

PREScriptions

— BOONE COUNTY MEDICAL SOCIETY —



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BOONE COUNTY MEDICAL SOCIETY



Prescriptions is published bi-monthly for members of BCMS (physician members in Boone, Cooper and Howard Counties). Deadline for submission of materials is the 15th of each month preceding publication.

MISSION:

The Boone County Medical Society's mission is to support the physicians of Boone, Howard and Cooper Counties and others across the State of Missouri in their efforts to provide high quality patient-centered care.

VISION:

The Boone County Medical Society will be an indispensable unifying voice for the physicians in Boone, Howard and Cooper Counties in:

- ⌘ Providing high quality continuing medical education.
- ⌘ Advocating for the physicians and patients of Boone, Howard and Cooper counties as well as others across the State of Missouri and
- ⌘ Providing mentorship for the next generation of physicians through professional development and active participation in organized medicine.

VALUES:

The Boone County Medical Society will embrace the values of leadership, professionalism, collegiality, advocacy, transparency, inclusiveness and fairness while pursuing its vision and mission.

PRESCRIPTIONS

VOLUME: 35 ISSUE: 5

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AMA Council on Judicial and Ethical Affairs
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Beverly Wilcox

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www.boonecountymedicalsociety.org

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Columbia, MO 65201

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Dear Boone County Medical Society Member:

BCMS OFFICE UPDATE: Our Executive Director, Beverly Wilcox, has long planned to retire at the end of 2018. As such, the BCMS Board of Directors was tasked with filling that important role for our society.

After a few months of discussion and deliberation, the Board at its May meeting voted to appoint staff from the Missouri State Medical Association (MSMA) to the society's executive directorship.

MSMA Director of Marketing, Stephen Foutes, will follow Beverly as BCMS Executive Director and will handle our day-to-day operations, effective July 1. At that time, our mailing address will become:

**Boone County Medical Society
PO Box 1028
Jefferson City, MO 65102**

The telephone number will be 800-869-6762 (MSMA's toll-free number). You can ask for the BCMS office or for Stephen Foutes.

Our email address, bcms@socket.net, and website, www.BooneCountyMedicalSociety.org, will remain the same.

We have every confidence that MSMA will continue to provide the excellent service to which we have grown accustomed under Beverly's management.

Beverly's last board and general membership meetings with BCMS are June 5. Her last official meeting is June 25, when we host a CME event on the SHINE of Missouri health information exchange that's being launched by MSMA and KaMMCO Health Solutions.

There aren't words to properly express the deep appreciation our society's members, past and present, have for Beverly. While she will be sorely missed, there's no doubt she has earned a long, relaxing retirement, and we wish her the very best for the future.

ALLIANCE UPDATE: I also wanted to take a minute to update you on the BCMS Alliance. You may have heard that, after careful consideration, the BCMS Alliance members in March voted to disband, effective June 30.

Recently, Mary Catherine Heimbürger and Donna Corrado asked the BCMS Alliance to reconsider its position and move to “inactive” status for one to two years so they could work on restructuring the BCMS Alliance. This proposal also was shared with the MSMA State Alliance Board, whose members agreed that they didn't want the BCMS Alliance to permanently disband.

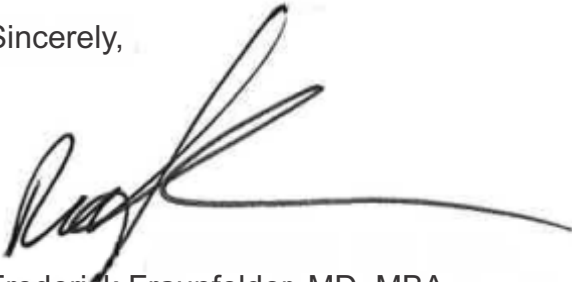
The MSMA State Alliance Board appointed Mrs. Heimbürger to lead a BCMS Alliance restructuring group, and offered its support through the restructuring process.

We'll keep you updated on the BCMS Alliance reorganization and provide information on how and when you may be asked to assist.

