



The Foundation  
of the Pennsylvania Medical Society

NEWS FROM  
THE FOUNDATION OF  
THE PENNSYLVANIA MEDICAL SOCIETY

SUMMER 2018

# CONNECTIONS

Education. Wellness. Excellence. *Always.*

## Peer Monitoring at Pennsylvania PHP Unique

Jon Shapiro, MD, DABAM, MRO  
Co-Medical Director

PHP monitoring includes multiple angles of reflection about the behavior of the recovering physician. At the recent Federation of State Physician Health Programs meeting attended by PHP staff, we were informed that our peer monitoring may be “somewhat unusual.”

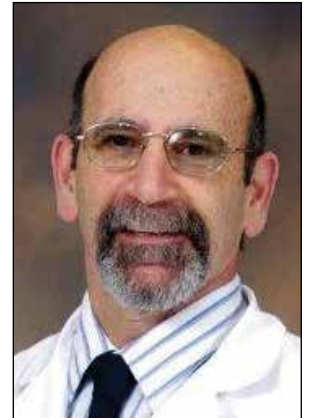
The Pennsylvania PHP uses a five-year contract for the majority of our participants. We include the common monitoring dimensions by soliciting quarterly reports from the workplace monitor and from all therapists. We require our participants to call us weekly for the first month of their agreement to familiarize them with the details of the monitoring. For the remainder of the agreement they call us monthly to speak with one of our staff to review their progress in recovery. We collect an accounting of the 12-step groups that they attend or any alternative self-help groups that they frequent.

What may be unusual in Pennsylvania is the inclusion of what we call the “PHP monitor.” This person is a peer. He or she is a recovering individual who meets with the participant at least monthly in order to report on his/her progress and submit a report four times a year. Generally we try to match our monitors and participants by geographic area so that they can attend

Caduceus meetings together. We encourage them to grab some coffee or, at very least, to have a monthly phone conversation to fuel their observations for a quarterly report to the PHP.

The requirements for our PHP monitors include a couple years of solid, monitored recovery. We usually obtain the services of clinicians who are current or former participants. We generally match the participant and monitor by gender. This is based on decades of experience reported from Alcoholics Anonymous.

Healthy boundaries are important in recovery. We emphasize that the PHP monitor is not quite a friend. Nor are they a therapist or a 12-step sponsor. They can serve as a model of recovery and a mentor. But primarily we ask that they function as an early warning system to provide insight into the quality of recovery of our participants. Our PHP (peer) monitors have proven useful as an extra pair of eyes for our PHP to observe for relapse and pre-relapse behavior.



Jon Shapiro, MD, DABAM, MRO

## Foundation 2017 Impact Report Available

Your philanthropic support of the Foundation in 2017 helped us “Raise the Bar for Program Excellence.” Many of our efforts have led us to contribute to national forums to address physician issues.

Find out how you helped to advance the mission of the Foundation and to view the accomplishments that your gift has made possible in our online version at [www.foundationpamedsoc.org](http://www.foundationpamedsoc.org). In order to put your philanthropic donations to work we have printed a limited supply of reports. If you would prefer a printed copy please email us at [foundation@pamedsoc.org](mailto:foundation@pamedsoc.org) or call (717) 558-7861.

Thank you for your support!



## CONNECTIONS

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### Connections

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## Executive Director Message



Heather A. Wilson, MSW,  
CFRE, FCPP

*"Courage is the greatest of all your virtues, for without courage you cannot practice any other virtue with consistency."*

For many of us, the month of May triggers many endings and new beginnings. In May, I had the distinct honor to speak as the chair of the board at the Linden Hall School for Girls graduation. As we celebrated their commencement, which really signifies a new beginning, I shared some parting pearls of wisdom that ring true not only for these young women who are about to embark upon a college experience, but also for those who experience and lead our programs at the Foundation as well.

In my speech, I shared a quote from former Secretary of State Madeline Albright. She said, "Courage is the greatest of all your virtues, for without courage you cannot practice any other virtue with consistency." This quote is absolutely true for young women facing all of the challenges of our world, but it is also true for the Foundation. It takes courage for each participant to engage with our Physicians' Health Program (PHP) and LifeGuard services. It requires self-awareness and humility to reach out and ask for help.

It takes courage to lead our programs. On many occasions, the first call for assistance is not the easiest or friendliest of calls. Resentment, confusion, anger, and denial run high and yet our highly skilled and dedicated staff pick up the phone, treat the caller with absolute respect, and focus on the task at hand which is to begin the process of assistance. Both the PHP and LifeGuard staff take great care to identify

quality evaluators and treatment providers who are experienced in working with safety sensitive health professionals.

