



The Foundation
of the Pennsylvania Medical Society

NEWS FROM
THE FOUNDATION OF
THE PENNSYLVANIA MEDICAL SOCIETY

WINTER 2018

CONNECTIONS

Education. Wellness. Excellence. *Always.*

THE POWER OF YOUR GENEROSITY



The Foundation is grateful for each and every charitable contribution made by hospitals and individuals throughout the year. As a donor to the Foundation of the Pennsylvania Medical Society, your generosity holds power.

The power to welcome the next generation of medicine. Through Student Financial Services, the Foundation provides scholarships and loans to help ease the financial burden medical students face as they complete training and enter their careers.

The power to guide a fellow physician to a journey of healing and wellness. Through the Physicians' Health Program, the Foundation provides confidential monitoring services to medical professionals experiencing issues related to substance use disorders and mental health or other behavioral concerns.

The power to provide independent evaluation and fair assessment. Through LifeGuard, the Foundation provides an independent evaluation and fair assessment when a physician's competency is called into question.

Because of donors like you, the Foundation of the Pennsylvania Medical Society is able to provide all of these services and more. But it is only because of the contributions from generous donors that this critical work can continue.

As the charitable arm of the Pennsylvania Medical Society, the Foundation's mission is to provide programs and services for individual physicians and others that improve the well-being of Pennsylvanians and sustain the future of medicine.

The Foundation exists because of you, and we can't continue this important work without you. Please consider making a gift to the Foundation today, so we can continue to make a positive impact on medical professionals across Pennsylvania.



Three easy ways to give today!

MAIL

Mail in the envelope in the center of this newsletter – enclose a check or include your credit card information on the envelope.

1

ONLINE

Visit our website www.foundationpamedsoc.org/donate to complete your gift online.

2

TEXT

Send HEART [space] Donation Amount [space] Your Name to 56512. (e.g.: HEART \$500 John Doe)

3

CONNECTIONS

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Connections

The Foundation of the Pennsylvania Medical Society
777 East Park Drive
P.O. Box 8820
Harrisburg, PA 17105-8820
foundationpamedsoc.org
(717) 558-7750
In Pennsylvania: (800) 228-7823
Fax: (717) 558-7818

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From the Executive Director



Heather A. Wilson, MSW,
CFRE, FCPP

How many of us have received holiday gifts of appreciation or acknowledgement and thought, "I really didn't need one more fruitcake, box of chocolates or fruit basket." It is the thought that counts, not the gift, right? The answer to that question is always "yes." And while I appreciate any gift, it is during this season of giving that I find myself most touched by the gifts that signify investment in the betterment of others, rather than one more holiday treat.

Last year, I received a card. Inside, it read, "a gift was made in your honor to provide two sheep and five goats to a family that will give them sustenance and economic independence." I was deeply touched. The giver knew me well enough to know that investing in others is substantially more important to me than material gifts.

As you consider buying one more thing for the person who has everything this holiday season, I invite you to consider honoring that person by investing in the lives of your fellow physicians through a gift to the Foundation of the Pennsylvania Medical Society. Whether it is \$5 or \$50,000, your gift holds power. Every gift changes lives.

Your gift eases both financial and personal burdens. A gift to the Foundation underwrites low-interest loans for medical school education in a time when the cost of medical school can well exceed \$200,000. Your investment assists the Foundation as we prepare for a Physician Resiliency Summit on June 5-6, 2019. This summit will feature Tait Shanafelt, MD, chief wellness officer for Stanford Medicine, as the keynote speaker. The summit will actively address the root causes of burnout and stress among physicians and provide practical solutions for individuals and the work environment.

Whether it is a medical career that is catapulted through access to education or a physician life saved because resources were readily available during a time of hopelessness – your investment yields a priceless result.

During this season of giving, when you look through the gift catalog and consider your recipient list, perhaps you will consider a new approach by investing in the work of the Foundation through an honor gift that not only touches the heart of the gift recipient, but also impacts the lives of hundreds of physicians across the commonwealth.

As this year comes to a close, the Foundation staff and our Board of Trustees extends its deepest appreciation and gratitude for your investment in the lives of others. We wish for you and those you love – health, happiness and prosperity in 2019.

