



Incoming Executive Board to be Installed

On Wednesday, May 9th, the members of the 2007-2008 Lee County Medical Society Alliance and Foundation Executive Board will be installed during a ceremony to be held at the Sunshine Cafe in Ft. Myers. The following are brief biological sketches of each member of the incoming board:

Co-President Jennifer Kim: I am originally from Seoul, Korea. As such, I am bilingual, speaking Korean and English. The majority of my time was spent in Atlanta, Georgia, which is still the primary residence for my parents. I attended the University of Georgia where I majored in Actuarial Science with a minor in Risk Management. After graduation, I worked my way up the East Coast to New York, where I worked as the Director of Underwriting for Munich American Risk Partners. I moved down to Fort Myers in 2002 after marrying my wonderful husband, Michael Kim, who is a Board Certified Plastic Surgeon. I became a member of the LCMSA&F in 2003. In the past, my hobbies have included tennis, volleyball, and reading. After moving down to Fort Myers, I took up golf. In 2006, I had the privilege of becoming a mother to my beautiful son, Matthew.

Co-President Mary Macchiaroli: I am very excited about serving as co-president with Jennifer. I too became a member of the LCMSA&F in 2003 after following my husband, Rich, to Fort Myers. I was born in Washington, DC. Rich and I grew up in the small town of Fort Washington, Maryland, just outside of the city. We met in college and have been married 12 years. I graduated from the University of Maryland with a degree in English Literature, which I used for a few years as an editor and publisher for a small publishing house in Washington. In order to move here, I "retired" from my dream job as Director of Field Operations for the National Association of Home Builders.

Rich is a board certified Emergency Medicine doctor at Lee Memorial and HealthPark. He and I enjoy dining out, boating, golfing, skiing, scuba diving, and (most of all) spending time with our four-legged, furry "children" Cosmo and Charley. In addition to the LCMSA&F board, I serve on the board of the Animal Refuge Center

Vice President Christina Prendiville: My husband and I have lived in Fort Myers for almost six years. Stephen is a fellowship trained facial plastic surgeon with his own practice. Our children are Sophia (6), James (4) and Stephen (2). James and Stephen were born here.

I am originally from Santa Barbara, California where I attended high school and graduated from the University of California, Santa Barbara. After graduation, I moved to Washington, DC, and worked before graduating with a Masters Degree of Library and Information Science from the University of Maryland. That led to my job at an international executive search firm next door to the White House. At Russell Reynolds Associates, Inc., I was the lead Research Associate for the Software and Technology Practices. I lived in Washington, DC, for nine years, having met Stephen, who had graduated undergraduate and medical school and residency from Georgetown University. After Steve's residency, we moved to St. Louis where he had accepted a Facial Plastic Surgery Fellowship. I continued working, telecommuting, until Sophia was born. I have been active in the community since we moved here in 2001. As a member of the LCMSA, I chaired the Holiday Share Card fundraiser (2004) have been chair and co-chair of the playgroup for three years, membership co-chair (2005-2006) and this year a member of the Nominating Committee. I have also been involved with other local organizations and currently direct all marketing activities for my husband's practice.

Save the Date



Don't miss the Annual Installation Luncheon Wednesday, May 9th, 11 AM at Sunshine Cafe. FMAA President-Elect Elaine Hale will preside over the installation of the 2007-08 officers. RSVP to Michele Tyson.

Details inside for the following May events:

- May 9 Installation/General Meeting
 - May 11 Supper Club
 - May 17 LCMS Legislative Meeting
- We invite and welcome your participation at all Alliance and Foundation meetings and events!

President's Corner

"Prescription for Success"

Progress



Michele Tyson

Progress, Pride, Positive Thinking, Participation, Purpose, are some of the words that come to my mind as I sit here writing my last message to you as President of the Lee County Medical Society Alliance. As I prepare to end my tenure as President this May, I look back with pride on all the progress that was made this past year.

