



# THE CAPSULE

## UTAH MEDICAL ASSOCIATION ALLIANCE

PHYSICIANS' SPOUSES DEDICATED TO THE HEALTH OF UTAH

AUGUST 2007

### UTAH MEDICAL ASSOCIATION ALLIANCE CONVENTION AND HOUSE OF DELEGATES

Friday, September 14, 2007

8:30 AM to 3:00 PM

Zermatt Resort, 784 West Resort Road, Midway, Utah

*"On the Path to Better Health"*

Registration and Continental Breakfast at 8:30

House of Delegates 9-10:30

Convention 10:30-noon

Optional UMPAC Lunch with Physicians 12-1:30

Cost for Bavarian Buffet is \$25. RSVP due September 7.

Checks made to UMA or cash will be collected at Registration.

Afternoon Training Sessions until 3:00 PM.

All Alliance Members are invited.

Contact Ann Takasaki 801-798-6366 [rytakasaki@msn.com](mailto:rytakasaki@msn.com)

or Pat Klettke 435-649-3456 [patklettke@juno.com](mailto:patklettke@juno.com)

See [umaaweb.org](http://umaaweb.org) for additional details.

### Guest Speakers

#### STEPHANIE FUGAL, MS, CHES

Stephanie received her undergraduate at BYU in Community Health, with a minor in Food Science and Nutrition and a certificate in Gerontology. She also received her graduate degree (MS in Community Health) at BYU, graduating as the valedictorian of her class. She has been teaching in the Department of Health Science as a part-time instructor for the last 8 years. She teaches courses in chronic disease, infectious disease, professional development, and her favorite, women's health issues. She has had the opportunity to work on several projects that involve improving the health of women. Recently, she has researched the topic of body image, self-esteem, and self-acceptance and has taught several classes both at the university and community level. Stephanie is active in her role as a health educator in the community, serving on the Women's Advisory Council at Intermountain Health Care and the Safe Kids Coalition of Utah County. Stephanie and her husband, Josh, live in Lehi with their 2 daughters, Halle and Madeline.



#### SANDI FROST, 2007-2008 AMAA PRESIDENT ELECT

Sandi Frost of Somerset, Kentucky was installed as President-elect of the American Medical Association Alliance in June 2007.

Frost previously served as Treasurer, Director for two terms, Legislation Chair and as the Alliance representative to the American Medical Association's Council on Legislation and as Chair of the Legislative Education and Awareness Promotion (LEAP) Awards. Previously on the national level, Frost served as a Legislation Committee Member and as a Reference Committee Member.

Frost currently represents the AMA Alliance on the American Medical Association Foundation Board of Directors. (Continued bottom Page 7)

## CELEBRATING OUR 75TH ANNIVERSARY ON THE PATH TO BETTER HEALTH - PAT KLETTKE, PRESIDENT

Welcome to a new year in Alliance history. This is the 75th anniversary of our organization. What a milestone! Thanks to each member over the past 75 years who has contributed to making this organization what it is today.

We are each on a path to do what we can for the Alliance. Our paths are unique to our needs and those of our state and county. At the installation in April, I stated what I expect my path to be this year. I will Preside and Partner, Assist and Attend, Travel and Train, Help where needed and Hear your requests and accomplishments.

And what a list that is! Each county has done great things over the past year to promote better health, to advocate for the family of medicine, and to support our communities. I am so proud to be part of this incredible group of physicians' spouses.

Please consider joining us for the annual Convention and House of Delegates, September 14, 2007, at the Zermatt Resort. Ann Takasaki, our President Elect, has done a wonderful job organizing the day. We will have a chance to adopt resolutions, elect a nominating committee, hear from national leaders and others about ways to connect with our Medical Societies and increase membership, as well as time to relax and network with one another.

We will also need your support at Day at the Legislature, February 6, 2008. Mark your calendar now, and watch for further details.

Our constituent Presidents Elect have two wonderful national meeting options again this year: Leadership Development Conference in Chicago and another in association with the AMA National Advocacy Conference in Washington, D.C. I will be going to Chicago in the Fall, and Ann will be accompanying others to D.C. in the Spring.

