



SUMMER
2021

The Foundation
of the Pennsylvania Medical Society

CONNECTIONS

— NEWS FROM THE FOUNDATION OF THE PENNSYLVANIA MEDICAL SOCIETY —

Education. Wellness. Excellence. Always.

More than \$3 million in PAMED Community Care Grants awarded

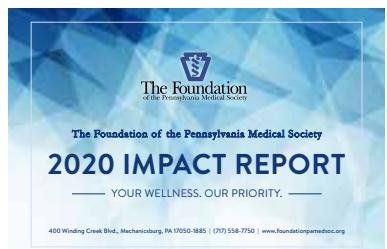
In February, the Pennsylvania Medical Society announced a partnership with Care Centered Collaborative and Highmark Blue Cross Blue Shield to make nearly \$4 million in PAMED Community Care Grants available to physicians (who work in the community and are not affiliated with a health care system or hospital) to support services and projects designed to improve health care and make health care more accessible.

“The members of the Pennsylvania Medical Society are

thankful for this generous, compassionate grant from Highmark,” said PAMED President Michael DellaVecchia, MD, PhD, FACS, FICS, FCPP. “It will allow us to greatly expand our efforts for high quality, diversified, community care.” The Foundation of the Pennsylvania Medical Society served as the 501(c)(3) conduit to receive and administer the grant on behalf of PAMED.

Continued on Page 4

2020 Foundation Impact Report Available



Because of your generosity in 2020, the Foundation of the Pennsylvania Medical Society changed lives. Medical students received financial assistance, physicians

Your generosity holds power. Evidence of this can be found in the pages of our 2020 Impact Report. Your investment in the Foundation has a ripple effect funding the future of medicine and ensuring critical services to meet the most personal needs of physicians and other healthcare professionals.

In order to put your philanthropic donations to work, we have printed a limited supply of reports. Visit www.foundationpamedsoc.org/home/about-us/publications to view the full report. To request a printed copy, email foundation@pamedsoc.org or call (717) 558-7813.

Thank you for your support!

struggling with substance use disorders and mental health issues received the help they needed to be well again, and health care professionals received the fair and balanced assessments needed to continue their careers.



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Connections
The Foundation of the Pennsylvania Medical Society
400 Winding Creek Blvd.
Mechanicsburg, PA 17050-1885
foundationpamedsoc.org
(717) 558-7750
In Pennsylvania: (800) 228-7823
Fax: (855) 933-2605

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— FROM THE EXECUTIVE DIRECTOR —



Our journey continues

When it comes to the strategy of delivering the Foundation's core programs, we never planned for providing our services in a completely remote and virtual environment because our values and approaches are often associated with establishing and maintaining in-person connections and services. However, several

years in advance, the Foundation's leadership and staff used the duty of foresight to establish remote connections and a strong continuity of operations plan during a crisis. We had the opportunity to deploy the plans during a severe snowstorm, but we never quite imagined a pandemic. Nonetheless, here we are, a little over a year on the other side of a pandemic and I could not be prouder of our staff or more grateful for our donors and program participants who moved seamlessly with us through each twist and turn.

The past year gave all of us time to reflect and gain deeper insight into ourselves, our purpose, and our commitment to each other as human beings. Like most folks, I experienced times of uncertainty and profound sadness. I deeply mourned the loss of a cherished and respected Pennsylvania Medical Society colleague, Crystal Morret. Her work ethic and integrity were second to none.

I also experienced moments of profound gratitude and transformation. As we said goodbye to one of our leadership visionaries, Dr. Abram M. Hostetter, I was reminded of his generous mentorship that often came in emails and kind notes. At 90-years of age he continued to gently guide me by sharing many words of wisdom. COVID reminded me to give thanks for colleagues, friends, family – and the moment.

