

28 Magnetic Meetings

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*This compilation of meeting ideas has been created as
a gift honoring 2004-2005 AMA Alliance President
Jean Howard.*

*May you use the ideas you find here
to create magnetic meetings that
help your Alliance membership grow
by leaps and bounds.*

— Table of Contents —

Section One: Looking Out for Children & Teens... 2-8

Section Two: Legislative Issues Can Be Fun... 9-11

Section Three: Taking Care of Members... 12-17

Section Four: Focusing on Your Medical Marriage... 18-22

Section Five: Having Fun Together... 23-29

Section One: Looking Out for Children & Teens

Meeting #1

Topic - Key Content:

Collect items to fill backpacks to provide essential items to children arriving at a shelter.

Catchy Theme/Title for Meeting:

Just Stuff It

Networking (How will we help people meet each other):

1. Getting together to put back packs together, planning, name tags
2. Children invited
3. High School volunteers

Education (How will people learn something new):

The speaker who used shelter and made a success of their lives and how shelter assisted them, needs, etc.

Helping Others:

Children who arrive at shelters will have items that they need

1. Your own children can help
2. Include SAVE materials

Making it Fun:

Lunch will include soup and "stuff your own pita"

Game — names who have been homeless and now success — Whoopi Goldberg, Jewel, etc.

Meeting #2

Topic - Key Content:

Childhood Obesity

Catchy Theme/Title for Meeting:

Roll the Dice for a Healthier Life

Networking (How will we help people meet each other):

Name tags with dice. Members change table each round, so they get to mix with other members. Give out instructions and rules in a fun booklet.

Education (How will people learn something new):

Serve healthy food.

Hold it in health food restaurant.

Prizes — Healthy prizes for Bunk of winners

Helping Others:

Guest speaker who will give us statistics on how large this problem.

Feedback from group on how we can implement the food pyramid in our schools and our home, increase physical family activities. Ask for volunteers to hand out. It can be health books in their schools.

Making it Fun:

Chinese auction — example of items — healthy baskets, certificates for health club, massages, spa treatment, getaway weekend, date with a dietician or a personal trainer

Meeting #3

Topic - Key Content:

Childhood Obesity

Catchy Theme/Title for Meeting:

Don't Supersize Your Life

Networking (How will we help people meet each other):

Name tags — burgers, fries, milk shakes, chicken nuggets, big gulp. Go to table center piece to match.

Education (How will people learn something new):

Local panel of experts — nutrition/physician/dietitian

Helping Others:

Recruit Alliance volunteers to go note schools (adopt a school) for hands on activity about fitness and diet. Alliance booklets or student artist distributed to schools. Or dressing up as fruit—singing fruits and vegetable song, pass out booklet.

Making it Fun:

Door prize of healthy items — pedometers. Salad bar, salad bar/health club visit. What are your kids eating? Guessing game re: calories and fat content.

Meeting #4

Topic - Key Content:

Home Away From Home

Catchy Theme/Title for Meeting:

Share the Love Shower — February meeting; Making Ronald McDonald Smile
— Support Ronald McDonald House

Networking (How will we help people meet each other):

Invitation to include families, McDonalds Happy Meals for kids, Ronald McDonald clown to entertain. Held Saturday near Valentine's Day 11:00 AM - 1:00 PM

Education (How will people learn something new):

Tour of Ronald McDonald House, talk from someone who has stayed at the house or someone who could have used it but wasn't there.

Helping Others:

Bring gift for Ronald McDonald House and/or bring frozen food to be stored at house for guests to use (Director of Ronald McDonald House to let attendees know volunteer opportunities at house.

Making it Fun:

Door Prize — one for men/women/kids
Adult lunch — potluck with shared recipes
Ronald McDonald clown to entertain kids.

Meeting #5

Topic - Key Content:

Child advocacy in Our Community

Catchy Theme/Title for Meeting:

Purls of Wisdom, Purl' Party

Networking (How will we help people meet each other):

Use colored pearl necklaces or knitting needles or yarns to define groups.

Education (How will people learn something new):

We will identify members who have knitted experience to teach other members.

Helping Others:

We are having these members create items to donate to community services. Every child would benefit by our blankets.

Making it Fun:

Board members wearing items they have created. (Some better than others!). Play "pearl related" music. Serve tapioca pudding. Pictures in newsletter.