If you have any questions about what is happening with the Alliance, be sure to check out our website at [umaaweb.org](http://umaaweb.org). We will do our best to keep that as up to date as possible. Of course, you can always contact me. Have a wonderful year on your path. Be sure to keep us informed of both obstacles and accomplishments. I am looking forward to serving as your President this year. Thank you for the opportunity. Here is the rest of the 2007-2008 UMAA board:



PRESIDENT ELECT Ann Takasaki	HISTORIAN Tami Gray	DAY AT THE LEGISLATURE Marian Sellers
PAST PRESIDENT Debby Campbell	PARLIAMENTARIAN Rebecca Sundin	DOCTOR'S DAY Sue Alley
CORRESPONDING SECRETARY Lynn Chandler	AUDITOR Madalyn Seaman	GAVEL CLUB Jolynn Bean
RECORDING SECRETARY Claire Swift	ALLIANCE MONTH Sibyl Noble	HEALTH PROMOTIONS Julie Smith
TREASURER Teri Flanders	AMA FOUNDATION Carol Bell Karen Smith	LEGISLATION CHAIR Katherine Wallin
TREASURER ELECT Pat Frandsen	BYLAWS / RESOLUTIONS Debbie Williams Kay Hardy	UMPAC Cindy Collins
		ALL CONSTITUENT PRESIDENTS AND PRESIDENTS ELECT

The UMA Alliance chose Robert Brent Clark, MD, as Doctor of the Year for 2007. Dr. Clark is a family practitioner in Payson. He attended BYU as an undergraduate and later as a Master of Public Health, and earned his medical degree from the University of Utah in between.

Dr. Clark has led medical outreach to Asia for more than 20 years. He organized medical teams to present medical lectures to doctors in China in the mid-1980s. In 1990, he began teaching the Neonatal Resuscitation Program, then a new program in the U.S. for dealing with newborn emergencies. Later he received a Thrasher Grant for a pilot project to translate teaching material, teach the program at 10 hospitals, and evaluate it. It was very well received. NRP has been taught in China, Vietnam, Indonesia and Russia.

In 2002, Dr. Clark helped launch the Advanced Life Support in Obstetrics program in China and founded a small organization called Children's Medical Mission. In 2004, the LDS Church changed



Lieutenant Governor Herbert presenting the Doctor of the Year plaque to Dr. Clark of Utah County, April 25, 2007.

NRP to a "major initiative" and appointed Dr. Clark to the Advisory Board. Over the next three years, 70 teaching teams were organized and deployed. Dr. Clark has been the team leader on six of the teams, most recently to India. He has also been appointed to an American Academy of Pediatrics committee to produce an "official" simplified NRP curriculum.

Doctor of the Year ceremonies were held April 25, 2007 in the Capitol office building. Several members of Doctor Clark's family were present, including his wife, some of their 10 children, a few grandchildren and his father, Robert Clark, who is also a physician. The elder Dr. Clark is approaching his 107th birthday in November.

Congratulations to Dr. Clark and family on this well deserved honor.

### University Medical Student Alliance Receives AMAA Prestige Award

More congratulations are in order. The University of Utah Medical Student Alliance was presented with an award for highest numeric increase in membership for their category at the AMA Alliance Annual Convention in Chicago, June 24, 2007. Accepting on their behalf were Debby Campbell, Immediate Past President, Ann Takasaki, President Elect, and Pat Klettke, President of the Utah Medical Association Alliance.



### *In Memoriam A. Lloyd Poulsen, M.D.*

The physician chosen as Doctor of the Year for Davis County, A. Lloyd Poulsen, M. D., passed away July 12, 2007 from complications of a cancerous brain tumor. He is survived by his wife of 49 years, Dorothy. Dorothy served as President of the UMA Alliance in 1980-81. Condolences to Dorothy, her family, Davis County and Dr. Poulsen's patients and colleagues for their loss.



## Dianne Fenyk Serves as AMAA President 2007-2008

Working on the national level, Fenyk served most recently as the president-elect of the AMA Alliance from 2006-2007. Prior to that, her roles in the national positions included secretary, treasurer, director for three terms and Membership Committee chair.

Positions she has held with the Minnesota Medical Association Alliance have included serving as president, president-elect, AMA Foundation co-chair, chair of the nominating and membership committees, liaison to the Minnesota Medical Association Board of Trustees and was on the strategic planning committee. Fenyk has served as Minnesota's SAVE Chair since 1999. She also is active in the Hennepin County Medical Association Alliance.

In addition to her Alliance activities, Fenyk served on the Greater Minneapolis Girl Scout Council, "Success by 6" - United Way of Minneapolis Committee and the Breck School Board of Trustees and Parents' Association.

On June 25, 2007, the AMA Alliance House of Delegates elected the following officers:

Sandi Frost, Kentucky, president-elect  
 Nancy Kyler, Virginia, secretary  
 Carolyn Plested, California, treasurer  
 Nita Maddox, Alabama, immediate past president

## STATEWIDE ACTIVITIES

### ALLIANCE MONTH

As usual, we will be celebrating Alliance Month in March. During that month, three events occur: The UMA Doctor of the Year is honored, Doctor's Day is declared, and a statewide project is concluded. We are again holding the essay contest "Why Doctors Are Great" for fourth graders throughout the state. Several counties will be participating with the winning county essays being forwarded to state judges. The state winners will receive Savings Bonds and be invited to present their essay in front of physicians.

