

[<Back](#) [Print](#)Having trouble viewing this email? [Click here](#)

LEADERSHIP LINK

Building healthy communities.www.amaalliance.org

October 2010

AMA Alliance Leadership **LINK**, the ultimate resource for Leadership in the National Know

In This Issue

1. Welcome to *Leadership LINK*!
2. What Makes Medical Families Resilient
3. Membership Magic
4. AMA Alliance on Facebook
5. AMA Alliance Executive Director
6. Your Good Health
7. State and Regional Meetings
8. Belle Chenault Award
9. Celebrating Success
10. Final Reminders

2010-2011 Co-editors:

Pat Klettke
 patklettke@juno.com
 Jo Terry
 jo.terry@comcast.net

2010-2011 Executive Committee

Susan Todd, President
Emma Borders, President-elect
Sarah Sanders, Secretary
Pat Hyer, Treasurer
Nancy Kyler, Immediate Past President and AMA Foundation Committee Chair

Board of Directors

Sherry Clarke, Legislation Committee Chair
Dinah Goldenberg, Director
Keely Hunsaker, Director
Pat Klettke, Director
Julie Newman, Membership Marketing Advisory Committee Chair
Mary Shuman, Director
Thomas Swan, Health Promotion Committee Chair
Jo Terry, Director
Rosemary Xavier, Director
Beverly Wright, Bylaws Committee Chair

Useful Links:

Articles for your use
 Governance Documents
 About the Alliance
 Strategic Plan Summary
 Members Only Services and Incentives
 Membership Marketing Library
 Project Bank
 Awards and Deadlines
 Dues Processing Help
 Contact Us

1. Welcome to Leadership LINK!

Welcome to *Leadership LINK*. This AMA Alliance leadership resource is just for you, our national, state and county leaders, as a way to recognize your volunteer efforts and allow you to share your experience and knowledge with your fellow leaders across the country. The publication is designed to help you excel in your leadership role. It offers the resources and support you need to be a success — to help you plan and implement projects of real value for the family of medicine and for your community.

Your ideas and comments are always welcome. E-mail co-editors [Pat Klettke](#) or [Jo Terry](#).

2. What Makes Medical Families Resilient?

Wayne Sotile, PhD, the AMAA's favorite medical marriage professional, spoke at our recent Leadership Development Conference about what is unique about medical family life. With eight published books and over 8,000 presentations, Dr. Sotile blends humor with research and understanding of the stresses on today's medical couples. The question: what makes medical families resilient is at the core the research that he and his wife, Mary, have compiled. Wellness hinges on being realistic. Professional burnout and psychological stress are warning signs that resiliency is at risk. While stress is normal; strain is a threat. Check out the resources available to use personally or with your Alliance: www.Sotile.com

3. Membership Magic

How can we as an alliance help our medical families in training programs?

- Realize that these young families need a connection to those who've lived through it. Reach out to them. Invite them to attend county or state alliance activities.
- Visit the blog of the newly formed Huntsville, AL, resident spouse group (HARPS – Huntsville Alliance for Resident Physician Spouses) Spearheaded by Stephanie Richards and Monica Dean, they are leading the way for a new generation of Alliance members: www.Harpscommunity.blogspot.com
- Guide them to established resident or medical student support groups in your own community.

4. AMA Alliance on Facebook

Social networking has been around as long as people have been having conversations. The developing cyber world of social media encompasses online tools and websites which allow people to establish relationships using the internet. How can you use it to connect your alliance with your members? The most commonly used social media among Alliance members is Facebook. Check out our Facebook page, [AMA Alliance](#), and stay tuned for hints about using social media to help market your county & state activities.

5. AMA Alliance Executive Director

AMA Alliance Executive Director Jo Posselt will be leaving her position, effective Oct. 22, 2010. Jo has served as Alliance Executive Director since 2005. We are appreciative of all Jo has done during her tenure to help the AMA Alliance advance its mission of supporting medical families through advocacy and education. We wish her well in her future endeavors.

AMA Alliance Finance Director Beth Kohr Ware will assume relevant administrative duties.

