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

PLIGHT OF THE BUMBLEBEE
Pat Barrier, M.D.

Dr. Patricia Barrier had a distinguished career at the Mayo Clinic as a member of the Family Medicine Department and the Division of Preventative and Occupational Medicine. She received her M.D. from Baylor College of Medicine. She also completed a residency with the USAF in Aerospace Medicine. Pat was the first woman to serve as the Dean of Students at the Mayo Medical School.

With “retirement” she finally had the time to pursue another interest. Pat has become a beekeeper. Minding her hives and learning about keeping bees healthy has become a new pastime. She has held tutorials for her neighbors and their children, in part to head off well-intentioned but problematic visits to the hives.

The League of Women Voters of Minnesota produced a study on bees in 2015. Pat was invited to read the report and present it to the local LWV chapter. Pat’s presentation covered the problem of hive collapse caused by certain pesticides. She also outlined the actions taken by the federal government and the proposals that the MN Legislature is considering to protect bees. There are even some local proposals to make Rochester a “pollinator friendly” city.

We are pleased to have Pat as our fall speaker to educate us about the importance of bees and other pollinators and the danger they are in. The human food supply would be greatly reduced if these insects were lost.

Come and learn how you can be part of the solution and help the bee population recover!

BOUNTFUL BEE BASKETS
Add to the Fun at Fall Luncheon!

Members of ZVMSA will have a chance to “dip” for two baskets filled with honey and bee-themed items at our kickoff meeting on October 7th. It is surprising just how many bee items the busy board members were able to find this summer to fill the baskets.

Proceeds will help to pay for the RCTC nursing scholarship that is awarded each year. The February Valentine Basket fundraiser fell just a little short of our target. So plan on making a “beeline” for the baskets when you arrive on Friday. We’re sure the offerings will make you buzz for joy!
Dear ZVMSA Members and Friends,

Welcome to the ZVMSA 2016-17 year! We are pleased to have another vibrant year of brunches, speakers, health projects, volunteer opportunities, and social activities. Be sure to check out all the news in this newsletter issue, giving you the latest scoop on what’s happening in our alliance world.

We are especially pleased to have Dr. Pat Barrier as our October brunch speaker who will present an enlightening talk about the danger of bee colony collapse to our environment and long-term food supply. We are buzzing with anticipation as we look forward to her talk!

As always, new members and potential members are welcome at our events. Plan to bring a friend and introduce him or her to our terrific organization.

Doris Folger
djfolger@aol.com
Helen Walser
helenwalser@mac.com
Sandy Weissler
weisslersl@charter.net

COMMUNITY OUTREACH

Community Outreach is excited to have this opportunity to support our speaker at the October Brunch. Our speaker will share ways to keep our agricultural environment healthy and productive. Sustaining the environment in ways that promote and support the bee population is an important way to do just this!

The University of Minnesota’s Bee and Pollinator Research Lab will centralize and facilitate the important bee research projects currently underway. The facility will expand and enhance the group’s internationally recognized research and teaching program and provide opportunities for enhanced interdisciplinary and international collaborations. Bonding to build a new bee lab research facility on the St. Paul campus has been approved by the Minnesota Legislature! A new 10,000-square foot laboratory will consolidate lab space, honey extraction, observation hive space, offices and equipment space. Building the new Bee Lab facility will cost about $6 million. State-funded bonds will cover two thirds of the cost of the project. The remaining $2 million must be funded through private gifts. To date, gifts and commitments of over $1 million have been secured for this project.

We would love to support this program with our donation to their Bee Lab Paver Campaign. Each hexagonal paver is $250 and will be engraved with ZVMSA to demonstrate our advocacy of this important program. We will buy as many pavers as we can with your donations!