- We welcomed 6 new physician's spouses at our Welcome Brunch.
- Through our Mini-Grant Programs, we donated \$30,000 to various worthy non-profit, health/medical organizations.
- 300 Medi-Bags for personal hygiene were assembled and donated to the Salvation Army shelters for the homeless.
- The AMA Holiday Sharing Card raised \$3,525 for medical school research and medical student scholarships.
- Over 1,700 Lee County school children participated in the Buckle Bear program which teaches the importance of "buckling up in the car."
- Through the FC/PRN citrus sales, we raised money for physician families affected by drug and alcohol abuse and mental illness.
- The LCMSAF hosted the Dinning Under the Stars at the Bell Tower on April 28, 2007. The progressive dinner is expected to raise \$35,000 to benefit the Alliance Foundation Mini-Grant Program and Endowment Fund.
- At the Potluck in Paradise, we were able to meet new friends and enjoyed seeing our old friends.
- Newsletter
- The Supper Club has taken us around the world as our taste buds have experienced different cultures from: French, Italian, and Indian to name just a few.
- Play Group has allowed for our Alliance children to laugh and learn from each other while the mothers enjoyed themselves.
- Over 1,200 Lee County students participated in the Stride Right program teaching children to eat healthy and exercise.
- Over 1,000 Lee County Students participated in the SAVE program (Stop American Violence Everywhere).
- The Holiday Charity Basket raised \$1,010 which went back to the LCMSAF endowment fund.

Congratulations for a job well done and thank you to all the hard working members who contributed to our progress. May is also a time to look ahead to the future of our Alliance. The 2007-2008 Executive Board is composed of both experienced and new members who together will work to ensure that our Alliance is growing stronger than ever before and moving in the right direction. I encourage you to support our new board and all their endeavors. Thank you for giving me the opportunity to serve as the President of the Alliance and Foundation. I am very grateful to my husband, family, and all those who have supported the Alliance and me on a more personal level.

Michele Tyson

Board Bios continued from front page...

Treasurer Nicole Laquis: I am originally from Massachusetts. I earned my Bachelor of Science degree in Biology from the University of Maryland. I then did research at Walter Reed Army Medical Hospital in Washington, DC, and worked as a scrub technician in labor and delivery for a year in between undergraduate and graduate schools. My husband, Stephen and I met at Yale University while I was earning my master's degree and he was in residency. We moved to Memphis for his first year of fellowship and I worked as a Pediatric Nurse Practitioner at St. Jude Children's Research Hospital. We then moved to Nashville for his second year of fellowship and worked as a Pediatric Critical Care Nurse Practitioner at Vanderbilt Children's Hospital. We moved to Florida in 2002 when Stephen opened his own Oculoplastic practice. I worked full-time as a primary care ARNP until I had my first child, Nathaniel, in November of 2004. We recently had our second son, Christian. I am very involved in both the Lee and Collier County Alliances and work as the Practice Director at my husband's office.

Corresponding Secretary Anne Wittenborn: I am excited to be serving as the incoming corresponding secretary! My husband, Will, and I moved here in July, 2003, in search of the perfect place to raise a family and practice Plastic Surgery. I was introduced to the alliance at the Welcome Brunch that fall and have been a member since. Originally from an exit in New Jersey, I never thought life existed outside of the "Northeast". I am happy to say I was wrong! College took me to Ashland, Virginia, where I earned my BS in Sociology and Biology at Randolph Macon College. I then returned to Princeton to become a research biologist in agricultural fungicides. After four years, sales called my name and I joined Merck. They graciously created a position for me each time Will and I had to move, (residency and two fellowships!) After eight years, I "retired" to start a family. I am now a stay-at-home mom for our two children, Walker (4 years) and Peyton (2 years). Each day always brings a surprise and a smile at this age! I enjoy photography, interior design, golf (although I'm not very good), boating and entertaining. I look forward to my new position on the board!

Recording Secretary Glynn Garramone: I have been married to my husband, Ralph, for 13 years, and we have lived in Ft. Myers for seven years. I am a registered nurse, and am currently the office manager for my husband's practice in Ft. Myers. I received my BSN from the University of Connecticut. Ralph and I have three children, Grace is nine, Max is eight and Oliver is four. I love knitting, needlepoint and tennis.

Parliamentarian Sherry Zucker: I have been a member of the Alliance for 17 years. I have worked on numerous projects and committees and I served as President from 1995-1996. For the past ten years, I have chaired the Buckle Bear program. I am a native Floridian and love doing health-related volunteer work due to my background as an RN. I am married to Ira, a Urologist, and am a mother to Brian (19) and Marc (16).

