Zumbro Valley Medical Society Alliance News
Physicians’ Spouses Dedicated to the Health of their Community

Creative Successful Aging:
What We Never Learned in School

Dr. Edward Creagan, ZVMSA’s December brunch speaker, is a Professor of Medical oncology at the Mayo Clinic Medical School and is the Endowed Rouse Professor of Humanism in Medicine. He is the author of How Not to Be My Patient—A Physician’s Secrets for Staying Healthy and Surviving Any Diagnosis.

In a humorous and engaging manner, Dr. Creagan will share with us the rapidly changing landscape of our communities from an aging perspective. He will underscore that in some communities there are more retirees than children in elementary school. He will emphasize the biology, the psychology, and the spirituality of the aging phenomenon. He will draw upon extensive clinical experiences of those who have aged well and the experiences of those who have not aged well. As a wise sage once mentioned, “The best way to predict the future is to create the future.” Dr. Creagan will share with us how to create a future that is full of meaning and purpose and engagement.

Please join us at the December brunch for a delightful morning with Dr. Creagan.

December Brunch
Tuesday, December 6, 2016
9:30 am
Rochester Golf & Country Club
3100 W. Country Club Rd. SW
Rochester, Minnesota

Menu
Cranberry Juice
Salmon Cakes with Dill Cream Sauce
Mixed Vegetables
English Trifle
Served in Sherbet Glass

RSVP
Harriet Hodgson by Tuesday, November 29th at 12:00 Noon
Harriet Hodgson, 252-5939
harriethodgson@charter.net

December Community Outreach: Elder Network

Elder Network is the Community Outreach charity at the December Brunch. As a community service for people age 55 or older that are facing challenges in their lives, it is deserving of ZVMSA’s support. Here are some facts about Elder Network:

- Elder Network work is currently serving about 800 people and many are walking a fine line between financial solvency and needing aid.
- The Network doesn’t charge fees for its support groups, workshops, or peer support services, such as helping to fill out forms.

Continued on Page 2 —
Dear ZVMSA Members and Friends,

As always it is hard to believe the Holidays are fast approaching. In the spirit of the holiday season, be sure to check out our Historian, Aileen Williams’, article about the Auxiliary’s (former name of the Alliance) involvement many year’s ago in the sale of Christmas seals. We have a proud history of philanthropic activities.

And speaking of such matters, the December brunch Community Outreach is Elder Network, dedicated to helping citizens over 55 with an impressive variety of services to ensure their optimal quality of life.

Finally, if you haven’t already paid your dues, please do so. We want everyone to enjoy membership in this outstanding organization!

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2016-2017—ZVMSA BOARD

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COMMUNITY OUTREACH

Continued from page 1 --

- In past years about 90% of clients contributed to Elder Network. This year, however, has been financially difficult with only 50% or less now contributing.
- One-third of Elder Network’s budget comes from Title III funding. The remainder of its operating expenses are derived from fundraisers and community donations.
- The Transportation Program—driving people to and from medical appointments—needs funds desperately. “Some patients go for dialysis three times a week,” Executive Director Laurie Marreel explained. Elder Network asks for a voluntary donation of $12 per round trip for transportation. In past years, most people paid but that has changed. “Now only about 50% pay and the program is losing money,” Laurie said.

Elder Network is dedicated to, among other things, Successful Aging. Let’s see if we can raise a substantial donation to benefit the Transportation Program, specifically. All donations are tax deductible and very welcome. Please make checks payable to Elder Network.
Did You Know?

For newcomers to ZVMSA and long-time members, too, understanding the background of ZVMSA’s fundraising efforts provides a window into who we are as an organization. The intention of ZVMSA’s philanthropic endeavors is to impact in some positive way the health and well being of our local community as well as occasionally a broader community, even one on the other side of the globe. Raising awareness of organizations that are on the front lines of working towards some aspect of creating and maintaining a healthy community, whether through education, service provision, or other means, is the impetus for the fundraising.

So, the question is: Who benefits from ZVMSA’s fundraising?

