



# LEADERSHIP LINK

Building healthy communities.

[www.amaalliance.org](http://www.amaalliance.org)

February 2011

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

**PLEASE NOTE THAT MEMBERSHIP DUES ARE STILL DUE BY MARCH 31, 2011, IN ORDER TO PREPARE FOR THE UPCOMING BUDGET.**

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## Useful Links:

Articles for your use  
 Governance Documents  
 About the Alliance  
 Strategic Plan Summary  
 Members Only Services and Incentives  
 Membership Marketing Library

## 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. We encourage you to forward this LINK to anyone you feel might benefit from its contents.

Your ideas and comments are always welcome. E-mail co-editors [Pat Klettke](mailto:patklettke@juno.com) or [Jo Terry](mailto:jo.terry@comcast.net).

## 2. Save the Dates for Annual Meeting

The AMA Alliance Annual Meeting will be held June 19-21, 2011.

- Early bird registration will be \$199, which includes a reception Sunday evening, breakfast Monday and Tuesday, and the installation lunch on Tuesday.
- Single and double rooms at the Swissôtel will be available for \$245 per night.
- Watch for the hotel registration link and additional information on the AMA Alliance website.

## 3. Excerpts from: 'Overwhelmed at Your Desk? Try Standing Up' by Mary Pankiewicz\*

You may have seen on NBC's "Today Show" the standing desk weatherman Al Roker has in his office. Or possibly you read The Washington Post report that 10 percent of AOL employees in Dulles, Va. use standing desks.

Doctors point to research showing higher rates of diabetes, obesity, heart disease and even mortality among people who sit for long stretches of time.

Standing is not a new concept in working efficiently. Thomas Jefferson, Winston Churchill and Ernest Hemingway worked and wrote standing up, and Albert Einstein theorized standing up. Standing certainly worked for them.

A Yale University study revealed that people who sit for more than half a day at work have a 60 to 70 percent greater risk of slipping a disk than their mobile co-workers.

### When should you stand?

- When work feels complicated
- When you dislike a job
- When you have lots of papers to sort
- When it's your body's down time and you still need to be productive
- When your back is tired from sitting
- When you are returning to your office loaded with handfuls of papers
- If you are on e-mail overload and have a portable computer

Schools that provide stand-up desks for their ADD students see a huge improvement in their work. Standing can be a simple and smart way to refocus your energy and work smarter.

\*Mary Pankiewicz, the owner of 'Exceptional Productivity Now!' and 'Clutterfree & Organized', conducts seminars and offers productivity training onsite and by phone to clients nationwide.

The entire article may be read at: [KnoxvilleBiz.Com](http://KnoxvilleBiz.Com)

Project Bank  
Awards and Deadlines  
Dues Processing Help  
Contact Us

#### Other Useful Links:

#### AMA Launches Web site for news on Health System Reform

As implementation of Affordable Care Act provisions proceeds, the AMA is responding to regulatory proposals being issued by various federal agencies. Following is a link to the AMA's microsite (<http://www.hsreform.org/>) that is a repository for news and resources about the law that Alliance members may find useful.

#### Alliance Resources Against Bullying

With bullying being so much in the news again recently, here is a reminder of links to our resources on that topic.

#### 4. It's Time to Submit LEAP Award Entries!! Sherry Clarke, Legislative Committee Chair

Alliances are reminded to submit entries for the 2011 Legislative Education and Awareness Promotion Awards (LEAP) by March 31. The LEAP Award recognizes excellence in the legislative education and awareness programs and projects of state, county and RPS/MSS Alliances throughout the country. Eligible projects must have been held between February, 2010 and March 15, 2011 and scheduled to be completed by April 2011.

One award is given to a state Alliance, one to a county Alliance and one award to a RPS/MSS Alliance. The awards are presented at the AMA Alliance Annual Meeting in June in Chicago.

A description of the judging process, entry guidelines, submission process and form can be found on the AMAA website at: [http://www.amaalliance.org/site/epage/40337\\_625.htm](http://www.amaalliance.org/site/epage/40337_625.htm)

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#### 5. Watch for Issue on Regional Meetings

Southern Regional and Western States Coalition regional meetings are now in the books, with North Central just around the corner. Each event is distinct and full of useful information. We would like to dedicate the May issue of the LINK to these meetings, with highlights of the agendas and top take home points to share with all of you. If you have attended one of these meetings and wish to share some comments, please send them in.

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#### 6. Get Them Before They're Gone!

There are very few of the following items left in the AMAA online shop. If you are interested, now is the time to make your purchase. These are wonderful items.



Healthy Heart cookbook (5 remaining)



Hypertension cookbook (2 remaining)



On Leadership: Essential Principles for Success by Dr. Donald Palmisano (8 remaining)



The Handbook of Physician Health (4 remaining)



Alliance logo duffel bag (6 remaining)

For more details about these and other items in the shop, [click here](#).

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#### 7. IRS Simplifies Reporting for Some Small Nonprofits

Recently, the [IRS announced](#) that nonprofits with gross annual receipts of \$50,000 or less can file the Form 990-N (e-Postcard) for tax years beginning after January 1, 2010. This means your nonprofit may not need to file a Form 990 or Form 990-EZ this year if your budget is below \$50,000. Check to see the requirements for your Alliance.

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#### 8. Final Notes

A reminder from Tom Swan and the Health Promotion Committee:

Is your Alliance interested in some free money for a Healthy Living project? If so, you should become aware of the AMA Foundation Healthy Living Grant program. Applications don't become available until mid-May but they are due in mid-July. Now is the time to plan for it. Go to the following website to learn more:

<http://www.ama-assn.org/ama/pub/about-ama/ama-foundation/our-programs/public-health/healthy-living-grants.shtml>

The next issue of the LINK will be distributed March 25.

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