



MASSACHUSETTS
MEDICAL SOCIETY
ALLIANCE

2017 prisms

The Newsletter of the Massachusetts Medical Society Alliance

REFLECTIONS FROM 2015 TO 2017

How time flies! Looking back at my term in office I re-examine my understanding of the Alliance, and I am left feeling awed and appreciative of the many who have preceded me and left such a legacy of wonderful accomplishments. We *HAVE* made a difference. Certainly, we do many great things to benefit our communities and in the process we make good friends and have fun. Our uniqueness lies in our membership: we are medical families.



MMSA President
Ulku Akyurek, MD, MBA

As we all know, the MMS Alliance has excelled in areas of support, teaching, and advocacy in the past and certainly will continue in the future. When my presidential term began in 2015, the first thing I wanted to do was to reach out to young physician families. Now it is time to look to the future.

Thank you for the opportunity to grow and learn by taking part in so many things. It was a great honor and privilege to be your Alliance president. I would like to thank all my fellow Alliance members for their support — an organization is truly the sum of its members. I wish all my best to our incoming president, Sandra Delgado, with her endeavors.

— **Ulku Akyurek, MD, MBA**



Annual Meeting 2017

2017 prisms

The Newsletter of the Massachusetts Medical Society Alliance

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This issue of *Prisms* is dedicated to Ulku Akyurek, our Immediate Past President. The MMSA is grateful to Ulku Akyurek, for her past two years of enthusiastic and devoted leadership.

Massachusetts Medical Society Outstanding Member

The Massachusetts Medical Society Alliance would like to recognize Dr. Svend Bruun for his dedication to the public health outreach programs. Dr. Bruun is one of the most vital and instrumental members of our organization.

On behalf of MMS Alliance — we would like to thank *you* for your amazing work.



I would like to thank Jill Cricones for her invaluable organizational skills.

— *Ulku Akyurek, MD, MBA*

Prisms is a publication of the Massachusetts Medical Society Alliance (MMSA), an organization of medical students, residents, physicians, their spouses, domestic partners, and friends committed to advancing the health and well-being of the medical family. In conjunction with the Massachusetts Medical Society (MMS), the Alliance educates and promotes good health among the citizens of the Commonwealth of Massachusetts.

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MASSACHUSETTS
MEDICAL SOCIETY
ALLIANCE

A VISION FOR THE FUTURE OF THE MMS ALLIANCE

Message from the 2017–2018 MMS President Henry L. Dorkin, MD

Congratulations to the Alliance on another year of outstanding service to communities across Massachusetts.

The activities reported at the opening session of the House described your numerous accomplishments. Your support has been significant this year to our Foundation, Friends of Boston's Homeless, and Rosie's Place, and your serving meals to the homeless is steadfast and deeply appreciated. You have reached out consistently to those in need throughout the year.

I was impressed to hear of your recent community outreach project sending medical textbooks to the medical students in Brazil.

In the area of advocacy, the Alliance both participated at an opioid crisis seminar at the Shrewsbury High School and distributed materials related with opioids. I commend the work the Alliance has done and will continue to do in this area. I think the Alliance is ideally positioned to have a voice in this area. We are all affected as providers, parents, and — I suspect — patients.

This of course is only a sampling of the exciting projects you have sponsored this year. The MMS Alliance has always been like a family and a home away from home to MMS members. Your support enhances the collegiality of our profession.

Thank you again for everything you do.

In the coming year, I look forward to working with MMS Alliance President Sandra Delgado, President-Elect Sophia Bogdasarian, and Secretary/Treasurer Julianne Hirsh.

I also look forward to working with your Leadership Council and all members of the MMS Alliance.

— *Henry L. Dorkin, MD, FAAP*



Henry L. Dorkin, MD, FAAP

MMS ALLIANCE PRESIDENT SANDRA DELGADO

Vision for 2017 and 2018

It is an honor to have been selected to serve as the president of our Alliance.

I have watched the previous presidents, as well as so many members over the years. This group is different from any other. There is a heartfelt compassion and inner drive to support the principles of our medical society, yet there is also a distinct individuality and focus under each of the Alliance's presidents.

I've watched it in awe at times and only hope that I can maintain this high level of caring and planning that could only come from the heart.

I would like to focus this year on subjects related to opioid abuse. I am deeply concerned about two issues at opposite ends of the spectrum: drug abuse and especially marijuana use in the developing adolescent brain, and the use of opioids and overmedication in the geriatric patient.

The Alliance is experiencing changing needs in the practice and support of medicine. I look forward to working with each and every one of you.

— *Sandra S. Delgado, BSN, MHA*



Sandra S. Delgado, BSN, MHA

2017–2018 MASSACHUSETTS MEDICAL SOCIETY ALLIANCE STRATEGIC LEADERSHIP COUNCIL

The MMSA is composed of its district alliances and focuses on three major areas of focus: Health Promotion, Legislation, and Charitable. The SLC (Strategic Leadership Council) is the initial decision-making and oversight body of the MMSA. Consisting of the elected officers, past state presidents, the standing committee chairs, and presidents of active districts, it meets monthly to administer all programs and special events of the MMSA. The SLC oversees the standing committees' activities (Administration, Communications, and Membership), prioritizes initiatives, and coordinates activities with the MMS.