As we move past the pandemic, the Foundation continues its journey of transformation in the direction of hope, refocus and reconnection. We continue our steadfast commitment to helping medical professionals who are suffering from moral injury and PTSD after putting their lives on the line to care for our communities. We persist to create a welcoming environment that fosters and demonstrates an authentic commitment to diversity, equity and inclusion. We strive to incorporate lessons-learned through the pandemic keeping the best of our creative and adaptive efforts.

The Foundation continues to grow and evolve to meet the demands of the third decade in the 21st century. It is with deepest gratitude and humility that I say, "THANK YOU" for your commitment of time, expertise and charitable dollars to support the Foundation and its core programs. We are grateful that you are part of our journey and our story.

Be well,

Heather A. Wilson, MSW, CFRE, CAE | Executive Director

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.

Isolation, Loneliness, and the Pandemic

By Edwin Kim, MD, MRO

Edwin Kim, MD, MRO is a medical director at the Foundation of the Pennsylvania Medical Society's Physicians' Health Program



Physicians are at higher risk of social isolation or loneliness. According to a Harvard Business Review survey, professional (law and medical) degree holders scored 25 percent lonelier than those with bachelor's degrees, and 20 percent lonelier than PhDs. And this was before the pandemic.

Current estimates from Harvard's Making Caring Common Project show that 36 percent of Americans feel serious loneliness. Surgeon General Vivek Murthy estimated 40 percent of Americans felt lonely and that loneliness was at the root of much emotional and physical pain. Unsurprisingly, the pandemic appears to have exacerbated feelings of loneliness and isolation, especially in those working from home. According to an American Psychiatric Association opinion poll, nearly two out of three people feel isolated or lonely at least sometimes, and 17 percent do all the time.

Loneliness is a common experience or feeling associated with the perception that the quality of one's social needs are not being met. Perhaps more importantly, this feeling of isolation can be independent of the quantity of social connections you hold. Some characterize the feeling as being alone, separated or divided from others. There is an inability to connect more than superficially, and can feed parallel feelings of low self-esteem, low confidence, and hopelessness. You may be suffering from loneliness if you often feel that you lack companionship, often feel left out, or often feel isolated from others.

During the pandemic, most people used technology to mitigate the potential impact of physical distancing on social isolation by communicating with friends, family and their support network. I heard this frequently from those in active recovery who successfully maintain stability in their connection to peers, mutual help groups and treatment teams. Even so, there were certainly some whose sense of well-being was challenged by the lack of face-to-face activities.

Loneliness, in itself, is not a detriment. In fact, psychologists hypothesize that in an evolutionary sense, it helps humans seek social and interpersonal connection. However,

left unmitigated, the negative feelings of isolation and loneliness can lead to despair. At its worst, this can resemble or exacerbate severe depression or anxiety, and potentially result in problematic substance use. A risk of relapse is not the only health consequence. Studies have shown the systemic effects of loneliness on the cardiovascular and immune systems. Loneliness carries potentially serious health consequences such as high blood pressure, coronary heart disease, cognitive dysfunction. Isolation and loneliness can exacerbate and feed on each other.

While resuming in-person activities can alleviate feelings of loneliness, isolation, and disconnectedness for many, I remind people that loneliness was a growing problem before the pandemic and will not disappear after the pandemic. Physicians and individuals in recovery are susceptible to problematic loneliness. Some ways to help overcome this feeling include:

- 1) maintaining a strong support network,
- 2) show up to recovery and mutual help groups
- 3) Engage with family, friends, and colleagues
- 4) Engage with new activities, interests, and passions
- 5) Establish care with a counselor, therapist, or psychiatrist.

