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*Illinois State Medical Society Alliance Newsletter*



To My Alliance Family,

Thank you for the opportunity to serve as your president for the coming year. I'm looking forward to visiting the different Illinois Alliances and to networking with our members to help shape the ISMSA's future.

Since so many people were unable to attend the Annual Meeting, I have included my Installation Speech as this edition's President's Message.

One of the purposes of the Alliance is to cultivate friendly relationships and promote mutual understanding among physicians' families.

I have been active in my home county of Peoria for over 20 years. Twenty three years ago I received a phone call from an Alliance member. She said, "I have a group I would like to tell you about. I think you may be interested in joining." Since then, I have participated in projects that took four hours and some that took months of planning.

One of the things I like the most about the Alliance is that I can volunteer as much or as little as time allows. While I have received great personal joy and growth from these various activities, I also appreciated the friendships that I developed along the way. It wasn't until my husband's office was destroyed by a tornado last June that I realized how important the friendships in the Alliance were to us. This group has an uncanny way of knowing just the right time to make a phone call or send a note of encouragement. While other businesses in town were also destroyed, it takes someone from the family of medicine to truly understand what losing an office, especially in a small town means. The office has now reopened and is well on its way to providing the same level of patient-care that existed pre-tornado.

Just a side note: make sure your spouses has pictures of their office - all the walls - and a disaster plan. Mark was very fortunate that this was on a Saturday afternoon and no one was hurt.

As I look toward this next year, I hope we all continue to support others that are going through tough times.

Another purpose of the Alliance is to encourage the participation of volunteers in activities that meet health needs. Because each county's needs differ, you are in the best position to know what direction to focus your health promotion efforts toward. I hope as you look toward projects for next year, your county will think about the needs of the children in our state.

There are 3.2 million children in Illinois. Our kids rank 24th out of 50 states in overall health. Nineteen percent of our children live at or below the poverty level. Forty-five percent of students enrolled in public schools come from low income homes. Sixty-seven percent of 8<sup>th</sup> graders are unable to read or do math at their grade level. The college men and women I encounter on a regular basis are carrying more and more baggage. Children of all ages need our help!

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Your projects can incorporate a variety of topics and ages. For example, counties can develop a simple project to give bicycle helmets to children for safety. Did you know that in 2009 92% of children did not wear a helmet while riding their bike? Besides safety issues, a multitude of challenges are affecting our children. Here are just a few of their challenges to consider when deciding on a health promotion project:

**Bullying:** Bullying has been on the rise since 2001. Of children ages 12-18 who reported being bullied, 79% of bullying occurred within the school. More 8-15 year olds named teasing and bullying as bigger problems than drugs, alcohol, racism, AIDS, or pressure to have sex. Did you know that the risk for being bullied peaks during middle childhood with the highest rates among 6-9 year olds and internet harassment peaks between 14 and 17 years? Nineteen percent of Illinois kids reported being bullied in 2009.

**Child abuse:** In Illinois, a child is abused or neglected every 18 minutes. A child dies before his or her first birthday every 7 hours. Child abuse is linked to an increased risk for substance abuse, eating disorders, obesity, depression, suicide and sexual promiscuity.

**Mood disorders (such as depression):** These are major risk factors for suicide among children and adolescents. Stressful life events and low levels of communication with parents are also thought to be significant risk factors. Twenty-seven percent of Illinois kids felt sad or hopeless last year.

**Pregnancy:** Although pregnancy rates among adolescents fell between 1990 and 2005, 2006-08 saw slight increases in pregnancy rates. Adolescent pregnancy results in over 72,000 births per year in Illinois.

**Homicide and Suicide:** These are the second and third leading cause of death among teens in Illinois. Of 15-19 year olds, 15% contemplated suicide and 9% attempted.