The SLC formulates the direction of the MMSA for the coming years, including how the MMSA will work with the MMS to support outreach activities and further the objectives of both organizations. In addition, to the long-range planning, the responsibilities of the SLC are leadership development, recruitment and retention of membership, and planning interim and annual meetings.



MASSACHUSETTS MEDICAL
SOCIETY ALLIANCE

MASSACHUSETTS MEDICAL SOCIETY ALLIANCE STRATEGIC LEADERSHIP COUNCIL

Sandra Delgado, President (elected)
Sophia Bogdasarian, President-elect (elected)
Julianne Hirsh, Secretary/Treasurer (elected)
Ulku Akyurek, MD, MBA, Past State President
Mary Kay Albert, Past State President (appointed)
Gladys Chan, Past President (appointed)
Paula J. Madison, Membership (appointed)
Sandra Celona, Co-chair of Administration (appointed)
Mariette Young, Co-chair of Administration (appointed)
Gerrilu Bruun, Chair of Communications (appointed)
Margaret Igne, President, Boston North District
Elise Chan, President, Worcester Central District

THE MASSACHUSETTS MEDICAL SOCIETY ALLIANCE (MMSA)

The MMSA brings physician families together. What can we do for you?

NETWORKING — We offer support for physician families by recognizing needs, sharing common experiences and interests, and providing educational and social networking events. Our members understand medicine, medical issues, and the physician family at all stages of the medical practice from training years through retirement.



HEALTH PROMOTIONS — Our volunteers work to promote healthy communities. The MMSA actively promotes initiatives for anti-tobacco, hand-washing, and injury prevention awareness through helmet safety. We provide education in schools at health fairs and chef-led presentations about healthy eating choices. We are working diligently to increase awareness of the opioid crisis through community education and awareness.



LEADERSHIP DEVELOPMENT — There are opportunities to maximize your personal development in your professional and personal life with training, leadership conferences, mentoring, and more.



PHYSICIAN FAMILY SUPPORT — Support for the physician family and shared concerns for the health of our communities unite our members. Your membership impacts the health of America and the future of medicine.



MEMBER PUBLICATIONS — Members receive *Prisms*, featuring Alliance events, community initiatives, the quarterly electronic newsletter *MMS Alliance News in Brief*, and more.



LEGISLATION — The MMSA increases awareness of legislative issues affecting health care through frequent online updates and alerts, advocacy training, and educational workshops.



A VISION OF A LONGSTANDING MMS ALLIANCE MEMBER PERSPECTIVE

Which presidential accomplishments are you most proud of?

When I was president, we were still quite closely involved with breast cancer activities (e.g., walk on the Esplanade) and the Jane Doe project. We were active with the newly formed MMS and Alliance Charitable Foundation. The state and districts worked closely together. In conjunction with American Medical Association Alliance (AMAA) projects, we celebrated SAVE (Stop America's Violence Everywhere) Day across the state and we embarked on the health literacy project across the state presenting to physicians and at several senior centers. When CSPI (Center for Science in the Public Interest) started Food Day in October, we began working with the help of the Committee on Nutrition. The Worcester district was particularly helpful with promoting Food Day. We distributed the "obesity tree" nationally and across the state. We encouraged legislative action with a visit from "Paul Revere." We celebrated our own strengths with members making presentations on issues relevant to their lives with "Of the People, By the People, for the People" days.

What was one of the biggest challenges you faced?

Membership was, and continues to be, an issue. I was able to reactivate the Hampden district with the help of several dedicated women there. Unfortunately, it did not last more than a few years.

What do you hope to see in the MMS Alliance's future?

In the future, I would like to see the Alliance work with the MMS to help today's physicians regain the feeling of camaraderie they used to share. The practice of medicine has changed radically and physicians are now required to work with more computer-driven regulation and less patient time. This is a complaint heard from both patients and physicians alike. The physician is suffering from burnout now more than ever. We need to offer them support.

How has your experience as Alliance president shaped you?

I learned that I was more capable than I had thought. My first experience at addressing the board was embarrassing as I drew a blank, but I soon learned that public speaking was not "worse than death." It was a very fulfilling experience to work with district presidents to make things happen across the state. I now manage my own life better.

How do you see the effects of your membership working in life today?

When I joined the Alliance, then the Auxiliary, almost 50 years ago, it was a very different group. That was before capitation and the medical community was very close-knit. When my husband started his practice, we were welcomed to the group and its many activities. I stayed on the periphery until my children were almost grown and then gradually became more active. I have met a number of incredible women and many have become friends for life.

