(2 physician members)	
TOTAL:	\$5,910

PHILANTHROPIC REPORT:

Medical Society of Virginia Alliance Projects:

1. \$300 donation to AMA Foundation, proceeds from our Holiday Market wreath sale.
2. \$1,575.01 to purchase SAVE materials for local schools

MSVA PROJECTS TOTAL: \$1,875.01 donation

OTHER:

SAVE -	\$1,575.01
Gold Award Project	200.00
Free Clinic	250.00
Baby Simulators	250.00
Total	\$2,275.01

GIFTS IN KIND:

First Step – over 100 lbs food items, also provided them an opportunity to raise funds during one of our events.

Food Bank – 200 lbs food items + \$64.00

COMMITTEE REPORTS

COMMUNITY OUTREACH –

1. ONESIE project – We continue our “Onesie Project”, stamping tiny pink & blue hands on infant onesies. A card is attached to each onesie with information regarding “Shaken Baby Syndrome”. Parents completing our hospital’s birthing/parenting class receive the gift. We were able to purchase supplies for #375 onesies with our HAP Award. We partnered with St. Stephen’s United Church of Christ again this year to craft the onesies.
2. “Children First Day” – a local children’s fair. We promoted and taught general hygiene and how to avoid spreading germs, targeting young children through hands-on activity and a booklet designed by one of our members.
3. Girl Scout “Gold Award Project”- Mary Kern, daughter of members Chuck and Dawn Kern, earned her Award with dedication and hard work! Mary renovated a Boys and Girls Club facility located at a mobile home park, serving a predominantly Hispanic population. Mary’s project included painting the interior, new window treatments, new recreational equipment, establishing a reading center and a homework station, a new refrigerator, and a new building sign, “La Casita”. We are very proud of Mary! Total contribution - \$200.
4. Holiday Market – We held our annual Holiday Market in November (our primary fundraiser), with the goal of doubling our proceeds – which we did! In addition to asking vendors for a 10% donation from their total sales, we charged a \$30 entrance/service fee. With the additional fee, we were able to increase our advertising/marketing efforts. The vendors were pleased with our efforts to increase attendance. “First Step”, a local shelter for victims of domestic violence sold topiaries and held a raffle to support their worthy cause. We charged an admission fee of “one canned good” which we donated (200 lbs) to a local food bank along with an additional \$64. We also held a drawing for a week at the vacation home of one of our members, in Sandbridge Beach, VA. The drawing netted \$1,050.
5. March of Dimes – We donated three individually designed and hand-crafted journals for their annual fundraising auction, valued at \$120. We also donated three live cedar wreaths valued at \$180. Several of our members “Friends of RCMA” personally sponsored a table.
6. “First Step” Shower – held a “shower” at one of our member events and donated 100lbs of non-perishable food items to the shelter.
7. Free Clinic – donation of \$250.
8. “Baby Think It Over” baby dolls – Purchased five used “babies” for \$250, beneficiary to be determined.

DOCTOR’S DAY –

Our local hospital, Rockingham Memorial Hospital, purchased gift cards for all area physicians. RCMA sent letters to 55 retirees, thanking them for their dedication and past service to our community, and offering a home delivered lunch. The hospital donated the lunches, purchased from a local restaurant, and RCMA members made home deliveries to 11 physicians and their spouses.

HEALTH PROMOTION -

“Baby Think It Over” is a program that has been used in some of our middle & high schools. Life-like computerized baby dolls, “baby simulators” are used to teach parenting and child development, babysitting skills, and in teen pregnancy prevention efforts. Real life occurrences (baby hungry, wet diaper, etc) are simulated and a computerized program monitors the “care” given, so the students are held accountable.

New “babies” are cost prohibitive for our organization so we purchased five used “babies (with limited computerized ability), the beneficiary to be determined. We will build on this effort for our Community Outreach project next year:

INTERNATIONAL HEALTH -

We held a “shower” at our Welcome Coffee in September. Sheets and school supplies were collected for the Grace Mennonite Honduras Mission Team to be used by a Honduran orphanage and school. We collected ten garbage bags full of supplies. Several members of our medical community are involved in the mission.

S.A.V.E -

We purchased “Hands Are Not For Hitting” booklets and placemats. They were distributed to all first graders in the Rockingham County and Harrisonburg City Schools (#1,301). Total spent-\$1,575.01. The Rockingham County Medical Society has committed to help finance this endeavor for the next three years.

2010-2011 NEW PROJECT –

We are currently researching a project for the 2011-2012 year. Our board has had presentations regarding safe dating and positive self image aimed at middle/high school students. We are interested in offering a program and presenting these speakers at a community forum.

OTHER:

Facebook/Website – Gail Arthur is responsible for keeping us “social” with the creation of a Facebook page and a website. We used both to promote our events, wreath sale, and provide our members interesting health related information.

New Physicians – Many new physicians have joined our community this past year (#22). We have kept busy reaching out to each one, making visits, and delivering “Welcome Bags” (reusable bags printed with our new logo, filled with community and Alliance information, and a few goodies). We provide all new families a “complimentary Alliance membership” for one year and include them in all mailings and invitations to our events.