**Food insecurity:** Food insecurity is associated with health, behavior, and cognitive deficits. Children that are uncertain of where their next meal is coming from suffer more stomachaches, frequent headaches, and colds. They have higher rates of hospitalization, iron deficiency, and chronic health conditions. School-aged children have more psychosocial deficits and higher levels of anxiety and depression, where as adolescents have higher rates of depressive disorders and suicidal symptoms. Children with food insecurity have smaller gains in math and reading achievement and a greater likelihood of repeating a grade.

**Obesity:** Nationwide, the prevalence of obesity among children ages 6-11 rose from 6.5% in 1980 to 19.6% in 2008 with similar increases in 12-19 year olds. Illinois currently ranks 4th behind Mississippi, Georgia and Kentucky in childhood obesity. Being overweight increases the chance of a student being bullied and they have an increased risk for physical and socio-emotional problems. Health threats created by being overweight can cause the child long- lasting problems.



**Military children:** Nationwide there are 2 million children with a parent in the military, and in Illinois at least 10,000 children are in a military family. Some children may attend five, seven, or nine or more schools by the time they graduate from high school. Seventy percent of military families live in civilian communities, so it is essential for neighborhoods to understand the needs of military families. Guidance is available online at the National Military Family Association Community Toolkit.

As you can see, our children have a wide variety of needs, I have only mentioned only a few. One way to decide the focus of your energies would be to check the state statistics for your county or region. Since these problems vary from one region to another, your local Alliance is in the best position to decide which problems might need to be addressed for your county or region.

Please consider our kids when you are contemplating your county's next health promotion project for the year. We rank 24 out of 50. We can grow healthier children in Illinois. Let me know if I can help identify or assist with any project development.

Thanks again to all of you and I look forward to working with you this next year.

## **ISMSA'S Annual Meeting Highlights**

This April the ISMSA kicked off its 83rd Annual Meeting in Oak Brook. Our Awards Luncheon recognized our counties accomplishments in all types of projects from membership to fundraising for the AMA Foundation. We celebrated the Humanitarian Award Winners Dr. Kemia Sarraf from Sangamon County and Helen Chigaros RN from Kankakee County.

Sarah Sanders, national Secretary, shared the vision and direction of the AMA Alliance. This year the AMA Alliance Meeting will be held at the Swissotel in Chicago, June 19-21, 2011. The AMA Alliance Meeting is opened to any member that registers for this meeting.

Cathy Walker, RN, a Renal Nurse and Nutritionist, presented a presentation on diabetes education. The highlight of the Annual Meeting was a county roundtable discussion led by Barbara D'Souza, ISMSA Strategic Planning Vice President. The workshop was called 'World Cafe.' Participants were able to express their concerns and accomplishments in their counties.

Our President, Jacqueline Alford, shared the past year's activities and accomplishments in her State of the Alliance Address. She concluded with a pictorial of the counties she visited. Annual Meeting concluded with the installation of the 2011-12 ISMSA officers by Past President Karen Jasper. Congratulations to new state president, Julie Baylor. We look forward to your leadership and guidance this year.

**Have a wonderful summer and we will see you in Springfield for the Summer Board Meeting!**

## Strategic Planning

The expression used to be, “Change is coming.” Now, I think we can all say, “Change has arrived.” Social media has decreased the perceived needs for face to face meetings and voice to voice communication. Women’s return to the workplace has decreased the leisure time for our membership. Yet, for many, the ISMSA remains an important link to other physician spouses throughout Illinois, as well as a resource tool for promoting better health in our state and supporting the family of medicine. I think that we can all agree that we want our state Alliance to stay strong and prosper.

Let our goal for 2011-12 be a revitalization of our membership and a commitment to new plans for our future. What does the ISMSA do best? And, what needs to be changed or eliminated? Over the summer, I will be calling/e-mailing all the county presidents to discuss these questions, and to find ways to reach county members. Have ideas you’d like to share with me directly? Please give me a call at (815) 332-345 or e-mail me [tandb9294@frontier.com](mailto:tandb9294@frontier.com)

Barbara D’Souza  
VP Strategic Planning

**The ISMSA looks to YOU as we move forward in 2011-12!**

## Peoria MSA

The Peoria Medical Society Alliance was pleased to work with the staff at Proctor Hospital to host the sixth annual blood drive in honor of Doctor’s Day on March 10, 2011. More than 50 units of blood were donated. Blood donors were encouraged to give in honor of their doctor. Notes will be sent to those doctors who were honored with a donation.