Immediate Past President Michele Tyson: My husband Toby, my son Pierce and I moved to Ft. Myers in May of 2001 from Charleston, SC. In 1991, I graduated from the University of South Carolina, with a Bachelor of Science from the College of Applied Professional Sciences. Upon graduation, Columbia Business Equipment offered me a position as a sales representative, which I accepted. Two years later, Wyeth Ayerst Pharmaceutical's offered me an opportunity to become a pharmaceutical representative. When my daughter Holland was born I resigned from Wyeth Ayerst after 10 years of employment with them.

While living in Charleston, I met my husband Farrell "Toby" Tyson while attending a Charleston Charitable Society function. He proposed after 7 weeks. Eight months later we were married in my hometown of Columbia, SC at First Baptist Church. We have been happily married for 8 years. Our son Pierce is six years old and our daughter Holland is four. Currently I do part time work with my husband as the Public Relations Director at Cape Coral Eye Center, trying to help build referrals and educate referring physicians about his ophthalmology practice. Since moving here in 2001 I have been involved in the Lee County Medical Society Alliance. I helped with the Holiday Charity Baskets for 3 consecutive years. I served as Corresponding Secretary for 1 1/2 years and worked with History and Archives. Last year I co-chaired our fundraiser, Dining Under the Stars, and also Reaching Out. My hobbies and activities are photographing my children 24/7, scrap booking, running, working out, tennis, and spending time with my family and friends.

Board Bios, continued...

Nominating Committee Member Jodi Johnson: My family has lived in Fort Myers since I was 5 years old so I am almost a native Floridian. I left Ft. Myers to attend the University of Florida where I graduated with a Master's Degree in Education and specialized in reading. After graduating, I stayed in Gainesville for a couple of years to teach third grade and then lived in Charlottesville, Virginia, for three years where I taught second grade. I moved back to Fort Myers in 1999 and taught third grade at The Community School of Naples for four years. During that time, I met my husband, Tom Johnson, on a blind date. He is an ER doctor at Southwest Regional Medical Center and has recently opened up an Urgent Care Center off of Three Oaks Parkway in Estero. After we married, I left Community School and began teaching fourth and fifth grade science at Canterbury School. I taught there until we had our daughter, Katie, who is now 18 months old. I currently stay home to raise our daughter and also tutor two afternoons a week. I enjoy cooking, spending time with my family, and working out at the gym. This past year I organized playgroup, and I look forward to continuing to work with the Alliance.

Nominating Committee Member Elaine Green: I am originally from Charleston, WV. My husband, John, and I moved here in 2001 to be closer to family on both coasts of Florida. We had previously lived in New Jersey and Connecticut. That is where I worked as a case manager and in utilization review for large insurance companies. Previous to that, I obtained my diploma at Jackson Memorial Hospital in Miami and my BSN at the University of Miami (GO CANES!). I worked in cardiothoracic and surgical intensive care units. Presently I am managing my husband's internal medicine office. I am also involved with the Gulfcoast Symphony (husband is principal flute) and my church. I want to add the community work of the Alliance is excellent and thanks to you all who put in so much more time.

Legislative Update

by Betty Rubenstein

About the time you read this article, the 2007 Legislative Session would have ended. If we were unsuccessful, patients will be able to sue any Physician even slightly affiliated with a case for the full amount of a medical liability award, medical malpractice rates will be on the rise and medical reimbursement will be on the decline. However, if this session went well due to previous support by FLAMPAC and the MD1000 Club members, physician friendly legislators will be helping us avoid these bad legislative outcomes.

We are going to face these issues and MORE that directly affect physicians' ability to make a living and treat patients optimally OVER and OVER again! THEY WILL NOT GO AWAY!

I would like to thank the following members of the MD1000 Club for their membership at the LCMSA \$200 level: Nancy Barrow, Nancy Burton, Rose Boothby, Elizabeth Caangay, Bobbie Daitch, Chely Dosoretz, Elaine Green, Rachelle Isaacson, Li-Su Javedan, Nicole Laquis, Mary Macchiaroli, Alice Manuelidis, Betty Rubenstein, Ann Shah, Veronica Towe, Michele Tyson and Sherri Zucker.