I ended my speech by instructing the young ladies to be courageous. For those who are considering a call to the PHP of LifeGuard, I offer the same words, "be courageous." That initial step of bravery can serve as the catalyst to a transformational change that saves and preserves a medical career. We are waiting for your call.

Be well,

Heather A. Wilson, MSW, CFRE, FCPP  
Foundation Executive Director  
Pennsylvania Medical Society Deputy  
Executive Vice President



### Planning to shop through Amazon?

At no cost to you, embrace the act of giving in checkout! Every time you make a qualified purchase, a portion of the purchase price will be donated to your selected charity, the Foundation.

When you visit smile.amazon.com, simply create an account with an email address and select the Foundation of the Pennsylvania Medical Society once you have logged in. This added bonus, will give you the ability to make a difference.

**'Like' us on Facebook and follow us on Twitter!**  
[www.foundationpamedsoc.org](http://www.foundationpamedsoc.org)

### OUR MISSION

The Foundation of the Pennsylvania Medical Society provides programs and services for individual physicians and others that improve the well-being of Pennsylvanians and sustain the future of medicine.

*LifeGuard educates healthcare providers in appropriate prescribing of opioids, care, and treatment*

## Alliance with KSTAR Boosts Monitoring Practices



It is with great pleasure and excitement that LifeGuard, the Foundation's nationally recognized clinical skills assessment program, announces an alliance with KSTAR, a program of the Texas A&M Rural and Community Health Institute. Through this alliance, the LifeGuard and KSTAR launched ATM (Assessment, Training and Monitoring) Programs. This alliance provides both LifeGuard and KSTAR with increased monitoring and educational capabilities, adding experts in the field to the audit and review team. LifeGuard and KSTAR ATM medical and program directors are committed to continual improvement and enhancement of the programs, incorporating state-specific guidelines and laws.

Faculty and auditors are positioned to immerse themselves in continuous ongoing education in auditing techniques, providing strong inter-rater reliability, allowing replication of audit processes across both programs, and providing referral states and facilities with a well-based reliance on the results.

The opioid crisis has touched thousands of individuals in the U.S. over the last few years. It will continue unless and until comprehensive education and guidelines regarding appropriate prescribing of opioids are provided to healthcare providers providing these controlled substances, and appropriate laws are enacted to enforce compliance. Education alone may not be enough to curb non-compliance with guidelines and laws. Monitoring of healthcare provider prescribing and documentation practices can play a vital role, once the provider is educated, in ongoing compliance. LifeGuard has developed and implemented a program for such monitoring.

LifeGuard initiated its Practicing Monitoring Program in January 2017; since then, it has provided monitoring for physicians and dentists in Pennsylvania and Kentucky. Monitoring is usually conducted pursuant to terms of a state board order; but it can also result from concerns raised by a health care facility.

LifeGuard's approach seeks improvement in a physician's reasoned thought process in the prescribing of opioids as well as his/her documentation of both the patient's condition and the response to the opioid treatment. With recommendations for corrective actions and ongoing monitoring of the implementation of those recommendations, LifeGuard is able to verify through its auditing processes the provider's compliance or non-compliance with state and federal guidelines for opioid prescribing.

Using detailed reports and collegial discussions, LifeGuard offers tools to assist providers in:

- appropriate selection of opioid medications (short acting, rapid onset and long-acting medications),
- understanding their own prescribing patterns,
- detection of patient non-compliance,
- proper tapering of opioids, effects of combination drug therapy,
- recognition of substance abuse and aberrant drug related behaviors,
- use of referrals to pain management,
- benefits of multi-modalities of treatment, and
- documentation requirements.

Establishing a collaborative process throughout the term of practice monitoring, LifeGuard works to educate healthcare providers in appropriate prescribing of opioids and care and treatment for patients experiencing both acute and chronic non-cancer pain.







Mark A. Vergenes

# Physician-Friendly Financial Planning

Mark A. Vergenes  
President, MIRUS Financial Partners, Lancaster

According to research from AMA Insurance, fewer than 5 percent of physicians feel they are “very knowledgeable” about personal finances and retirement planning. If you’re not sure how you’ll achieve all your financial goals, you’re not alone. Many physicians in Pennsylvania find it challenging to find time to develop, let alone execute, a financial plan.

However, unless you create a plan for paying off debt, accommodating large purchases, financing your children’s education, and setting the stage for a secure retirement, you may find yourself financially frustrated.

Financial advisors are experts who can help you navigate the complex world of student debt, insurance, investing, college savings, retirement savings, and meeting other life goals. If you don’t have a trusted financial advisor to help you plan and meet your financial objectives, it’s time to find one.