References

America's Loneliest Workers, According to Research <https://hbr.org/2018/03/americas-loneliest-workers-according-to-research>. Retrieved May 22, 2021

Former Surgeon General Vivek Murthy Writes About Importance Of Human Connection In 'Together' : Shots - Health News : NPR <https://www.npr.org/sections/health-shots/2020/05/11/853308193/in-together-former-surgeon-general-writes-about-importance-of-human-connection>. Retrieved May 21, 2021

Loneliness: How Do We Address It During Pandemic? | Psychiatric News (psychnews.psychiatryonline.org/doi/10.1176/appi.pn.2020.9a15). Retrieved May 21, 2021

Loneliness in America: How the Pandemic Has Deepened an Epidemic of Loneliness and What We Can Do About It — Making Caring Common ([harvard.edu](https://mcc.gse.harvard.edu/reports/loneliness-in-america)) <https://mcc.gse.harvard.edu/reports/loneliness-in-america>. Retrieved May 22, 2021

Ofei-Dodoo S, Ebberwein C, Kellerman R. Assessing Loneliness and Other Types of Emotional Distress among Practicing Physicians. Kans J Med. 2020; 13:1-5. Published 2020 Jan 31.

Hope.



It is defined as a feeling of expectation and desire for a certain thing to happen. Hope is something that you have held onto since the COVID-19 pandemic began more than a year ago. And now, as we continue to make progress with vaccinations and face the prospect of life returning to some normalcy, we have you to thank for your hard work, your perseverance, and your unwavering hope.

Because of the generosity of donors like you, the work being done at the Foundation of the Pennsylvania Medical Society provides hope.

Our Student Financial Services awards low-interest loans and scholarships to medical students who will lead us in the fight against future unknowns. Our Physicians' Health Program provides hope to eligible medical professionals in their darkest hour, guiding them to a journey of wellness and healing. Our nationally renowned LifeGuard program delivers hope to those whose clinical competency is called into question, providing support and education.

We are able to be the hope for these physicians because of you. We can't do this important work without you. Your Philanthropic support – no matter how big or small – makes a difference. Help us deliver hope to your current and future colleagues. With your support, we can continue to provide hope for many generations to come.

Thank you for your consideration,

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

Continued from More than \$3 million in PAMED Community Care Grants awarded; Page 1

Eligible projects included:

- Health care services for people who are uninsured and unable to pay for services.
- Programs for the prevention and treatment of disease or injury, including, but not limited to, mental health or the promotion of health or wellness.
- Other services or programs, including but not limited to, health or mental health services for veterans and the prevention of other conditions, behaviors, or activities that are adverse to good health.

Physicians who are PAMED members, are not affiliated with health systems or hospitals, and are engaged in the full-time patient-facing practice of medicine in an outpatient setting or federally qualified health center were eligible to apply.

Prior to the June 1 deadline, PAMED received 225 Community Grant applications. In total, 135 applications were approved for a total of \$3,730,000 benefitting 292 physicians. Additionally, 25 were sent to PAMED's legal department for a second opinion; 59 were not approved, and six were not reviewed due to not meeting criteria.

To read more, visit www.pamedsoc.org/communitygrant.



The Foundation of the Pennsylvania Medical Society

CONGRATULATIONS TO THE 2021 AMES RECIPIENTS



Theresa Tran
Lewis Katz School of Medicine at
Temple University
Class of 2023
Oyler Award – **\$3,000**



Brianna Kunes
Sidney Kimmel Medical College at
Thomas Jefferson University
Class of 2023
West Award – **\$3,000**



McKayla Mawn
Lewis Katz School of Medicine at
Temple University
Class of 2022
Prendergast Award – **\$2,500**



Andrew Friedman
Drexel University
College of Medicine
Class of 2023
DCMSA Award – **\$2,500**



Vaibhav Sharma
Geisinger Commonwealth
School of Medicine
Class of 2022
\$2,500



Morgan Elizabeth Ferrell
Sidney Kimmel Medical College at
Thomas Jefferson University
Class of 2022
\$2,500

In 2021, the Alliance Medical Education Scholarship awarded a total of \$16,000 to six students. Since 2003, a total of 167 scholarships have been awarded to 136 students totaling \$413,000.