Essays should be postmarked to county judges by January 25, with the winning county essays forwarded to state judges by February 15. State winners will be announced Monday, March 3, 2008.

Also, county nominations for Doctor of the Year should be forwarded to Sue Alley by October 31, 2007.

ALLIANCE MONTH PROJECT  
 SIBYL NOBLE  
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 801-225-6725  
[sibyl@noble-designs.com](mailto:sibyl@noble-designs.com)

DOCTOR OF THE YEAR  
 SUE ALLEY  
 4389 S. BOBWHITE CT.  
 OGDEN, UT 84403  
 801-394-5105  
[suzannealley@yahoo.com](mailto:suzannealley@yahoo.com)



Melissa Holbrook, President,  
Davis County Alliance



Jessi Kay Allen  
President  
Medical Student Alliance



Jenifer Johnson  
President, Salt Lake County

## DAVIS COUNTY

The Davis County Alliance participated in the SafeKids Fair, where we had “Hands are Not for Hitting” placemats and Faux Paw bookmarks available. We talked to many people about the programs.

Our summer family party will be on August 24th at 6 PM, Nicholls Park in Fruit Heights. We will have a barbecue and activities for the children.

On September 19th we will have a book club at Colleen Yates home. We are reading Steinbeck’s *The Grapes of Wrath*.

## MEDICAL STUDENT SPOUSE ALLIANCE

Jessi Kay Allen is serving as President of the Medical Student Alliance this year. Here is a brief bio and calendar of coming events.

Jessi writes: I absolutely love this organization and what it provides medical student spouses. My husband is in his last year of medical school and looking at an Orthopedic Residency in June or July. I have 2 of the cutest kids on this earth, Parker 4 and Sydney 1.

I love spending time with my family, doing anything outdoors, playing and watching sports, reading, writing and

theatre. I graduated from Southern Utah University with a degree in Communication and can’t wait to get back into school for my Masters and possibly a Doctorate. Heaven forbid we only have one “Dr.” in the family!

I’m looking forward to residency and the new opportunities it will present. I’ve loved my involvement in the Alliance--from service to politics it has been very fulfilling and very inspiring to be spending time with women “who survived”!!! I appreciate the opportunity to work with the board this year and look forward to the years of Alliance work ahead.

First year med students start school the first week of August. This is a big recruiting time for MSA! We have our opening social on September 13 at Jenifer Johnson’s home (President of the Salt Lake County Alliance). We’re looking forward to meeting a representative from the national organization who will be in attendance.

We’re trying to plan a finance night, possibly combined with Partners in Medicine sometime in October or November. Our special interest groups include Playgroup, Book Club, and Cooking Club and should all be in full swing by September.

Our Holiday Social and Festival of Trees project in December will wrap up our 2007 year! ♦

## SALT LAKE COUNTY

Jenifer Johnson will serve as President of the Salt Lake County Medical Society Alliance for a second year. Here is a report from Jenifer:

Several members of the Salt Lake County Alliance participated in the Red Riding Hood Bike Ride in Cache Valley. Thanks to Brittney Petersen and Camille Brinton for helping to organize the Salt Lake contingent.

Big thanks to Monica Bell and medical student spouse, Liz Tyler, for working with the Governor’s Blue Print for Health. In response to a request by Governor Huntsman, the Department of Health, directed by Dr. David Sundwall, has organized the “Utah Partnership for Healthy Weight” to work on different aspects of combating obesity in Utah. Many community groups, volunteer organizations and department of health employees are working together to create some momentum for educating and promoting healthy eating and exercise. It is exciting and we are delighted that the Alliance has been enthusiastically welcomed onto the board. If you have an interest in getting involved or finding out more details please contact Monica Bell at 363-7509 or at [kgbmob@comcast.net](mailto:kgbmob@comcast.net).

Susan Clark-Stanley is working on the details of selecting our candidate for this year’s U of U medical student

scholarship. Anyone wishing to contribute to the scholarship may still do so. Please contact Jenifer Johnson at kenjen9788@msn.com or 634-3143.

The Salt Lake County Medical Society held a barbecue on Tuesday, August 14, at the University Park Marriott Hotel. Participants had a chance to socialize, eat good food, and learn about medical marriages.

Please note, there is still time to join the bowling league, which starts in September, or to sign up to help by filling one of the vacant board positions.

Thanks to all of you for your friendship and participation large and small in the Alliance! I am looking forward to a great year for the Alliance. ♦



Denise Durrans  
Co President Utah County

## UTAH COUNTY

**D**enise Durrans will serve as Co-President of Utah County with Sibyl Noble. Here is her biography.

Denise was born and raised in Provo, and graduated from Timpview high. She started on her RN at BYU, but earned a marriage degree her freshman year instead. She then switched to Utah Trade Tech. (now UVSC) and earned her LPN degree before heading off to Texas for Rob's Medical School. While there she finished her RN along with being a mother of two, Primary president, and teaching Joy School to the kids.