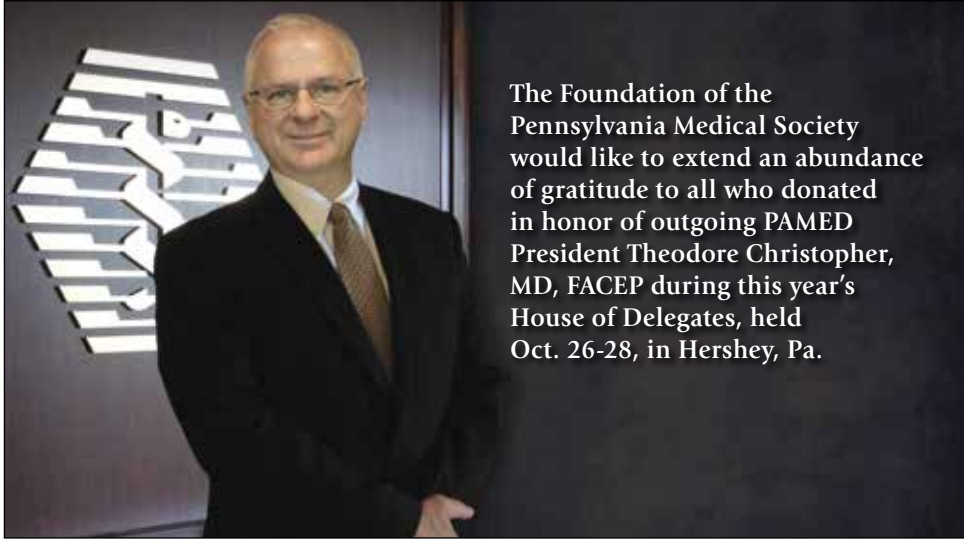
Be well,

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

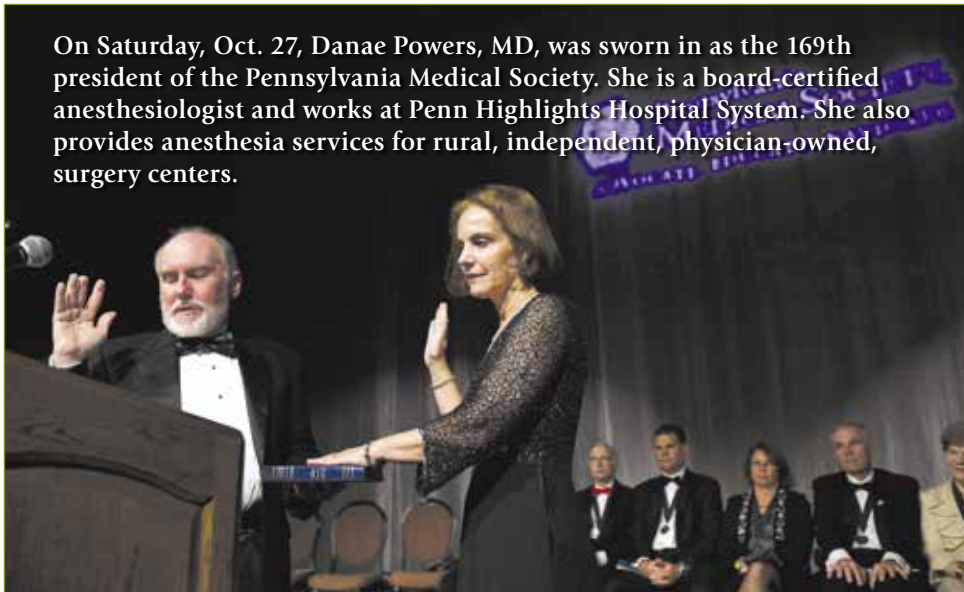
OUR MISSION

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.

2018 HOUSE OF DELEGATES



The Foundation of the Pennsylvania Medical Society would like to extend an abundance of gratitude to all who donated in honor of outgoing PAMED President Theodore Christopher, MD, FACEP during this year's House of Delegates, held Oct. 26-28, in Hershey, Pa.