1) An RCTC nursing student, chosen by RCTC, receives a $1000 scholarship. The award is given annually and is ZVMSA’s largest philanthropic project.
2) Regional Science Fair winners benefit from ZVMSA’s $200 annual donation. The monies provide funding for monetary awards and prizes for regional winners.
3) Community Outreach charities receive both monetary donations and material support. With a different organization being featured at most brunches, and often related to the brunch speaker’s topic, ZVMSA members and guests have an opportunity to donate to a variety of worthy charities. In the past, funds and/or goods have been collected for charities as disparate as Rochester Senior Center, Channel One Food Shelf, Rochester Women’s Shelter, Gift of Life Transplant House, University of Minnesota Bee Lab, Squalor to Scholar Indian Education foundation, Central American Orthopedic Operation Walk, and a Bhutanese literacy program.

What is the common thread among all these fundraising efforts? Helping to create healthy communities. That is, after all, one of our primary missions.

Minnesota Medical Association Alliance Update

The MMAA organized a wine tasting event the Friday night of the Minnesota Medical Association Annual meeting in Minneapolis. Plans are being made to offer this event next year. The purpose will be for attendees and their spouses to learn about the MMAA and the two local alliances, Zumbro Valley Medical Society Alliance (ZVMSA) and Lake Superior Medical Society Alliance (LSMSA).

Applications for MMAA health grants will be due January 10, 2017. ZVMSA’s Story Time at the Public Health Department has been a beneficiary of a health grant since 2010. The grants allow us to purchase new books to give to the young children during the story time. In 2015 the grant included funding to purchase new Big Books.

Ann Sanford, MMAA President, attended the North Central AMAA meeting in Indianapolis in October and will be sharing the new information and resources she discovered. The next teleconference for the MMAA board will be after January 10th to review the grant requests.

If you have any questions about MMA or AMAA please contact Lyn lyn.d.smith@gmail.com or Colleen landherrmaddox@gmail.com
Start Smart! Read to Your Child!

Start Smart! Read to Your Child! Needs Volunteers

Volunteers are needed to share their love of reading with young clients at the Olmsted Co. Public Health department. ZVMSA’s one hour story times reinforce the message that it is important for parents and caretakers to read to their children. Reading volunteers can choose stories to read from a diverse collection of new Big Books and also have an assortment of give-away books for children of all ages. There is even a reading easel to hold the Big Books. The volunteer schedule is flexible, allowing you to choose the number of hours and dates (on Tuesdays and Thursdays) that work with your schedule. If you have young children bring them with you. Volunteers read in pairs so you can sign up with a friend or meet new friends. All new volunteers will be introduced to story time by an experienced volunteer. Updated volunteer calendars can be e mailed or volunteers can use a Sign Up Genius online site.

Volunteers are needed! Contact Lyn Smith, 358-2807, lyn.d.smith@gmail.com for more information or to observe a story time.

In September and October volunteers provided 15 story times, gave away books to 120 children and donated 28 volunteer hours. Thank you to the volunteers who provided a story time in September and October: Nancy Currier, Josephine Camilleri, Meellee Fisher, Dorothy Kaese, Vangy Lundstrom, Jean Schulz and Lyn Smith.

Nursing Scholarship

Thanks to everyone who participated in the Bee Basket Lucky Dip at the last brunch. We have made up most of the deficit for the current year's Nursing Scholarship. For those of you at the May brunch we got to meet this year's scholarship winner Kelsey Gilman. We plan to continue these scholarships for the coming year. For anyone wanting to donate specifically for the Nursing scholarship or science fair, feel free to do so. We once again plan our main fundraising for these two worthy causes to be the Valentine Basket Lucky Dip at the February brunch. Please plan to attend this brunch to participate or consider donating as these are part of our education mission.

VALENTINE BASKETS FUNDRAISER

I'll be bringing two finished gift baskets to the brunch on December 6 as a "teaser" for the six baskets you'll be able to choose from in February at the Valentine's brunch. Please remember, your Lucky Dip ticket purchases will support much-needed nursing scholarships again this year. Thank you!

You can make a difference in the lives of nursing students, and take home a lovely filled basket at the same time! If you have any questions, or would like to make a donation, please contact Amy Steinkraus at lwstein-kraus@yahoo.com
2016 - 2017 Social Events

Social Committee Update

January Gourmet Cooking and Dining Event

On January 18, 2017 ZVMSA members will have the opportunity to join a chef and a dietician in preparing lunch at The Healthy Living Program. Best of all, we will enjoy the fruits of our labor by dining together. The class begins at 11AM, and will last for two hours. We need a minimum of 10 participants for the class. The cost will be $60 per person.