## WHY SHOULD PHYSICIANS USE A FINANCIAL ADVISOR?

Many physicians take a do-it-yourself approach to finance. After all, physicians are a smart bunch. They’re usually academic superstars who are used to researching new topics. Some physicians start with online research and may get life insurance from one place, and place investments in another. Unfortunately, even doctors who are able to do a thorough job researching their financial options usually miss out on the advice an experienced professional can provide.

Patients who self-diagnose using medical websites and physicians who develop their own financial plan often miss the mark. Without the input of an objective expert looking at your unique set of circumstances, it’s difficult to determine if funds should go to paying down debt, saving for kids’ college, or getting ready for retirement. A professional advisor will help you develop a holistic plan that balances all your financial considerations, and keeps you up-to-date on new options and offerings.

Financial advisors also help you react appropriately to changes in the market. Many individual investors get overwhelmed by drops or peaks in the market, or in a single industry. It’s tempting to buy or sell in reaction to recent events. A financial advisor will help you evaluate short-term activity against your long-term financial goals, and will help judge the best times to get in and out of the market.

Financial advisors also make it easier to involve your spouse or partner in financial planning. Having a financial advisor in place makes it easier for many couples to calmly evaluate fiscal goals. A financial advisor can lead the way in joint decisions that help you achieve your short-term and long-term objectives.

Finally, financial advisors are especially helpful when it comes time to think about retirement. How and when you withdraw from retirement and social security accounts has significant tax and income implications. Financial advisors can help you successfully navigate this often complex and confusing process.

## HOW TO FIND THE RIGHT FINANCIAL ADVISOR FOR YOU

### Get Referrals from Medical Colleagues

Start talking with your colleagues about their approach to financial planning. Many of the people in your practice or specialty can introduce you to their financial advisor.

### Use an Advisor Who Understands Physicians’ Challenges

Make sure your financial advisor understands the challenges medical professionals face. They should be able to help you work through issues such as:

- **Student Debt** Many younger physicians are burdened with high student loan payments. They’re unsure how to start planning a financial future when they’re struggling to pay off debt acquired during years of medical training. A financial advisor experienced with physicians will be able to help you create a progressive budget that factor in loan payments and may also include debt refinancing plans.
- **Life Insurance** Even if you’re young and single, you may need life insurance. If you have substantial student debt, you want to ensure co-signers are covered. If you have a spouse or dependents, you’ll want to make sure they’re taken care of if anything happens. And of course, if you’re a partner in a practice or business, life insurance will be required as a part of the business agreement.
- **Disability Policies** While financial situations vary greatly from person to person, disability policies are key to a secure financial future for almost all physicians. You’ll need policies that are portable, guaranteed renewable, and protect you in your medical specialty. Disability is one of the biggest threats to a physician’s financial security and should be taken very seriously.
- **Savings Plans** The earlier you start saving, the easier it will be to meet your monetary ambitions. Whether you’re saving for retirement, a home, college for your children, or to start your own practice, a financial planner familiar with physicians can help you create a savings plan that balances risk with rewards, and helps you achieve your goals.

### Ask About Fees and Expenses

It’s essential to get full disclosure on costs, fees, and expenses. Some advisors charge fees upfront, and some get paid through commissions or fees from the investment or insurance products you choose. Make sure your advisor is not charging you for both. Your financial advisor should be open about discussing the ways in which they get compensated. If you’re signing a service agreement, read the fine print carefully, and understand exactly what your advisor will do for you, and how much it will cost.

### Insist on Formal Reviews

A good financial advisor will contact you proactively throughout the year to update you on your investments or to make recommendations to adjust your portfolio. All financial advisors should also conduct formal annual reviews to discuss investment performance, to evaluate progress of your financial plan, and to adjust your plan based on any new events or considerations. In these meetings, your financial advisors should present information clearly and concisely, and you should leave the review feeling well-informed about the state of your financial plan and the actions that will be taken to adjust it.

Mark A. Vergenes is president of MIRUS Financial Partners, 110 E. King St., Lancaster, Pa.; 717-509-4521 or [mark@mirusfinancialpartners.com](mailto:mark@mirusfinancialpartners.com). Mark Vergenes represents The Pennsylvania Medical Society as a financial advisor as well as doctors around the state.

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# Foundation Welcomes New Employees



Dana Youtz

**Dana Youtz, LifeGuard Administrative Assistant**

**Background:** "I previously worked in local government for South Hanover Township as administrative secretary."

**More about me:** "My family is very important to me. This year, my husband and I will be celebrating our 10th anniversary. We have a beautiful daughter and two dogs."

**Best part of the Foundation:** "I enjoy the camaraderie among fellow co-workers. The medical field is a new chapter for me and I really like the work and the base of knowledge that it is bringing. Assisting doctors has been rewarding."