On Saturday, Oct. 27, Danae Powers, MD, was sworn in as the 169th president of the Pennsylvania Medical Society. She is a board-certified anesthesiologist and works at Penn Highlights Hospital System. She also provides anesthesia services for rural, independent, physician-owned, surgery centers.

Your generosity changes lives



Have you seen our new video?
Visit www.foundationpamedsoc.org to watch the Foundation's latest video and to learn more about the impact of your generosity.



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

\$ _____ Other Amount

Name _____

Address _____

City _____

State _____ ZIP Code _____

Email _____

Phone _____

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: _____

"WORKING FOR YOU"

NAME:

Lori Storm

TITLE:

Manager of Philanthropy & Hospital Relations

NUMBER OF YEARS WITH THE FOUNDATION:

35 years

WHAT DO YOU DO AT THE FOUNDATION?

Every day is different, especially depending on the time of year. Some of my responsibilities include communicating with donors, processing donations, working with mail houses on appeal materials, writing reports for the board of directors, visiting potential donors and working to secure donations from hospital systems.

WHY IS THE WORK BEING DONE AT THE FOUNDATION IMPORTANT?

Because the work helps so many people. Aspiring physicians are helped through our scholarship and loans program, and medical professionals at all stages of their careers benefit from the PHP and LifeGuard programs.



Give the gift of physician wellness

This holiday season, give a gift that changes lives.

Make a donation to the Foundation of the Pennsylvania Medical Society in honor of someone who has made a difference in your life.

Contact Lori Storm, Manager of Philanthropy & Hospital Relations, at lstorm@pamedsoc.org or call (717) 558-7861.



Has the Physicians' Health Program changed your life?

Did you see the newest feature in the fall issue of *PHP Update* newsletter?

"A life changed" highlights the work of a PHP participant and shares how the program has impacted their life. The first member to share their story was Dr. Jon Lepley, who has served as a tireless advocate for his patients struggling with opioid addiction in the Philadelphia jail system. Visit www.paphp.org to read his powerful story.

If you're interested in sharing your experiences for a future issue of *PHP Update*, please email Cassandra Davis at cdavis@pamedsoc.org.



Planning to shop through Amazon this holiday season?

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

Simply visit smile.amazon.com, create an account with your email address and select the Foundation of the Pennsylvania Medical Society once you've logged in.

Thank you for making a difference!

'Like' us on Facebook and follow us on Twitter!

www.foundationpamedsoc.org

LIFEGUARD TO LAUNCH ANESTHESIA SIMULATION PROGRAM

With physician burnout on the rise, today's health care professionals are being expected to do more than ever before. The stress from the responsibilities they carry and the life-saving situations they're put in every day can take a toll on their performance at work.

At LifeGuard, a program of the Foundation of the Pennsylvania Medical Society, Director Marcia Lammando and Dr. Joseph Answine, an anesthesiologist at Penn State Health Milton S. Hershey Medical Center, have teamed up to create a unique simulation for anesthesiologists – one that has the potential to be standardized and adapted for any specialty.



Dr. Joseph F. Answine MD

deficit," Answine said. "Then we can figure out the ways to provide support to allow them to move forward in their career."

By putting physicians through these stressful situations, and learning how to remedy any negative effects, LifeGuard is putting patient safety first.

"As physicians, we're in this game for one reason only," Answine said. "At the end of our lives, it's about how we took care of people and patients. That's what this is about, too. We want to make sure that patients are safe. It is a simulation to make patients safer, and it is individualized based on previously observed deficits noted during neurocognitive testing or others' concerns."



Instead of evaluating the physician's knowledge base, this simulation evaluates response to stressors.

"The goal of this type of concept – basically a stress

simulation – is to tease out certain deficits," Answine said. "Then we can put them in a situation where they aren't exposed to that type of stressor. Or hopefully correct it. The last thing we want would be for them to have to move out of that specialty or field."

By placing physicians in these situations, the evaluators are able to gauge where a deficit may exist, and provide solutions to correct a problem before it arises with a real patient.