While the changes are significant, BCMS is an active organization led by physicians who are committed to organized medicine and to providing meaningful services to its members.

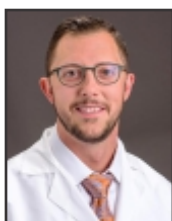
We appreciate your support and look forward to our continued collaboration in the future.

Sincerely,

A handwritten signature in black ink, appearing to read 'Fred', with a long horizontal line extending to the right.

Frederick Fraunfelder, MD, MBA
President, Boone County Medical Society

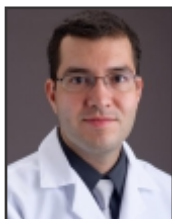
NEW BCMS MEMBERS



Nicholas Madaffer, DO Pain Medicine
One Hospital Drive DC 046.00
Columbia, MO 65212



Turi Ann McNamee, MD Internal Medicine
One Hospital Drive DC043.00
Columbia, MO 65212



Christian Rojas Moreno, MD Infect. Disease
One Hospital Dr, CE315
Columbia, MO 65212

Congratulations to these new members on becoming members of their local medical society. We look forward to introducing them to our membership during one of our upcoming meetings.



Albert Hsu is the new Young Physicians Section (YPS) Chairman for MSMA.

Retired Physicians met on their monthly 3rd Wednesday, May 16, at Arris Pizza here in Columbia. Attending were: Drs. **Kulangara Zacharias, Sara Zacharias, Maarten Nieuwenhuizen, Richard Heimbürger**, Mary Catherine Heimbürger, **Lisa Thomas** and Beverly Wilcox of BCMS.

Members that had travel plans shared those. They ranged from a Caribbean cruise to U.S. trips as far away as Niagara Falls. Perhaps they'll share photos with us.

Beverly led the conversation of trying to revitalize this group's attendance. So many of our active retired physicians that attended these luncheons have passed away or their health will not allow their attendance any longer. Those attending today indicated that they want the

- monthly luncheons to continue
- remain at Arris'
- possibly have a speaker once a quarter

Topics they were interested in hearing were: Tricks for cruises, travel guide tips, investments, master gardeners, weather, etc. Speakers could discuss their topic for approximately 10-20 minutes with a Q&A session. Arris' has a small room that could be used for these speaker meetings; otherwise their usual space will be reserved.

If you are a retired physician and would like to receive a monthly luncheon reminder postcard, please let the BCMS office know.





MSMA's Physician of the Day at the Legislature.
Thanks to **Jerry Kennett** for volunteering.



MATCH DAY 2018 AT MU

BCMS would like to congratulate the following
BCMS resident members on their match.

Nathan Beckett

University Hospital & Clinics
Columbia, MO
Pediatrics

Ariel Carpenter

University of Louisville
School of Medicine- Kentucky
Medicine/Pediatrics

Jared Lammert

University Hospital & Clinics
Columbia, MO
Emergency Medicine

Mitchell Padkins

Mayo Clinic School of Graduate
Medical Education
Rochester, MN
Internal Medicine

We wish you all the best and appreciate
so much being able to have you attend
BCMS functions and participate with our
members. Anytime you have time and
want to attend a BCMS function, please
join us and we look forward to those
remaining in Columbia to become active
BCMS members.



MAY

5/02	Kimetha Fairchild
5/04	Nicholas B. Couper
5/06	Thomas Younker
5/08	John Miles
5/09	David Fleming
5/11	Gilbert Wilshire
5/12	Justin L. Welch
5/15	Roger Bonham
5/15	Lindell Perry
5/15	Stephanie Irwin
5/15	Brian Hecht
5/16	William J. Crowley, Jr.
5/17	James S. Denninghoff
5/20	Mari A. Z. Keithahn
5/20	Marcus J. Wade
5/21	Ted Groshong
5/21	Richard J. Mellitt
5/21	Kristin Parkinson
5/22	Alan Anz
5/22	Thorkild Norregaard
5/22	Gary LaMonda
5/28	George Parkins
5/30	George Hubbell
5/31	Gregory Renner
5/31	Allyn L. Sher

