

This monthly newsletter keeps **Indiana State Medical Association Alliance (ISMAA)** members up-to-date on news and events happening in your county, state and nation. Keep reading to find out more! *Click on blue, underlined text to follow links throughout the newsletter.*



### President's Pen

Wow! There sure has been a lot happening around the state, and there's plenty more to come. Congratulations and keep up the good work!

*Joan Vidic, ISMA Alliance President*

### ISMAA

Purdue Extension officially kicked off its "Block Party—Learning with Play" program on December 5 at The Children's Museum of Indianapolis. Susan Tharp, Alliance member and human development extension educator for Purdue University Extension's Clinton County office, expressly thanked ISMAA for the monetary support of "Block Party" parent handbooks.



*Purdue Extension's Block Party Kick-Off*



The ISMAA has also renewed the use of CLOCC's 5-4-3-2-1- Go!® nutrition message. Thank you to Ferial Alsikafi, MD, ISMAA past president and Vigo County Medical Alliance (VCMA) member, for getting us started with this great program.

### District 13 Medical Alliance

On November 9, IU School of Medicine (IUSM) - South Bend held its annual Medicine Ball. Members of ISMAA and District 13 Medical Alliance were directly involved with the implementation of the Ball and the fundraising. \$242,000 was raised, half of which goes to student scholarships. The other half goes to cancer research IUSM - South Bend.



### Tippecanoe County Medical Alliance

On January 27, Shireen Hafeez of the Tippecanoe County Medical Alliance (TCMA) was at the House Chambers to testify at the introduction of House Bill (HB) 1339. Shireen worked diligently to get the bill passed so hearing aids can be covered under insurance. The importance of hearing aids for infants and children diagnosed with deafness was pointed out. Shefali Purohit, ISMAA immediate past president and Vigo County Medical Alliance member, was present to support Shireen and HB1339.

Hallie Gorup, ISMAA past president and TCMA member, delivered a \$3000 scholarship check from the ISMAA to Jayne Raymann at IUSM - Lafayette. They are working on selecting one rising 2nd and one rising 3rd year student for each \$1500 award; Hallie will have input on the final selection. Once the recipients are chosen, the TCMA will arrange a presentation that includes an introduction to the ISMA and the ISMAA.

### Upcoming Events:

#### APRIL 12, 2014

Fort Wayne Medical Society Alliance  
Annual Cinderella Dress Day

#### APRIL 16, 2014

Vigo County Medical Alliance Spring  
Style Show

#### APRIL 17, 2014

Vanderburgh Medical Alliance Annual  
Style Show

#### JUNE 8-10, 2014

AMA Alliance Annual Meeting &  
Leadership Sessions

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### Vanderburgh Medical Alliance

The Vanderburgh Medical Alliance (VMA) is well underway with two major projects: The first is the challenge offered by the IU School of Medicine to raise \$100,000 for two medical students at the Evansville Center. Once the \$100,000 is raised, the IU Foundation will match the funds dollar-for-dollar, making a \$200,000 endowment to fund the scholarships in perpetuity! With the help from two local hospitals, VMA funds, the Sharing Card project, and money from friends, neighbors and colleagues, they are nearing their goal.



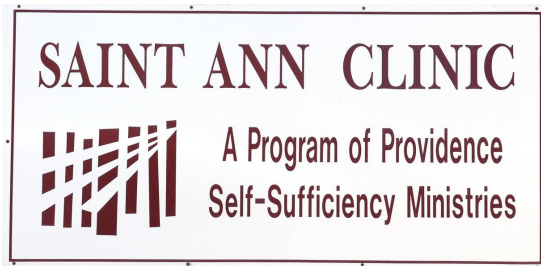
They hope the final funds will be raised by a raffle ([see flyer at end of newsletter](#)). There are four chances to win wonderful prizes, but each ticket also represents financial help to future medical students. Each ticket is \$100; there will only be 300 sold. **The raffle is open to anyone.**

The second project is the VMA annual style show, Going Places...Again, scheduled at the Tropicana Casino, April 17. It is a sold out show this year, even without mailing invitations!

The VMA held their annual Holiday and Valentine Parties. Both events were well attended — about 60 to 70 guests. Alliance members, as well as Medical Society members are invited. We ask out that those attending bring a bottle of wine to share and a “savory” or “sweet.” These parties are held in members’ homes, and have been on a Thursday evenings. Additionally, to help the hostess, we hire a party helper to help in the kitchen and serve food, the cost is about \$125, including a tip. It’s a great opportunity for both groups to connect in a casual way and enjoy each other’s company.

### Vigo County Medical Alliance

The January meeting of the Vigo County Medical Alliance (VCMA) was held at St. Anne Clinic, a local non-profit medical clinic. The attendees did a tour of clinic expansion and encouraged them to help with volunteering or donations. Union Hospital provided a wonderful boxed lunch.



