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

February Brunch Speaker
to Share Benefits of the Tango

Did you know that Rochester has a Tango Society? Are you aware of just how healthy dancing can be for both your body and your mind? ZVMSA board member Amy Steinkraus will share her knowledge and passion for tango at our February 9th brunch. The presentation will include a brief overview of the colorful history of tango, its intriguing health benefits, and a demonstration of three forms of the dance. The demonstration will be performed by Amy and two guests, Dr. Stefan Grebe (TSoR president and Professor of Laboratory Medicine and Pathology at Mayo) and his wife Dr. Ursula Mayr.

Fond of dancing from childhood through college, Amy took a 25-year hiatus to raise her children, returning to explore the world of dance as an empty nester at the age of 45. At the time she and her husband Larry (a colonel in the Air Force) were living in San Antonio, and she fell hard for flamenco, which turned out to be far more complicated than she realized. Nevertheless, she persisted and found herself eventually performing for tourists on the Riverwalk with her dance school.

Her next experiment, upon moving to Okinawa Japan, was learning to salsa. Three years later, she decided that salsa was too high energy (especially on a sub-tropical island) and was not fond of the bar scene where the dances usually took place.

The Steinkraus’ last and final move in 2008 brought her to Rochester (where her husband joined the Aerospace Medicine section at Mayo). That year the newly formed Tango Society of Rochester’s Grand Milonga (as tango dances are called) was held at the Art Center…. intriguing to Amy, who has been a museum docent since 1987. The combination of tango, art, and an elegant crowd proved to be intoxicating, and she knew she had found her true dance passion.

It has proved to be a challenging and rewarding hobby, and a wonderful social experience. Amy is currently vice president and secretary of the Tango Society.

February Brunch
Friday, February 9th
Rochester Golf & Country Club
3100 West Country Club Rd. SW
Rochester, MN 55902

Menu

- Apple Juice
- Salmon Cakes with Dill Sauce
- Asparagus Spears
- Tiramisu
- Coffee or Tea

RSVP
Harriet Hodgson by Friday, February 2nd
at 12:00 Noon
Harriet Hodgson, 252-5939
harriethodgson@charter.net
Letter from our Co-President —

Dear ZVMSA Members and Friends,

As we ring in the New Year we are grateful to all of you who have renewed your ZVMSA membership. Your support enables the alliance to continue bringing our members interesting brunch speakers, community-based health projects, scholarships, and fellowship.

We are hopeful that our annual Valentine Basket fundraiser, held at the February brunch, will generate enough funds to offer not one, but two, RCTC nursing scholarships this year. Thanks to the remarkable generosity of two ZVMSA member donors, it appears the goal of providing two $1000 scholarships is in sight. So, please plan to purchase lots of Valentine Basket Luck Dip tickets. This year there are nine gorgeous baskets to choose from with something for everyone, including the guys, thereby increasing everyone’s winning opportunity!

Finally, please take a moment to convey sincerest congratulations to two very special award winning members: Lyn Smith, winner of the Rotary Club of Rochester Reading Hero Award and Aileen Williams, winner of this year’s Zumbro Valley Medical Society’s Outstanding Alliance Member award.

Through all our members’ personal dedication and contributions to ZVMSA, we remain a force working for a healthy community.

Doris Folger, Co-President

Nominating Committee Begins

January marks the month when the Nominating Committee begins its work. But first, there has to be a committee.

We are currently seeking members to serve on the committee whose task is to find members willing to serve on next year’s Board.

If you would be willing to be a member of the committee or are interested in a position on the 2018-19 Board (term begins in June), please contact Doris Folger at (507) 285-4883 or djfolger@aol.com.

Remember that the best things happen when everyone volunteers!
Valentine Baskets are on the Way!

ZVMSA’s annual Valentine Basket fundraiser is almost here. The gift baskets for the February 9th brunch are finished! Each basket is numbered, and will have a label with its contents attached.