JUNE

6/04	Robert J. Churchill
6/04	Jonathan Heidt
6/04	Helen Tergin
6/05	Steven J. Westgate
6/05	Pamela S. Gulley
6/09	Patrice Delafontaine
6/11	Wm. Wilson Beckett
6/11	Roger Bumgarner
6/14	Greg M. Worsowicz
6/15	John Markley
6/17	Krishna Shanmugam
6/19	Peter K. Buchert
6/21	Patrick A. Smith
6/24	Carisa Petris
6/25	Mark Cohen
6/27	Mary K. Welch
6/28	Abram Elsenraat





TYPES OF MEMBERSHIP AND DUES FOR 2019 BCMS MEMBERS

BCMS has different types of membership--you may not be aware of some of these. BCMS is a component society under MSMA, therefore, you must belong to MSMA before you can become a member in BCMS.

Active: Limited to those MSMA and BCMS dues paying members who hold a license to practice as a physician or surgeon under the laws of the State of Missouri.

Honor: Active members who have reached advanced years, retired or become incapacitated and under to continue their active practice of medicine.

Honorary: Individuals (do not have to be physicians) who have distinguished themselves by special investigational work or personal sacrifice in the cause of medicine.

Resident: Members of the Resident and Fellow section who are serving a full time postgraduate training program approved by the AMA or the AOA.

Student: Reside in Boone, Howard or Cooper Counties limited to members of the medical student section who are pursuing a course of study leading to the degree of Doctor of Medicine or Doctor of Osteopathy.

Associate: Health related professionals not provided for in other categories of membership who wish to become members of BCMS. They also must become members of MSMA before they are eligible to become BCMS members.

THIS IS THE CATEGORY THAT NURSE PRACTITIONERS AND PHYSICIAN ASSISTANTS WOULD FIT INTO. IF YOU HAVE ASSISTANTS IN YOUR OFFICES THAT WOULD LIKE TO BECOME MEMBERS, THEY SHOULD CONTACT MSMA.

Dues for 2019 will be as follows:

Boone County Active.....	\$225.00
Boone County 3 rd yr practice.....	225.00
Boone County 2 nd year practice.....	112.50
Boone County 1 st year practice.....	56.25
Resident.....	None
Retired.....	None
Students.....	None
Associates.....	120.00

Name that Firework

A guide to what's lighting up the July night sky.

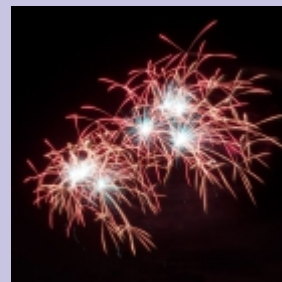
Peony

This spherical burst of light is one of the most common.



Crossette

A bunch of explosions creates a crisscross effect.



Continued on page 12.

BCMS ALLIANCE 2017-18 President's Report

May 7, 2018

The Alliance had a year full of informative programming and busy philanthropic work.

We launched the year with a garage sale fundraiser and raised over a thousand dollars thanks to the generous collaboration of our members. Our winter poinsettias and greenery sale were also a great success, and we owe Kent at Kent's Floral Gallery a big thank you for letting us take over his shop for half a day. We are also grateful for Dr DeSpain's large order!

The formal programming started with our membership luncheon, held in September. We hosted Ms. Kelly O'Leary, who shared her tragic experience of losing her son to opioid addiction. It was a sober account that inspired our group to pay attention to this massive epidemic.

We adopted "active living and healthy eating" as the general theme for the following events. We got together last fall to cycle on the trail. We hosted Dr. Catherine Peterson, a nutritional sciences expert at Mizzou, who shared insightful information about vitamins and supplements. This spring we heard from Kimber Dean, the owner/chef of Nourish, about living and cooking intentionally.