**Special Interests:** "I love being outside – hiking, camping, kayaking, hunting. I love to ride horses and my goal is to own a little farmette."



Charlotte Wilson-Manley

**Charlotte Wilson-Manley, Donor Relations and Governance Administrator**

**Background:** "I previously worked for Family Design Resources, which is the company that holds the Statewide Adoption and Permanency Network contract. I was a conference planner there for more than 6 years. I have training in healthcare administration."

**More about me:** "My greatest joy in life was to be a foster mother for more than 20 years and to have raised a sibling group from childhood through adulthood. I also raised a biological son who is 24 years old."

**Best part of the Foundation:** "I like the mission statement and what the Foundation stands for and the incredible work that staff do for the doctors and for the community."

**Special Interests:** "I enjoy spending time with the children I've raised and the grand children that they have given to me. I love to cook and share the meals that I make."

## OTHER STAFF NEWS:

- **Tiffany Booher, MA, CIP, CCSM**, passed her exam to be a Certified Advanced Alcohol and Drug Counselor (CAADC) in March.
- **Jon Shapiro, MD, DABAM**, earned Medical Review Officer (MRO) designation in February.



The Foundation thanks George Lloyd, MD, (second from right) for his dedication and 2010-2017 term on the PHP Advisory Committee. Also pictured are (left to right) PHP Director Kendra E. Parry, MS, CADC, CIP, CCSM; Medical Director Raymond C. Truex Jr., MD, FACS, FAANS; Medical Director Jon Shapiro, MD, DABAM; MRO.



## STUDENT FINANCIAL SERVICES

The Foundation of the Pennsylvania Medical Society

In 2018, the Alliance Medical Education Scholarship awarded a total of \$23,000 to 9 students. Since 2003, a total of 150 scholarships have been awarded to 122 students totaling \$367,500. If you would like to find out more about how to become involved with the Alliance, contact Robbie Cook at [rcook@pamedsoc.org](mailto:rcook@pamedsoc.org).

### This year's AMES recipients include:



**Carly E. Sokach**

Sidney Kimmel Medical College at  
Thomas Jefferson University  
*Class of 2019*  
Robert & Arlene Oyler Award \$3,000



**Kent D. Upham**

Penn State College of Medicine  
*Class of 2019*  
Dr. William J. West Jr. Award \$2,500



**Christine H. Oh**

University of Pittsburgh School of Medicine  
*Class of 2020*  
Barbara Prendergast Award \$2,500



**Gillian R. Naro**

Penn State College of Medicine  
*Class of 2020*  
DCMSA Award \$2,500



**Katherine E. Shoemaker**

Penn State College of Medicine  
*Class of 2020*  
\$2,500



**Meghann E. Zapcic**

Lewis Katz School of Medicine at Temple  
University  
*Class of 2020*  
\$2,500



**Sarah M. Minney**

University of Pittsburgh School of Medicine  
*Class of 2020*  
\$2,500



**Grace O'Neill**

Penn State College of Medicine  
*Class of 2020*  
\$2,500



**Benjamin J. Carnahan**

Penn State College of Medicine  
*Class of 2020*  
\$2,500



**Foundation Scholarship  
Applications  
Available July 1 – September 30**

Please apply online at  
**[www.foundationpamedsoc.org](http://www.foundationpamedsoc.org)**

## Apply now for these scholarships through Sept. 30

Allegheny County Medical Society Medical Student Scholarship — \$4,000

Blair County Medical Society Scholarship — \$2,500

Endowment for South Asian Students of Indian Descent Scholarship — \$2,000

Lehigh County Medical Auxiliary's Scholarship and Educational Fund — \$2,500

Lycoming County Medical Society Scholarship — *(three)* \$3,000

Montgomery County Medical Society—William W. Lander, MD, Medical Student Scholarship — *(two)* \$2,000

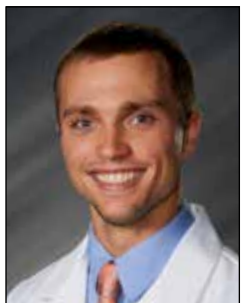
Shah Family Scholarship — \$2,000

Myrtle Siegfried, MD, and Michael Vigilante, MD, Scholarship — \$1,000

Scott A. Gunder, MD, DCMS Presidential Scholarship — \$1,500



# Foundation Congratulates Scholarship Winners



**Lycoming County Medical Society Scholarship presented during the annual meeting in Williamsport**  
**Christian Hague** — Geisinger Commonwealth School of Medicine, *Class of 2020*