You will be able to buy raffle tickets at the brunch where the baskets will all be on display. I will also be bringing a poster with photos of the baskets to the Mayo wives’ bowling league on February 1st and 8th for preview and raffle ticket purchase.

This year we are again going to hold a "lucky dip" type of drawing, which means you can choose which basket(s) appeals to you most and place your ticket stubs in a bowl by it/them (or in numbered envelopes at bowling).

Tickets will cost $5 for one, $20 for five, or $30 for ten, and you need not be present to win. Checks can be written to ZVMSA. (Please note: unfortunately, we are not able to accommodate requests for ticket purchase by mail due to legal regulations).

Tickets purchased beforehand should have the purchaser’s name, contact information, and basket numbers on the tickets since we just go by the ticket number at the drawing. If you are not present at the brunch and win a basket, I will personally contact you and deliver it.

This is a wonderful opportunity to win a gourmet basket AND donate to some very worthy causes: ZVMSA’s RCTC Nursing Scholarship, the Regional Science Fair, and Gateway Science Fair. Meeting our nursing scholarship recipient at the December brunch was heartwarming; it was wonderful to see how much the scholarships are appreciated, and you all make it happen!

Pictured are these six baskets:

Cozy Winter Weekend
Valentine Delights
Gourmet Surprise
Travel Time
Two to Tango
Cookin’ in the Kitchen

In addition, Board members have created three more baskets this year: Men’s Choice, Italian Dinner, and Book Lovers. So, you will have your choice of nine fabulous baskets on which to take a chance.

Note that the baskets range in value from $40 to $80.

Amy Steinkraus, Chair
Valentine Baskets
(507) 208-4054, lwsteinkraus@yahoo.com
ZVMSA Supports the Salvation Army Toy Drive

Each year the Salvation Army has a toy drive to help the needy families in the area provide gifts for their children. Parents are allowed to see all the toys spread out on tables and select the toys they know their children would love to receive.

As Major James Frye said in his letter of thanks to the ZVMSA, “Each year thousands of people throughout our community come to the Rochester Salvation Army for a hand up when they fall upon hard times”.

ZVMSA members donated $310 and dozens of toys and games at our December 12th brunch. The donations were primarily intended for older children who may often be forgotten. There were “oohs” and “aahs” as the toys and games were unloaded at Salvation Army headquarters. Thank you to all the members and guests who so generously donated to this worthy cause.

Jane Callahan

AMAA News

Save the date! Monday evening, May 7th will be the MMAA (MN Medical Association Alliance) Annual Meeting in Rochester. We will meet at a local restaurant for dinner, and the meeting will follow. Please consider joining us even if you have never attended before. It is a wonderful group of dedicated and interesting women. If you are a member of ZVMSA you are a member of the MMAA! Details will be sent in early April.

The MMA has scheduled a Day at the Capitol, Wednesday, March 14th. The focus will be on ensuring that patients have ready access to health care and the opioid epidemic. Here is the link to register for the MMA Day at the Capitol: http://www.event.com/events/2018-day-at-the-capitol/agenda-203ac13df2e543938251315f914550c3.aspx Cost is $40 for non-MMA members.

Planning has begun for the AMAA’s (America Medical Association Alliance) North Central Conference to be held in the fall of 2018! Ann Sanford, MMA President-Elect, is heading up the committee. If you are interested in helping with this meeting please contact Colleen or Lyn.

If you are interested in becoming more involved with the MMAA there are board positions that will be open for the 2018-2019. The duties of both board positions have been abbreviated and simplified since there are two alliances in MN. If you would like more information please contact Colleen and Lyn.

Colleen landherrmaddox@gmail.com
Lyn lyn.d.smith@gmail.com
mnmedicalassociationalliance@gmail.com

AMAA Dues Change

Please note that there is an increase in the AMAA (American Medical Association Alliance) dues. As of January 1, 2018. AMAA dues will be $65 annually. This change is due to rising expenses at national alliance headquarters. The change will be indicated on future membership renewal forms.
Brunch Invitation Update

If you’re out of town when brunch invitations are mailed, you miss your printed invitation. This causes last-minute reservations, which make it difficult for the chef and for our treasurer. To correct this problem, the ZVMSA board approved sending out duplicate invitations, one via email, and one via snail mail.