Donations will be made to the University of Minnesota Foundation and are 100% tax deductible. For more information or to buy your own personal paver, go to https://www.beelab.umn.edu/giving/new-research-lab.
Dear Alliance Members,

This will be the third year that we have been invited to volunteer for Bounce Day – an event aimed to improve community resilience through an integrated disaster response experience that provides opportunities for education, collaboration, and innovation. Bounce Day is put on by a collaboration of Mayo Clinic researchers, educators and students, Boy Scouts, Girl Scouts, Military medical personnel, local medical alliances, theatre groups and lay community members. Actors simulating illness (zombies) and those affected by the crumbling of society will interact with participants to learn both medical and nonmedical response protocols ranging from vaccination and treatment to refugee camp management and security.

Have you ever wondered what it would feel like to be expected to respond to an emergency while surrounded by complete chaos?

This simulation brings together agencies, organizations and members from across Rochester. The goal of Bounce Day is to build resiliency by confronting the scary issues and building connections with our neighbors during a disaster.

Alliance member, Colleen Landherr Maddox serves on the Bounce Day Planning Team. She will be the Logistics Director for the event. Information and registration process at http://www.bounceday.org/bounce-day-2016/

If you have questions, contact Colleen at landherrmaddox@gmail.com. Also, when you sign up—please send an email to Colleen indicating which shift you prefer. That way we can track volunteers’ hours from the Alliance, too.

MMAA and AMAA—Initials and Updates

Did you know that MMAA stands for Minnesota Medical Association Alliance? If you are a member of Zumbro Valley Medical Society Alliance, (ZVMSA) you are automatically a member of the MMAA. This year ZVMSA members Colleen Landherr Maddox and Lyn Smith are serving as co-president-elects of the MMAA.

Ann Sanford, MMAA President invites physician spouses and partners attending the Minnesota Medical Association Annual Meeting, September 23 & 24, at the Doubletree in Minneapolis to “A Taste of Alliance, Foundation, Financial Advising and Fermented Fruit”, sponsored by Tandem Group, Lizzu Castaneda financial advisor. MMAA will introduce itself, ZVMSA and Lake Superior Medical Society Alliance (LSMSA – a few more initials!) to attendees from around the state. MMA Foundation Chief Executive Officer, Dennis Kelly will be a special guest.

AMAA stands for American Medical Association Alliance. To become a member of the AMAA you need to indicate this on the ZVMSA membership form and pay additional dues. There is still time to join the AMAA or upgrade your current ZVMSA membership to include AMAA membership. For more information, contact Lucy Bahn, ZVMSA’s membership chair. AMAA members receive two quarterly magazines, Alliance in Motion with articles focusing on alliance activities and initiatives and Physician Family, an informative resource for medical families. The AMAA also offers an online newsletter, LINK and a monthly conference call that any AMAA member may participate in. The teleconference information is sent out each month in an “Infoflash” email. For more information, contact Lyn at lyn.d.smith@gmail.com or Colleen at landherrmaddox@gmail.com.
Start Smart! Read to Your Child!

Your help is needed to continue this project! Share your love of reading with children this Fall!

ZVMSA has provided story times at the Olmsted Co. Public Health Department since Jan. 1999. We are continuing this service project and need your help! Please consider volunteering to provide a story time. Volunteer readers read and interact with the young clients in the children’s waiting area. We model reading to the children in order to encourage parents and others in the waiting room to read to the very young. There are currently three story times each week, two on Tuesday afternoons from 1 to 2pm and 2 to 3pm and one on Thursday from 1 to 2pm. A volunteer calendar is sent out quarterly via e-mail to all those interested. Volunteers simply e-mail the dates/times they would like to volunteer. Volunteers can sign up as often as they wish. An online sign up is available through the SignUp Genius website. This is a volunteer activity that will easily fit into your schedule. The fall calendar for Sept, Oct. and Nov. still has opportunities for volunteers. If you would like to observe a story time or find out more information, please contact Lyn Smith, 252-9625, lyn.d.smith@gmail.com

Because of ZVMSA and MMAA’s grants every child present receives a book to take home. This reinforces the message that reading to children is important. Last year the MMAA grant also purchased 22 new Big Books which replaced our 17 year-old Big Books! Now volunteer readers can enjoy the humor and rhymes of classic books such as Little Blue Truck or the beautiful illustrations of books like The Great Kapok Tree: A Tale of the Amazon Rain Forest. Volunteer and share your love of reading.