*"My goal is to most effectively serve my patients, to always keep their views at heart, and to have their trust. As I mature into this type of physician, I am confident patients will come to trust me, based on my attitude, knowledge and skills. I know it is common to hear of physicians becoming jaded throughout residency and practice, but I believe my life experiences prior to entering medical school have prepared me well for the coming stresses of life as a physician. I understand that I am in this profession not for myself, but for the patients. This mindset, I trust, will stay with me throughout my career as a physician."*



**Kenan Rajjoub** — George Washington University School of Medicine, *Class of 2020*

*"I aspire to become a dedicated, selfless and caring physician. Through my interactions with patients I have come to learn that I possess a deep-rooted desire to help others. I plan on helping people in underserved communities while also pursuing research in order to further medicine. My profound appreciation of the human condition has been pushing me toward a life in the medical field ever since my early exposure to it as a young boy."*



**Myrtle Siegfried, MD, and Michael Vigilante, MD, Scholarship presentation at the Lehigh Country Club**

**Miranda Haslam** — Lewis Katz School of Medicine at Temple University, *Class of 2021*

*"I fell in love with science in a laboratory classroom in the basement of a 19th century schoolhouse. At the small private school I attended from kindergarten through 12th grade, my high school biology teacher was especially influential in developing my interest in science by encouraging me to pursue independent research for the school science fair. I learned quickly that research*

*played to my strengths; my ability to ask creative questions and pursue the answers with dogged determination was rewarded with accolades. As I explored career opportunities available in the sciences, I realized a career as a physician will allow me to translate this passion for scientific inquiry into a tool whereby I will make a tangible impact on the lives of those around me."*



*Elena Pascal presents Miranda Haslam with a scholarship.*

## Thank-you message from one of our loan borrowers and scholarship winners:



To the PA Medical Society Foundation – thank you for all that you do for me and other medical students! I appreciate your support more than you'll ever know!

Best,  
Sarah Minney

Sarah Minney is a medical student at the University of Pittsburgh School of Medicine, *Class of 2020*.



# Heather Wilson Inducted into Fellows of the College of Physicians Philadelphia

The nation's oldest medical society, *The College of Physicians of Philadelphia*, welcomed 30 new members to its prestigious Fellowship of leading experts in the medical and public health fields including Foundation of the Pennsylvania Medical Society Executive Director and Deputy Executive Vice President of the Pennsylvania Medical Society Heather A. Wilson, MSW, CFRE, and Executive Vice President of the Pennsylvania Medical Society Martin A. Raniowski, MA.



Heather Wilson accepts her inauguration from FCPP Board Chair Andrea Baldeck, MD, (center) and Vice Chair Thomas Fekete. John W. Spurlock, MD and Michael Dellavecchia, MD, PhD, nominated Wilson and Raniowski.

Founded in 1787, the College is a medically based non-profit with the mission of "advancing the cause of health while upholding the ideals and heritage of medicine." Each year the College nominates distinguished medical and health professionals to its Fellowship program, to help drive its diverse programming and outreach projects.

The new Fellows were inaugurated on the evening of Friday, May 4, where they were invited to sign their names alongside former Fellows, including: U.S. Founding Father Benjamin Rush, former Surgeon General C. Everett Koop, and Thomas Dent Mütter, who bequeathed his pathological collection to create the famous museum in his name.

College Fellows support and advise a number of projects relating to the medical humanities, including: The world renowned Mütter Museum of medical history; globally recognized and award-winning project [HistoryofVaccines.org](http://HistoryofVaccines.org); and several youth programs aimed at assisting Philadelphia high school students to achieve successful careers in STEM.

President and CEO of the College, George M. Wohlreich, MD, says, "I am thrilled to welcome our new Fellows, who all represent a refreshing and diverse cross-section of the modern medical world. The College is a family of people who care about putting a human face to medicine. Our new Fellows will have the opportunity to impact and educate people all over the globe about the history and future of health and society."

**The Foundation of the Pennsylvania Medical Society is pleased to administer the Shah Family Scholarship for medical students who are residents of Philadelphia County or the following municipalities in Bucks County:**

Bristol Borough, Bristol Township, and Bensalem Township. This scholarship was established in 2017 and is made possible by contributions received from Drs. Jitendra and Lena Shah (pictured) of Bucks County, Pennsylvania.

Students attending a Pennsylvania medical school as a first-year medical student may submit an application July 1 to September 30, 2018. Visit [www.foundationpamedsoc.org](http://www.foundationpamedsoc.org) for details.





