



FOCUS

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Help us conserve our resources:

If you receive this newsletter via the post office, please contact our Alliance Coordinator, **Deb Whitver**, with your email address.

Every dollar saved by reductions in copying and postage can be applied to furthering the Alliance's health projects.

IMS Alliance Fall Board Meeting October 22 -- 9 AM to 3 PM Marshalltown

In addition to the usual work of the IMS Alliance Board, participants can look forward to a presentation by an instructor from the Marshalltown YMCA on the importance of strength training. The meeting will be held at the brand new Marshalltown Public Library (105 West Boone St.) built along "green" principles. Lunch (\$10) will be provided.

Those arriving on Wednesday evening before the Thursday Board meeting are invited to attend a hands-on chocolate adventure at Lillie Mae Chocolates; you'll have an opportunity to dip (and consume) your own chocolates. Intrigued? Check out *Lillie Mae's* Web site. Make your reservations for this adventure by contacting IMS Alliance President **Maureen Lyons**.

Board members have received their Fall Board Meeting notice and information via email. **All other IMSA members interested in attending, please contact Alliance Coordinator Deb Whitver to receive the meeting's e-packet of materials.**

Bylaws

Proposed amendments to the IMSA bylaws are due to the Bylaws Chair by December 1, 2009. Email **Debbie McCalla**, State Bylaws Chair, by clicking on her name, or send her a note at 430 Bay Hill Circle, Dakota Dunes, SD 57049.

Celebrate SAVE Today on October 14

How is your county planning to celebrate or honor this effort?

In its commitment to build healthy families and safe communities, the AMA Alliance created Stop America's Violence Everywhere (SAVE).

Looking for ideas on how to have a positive impact on your community?

Visit the AMA Alliance's **SAVE Planning Guide**

IMSA President visits Cerro Gordo County

Maureen Lyons, IMS Alliance President, has begun her visits to the organized counties. On Tuesday, September 15, Maureen spent the morning with the spouses of physicians in the Family Medicine residency program (picture to right). Lunch saw her meeting with the general membership (see picture below); in addition to appraising Cerro Gordo Alliance members of activities at the state level, Maureen was treated to a rundown of activities planned for the CGCMSA year.

The President visits each organized county every fall; if you would like to schedule a visit, contact **Maureen Lyons**.



Highlights: CGCMSA 2009-10

- State President Visit
- Couples Game Night Social
- "Baby Pantry" Shower
- Family Favorites Potluck
- Serving at Community Kitchen
- Delivering Meals on Wheels
- Holiday Coffee & Dessert
- Family Activity - Roller Skating
- Walking Challenge
- Book Discussion: *Three Cups of Tea*
- Valentine Cookie Decorating Social
- Learn the NuVal System at Hy-Vee
- Installation of Officers



Carelines cards

36,000 Carelines were prepared by the Iowa Medical Society Alliance (IMSA) for Iowa Area Education Agencies for distribution to all seventh grade students in Iowa this fall. Carelines is a joint health project of the Iowa Medical Society and the IMS Alliance. Since 2002, these crisis cards have been given each autumn to all Iowa seventh grade public school students. The cards provide the students with a list of toll-free resources that address the many struggles adolescents face each day. It is the hope of both the IMS and the IMS Alliance membership that the availability of free, anonymous and professional resources will provide Iowa youth with needed support in difficult situations. Contact [Kathy Beaty](#), Carelines Chair, for more information.

Apply for Free Alliance Publications



The AMA Alliance Health Promotions Committee is offering mini-grants of 100 copies of our children's activity books *I Can Be Safe* and *I Can Be*. All members who know of a project, school or community group that would benefit from the books are encouraged to apply.

Please complete the application link below and return it via e-mail, regular mail fax. *Please note, that although the books will be granted to your Alliance, we ask that your group pay for the shipping costs. The maximum amount of books that can be acquired is four packs total.*



Visit the [Healthy Communities](#) page of the AMAA website to print out a grant application

Links

[IMS Alliance](#)

[IMS Alliance Coordinator](#)

[AMA Alliance](#)

Click on our name to contact us

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Health System Reform Bulletin

Keep abreast of the AMA's input into the discussion of reforming the nation's health care system. Sign up for the AMA's [Health System Reform Bulletin](#) for regular updates "on efforts by the American Medical Association (AMA) to work with lawmakers in reforming the nation's health care system in a way that provides quality, affordable health care to all." *(from the Bulletin)*

Health reform comparison tool now available

The Kaiser Family Foundation's interactive side-by-side health reform [comparison tool](#) now includes details from H.R 3200, the America's Affordable Health Choices Act of 2009, introduced by the three key House committees with responsibilities for health reform. Users can choose which proposals to compare, as well as specific characteristics about those proposals, including coverage, cost containment and financing. The tool also allows users to print out the comparison of all the plans together. The Foundation will continue to update the tool to reflect major new proposals and any significant changes to the plans already introduced.

Visit the [Iowa Medical Society](#) Web site for additional current health related issues.

Youth Alcohol Prevention

The purpose of the AMAA Youth Alcohol Awareness Grants program is to provide seed money for community-based projects that enhance the AMA Alliance's and AMA's commitment to eliminating underage drinking and its health and social consequences. The Alliance leadership and the Health Promotion Committee will fund grants that encourage grassroots activities that help advance local and state environmental policies that restrict youth access to alcohol, restrict alcohol advertising and encourage enforcement of existing laws.

The Youth Alcohol Awareness Grants have two goals:

To educate local elected officials, members of a community organization, or general public about the health and social consequences of underage drinking and the need to change community standards that currently accept some level of underage drinking.

To gain community members and community leader/elected official support for changing community standards by instituting environmental changes at the regulatory or legislative level.

January 1, 2009 marks the deadline for all applications.

A list of application guidelines is available at the [Youth Alcohol Prevention](#) page of the AMAA Web site. Interested but daunted? Assistance with technical questions is available for grant applicants through the AMAA and AMA.