During the rest of Med. School in Galveston, TX, and residency in Las Vegas, she worked in IMC, Quick Care, and Ortho/Neuro floors of the hospital.

She has 6 children, 2 of them married, one in high school, one in Jr. High, and two in Elementary. Following Family Medicine Residency in Las Vegas, her family moved back to Provo and eventually Rob started Mountain Peaks Family Practice.

Denise loves swimming, hiking, snowshoeing, and biking, and has competed in triathlons and a marathon. Together she and Rob enjoy traveling to places where they can scuba dive, and she has surfed in Costa Rica, California and the pipeline of Hawaii (the small waves!). She's taking classes in watercolor, ceramics, and religion, likes cooking, and is known amongst her family and friends for her killer soft sugar and chocolate chip cookies. (She is constantly trying to find hiding places in the freezer for her secret stash.)

In the community she serves as a counselor in the Edgemont Stake Primary Presidency, on the ward activities committee, has helped on various PTA committees and with the Children with Cancer Christmas Foundation. She has taught RAD kids at our local elementary school, and is excited about furthering the cause of health promotions in the schools, and the Faux Paw internet safety program. She also is a proponent of the Screen Out program to remove smoking and tobacco from all youth-rated movies. ♦

## WASHINGTON COUNTY

**M**ore than 30 Washington County Alliance members helped with a grand garage sale in April. While there was a great deal of work involved in the process, there was also great support. The volunteers did have fun, with the outcome being a donation of \$2800 to the Doctors' Volunteer Clinic. Fantastic job!



Kathleen Alder  
President Weber County

## WEBER COUNTY

**P**resident of Weber County Medical Society Alliance this year is Kathleen Alder.

The Weber County Alliance had several joint activities with the Weber County Medical Society over the summer. There was a dinner meeting with the people from CP80 to talk about the internet issue.

A family picnic was held at Wilkinson Park, in Morgan County, with great entertainment, a Dutch oven dinner, and lots of fun for the children, with a magician to keep the kids busy while the parents visited.

About 150 people joined in family night at a Raptors baseball game.

The Weber County Medical Alliance will be having its first meeting on September 13th to begin the year. ♦



Kim Bird, President  
Washington County



Teri Flanders, Claire Swift, Debby Campbell, Pat Klettke and Jolynn Bean at the UMAA Installation

On the **PATH...**



The shore of Lake Michigan in Chicago as seen from the Drake Hotel is shown above. To the left is Debby Campbell reporting to the AMAA about the UMAA year.



**P**articipating in Installation ceremonies at the Pine restaurant in Salt Lake, April 17, 2007, was the start of the Path to Better Health.



**A**ttending the AMAA Annual Meeting was the next stop. Held June 24-26 at the Drake Hotel in Chicago, the meeting was full of open debate and very energizing for participants.

**T**raveling for relaxation through Olympic National Park was part of my path this summer. It was fun exploring mountains, rainforests, lakes and tidepools along the Pacific coast of Washington.



**H**earing about Alliance activities at the board meeting, then about medical marriages at the Salt Lake County Medical Society barbecue August 14 at the Marriott University Park Hotel were the next stops along the path.

Sandi Frost (Continued from front page)

Frost has served the Kentucky Medical Association Alliance in many positions, including president. She remains active on both state and county levels including serving on her state medical association's PAC Board of Directors and as her county legislation chair.

Frost is a physical therapist with a degree from the University of Kentucky and is currently employed at the Dermatology Center of Lake Cumberland. Her husband, Christopher Frost, MD is a dermatologist.



Nathan and Jenny Pace and Kris and Mark Harris relax before the medical marriages presentation by David Spendlove, Ph. D.

## 2007-2008 CALENDAR OF EVENTS

- September 14, 2007      [UMAA Convention / House of Delegates](#), Zermatt Resort, Midway, Utah.  
All Medical Alliance Members Invited.
- Sept. 29-Oct. 2, 2007      [AMAA Leadership Development Conference](#), Chicago.
- November 13, 2007      [Executive and Advisory Board Meeting](#), UMA Office Board Room.  
All State Officers, Chairs, County Presidents and Presidents Elect.
- January 8, 2008      [Executive and Advisory Board Meeting](#), UMA Office Board Room.
- February 6, 2008      [Day at the Legislature](#), State Capitol.
- March 11, 2008      [State Board Transition Meeting](#), UMA  
Office Board Room.
- March 29-April 2, 2008      [AMAA Leadership / NAC](#)  
Washington, D.C.
- April 22, 2008      [UMAA Installation Luncheon](#) TBA.

For further details on these and other activities go to our website.

UMA ALLIANCE WEBSITE



The UMA Alliance  
Website  
can be found at  
[umaaweb.org](http://umaaweb.org)

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