Meeting #6

Topic - Key Content:

Teens and Herpes II

Catchy Theme/Title for Meeting:

It's a Crap Shoot — Teens & Herpes II

Networking (How will we help people meet each other):

Get to know one another playing Vegas-style games; break into small groups to discuss topics of solutions;

Education (How will people learn something new):

Herpes, how to prevent; what it is; how it's transmitted; how to educate your children; testing options and information; how to talk about difficult topics;

Helping Others:

Sign-up volunteers to discuss the topic with parents and teens/students; host events for community to come to Medical Society building for topics;

Making it Fun:

Vegas-style games; prizes; have members dress up and play-the-part; music; snacks.

Meeting #7

Topic - Key Content:

How Advertising affects our teens & TAPP (Teen's AIDS Prevention Program). How we can reduce pregnancy and STD's in our schools

Catchy Theme/Title for Meeting:

SOS (Selling of Sex)

Networking (How will we help people meet each other):

Name tags

"Shop For Your Teen" (Show clothing being sold today and how difficult it is to dress appropriately and how this leads to)

Education (How will people learn something new):

1. Health department official
2. Guidance counselor from public and private schools
3. Advertising professional

Helping Others:

Volunteering for "TAPP" in your school. Talking with your teens re: appearances

Making it Fun:

Have some "older" Alliance members dress up and model "Abercrombie" etc. clothes

Section Two: Legislative Issues Can Be Fun

Meeting #8

Topic - Key Content:

Educating members re: legislative advocacy

Catchy Theme/Title for Meeting:

February meeting "Are you a Groundhog with Legislation?"

Networking (How will we help people meet each other):

Break up into action groups (small) after 20 minute educational speakers (cloudy or sunny) determined by numbers on name tags.

Education (How will people learn something new):

Dynamic informed speaker on topic to fuel enthusiasm in breakout sessions.

Helping Others:

Groups come up with proactive solutions for patient education, i.e.: flyers, videos, speaking engagements with other groups.

Making it Fun:

Group picture with everyone wearing sunglasses and holding banner saying, "Our future is looking sunny!"

Meeting #9

Topic - Key Content:

Information on tort reform

Catchy Theme/Title for Meeting:

"Cruising with S.S. Alliance: Avoiding the Shark-Infested Waters"

Networking (How will we help people meet each other):

Name tags, have destination → where they will sit — centerpieces represent country (flag or symbol). Officers — cruise director, captain, purser, navigator, etc.

Education (How will people learn something new):

"Not So Trivial Pursuit Game"

Each table gets a question concerning tort reform, Medicare reimbursement, settlement caps, malpractice, etc. Designated speaker will address all questions.

Helping Others:

Go over ways to contact legislators.

Making it Fun:

"Not So Trivial Pursuit" Game

Food = international pursuit

Meeting #10

Topic - Key Content:

Understanding Tort Reform

Catchy Theme/Title for Meeting:

Tarts 'N Torts (Possible Alice in Wonderland Theme here)

Networking (How will we help people meet each other):

Tart name (strawberry, blueberry) — identifies their table and group.

Hostess = "Queen of TARTS"

Education (How will people learn something new):

Invite a legislator, attorney, or medical society representative as educators and guests. Questions about tort reform on slips of paper — everyone at the table would have a question to ask by drawing a question from a basket. Each question is relevant to "tort reform".

Helping Others:

Self interest within the medical family. Provide examples of communication; talking points, phone numbers, addresses

Making it Fun:

Day or evening —

1. Midmorning at bakery/coffee shop (cute) & coffee — Tarts & Torts
2. Evening with tarts and champagne at movie theater or art gallery Arts & Torts

Section Three: Taking Care of Members

Meeting #11

Topic - Key Content:

Health Promotion

Taking Care of Yourself — Stress Reduction

Catchy Theme/Title for Meeting:

"Extreme Makeover" — New Year, New You.

Day at the spa

Networking (How will we help people meet each other):

Name tag — hand or foot

Find the person with the matching scented candle, bath salt, lotion, votive candle, every person receives a gift as a bone

Education (How will people learn something new):

At the beginning

Life coach — guided meditation and relaxation exercises, handout on quick reduction ideas — stress reduction monitor card

Helping Others:

Take care of ourselves — we will help others — bring products to distribute to women's shelter or nursing home

Making it Fun:

Have it catered, healthy appetizers, cash bar, receive a goodie bag — choice of three spa services such as manicure, pedicure, paraffin treatment, facial, massage, make-up consultation. (Cost control through negotiated contract due to numbers and potential new business).

