



The Capsule

Utah Medical Association Alliance

“Align with the Alliance”



Dates to Remember

House of Delegates/State Convention **9/16/2011**

Leadership Development Conference **10/1/2011-10/2/2011**

Day at the Legislature **2/16/2012**

UMAA STATE CONVENTION / HOUSE OF DELEGATES All Alliance members are invited to attend

UMAA STATE CONVENTION /

HOUSE OF DELEGATES

FRIDAY, SEPTEMBER 16, 2011

8:30—12:00

ZERMATT RESORT & SPA

784 West Resort Drive

Midway Utah 84049

zermattresort.com for hotel reservations

Theme for 2011-2012

“ALIGN with the ALLIANCE”

GUEST SPEAKERS:

Debbi Ricks, Director AMAA

Dr. Liz Graul, OB/Gyn

“Healthy Lifestyles”

Installation Luncheon to follow

Please RSVP to your county president

The Convention Includes:

- Adopt state bylaws and Resolutions
- Installation of Executive and Advisory Board Officers
- Recognition of President Kathleen Alder
- Form a nominating committee to select next year’s officers

DAY AT THE LEGISLATURE February 16, 2012

WE WOULD LIKE YOUR SUPPORT...
so clear your calendar:

February 16, 2012

is our day to meet with our representatives and share our ideas about the legislative issues that will effect healthcare in Utah.

For information contact Joye Shiozawa:

standoc10@comcast.net

It is often difficult for physicians to leave their patients to attend, but the Alliance can be their voice on the hill.

- Speakers will discuss current legislative issues.
- Opportunities to meet your representatives.
- Luncheon



National Convention in Chicago



Immediate Past President Susan Todd, UMAA Teri Flanders, and current President Emma Borders

We enjoyed coming together at our national convention in June to meet with Alliance members and learn more about our organization.

Teri Flanders will be serving as the UMAA President for 2011-2012. She resides in Layton, Utah with her husband, E. Dean Flanders. They have four children and three granddaughters. Teri en-

joyed meeting with Susan Todd and Emma Borders, both National Presidents.

As president of the UMAA for the coming year, Teri would like to focus our support on helping Utah physicians through legislation and improved public health. The UMA would like to see our support by donating to UMPAC, and becoming a county or state delegate. Future

legislation will determine the future of medicine.

“Align with the Alliance”

2011-2012 Theme

- Integrate or harmonize the aims of the organization.
- Ally oneself to the prescribed course of action.

*“Extending
the Reach of
the Healer’s
Hand.”*

UMA Foundation

The Utah Medical Association Foundation issues financial grants for projects to improve or support education of physicians and nurses; to improve facilities and treatment options; to support public health projects that serve to mitigate or prevent disease – all specifically for the benefit of the citizens of Utah. Some ex-

amples of projects funded in the past include:

- Baby Your Baby
- Check Your Health
- Childhood Immunization Campaigns
- Antibiotic Misuse/Overuse Prevention
- Boys' Ranch Health Clinic

- Rural Health Education Program
- The Rape Recovery Center
- The Health Access projects
- The Utah Domestic Violence Council

We would appreciate your support through your county alliance.

www.utahmed.org

Food Pyramid Sariah Hillam



Josh Wintersteen and UMAA Sariah Hillam - “Healthy Eating Placemats”

The longstanding Food Pyramid has just been replaced by the dinner plate icon we have been using for the last few years. It was designed by Bryan Beus, who graduated from BYU with a BFA in illustration. The food plate shows fruits and

vegetables on one half and whole grains and protein on the other, with a small cup of dairy on the side. Our placemats match the new recommendations in a fun way that will appeal to children of all ages.

We took several placemats to the AMAA National Convention to advertise this great health promotion resource to other states.

Go to myplate.gov for information, or contact Ann Takasaki for the pdf file. anntakasaki@gmail.com

Susan G. Komen, Race for the Cure Teri Flanders

Last spring I decided to give the 5K “Race for the Cure” a try. Members of my family formed a team and we joined 16,096 participants to make a difference in the fight against breast cancer. I was inspired as I looked in both directions and saw a sea of people running for the cure.

In the spring of 2012, I

would like to form an Alliance team called: **UMA Alliance**. In January of 2012, you may log onto www.komenslc.org to register. You may make a donation to our team whether you are interested in running or not. It is an easy way to help promote better health in our state and the donations stay in Utah. Susan G.

Komen Recommendations are:

- Know your risk
- Get screened
- Know what is normal for you
- Make healthy lifestyle choices

Together, we can make a difference!



The Alliance Isn't Just a “Girls Club” Sariah Hillam

As we move into the future, the Alliance cannot look the same. Not only are young female spouses much less likely to define their role in society as a “doctor’s wife” than was the case when the Alliance was strong decades ago, but currently half of the medical students

themselves are female. Their male spouses are not usually interested in the social events that benefited the Alliance in the past. One aspect of our work that will still be relevant is to advocate for the doctors, especially given the current political climate.

At the June AMAA Annual meeting in Chicago we were privileged to meet with male members who strive to support the physician in their life.

Thomas Swan from Ohio and Bud Ranasinghe from Maryland.



Thomas Swan, Bud Ranasinghe, and Sariah Hillam

Directors and Western States Coalition

Remember last year at our convention, Director Keely Hunsaker, taught us how to juggle? It was pretty fun and more fun to watch. This year our Utah Director is Debbi Ricks from Los Gatos, California. She has served in the California Medical Association Alliance and her local alliance in numerous positions.

Debbi has a B.A. in Music Education and Harp Performance. She likes to spend time with family at the beach or at their cabin in the Sierra Nevada wilderness.

Our own Pat Klettke is a Director for the following states: California, Colorado, Minnesota, Nevada, Oregon. Have fun, Pat!

At our national convention in June, the western states met for lunch to review national and WSC Bylaws and discuss the upcoming Western States retreat to be held in 2012 in Portland, Oregon.



Keely Hunsaker, Pat Klettke, and Debbi Ricks



Alliance members from Western States.

The Capsule

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Message from President Kathleen Alder

A big part of our stated mission is to support medical families, promote healthy lifestyles and support legislation. In an effort to follow our mission and respond to the ever changing landscape of medicine, our theme this year was "Changing Together to Meet the Challenge". We realized that our membership and demographics have changed over the past few years so in order to respond to those changes, the leadership/board of the UMAA has begun the process to make the necessary adjustments to the By-Laws, budget and operating procedures. We have made great strides by committing ourselves to work more closely with the UMA Board and Michelle McOmber to better respond to issues in the medical community locally, statewide and nationally and becoming more active in the political process. A big thank you to all who have been involved in this effort and for those who will continue the work in the future.



We appreciate the UMA Board and Michelle McOmber for their willingness to work with us as we move forward with this renewed commitment and vision to support our medical spouses who continue to deliver quality healthcare services in our communities.

County Alliance Information

If you would like more information about your County Alliance, please contact your county:

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