"If a physician feels they have experienced some level of burnout that has caused some sort of deficit – cognitive or physical – we put them through the stress simulation, not to make it punitive, but to find out where they have areas of

Lammando agrees. The ultimate goal is patient safety, while keeping the physician in mind as well.

"We are really trying to preserve physicians' careers," Lammando said. "And if something like this happens and it continues to get pushed aside, at some point it's going to be a critical issue."

Answine is confident that the stress simulation will have a positive effect on anesthesiologists and many other physicians in the future.

"We know very well that we can only get so close to real life," he said. "But studies have shown over the years that simulation predicts real life outcomes. So it does work."

A nationally recognized program, LifeGuard provides comprehensive assessment services and

recommendations for remediation tailored to the individual needs of physicians and other eligible health care professionals. For more information, contact Director Marcia Lammando, RN, BSN, MHSA at info@LifeGuardProgram.com or call (717) 909-2590, or visit www.LifeGuardProgram.com.



Save
the
Date!

Physician
Resiliency
Summit



featuring
Keynote Speaker
Tait Shanafelt, MD
Chief of Wellness, Stanford Medicine

Details to come

www.foundationpamedsoc.org/summit

FOUNDATION SCHOLARSHIPS

Congratulations Alliance Medical Education



Recipients of the 2018 AMES Fund scholarships with Alliance members at the PAMED House of Delegates held Oct. 26-28, in Hershey, Pa.

The Alliance Medical Education Scholarship (AMES) Fund was established in April 2000 to financially assist deserving medical students enrolled in an accredited Pennsylvania allopathic or osteopathic medical school. The Fund is supported by Alliance fundraising events, and general and memorial contributions. Since 2003, the fund has provided 150 scholarships amounting to \$367,500.

In 2018, the AMES Fund awarded scholarships to nine deserving medical students. In their applications for scholarship, they were asked to describe their vision for the future of Pennsylvania medicine. An excerpt from each essay is included with their names below.



CARLY E. SOKACH

Class of 2019, Sidney Kimmel Medical College

The Robert and Arlene Oyler Award of the AMES Fund – \$3,000

Sokach also received the Prendergast Award in 2017,

for a total of \$5,500 from the AMES Fund.

"I chose to pursue my medical education at Sidney Kimmel Medical College (SKMC) at Thomas Jefferson University because of the emphasis that this institution places on patient-centered medical care. Humanism and empathy have always been core tenants of SKMC's mission but over the last few years they have become more and more entwined with the educational goals of the institution."



KENT D. UPHAM

Class of 2019, Penn State University College of Medicine

The Dr. William J. West, Jr. Award of the AMES Fund – \$2,500

In memory of Dr. William B. West and in honor of Dr. William J. West

and Joyce West, medical and Alliance leaders

"Currently, only nine percent of physicians practice in rural areas, where more than 20 percent of the population resides. This poses a particularly large problem for the state of Pennsylvania, with the third largest rural population in the country. These rural residents have higher rates of death in infants, youth and adults; receive less preventative and mental health care; and are more often medically uninsured and poorer than their urban counterparts. The future of Pennsylvania medicine is intimately linked with finding effective ways to lessen this shortage and make health care accessible to all Pennsylvanians, regardless of ZIP code."



CRISTINE H. OH

Class of 2020, University of Pittsburgh School of Medicine

The Barbara Prendergast Award of the AMES Fund – \$2,500

"I personally believe that psychiatry is the cornerstone of integrative and holistic health as it takes into account not only the body, but the mind. Furthermore, I believe that child psychiatry – in particular – is the ultimate form of preventative medicine. Children are resilient and receptive, and early interventions can potentially head off a lifetime of health complications."

Scholarship (AMES) Fund Recipients



GILLIAN R. NARO
*Class of 2020, Penn State University
College of Medicine*
**The Dauphin County Medical
Society Alliance Award of the
AMES Fund – \$2,500**
In honor of Mrs. Sheron Andrews

"We have built upon the foundational discoveries of the past and today we practice medicine in a way that our predecessors could have hardly imagined. Medicine is a relay race: we work as hard as we can, run our leg, and pass the baton. However, as we progress and discover we must make sure that any future innovation reaches all corners of society. Pennsylvania is a beautifully unique state in that we house metropolitan centers and rural country sides, with a diverse population spanning them both. ... I see the future of [Pennsylvania] medicine leading by example in expanding access to all members of our community."