The following are MD1000 Club members at the LCMSA \$1000 level over a 2 year election cycle: Dr. Stu Bobman, Drs. Eleanor and Peter Blitzer, Dr. Mike Collins, Dr. Jonathan Daitch, Dr. Michael Frey, Dr. Elliott Hoffman, Dr. John Kagan, Dr. Valerie Dyke and John Miksa, Dr. & Mrs. George Markovich, Dr. Steve Priest, Dr. Jay Rizzo, Dr. Jim Rubenstein, Dr. Joseph Walker, Dr. Michael A. Weiss and Dr. Steve West.

If your name is not on the about list, PLEASE sit down and write a check now! If you would like to join at the \$200 LCMSA level, just write a check of \$100 made out to a medicine friendly advocacy group: "People for a Better Florida" and mail it to me at: Betty Rubenstein. I will be calling you closer to an election for the second \$100 of your commitment when I will get an Action Alert for a medicine friendly candidate who is in need of money to get elected. I will then instruct you who to make your check out to.

Please support MD1000 Club and FLAMPAC! The time is ALWAYS right to join! If you have any questions, please do not hesitate to call me. Thank you!

Calendar of Events

<u>Date(s)</u>	<u>Event</u>	<u>Location</u>	<u>Time</u>
May 9 May 11	Annual Meeting/Installation Supper Club	Sunshine Cafe, Ft. Myers Cafe Cibo	11:00 am 7:00 pm
June 23-26	AMAA Annual Meeting	The Drake Hotel, Chicago, IL	
July 1 July 15	Awards of Excellence of Application Deadline Fund for Better Health Application Deadline		
August 23-26	FMA and FMAA Annual Meeting	Westin Diplomat, Hollywood, FL	TBA

Watch for invitations and details in upcoming newsletters. Visit www.lcmsa-online.org for up-to-date information. Dates and venues are subject to change.

Cookbook Update

by Michele Tyson

Summer is quickly approaching us. Soon our children will be out of school for summer break. Many children will be home and want some healthy snacks. We would love to include some healthy recipes directed for children. If you have any, please e-mail them to us. Our new Lee County Medical Society Alliance & Foundation cookbook needs more recipes. As the year is coming to an end, so is the deadline for recipes. Please send your recipes ASAP. Remember to send all submissions to Michele Tyson, Juli Bobman or Rena Gezzar.

Yogurt on the Go

Homemade by Michele Tyson

Ingredients:

3/4 c. Light fruit-flavored yogurt
1 Tbsp. Raisins
1 Tbsp. Sunflower seeds

1/3 c. Strawberries

Directions:

Mix all ingredients in a plastic cup.

Dining Under the Stars



The Chairs of the Dining Under the Stars event: Anne Wittenborn, Nicole Laquis, Fran Reynolds, and Tami Traiger

Bravo to the chairs of the 2007 Dining Under the Stars event! Anne Wittenborn, Nicole Laquis, Fran Reynolds and Tami Traiger hosted a truly spectacular evening. Over 120 people attended. It started with a lavish cocktail reception in Saks Fifth Avenue. The wine and champagne flowed, the hors d'oeuvres were passed, and the entire store was open only to the guests of the LCMSA. Following the reception, everyone moved to Bistro 41 for a delicious dinner. Following dinner, dessert was served under the stars in center court. Coffee was provided by Blackhawk and a selection of delectable desserts were provided by Cantina Laredo and Mimi's Cafe. The evening was capped off with cocktails, free cigars and dark chocolate-dipped strawberries back at Bistro 41. Many thanks to the chairs for putting together such an fantastic evening and to the sponsors for making it all possible. The August issue of *In Touch* will feature a complete wrap-up of the event.

STRIDE RIGHT: FOUR YEARS AND COUNTING

by Ann Shah and Karma Marino

This marks the end of the LCMSA&F's fourth annual "Stride Right: A Fitness for Life Program." Special thanks to Li-Su Javedan and Deana Henn for Co-Chairing the program this year! Due to their fresh perspectives and original ideas, Stride Right has benefited with new sponsors, innovative activities and improved incentives. The program would not have continued and thrived without all of their hard work!