I have learned to speak up and become more assertive. The many leadership trainings offered by the AMAA have shaped much of my thinking and behavior. It was very broadening to attend national meetings and see how groups across the country worked with different aspects of community health. — *Nancy B. Ghareeb*



L to R: Francine Vakil, Past State Presidents Gladys Chan, Ulku Akyurek, and Gerrilu Bruun
Sitting: Past State President Nancy Ghareeb

BUT, I DON'T BAKE

A Member's Perspective of Joining the Alliance

Some 12 years ago, Gerrilu Bruun approached me about joining the MMSA and my first response was the above. Little did I know how important the Alliance would become in my life.

Many of you know my story. My husband, Jose, was struck by a car as he was crossing a road. A call from the police and a trip to the ER found him alert, dazed, and in some pain. And then he coded.

I was losing him and in desperation had him transferred to a medical center. Then I called Mary Kay Albert, an Alliance member. By the next day, calls were coming in to inquire, offering a place to stay or just a cup of coffee and a shower.

The nurses in the trauma ICU asked if we were “anybody famous,” for apparently a parade of residents and medical students were checking in on my husband during the wee hours of the morning. When asked, they eventually responded that their mothers had told them to check on Dr. Delgado.

I was ever so grateful when members of Massachusetts Medical Society started calling and calling repeatedly.

My husband, who had been in a coma for over a week, had roused to a level of being alert but confused. He didn't know me and perhaps he never would.

Then it happened. Dr. Alice Coombs, the MMS president at that time, had called the previous evening and I mentioned it to him. He sat very quietly for a lengthy period and suddenly said, “She's a runner and came from California.” Slowly, I started to tell him about how many of the MMS members had called. He started repeating their names, searching, and replied that this one was from Worcester District, that one was in radiology, and so it went on. He was coming back.

Certainly, I didn't enter the Alliance as most do, but later in life and without the connections of children and proximity. But that didn't make a difference.

The Alliance as well as the Massachusetts Medical Society is not just a professional membership. It is so much deeper and dearer than that. It is part of our being, part of who we are and will always be. It is the practice of medicine. It is the practice of humanity and the desire within us.

Thank you for allowing me to be part of our Medical Society and the Alliance. It is a cherished honor.

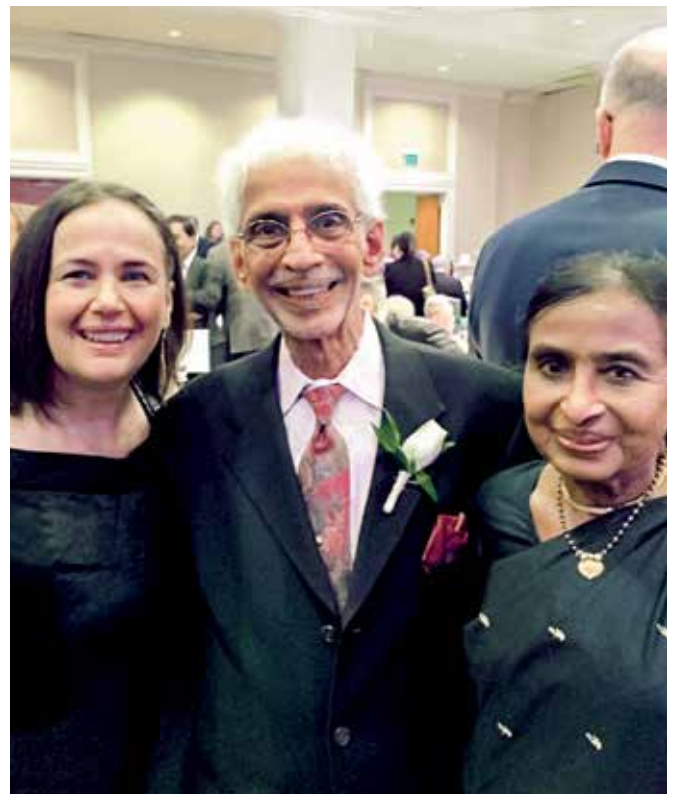
— *Sandra S. Delgado, BSN, MHA*

MAKING A DIFFERENCE

2017 Report from the Boston North District

The MMS Alliance Boston District is very proud to report our projects and achievements during 2016–2017. We would like to thank our state president, Dr. Ulku Akyurek, for being supportive of our projects and social activities.

- ▶ Members attended “The History & Future of Mass Innovation” at MIT. This discussion (presented in conjunction with Boston HUB week by the Massachusetts Historical Society working with the Russell Museum at MGH, MIT, Cambridge Innovation Center, Framingham State University, and faculty from Suffolk University) explored the Commonwealth's place in world-changing innovative discoveries, practices, and policies.
- ▶ Members attended the MMS Suffolk District first meeting of the year at Clerys in Boston on September 30, 2016. The Boston District Alliance was welcomed by Dr. Subramanyan Jayasankar, who pointed out the importance of the Alliance.