Our philanthropic work has been varied and rich. It included preparing four meals at the local Ronald McDonald House. We also toured Mobility Worldwide, where we volunteered for a day helping with the construction of mobility carts that are delivered worldwide to help empower disabled adults and children. In addition, the Alliance made a contribution to cover the cost of two mobility carts. A week after Hurricane Harvey hit Houston, the Alliance matched members' donations and mailed a gift to help with hurricane relief. Our group also partnered with McAdams Ltd for a one-day fundraiser to support the campaign to build an Agriculture Park here in Columbia. McAdams generously donated a percentage of that day's sales.

Today, at our last meeting, we are excited to present our primary contribution to the Gurucharri Foundation. The Alliance will distribute any remaining funds equally to the Boone Hospital Foundation and MU Family Impact Center.

We reached a membership of 30 this year and have enjoyed sharing in fellowship.

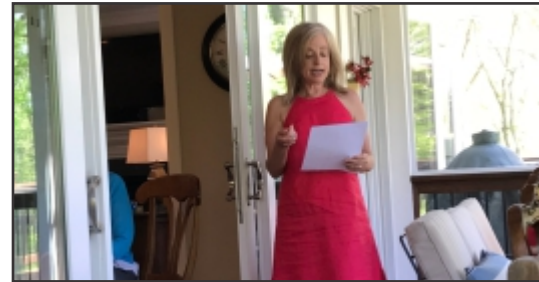
It has been a real pleasure and an honor to be your president.

Respectfully,

Leslie Meyer

Leslie Meyer
BCMSA President

(See Page 3 & 4 for Update)



Leslie Meyer, BCMSA President



BCMS NOMINATING COMMITTEE – CALL FOR VOLUNTEERS AND NOMINEES FROM OUR GENERAL MEMBERSHIP FOR 2019

Since 1902 physicians in Boone, Cooper and Howard counties have benefited from having a local organization representing the medical profession. Boone County Medical Society now asks that you step forward to influence the future direction of the Medical Society and make it more effective.

Volunteers and nominees are needed for 2019 and beyond.

Nominating Committee consists of three general membership members and the BCMS board with the President as Chair.

The Nominating Committee will work via email as much as possible, meeting only as needed. They will put together a proposed Slate of Officers/Board for 2019 and present it at the BCMS general membership meeting on September 4.

Currently the following members have made commitments:

President: **Josh Hamann**
President Elect Open
Secretary Open
Treasurer Open
Or if positions are consolidated
Sec/Treas Open

Terms are for one year

Board Members returning:

John Pardalos, Larry Lampton, Amy Zguta, Laine Young Walker, Trey James and Lisa Thomas

Will you take a little of your valuable time and volunteer to be on this Nominating Committee along with Ted Groshong? Two more general membership members are needed. This Committee is only active from now until September 4 when the election takes place.

IF YOU WOULD LIKE TO BE A 2019 BCMS OFFICER OR ON THE BOARD

Realizing that an organization is only as good as its leadership and realizing that we need a strong, vibrant BCMS, I am willing to do my part as indicated below

I am willing to serve as an elected officer for BCMS

- ☐ President Elect
- ☐ Secretary
- ☐ Treasurer or
- ☐ Secretary/Treasurer (combined position)
- ☐ Board position

Name: (Please print) _____

Best Way to Contact You: _____

Email address: _____ or Phone Number _____

Email: bcms@socket.net | Mail to Box 196, Columbia, MO 65205
or bring form to general membership meeting on June 5

Deadline June 5

BOONE COUNTY MEDICAL SOCIETY
GENERAL MEMBERSHIP
DINNER MEETING

**AUTISM SPECTRUM DISORDER AND
COMMON PSYCHIATRIC
COMORBIDITIES**

BY

GARIMA SINGH, M.D.

Medical Director Thompson Center for
Autism and Neurodevelopmental Disorders

Join Dr. Singh for the following learning objectives:

1. Overviews of ASD: Types, causes, diagnosis and treatment
2. Common psychiatric disorders with ASD
3. Role of early diagnosis and intervention

Tuesday, June 5, 2018

Social (6:00-6:15) Dinner, Business Meeting and Presentation (6:15-8:00)
(NOTE NEW TIMES)

Rick Shore, Senior Director, with LegalShield Business Solutions, a current vendor of St. Louis Medical Society, will give us a quick overview of his product and discounts for our members.