Students in Lee County again learned the importance of a healthy lifestyle, including getting regular exercise and maintaining a balanced diet. This was the third year of Stride Right at Villas Elementary School in Fort Myers (Sept 14 - Oct 23) and the fourth year at Diplomat Elementary School in Cape Coral (Oct 27 - Dec 12). There was continued increased participation among students, teachers, staff and parents, who have now essentially taken charge of the routine implementation of the program in their schools. Thanks also to these volunteer committees and to our charitable corporate sponsors, including Sweetbay Supermarkets, Velda Farms, Wolfer Produce, Sun Harvest Citrus and BJ's Wholesale Club.

Stride Right also received another \$5,000 from Blue Cross and Blue Shield of Florida this year, for a total contribution of \$13,000 to date! This very generous donation will be used to fund the expansion of the project to other schools in the near future.

To this end, we are currently working with Francesca Donlan of the News-Press to incorporate Stride Right into "Healthy Kids, Healthy Living", a pilot program sponsored by the Lee County School District, Lee County Health Department, and many other local organizations to help combat childhood obesity by encouraging elementary school students to exercise more and eat healthier. Given similar objectives and complementary resources, these two programs are an excellent fit. Healthy Kids is currently being conducted at five local schools: Gateway Elementary, Heights Elementary, Michigan International Academy, Trafalgar Elementary and Sunshine Elementary. Our goal is to implement Stride Right in each of these additional schools next year.

We are excited about this opportunity to combine forces with other established local organizations in order to achieve the proliferation of this award-winning healthy lifestyles program. Four years and counting....look for future updates on Stride Right's progress!

AMA Alliance Annual Meeting

The AMAA Annual Meeting will be held once again at the Drake Hotel in Chicago. Tami Traiger has been selected as a county representative for the State of Florida to be a delegate at this meeting. AMA Alliance delegates will convene June 24 to June 26 for the 84th Annual Meeting of the House of Delegates. During the Annual Meeting, delegates plan the future of the Alliance by setting public health priorities, electing officers and voting on proposed Bylaws changes that will expand the membership base and establish strategic direction for the organization that represents members' interests. All members of the AMA Alliance are invited to this annual policy-making event and welcome to participate in the special activities planned in conjunction with the meeting.

Doctors' Day

By Tami Traiger

On Saturday, March 24th, the Lee County Medical Society Alliance honored the Physicians of Lee County and celebrated Doctors' Day with a cocktail party at the Lee County Medical Museum. National Doctors' Day provides an opportunity for people to show appreciation to the doctors who care for them or their loved ones. Each attending physician at the event was presented with a red carnation, the official symbol of Doctors' Day. The color red denotes love, charity, sacrifice, bravery and courage. The carnation flower itself symbolizes divinity, rejoicing, and coronation which denote honorary distinction.

Dr. Jacob Goldberger and Dr. Roger Scott welcomed about 50 guests to the Museum and introduced the guests to the ever growing collection of medical antiquities and memorabilia that the Museum has gathered over the past few years. The Museum is continuing to grow under the leadership of their board and the help from the community, with the hope of a permanent home in the future. Should anyone wish to volunteer their time or make a financial contribution to the museum, please contact Ann Malone for more information. The event was graciously sponsored by Edison National Bank and the Lee County Medical Society Alliance.

2007 LCMSA New and Renewing Members

Thank you to the following members for renewing their commitment to the alliance by paying their dues.