If you would like join us for this fun and educational winter event, please contact Betsy Katzelnick at 4bdlek@charter.net or Deb Altchuler at deb@altchuler.net

Lunch and a Movie

We gathered names and email addresses at the Fall Brunch for people interested in an occasional lunch and movie outing. If you were unable to attend the brunch, and would like to join our email list, please contact Betsy Katzelnick at 4bdlek@charter.net or Deb Altchuler at deb@altchuler.net

Channel One Volunteering

Look for sign-up sheets at the December Brunch for the next Channel One volunteering opportunity. It will likely be in January. There will also be an email announcement. Any questions/reservations should be directed to Sandy Silber at 507-282-8769 or sandysilber@harter.net.

Calendar 2016 - 2017

December
6 - December Brunch, 9:30 a.m. at Rochester Golf & Country Club, RSVP by November 29

January
18 - Cooking Class, 11:00 a.m.-1:00 p.m.

February
7 - February Brunch and Valentine Lucky Dip, 9:30 a.m. at Rochester Golf & Country Club
‘TIS THE SEASON

Since the early 1900’s, the sale of Christmas seals to raise funds to combat tuberculosis has been connected to the holiday season. Originating in Denmark, Einar Holboll, a Danish postal clerk, developed the idea of adding an extra charitable stamp on mailed holiday greetings to help the fight against TB. This fundraising idea soon spread to the United States and other countries. Emily Bissel designed the first holiday seal in our nation in 1907 and the stamps were sold at the post office for a penny each.

Tuberculosis was the leading cause of death in the early twentieth century. Funds were desperately needed to support special hospitals called sanatoriums. Since the disease was so contagious, these sanatoriums provided isolation, good food, fresh air, and nursing care. Such an institution in Delaware was facing a financial crisis and one of its doctors shared the problem with Emily Bissel. She followed the Danish model and designed the first Christmas stamp in the United States. The initial goal was to raise $300 for the hospital. By the end of this first campaign, and after an endorsement by President Teddy Roosevelt, $3000. had been raised.

In the 1930’s, members of Medical Auxiliaries in Minnesota sold TB Christmas Seals to combat this widespread disease. One county’s sale of the seals paid for a TB nurse whose salary for the first year was $1000. The disease continued to devastate families through the depression and war years. Statistics indicate that in those years, there were 100 reported cases for every 100,000 people in the USA.

By 1953, that had been cut in half due to the discovery of the antibiotic, streptomycin, which was effective in curing TB. In 2014, The Center for Disease Control reported 3 cases in 100,000 in the United States. Despite such progress in the United States, one-third of the world’s population still suffers from tuberculosis.

Today, the American Lung Association, established in the 1960’s, uses funds raised from Christmas Seals, to support research and treatment of TB and other chest diseases. Our Auxiliary has throughout its history had a part in educating and supporting efforts to improve health in communities.
ZUMBRO VALLEY MEDICAL SOCIETY ALLIANCE

NOVEMBER 2016

ZVMSA Membership Form

Name:_______________________________________________________________________________________

Address:_____________________________________________________________________________________  

Email Address:________________________________________________________________________________

Phone:_______________________________________________________________________________________  

Spouse’s Name and Specialty____________________________________________________________________  

Contact me for Volunteering: Yes____ No____  

Membership Dues (Circle the amount that applies)

• Staff: _______________________________________________________$35 (county & state) + $50 (opt Nat’l)
• Emeritus (72 & up)____________________________________________$35 (county & state) + $50 (opt Nat’l)
• Resident/Fellow/Medical Students_______________________________ $10 (county & state) + $10 (opt Nat’l)
• Tax-deductible donations support ZVMSA projects: $_______________________________

Enclosed: $_______________________________________________________________________________

Send this form, dues and donations to:

ZVMSA
P.O. Box 6841,
Rochester, MN 55903-6841

Thank you all for your membership renewals and a special thank you to our new members! If you do not find your name on the list, please consider joining so you may receive the quarterly newsletter and mailings to our events. For membership, contact Lucy Bahn at 507-272-7744 or email at lucy@lucybahn.com