### Blood Drive in Honor of Doctor’s Day



*L to R:* Pictured are the chairs of the PMSA Blood Drive in honor of Doctor’s Day Patti Russo, Linda McLelland and Ann Kube.



*L to R:* Attending the luncheon were committee members Barb Adams, Laura Rager, Annette Ketchum (project co-chair), Yvonne Clark, Donna Wilkins (project co-chair), Rita Hertenstein and Linda Couri.

### Bel-Woods Honors PMSA Volunteers

The Peoria Medical Society Alliance volunteers who served Bel-Wood residents with monthly parties and bingo games were honored for 40 years of service with a “thank you” luncheon on April 13, 2011.

## Winnebago CMSA

Winnebago County has had a busy spring! On April 4th, we held Charisma 2011, our annual luncheon and fashion show.

At the luncheon, health career scholarships were awarded and community grants were announced. Our Humanitarian Award winners were also honored. The theme for this year was “Kaleidoscope.” Over 450 women attended Charisma—congratulations to chairs Robin Roegner and Anne Ikenberry and their committee for a great job!



*L to R: Humanitarian Award Winner Carolyn Greenlaw and Karen Moore*



*L to R: Robin Roegner and Anne Ikenberry, chairpersons*

The WMCSA Installation Brunch was held on May 9th at the home of Barbara D’Souza. After brunch and social time, the following officers were installed by Past ISMSA and WCMCSA President: Terry Rifkin

President: Barbara D’Souza  
 President-Elect: Robin Roegner  
 Vice President: Carla Tully  
 Recording Secretary: Emily Gephart  
 Corresponding Secretary: Suvarna Shirodkar  
 Treasurer: Carrie Monkemeyer

**We are looking forward to a great year!**



*L to R: Winnebago New Board Member Suvarna Shirodkar, Carla Tully, Robin Roegner*

## Health Promotions

<b>Health Initiative Grant Recipients:</b>	<b>Rock Island County - Childhood Obesity Prevention Program</b> <b>Sangamon County - Asbury Children's Supper Hour</b> <b>Kankakee County - Alzheimer Walk</b> <b>Winnebago County - RX: Prescription Read Program</b>
<b>Doctor's Day Award:</b>	<b>Kankakee County</b> <b>Peoria County</b> <b>Sangamon County</b>
<b>Walking Mileage Award:</b>	<b>Terry Rifkin</b> <b>Benilda Hizon</b> <b>Peoria Pacers: Patti Bash, Donna Wilkins, Carol Brody,</b> <b>Linda Couri, Beth Sparrow, Patti Russo,</b> <b>Diane Gravlin, Lorrie Wu, Julie Baylor and</b> <b>LaDonna Fishkin</b>

**Congratulations to each county and everyone that help make these events successful!**  
**Good luck with all your projects again next year.**



### **AMA Alliance Annual Meeting dates confirmed for June 19-21, 2011 at the Swissôtel Chicago**

The AMA Alliance Annual Meeting starts at 8 a.m. Monday, June 20 and ends Tuesday, June 21 after the Installation Luncheon concludes at 2 p.m.

Single and Double rooms at the Swissôtel (323 East Wacker Drive) will be available at the discounted rate of \$245 per night. Feel free to pair up with a friend to reduce costs!

#### **Optional sessions include:**

Saturday: Opening Session, AMA House of Delegates 2-5:30 p.m. (Hyatt)

Sunday: Alliance Welcome Reception 5:30-6:30 p.m. (Swissôtel)

Tuesday: AMA Inauguration Ceremony and Dinner Dance 5 p.m. (Hyatt)

*More information will be shared as it becomes available.  
Please visit the AMA Alliance website at  
[www.amaalliance.org](http://www.amaalliance.org).*

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## Kankakee CMSA

The KCMSA has been busy with a few exciting events this Spring. We donated our time to make call to raise funds on behalf of Easter Seals. And we also had our first annual "Doctor's Day" Blood Drive. People in the community were asked to give the gift of life on in honor of their physician. We also installed our new officers at our Installation Luncheon and held a general meeting. We also have had other social events such as Book Club and Lunch Bunch.