The February meeting of the VCMA was a luncheon hosted by Terre Haute Regional Hospital. The CEO welcomed the group and gave a quick overview of the services the hospital provides to the surrounding community. Then, a nurse educator from the hospital spoke to us about women and heart disease. A delicious hot lunch was provided that included vegetarian options.

After the formal part of the meeting, President Kathy Rico led attendees in a discussion of the many preparations that are underway for the annual fundraiser fashion show in April ([see flyer at end of newsletter](#)). Additionally, our Meals-On-Wheels chairs passed around a schedule for the next few months.



*AMA Alliance News on page 3*



**Cereal Chevdo**  
(Indian Cereal Mix)

*If you've never been lucky enough to receive some of this delicious snack from ISMAA Past President Shelfali Purohit, now you can make your own! It is so yummy!*

#### Ingredients:

- 1/2 box each of the following cereals:
  - Kellogg's Rice Krispies®
  - Kellogg's Cornflakes®
  - Original Kix® - General Mills
  - Kellogg's Special K®
  - Honey Nut Chex® - General Mills  
(for sweetness)
- 1-1/2 cups peanuts
- 1 cup cashews, *optional*
- 1-1/2 cups raisins
- 35-40 small neem curry leaves
- 1/2 teaspoon asafatida
- 1 tablespoon salt
- 1 teaspoon turmeric powder
- 1-2 teaspoons red chili powder, *to taste*
- 7 tablespoons sesame seeds, *divided*
- Canola or vegetable oil

Mix all of the cereals together in a huge bowl.

Fry peanuts in a few tablespoons of canola oil. As you fry the peanuts, pour them over the cereal mixture and toss to mix. Follow the same steps with the cashews, followed by the raisins. Throw out the oil after frying the raisins because it will be totally dark.

In a separate pan, heat 4-5 tablespoons canola oil over medium to medium-high heat. Add mustard seeds and wait until they pop.

Turn the heat down to low and add the curry leaves, asafatida, turmeric powder, remaining sesame seeds if desired, salt (because the cereals have little salt in them) and red chili powder to taste. Mix well.

Pour mixture over cereal, nuts and raisins and mix well. You can vary the cereals if you'd like.



Real Life Answers

AMA Alliance National Conference  
Annual Meeting and Leadership Sessions  
June 8-10, 2014  
Hyatt Magnificent Mile, Chicago

SAVE THE DATE AND JOIN US for the AMA Alliance National Meeting at the Hyatt Magnificent Mile in Chicago, June 8-10, 2014 where you can:

- ❖ Take advantage of educational and leadership sessions designed to meet the needs of today's physician families.
- ❖ Enjoy networking and connect with Alliance members from across the country.
- ❖ Meeting Registration and Hotel Reservation information will be in the April Alliance LINK and on the AMAA website- [www.amaalliance.org](http://www.amaalliance.org).

### Nominated Slate of Officers

The 2013-2014 Board Development Committee met March 13-15, 2014 and in accordance with the provisions of the bylaws submits the following nominated slate of officers pictured below and to the right. Sarah Sanders (OH), past ISMAA president, will assume the office of President.



Sandi Chamyan  
Director



Heidi Dulebohn  
Director



Mary Beth Ellison  
Director



Julie Newman  
President-elect



Rosemary Xavier  
Treasurer



Beverly Wright  
Secretary



Kim Moser  
Director



Cami Pond  
Director



Donna Witty  
Director

### Sarah Sanders to be installed as AMA Alliance president, celebrate with a tailgate party!

Sarah Sanders, PharmD, was President of the ISMA Alliance from 2004-2005 and President of the Delaware-Blackford County Medical Society Alliance from 1997-1998. She was also an active member of the Fort Wayne Medical Society Alliance.



Sarah is currently the secretary of the AMA Alliance. She has been a member of the AMA Alliance for over 25 years, where she has served in many roles including treasurer, director and Membership Advisory Committee chair. She is also a member of the AMA Foundation Board of Directors.

Sarah is married to Dr. Charles E. Sanders, Jr., a rheumatologist and Vice President of Graduate Medical Education and Research for the Mount Carmel Health System in Columbus, Ohio. They have two daughters.

**Join us as we host, along with Ohio State Medical Alliance, a tailgate party on Monday, June 9, during the AMA Alliance Annual Meeting in Chicago.**

join us for a

# Tailgate Party!

MONDAY, JUNE 9th from 6 to 7:30 pm  
Hyatt Chicago Magnificent Mile, Lakeshore West

hosted by Indiana and Ohio Alliances  
Come celebrate with Sarah Sanders as she leads us to a touchdown year with the AMA Alliance!