Meeting #12

Topic - Key Content:

"Rx for Medical School" Preparing yourself for medical school; pursuit of medical education; strategizing the future; prerequisites; making the grade; the process; "diagnosis — MCAT"; interview strategies

Catchy Theme/Title for Meeting:

"So You Think You Want To Be A Doctor?"

Networking (How will we help people meet each other):

1. Name tags — make groups of 5 or 6. Each group has picture/symbol on name tag like stethoscope, femur.
2. Use experts at stations to meet with small groups — may also use experts as a panel before or after small groups.
3. Experts would be high school counselors, deans of admissions for colleges/medical schools

Education (How will people learn something new):

1. Interview skills/interpersonal skills/manners
2. Course work in high school/extracurricular activities (see #1 topic)

Helping Others:

This is open to community — Alliance to run this. Entry fee → donation of first aid supplies, or is a donation of white socks for Salvation Army Clinic or a box of Band-Aids

Making it Fun:

Rx pads, greeters in scrubs

Themes on name tags

Door prizes — medical theme — Advil, lozenges, etc.

Meeting #13

Topic - Key Content:

Developing Healthy Eating Habits

Catchy Theme/Title for Meeting:

"Murder on the Fast Food Express"

Networking (How will we help people meet each other):

Bring your favorite diet tip and be ready to share it and put it on your name tag.

Education (How will people learn something new):

Comparison demo's — substitute lower calorie options at home and at fast food places

Cooking demos

Portion control demos

Serve heart healthy food for the meeting (give recipes out).

Helping Others:

Take home4 info that can be shared with others. Use AMAA coloring books

Making it Fun:

Have meeting at fun place — i.e. train. Train depot. Farmer's Market. Gift certificates to fast food place or other door prizes (such as a month at gym).

Meeting #14

Topic - Key Content:

Don't Go Breaking My Heart — play Elton John/Kiki Dee music. Not just limited to February.

Catchy Theme/Title for Meeting:

"We're Not Complete Without You." ♥ (1/2) for invitation and name tags on 1/2 heart (for networking). What kind of heart do you have? Cheerful, happy, heartless, caring/loving — selfish, impersonal/personal.

Networking (How will we help people meet each other):

1/2 name tag, find your match. (Complete saying on back of heart name tag — "healthy heart" "Low cholesterol."

Education (How will people learn something new):

Cholesterol testing — benefit to attendee from cholesterol representative, hospital representative for "healthy heart". Bring equipment to raise money for a defibrillator for community recreation center.

Helping Others:

Defibrillator

1. Heart shaped food
2. Heart healthy recipes
3. Moderation foods — fats, etc.
4. Heart healthy glycemic index, heart facts.

Making it Fun:

Play music, matching 1/2 name tags; door prizes — spa day — massage — heart centerpieces, Elton John music, sign up for next meeting

Meeting #15

Topic - Key Content:

How to have the effective fund-raiser.

Catchy Theme/Title for Meeting:

"Grow Your Pot of Gold" (possibly March meeting)

Networking (How will we help people meet each other):

Rainbow seating ROYGBIV — table when you register, you get a color, then you find all colors of your rainbow you can sit at the table.

Education (How will people learn something new):

Top ten ways to have an effective fundraiser. Education (speaker is from one of your own charities).

Helping Others:

Actual pot of gold (goes to actual charity. \$ away with them).

Making it Fun:

Door prize, win a money tree. Bring a guest. Leadership team Green. Lord of the Dance type music. Green punch/green tea, green crispies, shamrock cookies, cucumber sandwiches.

Meeting #16

Topic - Key Content:

Financial planning, i.e. how to read/invest in the stock market.

Catchy Theme/Title for Meeting:

"Show Me the Money"

Invitations — dollar bills copied.

Networking (How will we help people meet each other):

- Money name tags
- Bring invitations to match to others, same type of money
- Table decorations — black and white newspaper on table trees and money for centerpiece

Education (How will people learn something new):

Financial planner give instructions on investment and reading stock market.

Play "follow your stock" for a month (random stocks given to each group).