L to R: *Margaret Igne, Dr. Subramanyan Jayasankar, and Premala Jayasankar*



Boston North District Meeting

- ▶ A luncheon and installation of officers was held on October 12 with an introduction of our new members at the home of Margaret Igne. We talked about the new plans for the year. It was an honor to have Dr. Fatima Stanford present her project at MGH about nutrition and obesity. Dr. Stanford is member of the district and a member of the MMS Committee on Nutrition. We had 12 interesting and amazing members sharing ideas to make a positive difference in our community.
- ▶ The new and old members enjoyed two films at the Russell Museum during MGH Presents Movie Night: *The Great Moment* and "The Advent of Anesthesia." Snacks were served during this wonderful presentation.
- ▶ On November 12 we attended an MIT presentation of "One Woman's Way through Incest and Joy" by Donna Jenson. Several members of the district attended the event.



Jonathan Igne Bianchi delivered Thanksgiving pies to the New England Shelter for Homeless Veterans in Boston.

- ▶ Alliance member Jonathan Igne Bianchi baked, decorated, and delivered Thanksgiving pies to the New England Shelter for Homeless Veterans in Boston. The Boston district has been keeping this tradition for the past 17 years. The veterans really appreciate this gesture.
- ▶ The district had a full house for our traditional Holiday Celebration. At the home of Margaret Igne, we collected new socks and under garments that were donated to a local shelter. We donated new clothes, Thanks to the generosity of our loyal member Harriet Kantrowitz, we donated new clothes to the Friends of Boston Homeless, Rosie's Place, and Women's Lunch Place.
- ▶ The district attended Dr. Paul Firth's presentation at the Russell Museum of Medicine, MGH, on January 10.
- ▶ The Boston District joined Project Bread Chef Vanessa Labranche for a cooking demonstration. Chef Vanessa introduced new recipes that featured fresh, healthy food. The event took place at the Boston Public Market.

- ▶ Physicians and their families celebrated Doctor's Day at the College Club in Boston with an open dinner buffet and entertainment from the Historical Portrayal, Myths and Miracles of Victorian Medicine.
- ▶ The district continues to send medical books to Brazil adding to a new medical library. Universidade Federal de Recife, Campus Guaranhuns. Alliance members Jonathan and Beatrice Igne Bianchi started this project in 2005, and it has been very successful each year.

2017 Report from the Worcester District

The Worcester District Medical Society Alliance (WDMSA), founded in 1948, is an organization committed to the health and well-being of the community with a longstanding history in collaborating health initiatives with the WDMS.

- ▶ Dr. Lawrence Rhein presented "Ethical Decisions in Neonatology" to students at UMass Medical School who are members of the Medical Ethics Elective Group. The MMSA supported this event by providing dinner for attendees. Many Alliance members attended as well and enjoyed the thought-provoking talk about progress in the field of neonatology.



Dr. Lawrence Rhein presented "Ethical Decisions in Neonatology" to students at UMass Medical School.

- ▶ Residents of Abby House appreciated a luncheon prepared and served by our members.



Worcester Alliance members helped provide a luncheon in honor of Annette Rafferty for her retirement as director of Abby's House for 40 years. L to R: Julianne Hirsh, Paula Madison, Amanda Graves, Usha Upadhyay, Suzanne Dykhuizen, and Zenie Popkin.

- ▶ Paula Madison and Kathleen Thompson hosted evening MMSA meetings combined with book club. This format has been both productive and engaging.
- ▶ The MMS Alliance celebrated Food Day with fourth-grade students at the Belmont Street School. Food Day is a celebration of eating healthy food, being active, and eating locally throughout the year. Amanda Graves, affiliate member, chef, and educator, gave an interactive talk on sugar. The highlight was when a student volunteer measured out tablespoons of sugar one-by-one to guess the amount of sugar in a two-liter bottle of cola. The total amount of sugar was 15 tablespoons. All the students and teachers were flabbergasted. Alliance members prepared and served low-sugar or honey-sweetened snacks for the children to sample.



Neena Patwardhan and Sandra Celona prepared healthy soup.



Healthy snacks for students at Belmont School.

L to R: Amanda Graves, Paula Madison, Laura Newstein, Usha Uphadyay, Fatemeh Malekafzaly, Sandra Celona, Sue Kronlund, Zenie Popkin, and Kathy Nasinnyk

- ▶ Worcester District Alliance member and MMSA President Dr. Ulku Akyurek and Dr. Mustafa Akyurek welcomed us to their home for a festive holiday gathering.
- ▶ District members generously donated items for the MMSA Annual Holiday Boutique. All proceeds benefited the Massachusetts Medical Society and Alliance Charitable Foundation.
- ▶ The enlightening evening presentation “What You Might Not Know about the Food You Buy” and tasting event with John Lawrence of Pepper’s Fine Catering was enjoyed by all.
- ▶ A celebration of Doctor’s Day was held at the Dr. Stephen Ball III House, ca.1800/C’est La Vie Bistro in Northborough.