Something new has been added to the invitation, *Special Dietary Needs*, followed by a line for you to list your needs. Please make your reservation as soon as you receive the invitation. Cut off the form, fill it out, and send your check to Harriet Hodgson, 3803 Patio Lane SW, Rochester 55902. Once you have ordered a meal, you are responsible for payment even if you can’t come at the last minute. Advance payment is preferred.

Calendar 2018

**January**

16—ZVMS Annual Meeting & Dinner, 5:30-8:00 p.m.

**February**

2—ZVMSA Brunch reservation deadline, noon
9—ZVMSA February Brunch & Valentine Basket Fundraiser, Rochester Country Club, 9:30 a.m.
14—Channel One volunteer opportunity, 1-3 p.m.

**March**

14—MMA Day at the Capital
22—Channel One volunteer opportunity, 1-3 p.m.

**May**

2—ZVMSA Brunch reservation deadline, noon
7—MMAA Annual Meeting
8—MMAA Past Presidents Breakfast
9—ZVMSA May Brunch & Annual Meeting, Rochester Country Club, 9:30 a.m.
Start Smart! Read to Your Child!

January 2018 marks the start of the 20th year ZVMSA has been providing story times in the children’s waiting area for the Olmsted County Public Health Department. Since 1999 ZVMSA volunteers have provided 2,240 story times, volunteered over 3,648 hours, read to and interacted with over 12,971 young clients of the Public Health Department and since 2007 gave away 7,007 books. Thank you to everyone in the ZVMSA family who has made story time successful for the past 19 years: volunteer readers, members who donated books and money to buy books for participants, the 19 ZVMSA boards who have supported the program and the MMAA who has provided grants since 2010 to purchase books to give to the young participants. With this continuing support our 20th year will be fantastic! When the snow has melted and the temperatures are bearable we will celebrate!

Make a New Year’s resolution to be a volunteer reader for a ZVMSA’s Story Time. New volunteers will be paired with more experienced volunteers. There are over 20 Big Books to read from and a friendly easel to use. Sign up is easy. You can use email or the web site Sign Up Genius. Sign up is ongoing, and you only sign up for story times that work into your schedule. Volunteer with a friend, an older child or make new friends! Contact Lyn Smith, 358-2807 or lyn.d.smith@gmail.com for more information or to observe a story time.


Social Committee Notes

We are grateful for the wonderful turnout we had for volunteering at the Channel One Food Bank in 2017! There are upcoming opportunities to volunteer in 2018 and want to let you know in case you didn’t have a chance to sign up at the Winter Brunch.

Wednesday, January 10, 1-3 pm  
Wednesday, February 14, 1-3 pm  
Thursday, March 22, 1-3 pm

Please let us know if you would like to be added to our email list at 4bdlek@charter.net. We also hope to go to Lunch and a Movie soon. Send suggestions if you would like!

Betsy Katzelnick, 4bdlek@charter.net  
Deb Alchtuler, deb@altchuler.net  
ZVMSA Social Committee
OPERATOR! OPERATOR!

We take for granted many conveniences today. For instance, we hold high expectations about communication that would have never been imagined a century ago.

When an emergency happened at that time, one might not have even owned a telephone. If they did, it would have been on a “party line” and in an emergency a frantic call would have been to the operator on line to hopefully connect with the police or fire department. All others on the party line were put into action as well since they were used to listening into the line’s activity. “Operator! My house is on fire!!!!”