APPLY NOW FOR THESE SCHOLARSHIPS THROUGH SEPTEMBER 30

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

Blair County Medical Society Medical
Student Scholarship –
\$2,000

Endowment for South Asian Students of
Indian Descent Scholarship –
\$3,500

Foundation Education Award Scholarship –
(two) **\$2,500**

Lehigh County Medical Auxiliary's
Scholarship and Educational Fund –
(two) **\$2,500**

Lycoming County
Medical Society Scholarship –
(two) **\$3,000**

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

Myrtle Siegfried, MD, and
Michael Vigilante, MD, Scholarship –
\$2,000

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

Shah Family Scholarship –
(two) **\$5,000**

Please apply online at
[www.foundationpamedsoc.org/
student-financial-services/
scholarships](http://www.foundationpamedsoc.org/student-financial-services/scholarships)

Working for You

THIS REGULAR FEATURE IN CONNECTIONS INTRODUCES STAFF MEMBERS FROM THE FOUNDATION OF THE PENNSYLVANIA MEDICAL SOCIETY.



Name: Annette M. Weaver
Title: Sr. Director of Finance & Operations
Number of years with the Foundation: 25

What do you do at the Foundation?

I provide stewardship over the Foundation's finances while working with our team to build

resources through program operations, philanthropic support, and fund investment. The Foundation is committed to our mission and in turn, I want to ensure that we have a strong business plan in place to continue to serve our physician community. In addition to overseeing the Foundation's finances, I direct the bookkeeping services provided to specialty clients and county medical societies managed under PAMED's Total Excellence in Association Management department.

Why do you think the work being done at the Foundation is so important?

The Foundation provides programs and services for individuals at a time in their life when they may be struggling whether it be at the beginning of their career as a medical student or as a physician who may be going through some challenging moments. The Foundation works together as a team to serve participants and students through the generosity of our donors. It is inspiring to see fellow physicians reaching out a helping hand to their peers and future generations.

If you'd like, please share a personal "fun fact"

I enjoy spending time with my husband, Dave, and our two fur kids, Dorie and Lilie. I love travel, all things Disney, and spending time relaxing in Maine. We also enjoy volunteering with the Keystone Pet Enhanced Therapy Services with Dorie who provides comfort and smiles to nursing home residents, cancer patients, and elementary and college students.

Honoring Dr. Abram Hostetter



We continue to honor Dr. Abram Hostetter, a founding member of the Foundation's Physicians' Health Program who died on January 10, 2021.

Dr. Abram Hostetter ran a successful psychiatry practice in Hershey for more than 30 years. He also served as chair of the Foundation of the Pennsylvania Medical Society Board of Trustees from 1986 to 2002.

"During that time, he provided consistent leadership and advocacy for the charitable endeavors of the medical society," said Virginia Henning, who served as executive director of the Foundation from 2003 to 2012. "I will always be grateful to have benefitted from his wisdom, his steady hand, his grace and his wonderful laugh."

When Dr. Hostetter was chair of the Foundation Board, Henning was serving as director of finance at the Foundation, a position she held from 1994 to 2003 when she became executive director.

"The Foundation greatly benefited from his humbleness, his steady leadership, his wonderful sense of humor – he never took himself too seriously," Henning said. "He was a very humble man with very humble beginnings. He was always there and always present and a very able chair of the board and took it very seriously."

The Foundation is forever grateful to Dr. Hostetter for his dedication to our mission.

Read more about his legacy in the spring 2021 issue of the PHP Update at <https://www.foundationpamedsoc.org/home/about-us/publications>.



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 2021 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

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Dr. and Mrs. Martin L. Freifeld

Virginia E. Hall, MD, FACOG, FACP, and
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Chad P. Walker, DO, FACP
Annette M. Weaver
Heather A. Wilson, MSW, CFRE, CAE

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 substance use disorders, 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 eligible health care professionals 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 of Philanthropy & Hospital Relations at lstorm@pamedsoc.org or (717) 558-7813 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 _____

Name _____

Credit Card Number _____

Address _____

Expiration Date _____

City _____

Please indicate the level of your monthly contribution:

State _____ Zip _____

\$10 \$25 \$50 \$100 Other _____

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: ___/___/___.





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