Thank you to the dedicated group of volunteers who provided 25 story times over the summer months: Josephine Camilleri, Nancy Currier, Dorothy Kaese, Vangy Lundstrom, Kristen Sorenson and her daughter Elizabeth and Lyn Smith.

Olmsted County Fair
ZVMSA Environmental Booth

ZVMSA member, Beth Kangas with a mom and her kids at the booth.

ZVMSA members Lucy Bahn (l) and Colleen Maddox (r) with Mayo medical student Geof Huntley.

Thank you to the nine ZVMSA volunteers who helped at the booth!

VALENTINE BASKETS FUNDRAISER

I am looking forward to creating some desirable Valentine's baskets for the February brunch again. All proceeds will benefit nursing scholarships. This year, there will be several smaller baskets in addition to the large ones, with such themes as: Be My Valentine; Coffee, Tea, and Me; Wine and Chocolates; Winter Staycation; Traveler’s Helpers; and Kitchen Delights.

I will be selling the raffle tickets for the baskets at Mayo spouses' league bowling in late January/early February, and of course at the ZVMSA Valentine's brunch. It will again be a lucky dip drawing, where you get to choose which basket you would like to take home if your raffle ticket is drawn.

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 lwsteinkraus@yahoo.com
2016 Social Events

Social Committee Fall Update

The ZVMSA Social Committee is being chaired by Deb Altchuler and Betsy Katzelnick this year. We are looking forward to organizing activities that will be fun and rewarding, and encourage you to send us your suggestions for outings or activities you would find worthwhile.

Our October outing will be a tour of the National Weather Service, N2788 County Rd FA, La Crosse WI 54601, followed by lunch at The Waterfront Restaurant, 328 Front St. South, also in La Crosse. We will meet on Tuesday, October 18th at 9:30 am in the southwest corner of the parking lot at the Wehernberg Rochester Galaxy 14, at 4340 Maine Ave SE, to form carpools. The tour will be at 11:00 am, followed by lunch at 12:30.

We are planning to combine Lunch Bunch and Channel One Food Bank volunteering (coordinated by Sandy Silber) this year. Members are welcome to attend Lunch Bunch and/or volunteer at Channel One as fits your schedule.

Our first Channel One/Lunch Bunch date is Wednesday, November 2. We will meet for lunch at 11:30, at Whistle Binkies, 247 Woodlake Dr. SE. Those who would like can then volunteer from 1-3 pm at Channel One. It is always a lot of fun, and helps our community, too! Please contact Sandy Silber at (507) 282-8769 or sandysilber@charter.net to sign up. Space is limited.

Sign up sheets for both activities will be available at the October Brunch, or you can contact Betsy or Deb to sign up. If you have any questions or suggestions, please contact Betsy Katzelnick at 4bdlek@charter.net or 507-206-0499, or Deb Altchuler at deb@altchuler.net or 507-254-8425 with your ideas.
Welcome to a brand new feature of the ZVMSA newsletter that is intended to provide members with details of the inner workings of the ZVMSA, MMAA, and AMAA. While the focus will be primarily on ZVMSA, the MMAA and AMAA, as part of the alliance family, are also included. We will attempt to answer questions that you may have. Please contact one of your co-presidents with your question(s), and we will be happy to respond.

Q. What is the breakdown of the ZVMSA brunch cost?

A. A little known fact is that the brunches we hold at the Rochester Golf and Country Club are actually a great value and ideal venue. Beyond the cost of the food, RGCC provides ZVMSA with a great many items and services gratis, items that are crucial to our meetings. The following is a breakdown of everything that goes into a brunch:

<table>
<thead>
<tr>
<th>Per Plate Cost</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Food and Beverages</td>
<td></td>
</tr>
<tr>
<td>a. Juice</td>
<td>$ 1.40</td>
</tr>
<tr>
<td>b. Entrée</td>
<td>$ 15.00</td>
</tr>
<tr>
<td>c. Dessert</td>
<td>$ 6.00</td>
</tr>
<tr>
<td>d. Coffee/tea</td>
<td>$ 0.00 (no cost)</td>
</tr>
<tr>
<td>2. Gratuity (20%)</td>
<td>$ 4.48</td>
</tr>
<tr>
<td>3. Tax (7.875%)</td>
<td>$ 1.76</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>$ 28.64</strong></td>
</tr>
</tbody>
</table>

So as you can already see, we receive over $28 worth of food, beverage, tax, and tip for $22. And as if that isn’t enough of a benefit, here is a list of everything else we receive at no cost to ZVMSA:

1. Room Rental/ Extra Table Set-up for Registration, Community Outreach, Fundraiser displays, etc. free ($150 value)
2. A/V Equipment Rental (including LCD projector, podium, and microphone) free ($150 value)
3. Parking (at grade level and generous) free
4. Beautiful setting free (and priceless)

---

**Calendar 2016**

**September**
23 & 24 - MMAA Annual Meeting  
25 - Bounce Day, 8 am - 4:30 p.m.

**October**
23 - October Brunch, 9:30 a.m. at Rochester Golf & Country Club, Rsvp by noon on 9/30/16  
18 - Trip to National Weather Station in LaCrosse, WI, 9:30 a.m.

**November**
2 - Lunch Bunch at Whistle Binkies, 11:30 a.m.  
2 - Channel One, 1:00-3:00 p.m.

**December**
13 - December Brunch, 9:30 a.m. at Rochester Golf & Country Club
How It Began!

In September we expect students to return to school, football games to commence and fall clothes to be on the racks of clothing stores. Since the fall of 1965 in Olmsted County, vision and hearing tests for children in the public schools are also expected to occur. Before 1965, this was not the case and to learn that ZVMSA was responsible for initiating this valuable service is to admire the women of our organization who responded to this need.

In Minnesota, the State Medical Association Committees on Ophthalmology and Conservation of Hearing began initiating the survey in 1959. It took some time to establish projects in local community organizations because of the steps required to secure medical approval and support, dealing with legal aspects, training leadership and securing volunteers and training them. The Pre-School Vision and Hearing Survey started in Rochester with a pilot study at Aldrich Nursery School on September 1, 1965 when 171 children were tested. In November of that year, 550 were screened in Olmsted County with 38 vision referrals and 69 hearing referrals. Who did the surveying? There were 142 women with only 15 who were not ZVMSA members.

This survey was for “screening” and was not considered a medical examination. Records indicate that in 1966, 569 children were examined with 30 vision referrals and 50 in hearing. The testing was done in September for this was found “to be a better time than November when colds and sniffles abound.”

The testing was done in local churches. And funding in those early years came from ZVMSA hosting bridge parties and other gatherings.

It may be difficult today to believe eyes and ears were not examined in order to find if either were compromising and impacting students’ learning. I remember, however, in the 1950’s when my boyfriend entered university, it was the first time he learned he needed glasses. Then I understood why he never waved at me when I was walking across the street from him in our small town. He couldn’t see it was me! Glasses improved our relationship.

The number of screenings through the work of ZVMSA continued to grow until the late 70’s. Then our records indicate the numbers started to decrease. It was realized that it was due to parents having their children tested much earlier by their own physicians. In 1977, the ZVMSA minutes state:

> Our society should feel that this may be partially due to our publicity and testing through the years in acquainting the public with these problems.

Last year would have marked the fiftieth year of these tests being offered. Today, through the Olmsted County Health Department, children in grades 1 and 3 are screened for both vision and hearing. Students in 7th grade also have a vision screening survey and all new students to the Rochester Public Schools are screened. As when the screening survey began, the school notifies parents if there is a need for referral to a medical doctor.

Today such services are expected and may be taken for granted, but they required a great deal of effort to be initiated by volunteer groups in the community. This is just one example of how ZVMSA over the years has worked for the improvement of the health and welfare of residents.

Aileen Williams, ZVMSA Historian
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