John Lawrence of Peppers Fine Catering

MASSACHUSETTS MEDICAL SOCIETY AND ALLIANCE CHARITABLE FOUNDATION



The Massachusetts Medical Society and Alliance Charitable Foundation has awarded 20 grants totaling \$203,621 to organizations across the state to support a variety of health care services, including treatment for substance abuse; care for homeless, uninsured, and underinsured individuals and families; and programs that address hunger and oral health care.

Ten agencies are receiving grants from the Foundation for the first time; 10 have previously been awarded grants.

The following agencies are receiving grants for the first time:

- ▶ Cooley Dickinson Health Care, Northampton
- ▶ Interfaith Social Services, Quincy
- ▶ Greater Lawrence Family Health Center, Methuen
- ▶ HealthCare Options, Inc., North Attleboro
- ▶ Worcester Free Clinic Coalition, Worcester
- ▶ Boston University Outreach Van Project, East Boston
- ▶ Massachusetts General Hospital, Boston
- ▶ Life Connection Center, Lowell
- ▶ Cotting School, Lexington
- ▶ Latino Medical Student Association of Boston University School of Medicine, East Boston

Agencies and programs that have previously received Foundation grants, with their 2017 allotments, include the following:

- ▶ Boston Health Care for the Homeless, Boston
- ▶ Amherst Survival Center, Amherst
- ▶ Father Bill's and MainSpring, Brockton
- ▶ Volunteers in Medicine Berkshires, Great Barrington
- ▶ Community Health Center of Cape Cod, Mashpee
- ▶ Hearth, Inc., Boston
- ▶ The Family Van, Roxbury
- ▶ The Sharewood Project, Malden
- ▶ Gavin Foundation, Boston
- ▶ Rosie's Place, Boston

The 20 awards for 2017 bring the total amount of grants made by the Foundation to more than \$3.7 million since the Foundation was established in 2000. More information on the MMS and Alliance Charitable Foundation may be found at www.mmsfoundation.org.

The Foundation is a supporting organization of the Massachusetts Medical Society, the statewide association of physicians, and the MMS Alliance, the organization of physicians' spouses, physicians, medical students, partners, and friends committed to advancing the health and well-being of the family of medicine. The Foundation's mission is to support the charitable and educational activities of the Society and Alliance and address issues affecting the health, benefit, and welfare of the community.

MMSA Annual Holiday Boutique

For the past several years, the MMS Alliance held several fundraisers to benefit the work of the MMS and Alliance Charitable Foundation. Talented Alliance members created and donated the Holiday Boutique held during the MMS Interim meeting. The Holiday Boutique raises thousands of dollars for the Foundation. All funds raised go directly to the programs the Foundation funds, and MMS Alliance support demonstrates the Alliance's continuing commitment to improving the health and welfare of communities across the Commonwealth.



FOOD INSECURITY IN MASSACHUSETTS

Although America is perceived to be a wealthy country with a surplus of food, over 1 in 6 Americans experience food insecurity. Hunger in the United States is not caused by a shortage of food, but it is caused by the continued prevalence of poverty. Unlike other public health issues like disease outbreaks and natural disasters, the issue of hunger is a relatively silent, invisible problem that affects a significant number of residents in Massachusetts and beyond.

Introduction to Food Insecurity

What is Food Insecurity?

- ▶ Food insecurity refers to the state of being unable to access a sufficient amount of affordable, healthy food due to economic restraints
- ▶ The food insecurity rate in the United States is 13.4%

What Causes Food Insecurity?

- ▶ There are a variety of factors that can prevent one from having access to an adequate amount of food such as the following:
 - **Low Wage:** The minimum wage in Massachusetts is \$10.00/hr and the average living wage for a single parent household with two children in Massachusetts is \$29.48/hr, according to the *Living Wage Calculator*.
 - **Unemployment:** There is a 2.8% unemployment rate in MA. People may be unemployed due to an injury or illness that prevents them from being able to work.

How is Food Insecurity Measured?

- ▶ The USDA conducts household surveys that measure food security prevalence. Surveys include the following:
 - **Household Food Insecurity Access Scale (HFIAS)** is a continuous measure of the degree of food insecurity in a household in the previous month



- **Household Dietary Diversity Scale (HDDS)** measures the number of different food groups consumed over a certain reference period (24 hours/48 hours/7 days)
- **Household Hunger Scale (HHS)** measures the experience of food insecurity based on a set of predictable reactions, obtained through a survey and summarized in a scale
- ▶ There are different levels of food insecurity ranging from most secure to least secure, according to the Integrated Food Security Phase Classification (IPC)
 - Generally food secure
 - Chronically food insecure
 - Acute food and livelihood crisis
 - Humanitarian emergency
 - Famine/humanitarian catastrophe

Chronic vs. Transitory Food Insecurity

- ▶ **Chronic**
 - Long term, persistent food insecurity
 - People can't meet their food requirements over a long period of time
 - Results from extended periods of poverty
- ▶ **Transitory**
 - Short-term and temporary food insecurity
 - Sudden inability to meet their food requirements
 - Results from short term shocks

Key Facts

- ▶ In Massachusetts, 1 in 10 households are food insecure.
- ▶ In 2016, more than 266,000 Massachusetts households experienced food insecurity and 123,615 of these households faced very low food security.
- ▶ Many people experiencing food insecurity work, but their income doesn't allow them to keep up with the cost of living.
- ▶ More than 1 in 5 children in Massachusetts are at risk for hunger.
- ▶ Every year, 40% or \$165 billion worth of food is thrown out in the United States. All of this food could feed 25 million Americans.