This information will be shared with all AMA Alliance members through the regularly scheduled monthly E-Connection newsletter to be sent Saturday, October 9.

Please do not hesitate to contact us should you have any questions.

6. Your Good Health

It's time to get your flu shot! New guidelines from the AMA's Advisory Committee on Immunization Practices (ACIP) recommend that everyone over 6 months of age with no medical contraindications to the influenza vaccine should be vaccinated. Multiple age- and risk-based recommendations for who should receive the influenza vaccine have been eliminated.

This vaccine protects against the 2009 H1N1 strain as well as a new H3N2 strain and a B strain of influenza.

A new vaccine, Fluzone HD, was approved this year by the Food and Drug Administration and recommended by the ACIP for people age 65 and older. This new vaccine has been shown to significantly improve the antibody response to the type A influenza strain.

7. State and Regional Meetings

In the August issue of the Leadership LINK, we reported on several state meetings. In addition to previously reported visits, Director Mary Shuman traveled to meetings in North Dakota and Kansas and Director Dinah Goldenberg traveled to Michigan. Susan Todd participated in a conference call with the North Carolina Medical Society Alliance Board of Directors. Susan also participated in the Texas Medical Association Board of Directors along with Pat Hyer and Keely Hunsaker.

Here are other meetings coming soon:

October

- 20-21 Iowa Executive Session and Board Meeting, West Des Moines, Mary Shuman
- 22-24 Pennsylvania Annual Meeting, Hershey, Rosemary Xavier

November

- 3-9 AMA Interim Meeting, San Diego, Susan Todd and Emma Borders
- 4-6 Southern Medical Association Alliance, Orlando, Mary Shuman will do double duty as our Speaker's Bureau rep and will serve as Parliamentarian for outgoing SMAA President Barbara Jett. AMAA member Nancy Swikert, MD, of KY, will be installed as president of SMAA.

Other opportunities for networking and learning are ahead with three regional meetings to be held this winter. And these meetings are for every member—not just officers and elected leaders!

January 14-16

Southern Regional, Orlando, www.southernregionalalliance.webs.com

Quest for an Enchanted Education AMAA members attending include Susan Todd, Emma Borders and Jo Terry

February 3-5

Western States Regional, San Diego, www.westernstatesalliance.info

Unleash Your Potential Join Emma Borders, Pat Hyer, and Pat Klettke there.

March 4-6

North Central Regional, Minneapolis AMAA members Susan Todd, Dinah Goldenberg and Mary Shuman are excited to be there. For more information contact:

diannefenyk@prodigy.net.

Open to ALL members, a regional meeting is a great way to help younger and potential leaders "get the big picture" and gain exponentially from their national connection.

8. Belle Chenault Award

It's time to be thinking about nominating candidates for the Belle Chenault AMPAC Award for Political Participation, which is presented every two years. This highly prestigious award recognizes physician spouses for their volunteer activities in a state or federal campaign. This is an important election year and there are alliance members active in campaigns. Let's recognize our outstanding Alliance members who advocate on behalf of the family of medicine. Nomination details will be released soon.

9. Celebrating Success

Mesa County Colorado Alliance, whose SAVE Banner project won a HAP award last year, has received an AMAF Healthy Living Grant. Congratulations are deserved again for Uschi Hall, Callie Ash, and all Mesa County participating members.

If you know of similar accomplishments, we want to know! Send them to our co editors, [Pat](#) and [Jo](#), to share in future issues.

10. Your Good Health

- ✓ October is Breast Cancer Awareness Month.
- ✓ November 18th is the Great American Smoke Out
- ✓ Remember to get out and Vote November 2nd
- ✓ AMAA dues of \$50 may be paid anytime throughout the year.

The next issue of Leadership LINK will come to you December 3rd, with a deadline for content of November 5th.

[Share with a leader.](#)



This email was sent to beth.kohr@ama-assn.org by amaa@ama-assn.org | [Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

AMA Alliance | 515 North State St, 9th Fl | Chicago | IL | 60654