It was not until 1957 that the National Association of Fire Chiefs recommended that a single number be used to report fires. By then the rotary phone was available in many homes. The first city in North America to adopt a single number was Winnipeg, Manitoba, Canada, in 1959. In 1967, a President’s Commission on Law Enforcement and Administration of Justice recommended a single number 9-1-1 be used nationwide for reporting emergencies. This number was dialed easily and worked well with the phone systems in place at the time. The first call using 9-1-1 was placed by Alabama Speaker of the House, Rankin Fite to U.S. Representative, Tom Bevill, who was at the Haleyville City’s police station on February 16, 1968.

It was November 10, 1975, when the Rochester Post-Bulletin reported in its headline:

‘Help Is Now a Three-Digit Number’.

The process in getting the system in Rochester involved the Zumbro Valley Medical Society Alliance. Hearing of the systems being established in other parts of the state, discussion in our organization promoted the belief this would be a great advancement for our community. One of our members, Priscilla White, went to the Mayor and urged that he and the Rochester City Council take this issue under consideration. They did, and Priscilla became the chairman of the 911 Project to help negotiate between the city government and the telephone company.

In April of that year, a contract was approved with Northwestern Bell Telephone Co. for implementation of the 911 emergency telephone system. Rochester was the fifth community in Minnesota to adopt this one number system following Faribault, Windom, Austin and St. James.

Today, approximately 96 percent of the nation has the emergency one number system. Almost weekly we hear how an operator, taking the emergency call, guides the distressed caller and sends services to be directed to their need. With enhanced communication in our age, exact locations, directions, and tracing calls all improve the services provided.

Aileen Williams
Historian

Aileen Williams, ZVMSA Outstanding Alliance Member, in recognition of her contributions as Historian, her respect for history, and for promoting our history.
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) + $65 (opt Nat’l)
• Emeritus (72 & up)____________________________________________$35 (county & state) + $65 (opt Nat’l)
• Resident/Fellow/Medical Students_______________________________ $10 (county & state) + $10 (opt Nat’l)
• Tax-deductible donations support ZVMSA projects: $______________________________

Thank you all for your membership renewals and a special thank you to our new members! If you did not yet send in your renewal, please remember to do so using the form above. Also note that as of January 1, 2018, AMAA dues has increased from $50 to $65. Please send your membership renewal check and form to ZVMSA, P.O. Box 6841, Rochester, MN 55903-6841.

For membership information, contact Lucy Bahn at 507-272-7744 or email at lucy@lucybahn.com.

Marianne Aksamit, Patricia Allen, Deb Altchuler, Bari Amadio, Lucy Bahn, Louise Bastron, Donna Bell, Corene Bernatz, Emily Bond, Becky Britton, Patrick Buss, Jane Callahan, Margaret Carpenter, Nola Christiana, Nancy Currier, Joanne DiMagno, Janet Ebersold, Shirley Edmonson, Kathy Engen, Pat Facer, Ann Farnell, Daly Julia Feldman-Chicoma, Meellee Fish, Doris Folger, Patty Geier, Eleanor Goodall, Mary Harper, Lynne Hemann, Charmaine Hepper, Harriet Hodgson, Isabelle Housmans, PJ Husmann, Mary Jo Johnson, Dorothy Kaese, Elizabeth Katzelnick, Lois Kennel, Margary Kurland, Sarah Larson, Margie Loprinzi, Evangeline Lundstrom, Catherine McBridge, Colleen Maddox, Laura Martin, Tina Mason, Herta Matteson, Susan Moder, Janet Munger, Rebecca Nesse, Diane Nippoldt, Eileen Nobrega, Bonnie Palmen, Diane Petersen, Patricia Peyla, Jean Schultz, Mary Sciallis, Lesley Scott, JoAnn Sheldon, Heejune Shin, Sandy Silber, Lyn Smith, Judy Ching So, Kristin Sorenson, Amy Steinkraus, Kristine Swanson, Deborah Thauwald, Edith Thurber, Lynn Torsher, Kathleen Tremaine, Joan Vaughn, Anne Viswanatha, Helen Walser, Sandra L. Weissler, Aileen Williams, Kim Wiseman, Jill Wylam, Janine Yanisch

thank you