Spotlight on Organizations and Programs Addressing Food Insecurity in Massachusetts

National Safety Net Programs

Safety net programs refer to welfare programs designed to support low-income Americans. The programs are meant to protect Americans from poverty and hardship if they fall into a difficult financial situation.

- ▶ Supplemental Nutrition Assistance Program (SNAP, formerly food stamps)
- ▶ Special Supplemental Nutrition Program for Women, Infants and Children (WIC)
- ▶ Child and Adult Care Feeding Program (CACFP)
- ▶ Massachusetts Emergency Food Assistance Program (MEFAP)
- ▶ Free and reduced-price school meal programs

Programs Unique to Massachusetts

Project Bread

- ▶ Organizes the annual fundraiser, Walk for Hunger, that increases awareness about food insecurity
- ▶ Teaches two free healthy cooking classes at the Boston Public Market every week

- ▶ Leads a Healthy Incentives Program (HIP) that enables low income families the opportunity to access locally grown fruits and vegetables from farmers markets by using SNAP
- ▶ Has a FoodSource hotline that helps connects food insecure individuals with resources in their community
- ▶ Healthy Shares CSA: Distributes boxes of local produce to low-income families each week through subsidized community supported agriculture
- ▶ *Home Cooking Without a Kitchen* is a cookbook that provides tips for healthy, affordable, kid-friendly recipes for low income families that do not have access to a full kitchen

The Greater Boston Food Bank

- ▶ Distributes 57.7 million pounds of nutritious food to the hungry annually
- ▶ Partners with 530 member agencies and 60 direct distribution programs such as food pantries, soup kitchens, meal programs, senior centers, schools, mobile markets, and more
- ▶ **Brown Bag Program:** Distributes a bag of supplemental groceries to over 8,500 seniors in need every month

Food for Families at Massachusetts General Hospital

- ▶ Screens patients in three health center clinical departments through a survey while patients wait for their appointment
- ▶ Educates providers at health centers about how food insecurity impacts patients and establishes connections with community leaders to ensure continued access for patients seeking food resources
- ▶ Tracks patterns of food insecurity and hunger and connects patients with resources to improve their access to healthy food

Help Fight Hunger

- ▶ Donate food or money to a local food bank.
- ▶ Volunteer at a food bank or soup kitchen.
- ▶ Participate in Project Bread's Walk for Hunger to raise money and spread awareness of food insecurity.
- ▶ Advocate for increased minimum wage.
- ▶ Try to avoid food waste.
 - Participate in a CSA that sells imperfect produce for a reduced price rather than throwing it out.
 - Freeze produce so it does not spoil and can be stored for later use.
 - Plan out meals in advance so you can buy the proper amount of ingredients.



“There are many more organizations throughout Massachusetts that fight against food insecurity, including the Worcester County Food Bank in Shrewsbury, the Food Bank of Western Massachusetts in Hatfield, and the North Shore Moving Market in Salem.” — [Annie Goodman, MMSA Summer Intern 2017](#) — [George Washington University](#)

EVENTS





CORINNE BRODERICK — MMS EXECUTIVE VICE PRESIDENT (RETIRED 2016)

Thank you, MMS Executive Vice President Corinne Broderick, for your recognition and support of the Massachusetts Medical Society Alliance.

We wish you the very best in your retirement.



HEALTH PROMOTIONS

MMS Alliance Health Promotion Activities 2016–2017 Annual Report

- ▶ Hand-washing materials from the “Soapy” campaign (targeting grades pre-K to 3) have been requested and sent to schools throughout the Commonwealth.
- ▶ The annual Anti-Tobacco Poster Contest, sponsored by the Massachusetts Medical Society and Alliance, culminated in the publication of the 2017 calendar. The winners were honored at the Statehouse and thousands of calendars were distributed to schools and physicians’ offices statewide. More than 3,400 children in grades 1–6 submitted entries from across the state.
- ▶ Collaborations with additional MMS committees are in the development phases.
- ▶ Donations for the annual Make a Difference Day, to show physicians and families care, were directed to domestic violence shelters.
- ▶ We have been invited to participate in six health fairs this year. Many have been school-based and covered the entire age spectrum up through grade 12. Over 3,500 students attended.
- ▶ Soapy presentations continue to be requested and often include multiple presentations at each location. At the school fairs, “Soapy” is occasionally in attendance and masterfully works the crowds and distributes his baseball cards.
- ▶ Thousands of health promotion and injury prevention educational materials are distributed. Sports injury prevention and substance abuse information are most frequently chosen. Buckle Up reminder keychains and pencils are always in high demand. There is increasing interest in tick-borne diseases.
- ▶ Guest speakers have spoken on topics including pros and cons of GMOs and organic farming and foods.
- ▶ Links to various current medically related topics are constantly being added to our Facebook page and website. Additionally, MMSA members now receive issues of the MMS newsletter, *Vital Signs*.