Lisa Andrews	Debbie Fransway	Dr. Raymond Kordonowy	Dr. Georgia Rodriguez
Becky Antonucci	Chara Free	Lynn Kowalsky	Betty Rubenstein
Lynn Bacon	Eloise Etorma Frey	Sara Krivisky	Tammy Sadighi
Nancy Barrow	Irene Fuchs	Laurel Kunst	Michelle Sager
Ramsey Beaulieu	Candy Fuller	Noreen Kurlan	Aileen Santiago
Siobhan Benbenisty	Rhonda Fuller	Renee Lane	Jeanette Schurman
Elise Blitz	Maria Galang	Nicole Laquis	Deena Schwartz
Dr. Elanor Blitzer	Pam Gardner	Natasha Larson	Monica Schneider
Dr. Mary Blue	Glynn Garramone	Dr. Jitka Vasek Leigh	Cindy Schwartz
Juli Bobman	Syliva Gerson	Molly Levine	Dr. Ann Shah
Rosemarie Boothby	Dr. Kimberly Ghuman	Robin Liebowitz	Robert Sharkey
Patty Borden	Ruth Gillie	Harriet Lipschutz	Betteann Sherman
Beatriz Borrego	Susan Glasser	Dr. Marilyn Young Liu	Barbara Siegel
Debbie Bretton	Thad Goodwin	Sue Lozano	Dr. Shari Skinner
Pat Brown	Thomas Scoufis	Mary Macchiaroli	Diane Seidenstein
Ernestine Bruno	Lynne Gorovoy	Sara Manibo	Cynthia Smith
Gena Burtch	Anna Gregg	Dr. Christina Mantz	Robin Sonn
Nancy Burton	Elaine Green	Alice Manuelidis	Marietta Steinmetz
Elizabeth Caangay	Sherry Gross	Angela Marcucci	Kelli Slutan
Dr. Franky Campanile	Jennifer Guadiz	Dr. Karma Marino	Dr. John Snead
Ann Carrasquillo	Jean Hannan	Amy Markovich	Lucy Strathman
Cindy Castellanos	Mary Hanton	Suzi Martin	Victoria Sweet
Linda Chazal	Molly Harris	Monika Martinez	Maria Tejera
Robin Collier	Lisa Harris	Holly McKenna	Karen Tienstra
Kristin Collins	Beth Harrison	Traci Mehalik	Lisa Tolep
Michael Collins	Janice Heligman	Diana Mehlman	Dr. Tovar-Dias
Abby Conrad	Deana Henn	Dr. Deborah Miller	Tami Traiger
Linda Conrado	Katherine Henricks	Barbara Mintz	Dr. Panagiotis Tsakalakis
Cynthia Corbellini	Valerie Hoffman	Marilda Monserrate	Michele Tyson
Tracy Cullimore	Marlene Hood	Melodee Morell	Dr. Linda Veraja
Michele Curcione	Rachelle Isaacson	Judy Murray	Sally Walker
Bobbie Daitch	Li-Su Javedan	Anna Novotney	Fern Weiss
Kathy Danehy	Jodi Johnson	Jody O'Konski	Karen Weiss
Ofelia David	Sally Joslyn	Cheryl O'Mailia	Jane West
Judi Davis	Carol Jugan	Rozzie Osterman	Colleen Wing
Eleana D'Angelo	Elizabeth Kagan	Merrill Palestky	Anne Wittenborn
Maria Del Sol	Shelia Kagan	Debra Penuel	Dr. Jasper Yankaskas
Chely Dosoretz	Paula Kalemeris	Marie Camille Pinto	Vicki Zellner
Dr. Valerie Dyke	Kimberly Kammerlocher	Leslie Porter	Robert Zivkovic
John Miksa	Susanne Kantor	Christina Prendiville	Sherri Zucker
Terri Eisenfeld	Judy Kash	Evelyn Preudhomme	If you have not done already, please send
Lisa Evans	Dr. Evelyn Kessel	Paul Raskauskas	your check for \$115 payable to LCMSA
Dr. Shameena Taraton	Jennifer Kim	Valerie Raymond	to: LCMSA Membership,
Faisel	Kethleen Kirley	Dr. Mary Reardon	13300-56 S. Cleveland Ave., #112
Stephanie Farmer	Dr. Ronica Kluge	Fran Reynolds	Fort Myers, Florida 33907
Fran Fenning	Karen Knific	Barbara Rodriguez	
Jan Fifer			

LEE COUNTY MEDICAL SOCIETY ALLIANCE

Mission Statement: Our purpose is to work in partnership with the Lee county Medical Society to promote health education, to identify and address health care needs and issues, to encourage involvement in legislative education and to support health-related charitable endeavors.

LCMSA AND FOUNDATION OFFICERS

President: Michele Tyson
 Presidents-Elect: Jennifer Kim
 Mary Macchiaroli
 Vice President: Traci Mehalik
 Treasurer: Nicole Laquis
 Recording Secretary: Anne Wittenborn
 Corresponding Secretary: Alice Manuelidis
 Parliamentarian: Nancy Barrow
 Immediate Past President: Tami Traiger
 Membership: Glynn Garramone
 LCMSA NEWSLETTER
 Editors: Michele Tyson/Veronica Towe

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