BENJAMIN J. CARNAHAN
*Class of 2020, Penn State University
College of Medicine*
**AMES Fund Scholarship –
\$2,500**
*"In reality, most people don't
receive health care services not
only because of limited access due*

to distance or transportation, but also because of how lower a priority the idea of health care is in their hectic lives. In my view of the future of medicine in Pennsylvania, we will put emphasis on offering more resources to these types of communities – the underserved population – by increasing access to health care providers, offering more affordable health care options, and extending greater patient education."



SARAH M. MINNEY
*Class of 2020, University of
Pittsburgh School of Medicine*
**AMES Fund Scholarship –
\$2,500**
*"Before medical school, I was a
childcare worker for a non-profit
that provided 24/7 emergency*

daycare for families in crisis. ... While I knew that I wanted to pursue a primary care specialty before I started working at the crisis nurse, it was the struggles I bore witness to while working there that sparked my passion for patient advocacy and public health work. ... It is my vision for Pennsylvania that all health care policies will aim to support the most marginalized of our populations, and that society's divide between our social services and supports and our health care system will be dissolved."



GRACE O'NEILL
*Class of 2020, Penn State University
College of Medicine*
**AMES Fund Scholarship –
\$2,500**
*"Across the board (northeastern,
northwestern, south central),
people are being affected by*

the opioid epidemic. All people are affected: those taking the drug, their families, their friends, the doctors treating them. It is out of hand. This is why I believe in order to face this battle head on we need more physicians, EMT and paramedics to be aware that they may need to use Narcan or naloxone for the unconscious patient. We need more training in medical school on the presentation of someone who is drug seeking in our offices. We need more training in medical school on where to find these people help for their addiction and disease."



KATHERINE E. SHOEMAKER
*Class of 2020, Penn State University
College of Medicine*
**AMES Fund Scholarship –
\$2,500**
*"While Pennsylvania may be
home to thousands of physicians*

in training, something is keeping them from providing care for those in the state who need it most. My vision for the future of Pennsylvania health care involves working toward addressing the health care needs of the underserved populations in the state so as to provide Pennsylvanians with adequate health care."



MEGHANN E. ZAPCIC
*Class of 2020, Lewis Katz School of
Medicine at Temple University*
**AMES Fund Scholarship –
\$2,500**
*"I want to be the best doctor I can
possibly be in my community, and
my vision for health care reflects*

the environment I see benefiting my patients the most. The future of Pennsylvania health care must accentuate increasing communication among medical providers and between patients and providers, all while emphasizing preventative care, education and affordability."



The Foundation
of the Pennsylvania Medical Society
777 East Park Drive • P.O. Box 8820
Harrisburg, PA 17105-8820



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A MESSAGE FROM DR. HALL

As the year comes to a close, and we celebrate and give thanks, one person comes to mind – you.

It's because of you and your generosity that the Foundation of the Pennsylvania Medical Society exists. As you reflect on the year – your accomplishments, your successes, the challenges you overcame – we hope that you know how much we appreciate you.

As a donor, you're making a powerful impact on the future of medicine.

Because of you:

- a medical student can focus on her studies because your donation helped her pay rent this month.
- a physician struggling with a substance use disorder has found the support he needs to embark on a journey of healing and wellness.
- a surgeon who spent 10 years away from the operating room to raise her young family is able to undergo a fair and unbiased competency assessment to return to her profession.



The programs available through the Foundation – Student Financial Services, Physicians' Health Program and LifeGuard – change lives. But only when paired with the power of your generosity.

As the charitable arm of the Pennsylvania Medical Society, the Foundation's mission is to provide programs and services for individual physicians and others that improve the well-being of Pennsylvanians and sustain the future of medicine.

Please consider making a gift to the Foundation today, so we can continue to make a positive impact on medical professionals across Pennsylvania.

Sincerely,

Virginia E. Hall, MD, FACOG, FACP
Board Chair, The Foundation of the Pennsylvania Medical Society