Have a month's supply of stock (newspaper).

Helping Others:

Monies lost or gained may be (should be) donated to mini-grant which will be donated to a need med. Student in a discretionary fund.

Making it Fun:

1. Meeting others through invitations
2. Finding out if you made profit
3. Festive food — million dollar pie, etc. Music — elevator or lounge.

Section Four: Focusing on Your Medical Marriage

Meeting #17

Topic - Key Content:

Surviving Medicine in 200 and Forward: New Paradigm

Catchy Theme/Title for Meeting:

Blazing Saddles

Networking (How will we help people meet each other):

Everyone will get a picture of stars in the movie and matches their picture with the picture on each table.

Education (How will people learn something new):

Presentation on "Together We Are Stronger" (no longer than 20 minutes).
Show new AMA video.

Helping Others:

Opportunities within the Alliance to unite: Health projects, legislation, support of each other.

Making it Fun:

Door prize — DVD of Blazing Saddles

Board dressed in western gear.

Name tags: Cowboy hats or boots

Food: Southwestern

Pass out bandanas as they are welcomed when they come

Meeting #18

Topic - Key Content:

Medical Marriage Support

Catchy Theme/Title for Meeting:

Hands Off My Husband, He's Mine: 10 Ways to Keep Love in Marriage

Networking (How will we help people meet each other):

Wedding picture matching game (everyone brings a wedding picture). Name tags. Complete cards with information for below prizes.

Education (How will people learn something new):

Guest speaker: Marriage family counselor specializing in medicinal marriages.

Helping Others:

Raffle for domestic violence shelter

Support Group information, opportunity to give support.

Making it Fun: (At a day spa)

Prizes for:

- Longest marriage
- Shortest marriage
- Most kids
- donated by Victoria's Secret

Meeting #19

Topic - Key Content:

Medical Marriage/Family Self-Help

Catchy Theme/Title for Meeting:

Sink or swim: Life saving skills for medical marriages

Networking (How will we help people meet each other):

Meeting would be intended for combined meeting of doctor's and spouses together.

Partner with different spouse to share "My favorite thing about my spouse" and then in larger group would introduce the other person and share what they stated.

Education (How will people learn something new):

- Have each person develop a list of ten ways to relax.
- Massage Therapy professional to speak to group guided relaxation training "with Beach scapes" music/mellow
- Give out handouts that would encourage medical couples to communicate with one another in positive ways.

Helping Others:

- Maybe generate a project to raise funds for a children's swim team
- Make "EMERGENCY KITS" for Domestic Abuse Shelter and collect self-help books that could also go to women's centers or shelters

Making it Fun:

Use life saver candies as

Give out samples of massage lotions

Play Calypso or Beach Boys music to relate back to "life saving — water theme"

Make it a casual event to attract the men to participate.

Meeting #20

Topic - Key Content:

NOW's the time to take the step — Learn Latin dancing with your spouse.

Catchy Theme/Title for Meeting:

Summer Salsa Sizzle

Networking (How will we help people meet each other):

Rotating partners during the lesson.

Meet and greet — Welcome new physicians

E-mail, follow-up

Education (How will people learn something new):

Free introductory lesson as door prize from the dance studio.

Helping Others:

Donation to the AMA Foundation

Food and invitations underwritten by National Pet Scan

Making it Fun:

Margaritas, sangria, beer, chili con queso, guacamole, chips, salsa

Meeting #21

Topic - Key Content:

Ironing Out the Wrinkles (How to Restart/Rekindle Conversation In Your Marriage)

Catchy Theme/Title for Meeting:

Beau Talks (pronounced Botox): How Do You Inject Yourself Into The Conversation?

Networking (How will we help people meet each other):

Tables for two — A series of 5 five-minute conversations — note card with questions — for the 5 minutes — a facilitator to set the ground rules and offer tips.

Education (How will people learn something new):

From each other and facilitator — "real life" situations

Helping Others:

A resource person for the community but it is important to build collegiality. Have to be a "we" before we can help the community. Could do at joint meeting with resident/medical student spouses.

Making it Fun:

"Beau tie" award given at the end of the meeting to "tie" it up. "Tie" up loose ends. Recognize the person with the "shortest amount of time married."

Section Five: Having Fun Together

Meeting #22

Topic - Key Content:

Family Night Together — Get Your family together for a meal.