**BOONE HOSPITAL CENTER, CONFERENCE ROOM C,
1600 E. BROADWAY, COLUMBIA**

RSVP Required by June 2, 2018 (Spouse Guest Night)

To Boone County Medical Society
573.814.1894

website: www.boonecountymedical society.org
email: bcms@socket.net

Quality Matters: The New Data Dilemma



Presented by Missouri State Medical Association
In partnership with KaMMCO Health Solutions, Inc.

Monday, June 25, 2018

6:00 pm - 8:30 pm
Dinner Program

Chris McD's
Backroom
1400 Forum Boulevard
Columbia, MO 65203

Hosted by
Boone County
Medical Society



SHOW-ME
HEALTH INFORMATION NETWORK
OF MISSOURI

KaMMCO Health Solutions, Inc.



Program presented by Laura McCrary, Ed.D, Senior Vice President, KaMMCO Health Solutions, Inc. (KHS), and Executive Director, Kansas Health Information Network, Inc. (KHIN).

Physicians, practice managers, quality champions and other medical professionals need to effectively use clinical data in order to transition into the new era of data driven health care.

When Medicare's payment programs reward quality over quantity, it's clear the road to success relies upon confidence in high quality, accurate data, secured in a trusted health information exchange that delivers clear analysis of patients' and populations' health care trends. Physicians must identify and treat at-risk populations, proactively engage patients sooner, understand the performance of health interventions on health outcomes and reduce cost.

This presentation is designed to provide physicians and clinicians with the knowledge to drive quality improvement and transform health care through the application of meaningful data analytics for quality reporting, population health management, risk management and clinical effectiveness.

This activity has been approved for AMA PRA Category 1 Credit.

Objectives

Following participation in this presentation, the attendee will be prepared to:

1. Review quality metrics reporting possibilities as a result of involvement in a health information exchange.
2. Analyze quality reporting requirements, understand what is at stake, and formulate a plan for quality reporting.
3. Access longitudinal medical records to favorably affect patients' care and community health.
4. Calculate the use of business intelligence analytics to improve patient care and impact the practice's bottom line.

Register TODAY!

- ⊙ **Step 1:** Visit www.SHINEofMissouri.com.
- ⊙ **Step 2:** Hover over the menu header ABOUT.
- ⊙ **Step 3:** From the drop down menu items select EVENTS.
- ⊙ **Step 4:** Select the program you would like to attend and complete the online registration form.*

**For more information call
844.424.4370**

July Fourth

HAVE A BLAST WITH A STAR SPANGLED FOOD AND FUN DAY

TEST YOUR SMARTS

How much do you know about this national holiday?

1. American's Fourth of July is also celebrated in
A. England B. Canada
C. Mexico D. Denmark
2. Every July Fourth the Liberty Bell in Philadelphia is:
A. Rung B. Tapped C. Polished
3. On this holiday, 19th century revelers ate:
A. Hot dogs B. Steak C. Turtle
4. Benjamin Franklin thought our national bird should be a
A. Bald eagle B. Turkey C. Hawk
5. Which president died on Independence Day?
A. Thomas Jefferson B. John Adams
C. Both D. Neither



ANSWERS:

This quiz came from a 2014 Allyou publication.

1. **D** On July 4, many Danes celebrate at Rebild Festival honoring the alliance between their nation and ours.
2. **B** The iconic bell cracked so badly when it rang on George Washington's birthday in 1846 that it's now softly tapped by hand to avoid further damage.
3. **C** Many establishments in the 1800s offered turtle soup on the Fourth. Another treat that was offered then but is more popular now – ice cream.
4. **B** In a letter to his daughter, this Founding Father called the bald eagle a bird “of bad moral character”; the turkey was “much more respectable.”
5. **C** In a bizarre but oddly fitting twist, both Jefferson and Adams died on July 4, 1826.

Name that Firework



Willow

Numerous tiny tendrils droop down in the sky.



Mine

An upward spray of stars, often coming from the ground.