# OBSERVATIONS OF A NEWBIE

Raymond C. Truex Jr., MD, FACS, FAANS  
Co-Medical Director, Pennsylvania PHP



Raymond C. Truex Jr., MD,  
FAANS, FACS

Thirty-one years ago, I was in the process of losing my job to addiction. I had no ability to control my drinking and drug use, and was living in a cheap motel. A colleague had heard something about a new program that had been started at the Pennsylvania Medical Society, and suggested that I give them a call. That new program was called the Physicians' Health Program (PHP). I made the call, and the PHP staff asked if I would be willing to follow their direction, and I agreed to do so. It was not an easy program that they outlined, but in my mind, I had no choice if I still wanted to be a physician. So I went away to a long-term rehabilitation facility, and was out of neurosurgery, my specialty, for three years. I never expected to get back.

However, after working in a drug rehabilitation facility for several years, a neurosurgical job opened up in middle Pennsylvania, and having demonstrated some early success in staying sober, the PHP advocated for my return to neurosurgical practice. I would not have been able to return to clinical practice without the PHP standing behind me. I was able to rebuild my life in a new locale, and through a recovery program that included toxicology monitoring, I was able to maintain a stable recovery and build a successful practice.

Twenty-eight years have now passed, but I've stayed close to the PHP. I became involved in my county medical society, and rose to a leadership position. My burgeoning involvement in organized medicine created a way for me to be elected to the Foundation of the Pennsylvania Medical Society Board of Trustees, the parent organization of our state PHP. I learned how important fund raising is to the function of our PHP, and helped campaign successfully to create an endowment ensuring its long-term survival. While on the board, I was heartened by the growth and success of PHP, which I realized was a model for other states. I was honored to be elected chairman of the board and served as such for 12 years, all the while maintaining my own personal sobriety.

In July 2017, I retired from clinical practice after 50 years of service to my patients. I knew that I would be at loose ends if I did not have some new purpose in my life. My Higher Power, as always, provided that purpose in the form of an offer to serve as a co-medical director of the PHP. It seemed such a natural progression to me, given my personal understanding of recovery and gratitude to our PHP for turning my life around. What a shock it was to find that, despite my time on the board of trustees, I knew virtually nothing about the internal workings of our PHP and its relationship to the Pennsylvania State Boards of Medicine, Osteopathic Medicine, Podiatry, and Dentistry.

I had a lot to learn to become functional in my new position. I had to become more familiar with the co-occurrence of psychiatric conditions and substance abuse, and needed to learn more about the new medically assisted treatments that are currently employed by the rehabilitation centers. I needed to know more about the new drug tests, their values and limitations.

It was confusing to understand the various case management paradigms that provide a structure for the management of our physician participants, yet to see that each case has its own variables which require flexible solutions. Co-Medical Director Jon Shapiro, MD, DABAM, MRO, Kendra Parry, Tiffany Booher, and our clinical staff proved to be patient, willing, and able teachers. And finally, I was introduced to the Federation of the State Physicians'

Health Programs (FSPHP) which I only remotely knew existed. I attended the Northeast regional meeting of the FSPHP in November 2017, and was amazed to see how all of the state PHPs are confronted by different problems, have varying organizational structure, yet are united in their purpose to assist recovering physicians. They facilitate exchange of useful and important information both through an internet email chain, through formal face to face interaction, and through a newsletter. All of these communications have helped me acclimate to my new career with our state's PHP.

In retrospect, I would not have planned my life as it happened, and it seems to have unfolded in a most unpredictable way. Early in my recovery, I had great fear of the PHP for the power it had over me, and resentment for what it asked of me. Those negatives transitioned to respect and gratitude for the PHP staffs' support for me as I regained my life and my neurosurgical career. And as the narrative continues, I am learning about what happens behind the scenes to create success stories for so many of my fellow travelers on the road to recovery. I have been given a wonderful opportunity to work for the PHP, in the service of my peers, and for that I am most thankful. And I am grateful for all the wisdom and compassionate efforts of state PHPs across our country, who have encouraged and facilitated the road to recovery for thousands of physicians and health care professionals, who, like me, without the help of their state PHP, would have been consigned to the trash bin of medicine and dentistry.

# SUSTAINER'S CIRCLE



The Foundation  
of the Pennsylvania Medical Society

You are busy, you want to show your support of the Foundation ... let us help you make it a little bit easier!

Consider joining the **Foundation Sustainer's Circle** – a special group of donors who provide a sustaining stream of support for Foundation programs through their regularly scheduled and easy monthly contributions.

## Thank you to our current Foundation Sustainer's Circle Members

Tiffany Booher, MA, CAADC, CIP, CCSM  
Dr. and Mrs. Robert D. Barraco  
Stephanie Benner  
Kenneth M. Certa, MD  
Dr. and Mrs. Martin L. Freifeld  
Tara Gensemer  
Virginia E. Hall, MD, FACOG, and Mr. John B. Hall

Michaelene Licht  
Dawn M. Losiewicz  
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Beryl Stanton  
Raymond C. Truex Jr., MD, FAANS, FACS  
Annette M. Weaver  
Jan Webb  
Heather A. Wilson, MSW, CFRE, FCPP

### Education

We offer scholarships and low-interest rate loans to our future physicians. Medical students are graduating with upwards of \$250,000 in debt, and, with your help, the Foundation has invested nearly \$20 million in the education of physicians.