SOCIAL:

We held a “Welcome Coffee” this past September at our new RMH Health Campus. Several new folks joined us and most became members of RCMA. The hospital offered tours of the new facility.

We have many dedicated crafters in our group. We made cedar Christmas wreaths, and met several times to design and craft “Wax Decoupage” journals/picture frames.

We held our annual “Holiday Dinner” at Spotswood Country Club. The event was well attended, and the Rockingham County Medical Society donated generously to ensure an enjoyable meal and evening of fun and dance. We are unsure if the Society will be in a position to support this event next year. Thus, our ability to hold the event remains uncertain.

We met at a local restaurant for “Girl’s Night Out”, and held a cooking event with a local chef sharing a few of his favorite recipes with us. We held a “shower” for First Step, donating over 100 lbs of food items.

The year will culminate with our April event, a “Chili, Beer and Bonfire” event to be held at a member’s home. We will sample chili made and donated by our members, and enjoy beer selections from a local microbrew. The highpoint of the evening will be “Peeps” roasted on an open fire (bonfire). Think caramelized Peeps!!

COMPONENT ALLIANCE: Virginia Beach Medical Society Alliance

Contact Persons:

Directors
Cyndi O’Grady
Mary Hayes (Treasurer)
Suzie O’Connell
Madeline Schreiber
Candy Krop

THEME: “Keep Going”

MEMBERSHIP:

Full (Local/State/National) Members: 8 (\$95.00)

MSVA/VBMSA: 4 (\$45.00)

VBMSA only: 9 (\$25.00)

Total: 21

Community projects:

Holiday Project- \$965.00

Every year we support a family in need for Thanksgiving and holiday dinners, and gifts for the children and the parents. Spear headed by Debbie Kazakis and Anne Dalton, this year it was our pleasure to help a military family with 2 children. Donations from 20 members helped us reach our goal of gifts for everyone. We got together to wrap the abundance of gifts and share Holiday cheer and an assortment of delightful cupcakes from a new local bakery. Projects like this are part of our raison d’etre.

Tee Off for the Children- anticipating \$30,000

For the 15th year in a row, the members of the VBMSA have organized a wonderful golf tournament on April 12, 2011 at Bayville Golf Club in Virginia Beach. The proceeds benefit 4 worthy recipients:

Families for Autistic Children in Tidewater (FACT), Down Syndrome Association of Hampton Roads, Therapeutic After School Respite Program, and the Sugar Plum Bakery. For the first time in our history we have 4 platinum sponsors (\$5000.00 each): The Therapy Network, Sentara Bayside, Princess Anne, and Virginia Beach General Hospitals, Towne Bank and Towne Bank Insurance, and Merrill Lynch. The practice facility opens at 10am. Registration and Silent Auction start at 11:00am. There is a noon lunch for the our field of 122 players and a shotgun start at 1:00pm. The awards dinner begins at 5:30 pm and the silent auction ends and winners are announced at 6:00pm.

We are so grateful for all the support from local businesses and our players. They are the ones who make it possible for us to help our recipients. But, the truth is that we could not do this without the leadership of Suzie O’Connell. She has been leading the charge for the 15 years of the tournament and deserves our thanks and appreciation.

COMMUNITY PROJECTS TOTAL: \$30,965.00

TOTAL CONTRIBUTIONS: \$30,965.00

COMMITTEE REPORTS

LEGISLATION - Our legislative chair, Janet Kanter provided popcorn to all the state legislators on White Coats Day

OTHER: (please list)

Literacy Project: Barbara Stehlik serves as our chair for this worthy project. We support Diamond Springs Elementary School by giving books to over 100 students, many of whom have no books in their homes.

Peace Corp- Independence for African women through the creation and selling of beaded jewelry, belts and bags: Through the work and dedication of Cyndi and Kate O’Grady, the project has blossomed into an independent non-profit organization.

Due to a dedicated core group of members, Virginia Beach continues to survive and indeed thrive, in spite of decreased membership. The Alliance vows to continue the two purposes on which it was founded when Joann Ship became the first president of the Auxiliary in 1962: namely, to improve the health and quality of life at the beach and to provide opportunities to socialize amongst ourselves and our families. **We will “Keep Going”**

Our first meeting was a brain storming session. Members offered fabulous ideas for meetings, projects and activities. Meeting times may vary to accommodate a variety of schedules and commitments. Much discussion centered on membership and a “Friends of the Alliance ” category, to include individuals committed to the goals of the VBMSA, is in the works.

Our members enthusiastically decided to continue with our altruistic and social endeavors.

The incorporation papers, taxes, and 501c3 requirements are all up-to-date for another year.

Meetings have been fun and included a book club discussion about “The Help” (This controversial story depicts three women who forged extraordinary friendships during changing times in the deep South) with southern teas and lovely salad luncheon, and a wine tasting and cork wreath creating evening.

**MSVA Annual Report
2010-2011**