OPIOID CRISIS

Massachusetts has seen a significant surge in unintentional opioid-related deaths in the past decade resulting in a public health crisis. The opioid epidemic has been the most pressing public health issue over the past couple of years, and the Massachusetts Medical Society is dedicated to providing educational content for physicians and patients with the goal of reducing abuse of prescription drugs in Massachusetts.

Opioid addiction is now considered a chronic disease of brain motivation, reward, memory and related brain activity. This substance abuse disorder involves continuous cycles of relapse and remission, so patients with this substance abuse disorder require treatment throughout their whole life.

The MMS offers a wide variety of resources including free CME programs, opioid assessment and treatment

tools, referral resources, and webinars for physicians. These tools are intended to help physicians reduce the number of people inappropriately prescribed opioids, carefully monitor patients who require opioid therapy, and understand the role of physicians in increasing access to substance abuse treatment.

The MMS also provides information for patients such as a Patient Fact Sheet so patients understand what opioids are, the addiction risk factors, symptoms of abuse, treatment options, and addiction resources. The MMS emphasizes prevention tactics including proper storage and disposal practices for opioids to reduce risk of abuse.

The Alliance will continue to support the initiatives of the MMS.

ANTI-TOBACCO POSTER CONTEST

The Massachusetts Medical Society and the Massachusetts Medical Society Alliance extend thanks to all of the children, physicians, teachers, nurses, and parents

who participate in the Anti-Tobacco Poster Contest. Students with top submissions are honored at a State House event.

2017 ANTI-TOBACCO POSTER WINNERS



Back Row (L to R): MMS Alliance President Sandra Delgado, MMS Committee on Student Health Sports Medicine Chair Michael Guidi, DO, and MMS President Henry Dorkin, MD, FAAP. Middle Row (L to R): Lianna Morrison, Jessica Guo, Shreya Budakoti, Davin Taylor, and Shaelin Francis. Front Row (L to R): Riley Mead, Shirley Montenegro, Anna Grace Goodman, Madison Rodick, Soumya Gupta, Olivia Daughenbaugh, and Amy Dewitt



Established in 1922, the AMA Alliance (AMAA) is the largest organization representing the physician family. Its nationwide network encompasses all stages of the physician family lifestyle from the training years to retirement. We are the volunteer voice for the physician family!

With over 90 years of history, we have changed from a female-driven social and advocacy group to a diverse membership organization that includes spouses, partners, and physicians of the physician family. The AMA Alliance is proud of its history and is committed to honoring its past by building on the core principles in which

it was founded and focusing on the care and support of those who live within the physician family.

As an affiliate of the American Medical Association, the AMA Alliance is the most valuable organization for today's significant challenges to the physician family in the current medical environment. We support our members by providing resources to help each individual or couple as they negotiate the ups and downs of this unique lifestyle. Our goal is to unite and empower our members. The result is an engaged organization helping each other and the communities in which we live.

MASSACHUSETTS ATTENDS THE 2017 AMA ALLIANCE ANNUAL MEETING

Sandra Delgado, president of the MMS Alliance, and Sophia Bogdasarian, president-elect, were fortunate to attend the AMA Alliance Annual Meeting in Chicago June 10–13. We had a wonderful and productive time. Just networking with fellow leaders of our national alliance was worth the trip, but there was much more to the meeting than that.

The major focus of the meeting was physician burnout and the opioid crisis. Warren Holleman, PhD, spoke about physician burnout. As spouses, we are in a unique position to recognize burnout, and we encourage our spouses to seek help if needed.

Dr. Shawn Ryan and Dr. Kelly Clark spoke about the opioid epidemic and how we need to start treating this problem as a chronic disease, and not the “weakness” of mind and soul that drug addicted individuals are stigmatized with. Here we believe that the MMS is in the forefront of treating this disease.

The keynote speakers on the second day were Robert Nelson, CEO of the National Coffee Association, and Mark Levin, author of *Managing the Membership Experience*, both of whom spoke to us about leadership, engaging change, and building relevancy and member value. The most relevant idea is that we must embrace change. The MMS Alliance is all about the *relationships* we have



with one another, and the younger generations use social media as part of their relationship building. We must make our younger members feel that there is value to their lives to be a part of our Alliance.