### Wellness

Every day at least 450 physicians suffering from addiction, mental health and behavioral concerns are supported by the Physicians' Health Program. Your gifts help the PHP restore careers and confidence by helping more than 4,300 physicians seek and receive the recovery care that enables them to safely return to work and lead a healthier and sober life.

### Excellence

LifeGuard respectfully provides a path for physicians who are re-entering medicine or who are in need of clinical skills remediation. Your support of LifeGuard provides physicians a pathway and a trusted resource to self-assess when there are clinical or cognitive concerns.

### Always

Your gift to the Foundation means we will always have the needed financial resources to change and improve the lives and careers of Pennsylvania physicians.

Please contact **Lori Storm**, manager, Philanthropy & Hospital Relations at [lstorm@pamedsoc.org](mailto:lstorm@pamedsoc.org) or

717.558.7861  
for further discussion on how your business commitment can benefit our shared community health.  
**Thank you!**



**Yes! I would like to support and join the  
Foundation Sustainer's Circle.**

Please use the enclosed envelope and send the form below. Thank you!



Name as it appears on card \_\_\_\_\_

Credit Card Number \_\_\_\_\_

Expiration Date \_\_\_\_\_

Please indicate below the level of your monthly contribution:

☐ \$10    ☐ \$25    ☐ \$50    ☐ \$100

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I hereby authorize The Foundation of the Pennsylvania Medical Society (the Foundation) to initiate debit entries to my Credit Card. Each such debit shall be made on the \_\_\_\_\_ (day of the month, i.e., 1st or 15th) of each month in the amount of \$ \_\_\_\_\_ per month. Each such debit shall continue on a monthly basis indefinitely or until the following stop date: \_\_\_\_\_



## Physicians' HEALTH Program

The Foundation of the Pennsylvania Medical Society

**Thank you** to our hospital sponsors who supported The Foundation of the Pennsylvania Medical Society and Physicians' Health Program in 2017. We are grateful for your generous support!

### Ambassador \$10,000 and Above

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Geisinger Medical Center – M & H  
Lehigh Valley Hospital – Cedar Crest, Hazleton,  
Muhlenberg, Schuylkill – M & H  
Penn Medicine at Chester – M  
St. Luke's University Health Network-  
Bethlehem Campus – M & H  
WellSpan York Hospital – M & H

### Visionary \$5,000 to \$9,999

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Holy Redeemer Hospital and Medical Center –  
M & H  
Main Line Health, Inc. – M & H  
Mount Nittany Medical Center – M & H  
Penn Medicine Lancaster General Health –  
M & H  
Penn State Health Milton S. Hershey Medical  
Center – M & H  
Reading Hospital/Reading Health System –  
M & H  
Thomas Jefferson University Hospital –  
M & H  
UPMC Altoona – M & H  
UPMC East – M  
WellSpan Gettysburg Hospital – M & H  
UPMC Hamot Medical Center – M  
UPMC Passavant – M

### Leader \$2,500 to \$4,999

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Abington Hospital – Jefferson Health – M & H  
Allegheny General Hospital – M  
Chambersburg Hospital – M & H  
Doylestown Hospital – M & H  
Easton Hospital – M & H  
Einstein Medical Center Montgomery – M  
Evangelical Community Hospital – M & H  
Excelsa Health – M  
Forbes Hospital – M & H  
Grand View Hospital – M & H  
Indiana Regional Medical Center – M & H  
Jefferson Regional Medical Center – M & H  
Lehigh Valley Hospital – Pocono – M & H  
Moses Taylor Hospital – M  
Ohio Valley General Hospital – M & H  
Sacred Heart Hospital – M & H  
Saint Vincent Health System – M  
St. Mary Medical Center – M & H

The Western Pennsylvania Hospital – M  
UPMC Horizon – M & H  
UPMC McKeesport – M  
UPMC Pinnacle Hanover – M & H  
UPMC Pinnacle Harrisburg – M  
UPMC St. Margaret – M  
Washington Health System – M & H  
WellSpan Ephrata Community Hospital –  
M & H  
WellSpan Good Samaritan Hospital – M & H