Family Solidarity — Physician gets to relate with family and enjoy them.

Spouse gets support of physician.

Catchy Theme/Title for Meeting:

Back to the Brady Bunch. Family Night In.

Networking (How will we help people meet each other):

New members especially invited. Name tags by color. Family groups by color. Dad, Mom, Kid, Kid. Sort colors before they come.

Education (How will people learn something new):

Breakout by family and report at end:

Family therapist — Networking with family — How to have one night with family when nothing else intrudes

Etiquette specialist — cotillion teacher

Members who are good examples

Quick nutrition meals

How to make mealtime fun — ideas

Helping Others:

Price of admission — food for shelter

Making it Fun:

Dress up — Prizes. Prize for fun accomplished? Best manners, best meal plan.

Meeting #23

Topic - Key Content:

Alliance members talents

Catchy Theme/Title for Meeting:

Alliance Idol — Let Your Talent Shine

Networking (How will we help people meet each other):

Have members write a couple sentences telling their talent and put in hat, pull out and have members guess who that member is.

Education (How will people learn something new):

Learning about each other, professional talents or community talents

Helping Others:

Create a directory of members strengths.

Making it Fun:

Enjoy the surprises.

Have Idol judges make a visit to the meeting.

Meeting #24

Topic - Key Content:

Recruitment Brunch

Catchy Theme/Title for Meeting:

"Not Just A Ladies Brunch"

Networking (How will we help people meet each other):

Ice breaker

Education (How will people learn something new):

Testimonials from current members:

1. Skills learned by Being in Alliance
2. Someone to talk about Community involvement
3. Friendship and support

Helping Others:

Sign up sheets for committees

Making it Fun:

If it's not a "ladies brunch" what is it? Work it into a theme for decorations.

Meeting #25

Topic - Key Content:

Learn the Science of Reflexology!

Catchy Theme/Title for Meeting:

"Heart and Sole"

Networking (How will we help people meet each other):

Seating — Match colored toenails on paper for table seating

Education (How will people learn something new):

Talk on Reflexology. Demo tables on foot products, soaks, etc.

Helping Others:

People to come would bring manicure items or purchase foot soaks to donate to mothers of a battered shelter.

Making it Fun:

Member who brings most potential members would win a spa package.

Meeting #26

Topic - Key Content:

Napa Wine Tasting

Catchy Theme/Title for Meeting:

Napa: Not Just Autoparts (Wine Tasting 101)

Networking (How will we help people meet each other):

- Wine bottle nametags (red/white/combo) — members will fill out their preference. Group people accordingly.
- Five icebreaker questions — draw out door prizes (prizes with wine theme)
- Pairing with food

Education (How will people learn something new):

- * Use this as a fundraiser for one of your local community projects.
- * Bring a bottle of wine as your admission ticket to be auctioned at the end of the meeting. Put on invitation

Helping Others:

Have an auction at the end of the meeting.

Making it Fun:

Eat, drink and enjoy each other.

Meeting #27

Topic - Key Content:

Relaxation

Catchy Theme/Title for Meeting:

Rub-A-Dub-Dub, We're All In the Same Tub

Networking (How will we help people meet each other):

- Practice massage techniques on each other
- Name tags make out of duck shape

Education (How will people learn something new):

10 - 30 minute interactive sessions on massage techniques.

(Optional): 10 - 20 minutes on time management.

Helping Others:

- Could be an opportunity to teach others to relax — i.e., nursing home, pediatric floor

Making it Fun:

Invitations — Rubber ducky and pack of massage lotion

- Door prizes — gift certificates, aromatherapy candles, etc.
- Bring ducks to be placed in drawing

Meeting #28

Topic - Key Content:

International Luncheon

Catchy Theme/Title for Meeting:

Around The World in 80 Minutes: Wordly Cuisine For World Scopes

Networking (How will we help people meet each other):

Cooking stations where guest and members rotate to learn different cuisines

Education (How will people learn something new):

- Foods from different cultures and costumes and customs
- Guests learn about Alliance, who we are and what we do
- Highlight and bring awareness to world scopes
- Fortune cookies on each table with Alliance tidbits

Helping Others:

Fundraise for worldscopes to help provide stethoscopes for Third World countries.

Making it Fun:

A roving fashion show wearing traditional clothing international dancers
children