The AMAA welcomed us and were pleased to see the northeast represented. They outlined their availability to assist all of the state Alliances with planning and other support services. They reminded us to utilize the talents that each of our own Alliance members possess, as well as advocating for us to reach out to other state Alliances. The success of each state strengthens the network and adds to the bond that our alliances were founded upon.



2017 MMS ALLIANCE ANNUAL MEETING

The 69th Annual Meeting of the Massachusetts Medical Society Alliance was held on April 29, 2017, at the Seaport Hotel, Boston. Ulku Akyurek, president, officially called the Annual Meeting to order at 10:00 a.m. Following the official order of business, committee and district Alliance reports were given. In her 2016–2017

president's report, Ulku highlighted three main state-wide health promotion projects — Health Eating, Soapy, and SAVE (Stop America's Violence Everywhere) initiatives. MMS President Dr. Hank Dorkin joined us during the luncheon with an overview of his plans for the Medical Society and the Alliance.









MASSACHUSETTS MEDICAL
SOCIETY ALLIANCE

Making a Difference

Dear Friend,

The 2017–2018 season for the Massachusetts Medical Society Alliance (MMSA) is well under way and we invite you to join us once again. Please take a moment to **renew your membership today** and remain part of this vital organization.

The greater the number, the stronger is our voice.

Through legislative advocacy and by working in conjunction with the Massachusetts Medical Society, our voice is heard. Through our ongoing commitment to the MMS and Alliance Charitable Foundation, we raised funds that contributed thousands of dollars to support volunteer initiatives to improve the health of Massachusetts.

I look forward to hearing from you.

Best Regards,

Sandra S. Delgado
MMSA President

For more information, call the Alliance office at (800) 322-2302, ext. 7372,
or by email at alliance@mms.org. You can also visit our website:
www.mmsalliance.org.



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TEL (781) 434-7372 TOLL-FREE (800) 322-2303, EXT. 7372 WWW.MMSALLIANCE.ORG

MASSACHUSETTS MEDICAL SOCIETY ALLIANCE PAST STATE PRESIDENTS

Harriet Johnson — 1948–49
Elizabeth Ayers — 1949–50
Hester Root — 1950–51
Abigail Lebrecht — 1951–52
Kathryn McCabe — 1952–53
Frances Ward — 1953–54
Marie Campbell — 1954–55
Florence Angley — 1955–56
Elizabeth Cheney — 1956–57
Ethel Chatigny — 1957–58
Mary Wheeler — 1958–59
Elizabeth Ross — 1959–60
Katherine Hines — 1960–61
Mary Morrin — 1961–62
Rose S. Rapoport — 1962–63
Alberta Holden — 1963–64
Ruth Michelson — 1964–65
Margaret Butts — 1965–66
Evelyn Fierman — 1966–67
Margaret Dias — 1967–68
Marise Zellman — 1968–69
Claire Bagenstose — 1969–70
Gretchen Kraus — 1971–72
Mary Terzian Killelea — 1972–73
Peggy LaVigne — 1973–75

Catherine G. Matzilevich — 1975–77
Ann Bouras — 1977–79
Jane T. Condon — 1979–80
Dorothea S. Rodkey — 1980–82
Claire B. Gordon — 1982–83
Vi Meeker — 1983–85
Anna A. Ferguson — 1985–86
Sharyn Dingman — 1986–87
Patricia L. Boyd — 1987–88
Veronica A. Gregg — 1988–90
Sandra Celona — 1990–92
Mary Firth Corcoran — 1992–94
Jeanne K. Gaz — 1994–96
Mariette A. Young — 1996–98
Bonnie B. Lavoie — 1998–99
Gerrilu H. Bruun — 1999–00
Beverly A. George — 2000–01
Nancy B. Ghareeb — 2001–03
Vanessa P. Kenealy — 2003–05
Margaret Igne Bianchi — 2005–07
Mary Kay Albert — 2007–09
Marie-Christine Reti — 2009–11
Gladys Chan — 2011–13
Paula J. Madison — 2013–15
Ulku Akyurek, MD, MBA — 2015–17

MMS ALLIANCE DUES

Join us and let your voice be heard

Every member has the opportunity to learn about current health issues when serving as a liaison to a MMS committee. Every member may attend MMS educational programs at free or reduced rates. Check out the MMS Alliance website and Facebook page for regular updates and the latest posts sharing information about our district and state events and posts on health issues. The AMA Alliance has posted links to all of the county and state websites on the AMA Alliance webpage.

JOIN TODAY!

FOR MORE INFORMATION VISIT WWW.MMSALLIANCE.ORG FIND US ON FACEBOOK



\$10 annually — Medical Students or Spouse/Partner *(includes district, state, and national dues)*
\$25 annually — Residents, Fellows, or Spouse/Partner *(includes district, state, and national dues)*
\$75 annually — Regular Members *(includes district, state, and national dues)*
\$25 annually — Affiliate *(includes district and state dues)*



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