### Guardian \$1,000 to \$2,499

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Abington – Lansdale Hospital – M & H  
Aria Health – M  
Blue Mountain Health System – M  
Brandywine Hospital – M  
Butler Health System – M  
Charles Cole Memorial Hospital – M & H  
Chestnut Hill Hospital – M  
Conemaugh Memorial Medical Center – H  
Eagleville Hospital – H  
Einstein Medical Center Philadelphia – M  
Grove City Medical Center – M & H  
Hahnemann University Hospital – M  
Heritage Valley Health System – Beaver – M  
Heritage Valley Health System – Sewickley – M  
Jeanes Hospital – M & H  
Lower Bucks Hospital – M & H  
Magee-Womens Hospital of UPMC Health  
System – M  
Meadville Medical Center – M & H  
Monongahela Valley Hospital – M & H  
Penn Highlands DuBois – M & H  
Phoenixville Hospital – M  
Pottstown Hospital Tower Health – M  
Roxborough Memorial Hospital – M & H  
Sharon Regional Health System – M & H  
Soldiers and Sailors Memorial Hospital –  
M & H  
Somerset Hospital – M & H  
St. Christopher's Hospital for Children – M  
St. Clair Memorial Hospital – M

St. Luke's Hospital & Health Network –  
Quakertown – M  
Suburban Community Hospital –  
East Norriton – M & H  
Temple University Hospital – M & H  
Uniontown Hospital – M & H  
UPMC – Bedford Memorial – M & H  
UPMC Pinnacle Lancaster – M  
UPMC Susquehanna – M & H  
Wilkes-Barre General Hospital – M & H

### Benefactor \$500 to \$999

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Bradford Regional Medical Center – M  
Children's Hospital of Philadelphia – M  
Fox Chase Cancer Center – M  
Good Shepherd Rehabilitation – M  
Lehigh Valley Hospital – Schuylkill E. Norwegian  
Street – M & H  
Millcreek Community Hospital – M & H  
Muncy Valley Hospital – M & H  
Penn Highlands Clearfield – M & H  
Penn Highlands Elk – M  
Penn State Health St. Joseph – M  
The Guthrie Clinic/Robert Packer Hospital – M  
Tyrone Hospital – M  
UPMC Northwest – Seneca – M  
UPMC Pinnacle Lititz – M  
UPMC Susquehanna Sunbury – M  
Washington Health System Greene – M  
Waynesboro Hospital – M

### Partner \$100 to \$499

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Clarks Summit State Hospital – M  
Conemaugh Miners Medical Center – M & H  
Corry Memorial Hospital – M  
Ellwood City Hospital – M  
Penn Highlands Brookville – M & H  
Titusville Area Hospital – M  
UPMC Kane – M & H  
Wernersville State Hospital – M  
Windber Medical Center – M

M = Medical Staff Donation

H = Hospital Administration Donation

M & H = Medical Staff & Hospital Administration  
Donation



The Foundation  
of the Pennsylvania Medical Society

Education. Wellness. Excellence. Always.





**The Foundation**  
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# CME Courses

## Controlled Substance & Opioid Prescribing Educational Program

**NOVEMBER 8-9, 2018**

**Cost: \$2,550**

In partnership with Penn Medicine, Lifeguard offers a comprehensive program led by Penn Medicine faculty, that covers prescribing issues identified by state boards of medicine for physicians who want to become more comfortable with the guidelines. We also offer practice monitoring and sessions for remediation when prescribing practices are called into question.



**LIFEGUARD®**  
COMPLETE CLINICAL CONFIDENCE.



**Penn Medicine**

**Live Presentation:** Controlled Substance and Opioid Prescribing

**Educational Program:** The Pennsylvania Medical Society designates this live activity for a maximum of **16.5 AMA PRA Category 1 Credits™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**Pre-course Enduring Materials:** The Pennsylvania Medical Society designates these enduring materials for a maximum of **9.0 AMA PRA Category 1 Credits™**. Physicians should claim only the credit commensurate with the extent of their participation in the activities.

**Designation & Accreditation Statement:**

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education through the joint providership of the Pennsylvania Medical Society and The Foundation. The Pennsylvania Medical Society is accredited by the ACCME to provide continuing medical education for physicians.

The planning committee members and faculty do not have any relevant financial relationships to disclose.



## Coming Soon : Best Practices in Communications Course

This course is designed to address provider-patient as well as provider-provider communications. Attendees will learn to enhance their patient-centered interviewing skills and will also review best practices in healthcare team communication.

**Learning Objectives:**

- Improve their communication with patients and healthcare peers
- Identify strategies to improve overall healthcare team communication
- Apply patient-centered communication techniques in patient encounters
- Understand factors contributing to practitioner burnout



**The Foundation**  
of the Pennsylvania Medical Society

**PAMED Headquarters**  
Penn Grant Centre

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