

WINTER BOARD
Thurs., Jan. 17
IMS Headquarters
1001 Grand Ave.
W. Des Moines

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HEALTH PROJECT

Screen Out! challenge

Happy New Year, fellow Alliance members!

Now that the rush and excitement of the holidays is over, don't fall into the "winter doldrums"! There is so much that you can do, for yourself, your family, and your community — the possibilities are endless! One of your new year's resolutions could be to reach out and invite a new member into the Alliance fold. We do great things for each other — why not share this gift with someone else?

We are excited to welcome [Tess Young](#) as the new IMS Alliance coordinator. Tess has been an active member in the IMS Alliance for a number of years, even serving as our President in 2003. Having experienced the Alliance "from the other side," she is wonderfully qualified to step into the coordinator's position. Plan to attend Winter Board and welcome her yourself.



This month, I will be unveiling the new health project for the IMS Alliance. It is a poster that is available for downloading off our website, entitled "Growing Healthy and Strong." This is a parent education information sheet that provides healthy nutrition choices and physical activity ideas for 0-5 year olds, in an effort to combat the rising trends of obesity in young children. I am excited, too, because this is a collaborative effort with the AMA Alliance, the IMS, the IMS Alliance, and other community organizations. Want to view the poster? Click on our website www.ims-alliance.org. I encourage you to make copies and distribute these posters to your local preschools and daycare centers.

Our Winter Board is set for January 17th at the IMS office in West Des Moines. Please join us. I look forward to meeting each of you.

Darshini Jayawardena, IMS Alliance President

New Year's Resolution

From Barb Hanas (MAL Clinton): I would like to challenge each organized county alliance to solicit one endorsement letter for the Screen Out! campaign before our annual meeting on April 19, 2008.

This endorsement letter could be from the local county medical society, your hospital system CEO/president, local PTA, local Rotary club, etc. Suggested letters are posted on the [Screen Out!](#) website. In addition, I would be happy to share the [copy of the letter](#) that I used to solicit my hospital system's endorsement last fall.

I would love to see 100% participation in this challenge. I will be approaching the IMS about submitting a letter of endorsement.

LEADERSHIP DEVELOPMENT

*North Central States
Leadership Development
Conference*

CALL FOR NOMINATIONS

*Alliance Member
of the Year &
Alliance Outstanding
Achievement Award*

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& Tess Young
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North Central States Leadership Development Conference

Mark your calendar today! Plan to join Alliance leaders from our neighboring states at the North Central States Conference in Omaha, NE, on March 7-9, 2008. Leaders from IL, IN, IA, Kansas, MI, MN, MO, NE, ND, SD and WI are gathering for sessions dealing with legislation, internet predators, identity theft, membership and the AMA Foundation. Dianne Fenyk, AMA Alliance President and Minnesotan, will speak.

Registration is \$125 and includes materials and meals (Saturday only registration of \$85 does not include Saturday dinner). Room rates at the Embassy Suites Hotel are \$139 + tax for single or double room. Reserve your room at 1-800-EMBASSY.

Please register for the conference prior to February 5, 2008. Download the complete registration form at the [IMS Alliance](#) website. Questions? Contact [Barb Savage](#), conference coordinator.

Call for Nominations:

[IMS Alliance Member of the Year](#)
[IMS Alliance Outstanding Achievement Award](#)

For nomination requirements and official nomination forms, visit our website. Deadline for submissions is March 1, 2008. Awards to be presented at Annual Meeting in April.

Alliance Member of the Month: Barb Savage

Barb became involved in the Alliance in 1987 when a member in her new community of Buffalo, invited her. She joined because **someone asked**. Barb has worn many Alliance hats over the past 20 years, from the County Telephone Committee co-chair all the way to an AMA Alliance Director. She is honored and proud to have served as President of the IMS Alliance.



For Barb, there are two particularly important aspects of Alliance membership: it has given her the opportunity to develop personal and professional skills, and it has opened to her a network of friends that that she knows will be there for her if she needs them; Barb considers these relationships and these individuals priceless.

Involvement with the Health Literacy Project has been Barb's most rewarding experience within the Alliance; she worked on it from the beginning and has, with Tess Young, enjoyed the opportunity to take it across the state and beyond. Barb's professional background includes a BS in Medical Technology with a MT(ASCP) certification; currently she enjoys being a meeting and event planner. Her hobbies include golf, bowling, Texas Hold 'Em, and traveling with husband Dick to see her two daughters, Cindy and Pamela, and granddaughter Cora.