## Macon CMSA

The MCMSA ended regular meetings with its Spring salad luncheon which was well attended. Plans are being made for next year, with continuing efforts to engage new members. Seven Awards of Excellence were made to graduates of area health profession programs. The Book Club will continue to meet during the summer.

## St. Clair CMSA

St. Clair County's 2010-11 year wrapped up on May 5<sup>th</sup> at Jack's on the Green Restaurant at the Stonewolf Golf Club in Fairview Heights with a lovely luncheon to install the 2011-12 slate of officers including Incoming President, Danielle Crouch. It has been an exciting and challenging year for St. Clair County. The Trivia Night fundraiser in March brought in approximately \$6,000 and a total of \$16,000 was distributed this year to community health grant recipients. Cheryl Boyd, Becky McGrady, and Jen DeJong attended the state meeting in Oak Brook in April. Membership numbers and participation numbers at meetings were down this year, yet St. Clair still had successful fundraisers and programs. We are looking forward to the 2011-12 year, continuing the Hands Are Not For Hitting program in partnership with the SIU-E School of Nursing, raising more funds through our November Luncheon, and partnering with not-for-profit organizations to provide them with donations each month.

**Go Green!**  
**In an effort to help  
 preserve our world  
 and save money,  
 please send an  
 e-mail to:**



**[alliance@isms.org](mailto:alliance@isms.org)**  
**Subject: Go Green!**

**to receive future copies of *PULSE*  
 by e-mail.**

## 2011 Calendar of Events

June		September	
1	County Alliance Officer and Board rosters due to ISMSA Office for directory	5	LABOR DAY (State office closed)
20-21	AMAA Annual Meeting, Swissotel 323 Wacker Dr., Chicago	15	Health Initiative and Membership grants due
10	ISMSA Board Reports due to ISMSA Office for Summer Board Meeting	16	ISMSA Board reports due to ISMSA office for Fall Board Meeting
30	2010-11 Fiscal Year-End	30	Deadline to apply for state health and membership grants
		30	AMA Alliance Leadership Development Conference, Chicago Marriott Downtown Hotel (September 30 – October 2)
July		October <u>SAVE MONTH</u>	
4	INDEPENDENCE DAY (State office closed)		
13	Leadership Development Interest due to President-Elect Diane Gravlin	20	ISMSA Fall Board Meeting – Peoria, IL Peoria Medical Society Office
14	ISMSA Summer Board Meeting – ISMS Office, Springfield	30	AMA Alliance Leadership Development Conference, Chicago Marriott Downtown Hotel (September 30 – October 2)
August			
1	PULSE deadline		

### ISMSA 2011-12 Board of Directors

**President**

Julie Baylor

**Recording Secretary**

Barbara Youssef, Kankakee County

**President-Elect**

Diane Gravlin, Peoria County

**Treasurer**

Karen Jasper, Winnebago County

**VP of Membership**

Anne Marie Hayes, Winnebago

**Northern Director**

Sebnem Sipahi, Kankakee County

**VP of Strategic Planning**

Barbara D'Souza, Winnebago

**Central Director**

Cathy Carpenter, Adams County

**VP of Health Promotions**

Cheryl Boyd, Saint Clair County

**Southern Director**

Becky McGrady, Saint Clair County

**Corresponding Secretary**

Kathy O'Marro, Sangamon County



The *Pulse* is published four times a year in June, September, December and March. The *Pulse* is distributed to all members of ISMSA. Copy deadlines are the first day of the month prior to publication. Please submit articles and photos to Natalie Jarvis, [nataliejarvis@isms.org](mailto:nataliejarvis@isms.org).