



FOCUS

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The FOCUS is on You!

As your Alliance year gets into full swing, please remember to keep *The FOCUS* abreast of your county's activities.

Send articles and photos to George.

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 will receive their official Fall Board Meeting notice and information via email. **All other IMSA members interested in attending, contact Alliance Coordinator [Deb Whitver](#) to receive the meeting's e-packet of materials.**

S.O.S.

The Spouses Offering Support Committee (S.O.S.) is a network of concerned physicians' spouses willing to give support, share information and experiences and listen with compassion to other medical spouses facing problems, stress or crisis.

Currently S.O.S. offers confidential and caring support to any member dealing with such issues as:

- Breast cancer
- Death of a child
- Death of a spouse
- General issues and networking
- Handicapped child
- Resident spouse/medical student spouse support
- Substance abuse/mental health

As member volunteers determine they're able to offer confidential support, the list of topics will grow. While it is not necessary that committee members have formal training in any specific area, some do have expertise related to their profession. It is not uncommon though that committee members' own life experience has provided them with invaluable insights that can be shared with others.

Contact your county president or Planning & Development Committee Chair [Debbie McCalla](#) to volunteer.

Rev up or recharge at the AMA Alliance's 2009

Leadership Development Conference

The Leadership Development Conference, October 4-6, 2009 at the Chicago Marriott Downtown, is a two-and-a-half day networking and team-building opportunity designed to boost membership growth and service throughout the country in support of health advocacy initiatives, health promotion and fundraising for medicine's future. The AMA Alliance organizes the meeting to prepare members for leadership in the largest organization for the family of medicine.

The conference generally attracts county and state Alliance leaders such as presidents, presidents-elect, membership chairs and newly nominated officers. National Alliance leaders are also on hand throughout the meeting to answer questions, lead discussions and brainstorm ideas. To encourage resident physician and medical student spouse leaders to attend, the AMA Alliance waives their registration fees. All Alliance members are encouraged to attend. Visit the AMA Alliance Web site to view the [Leadership Development Conference](#) program and registration materials.

Interested in attending LDC? Contact IMSA President [Maureen Lyons](#).

AMAA Leadership Portfolio

All the resources you'll need for a successful Alliance year

Check out the [Leadership Portfolio](#) online - it is the Alliance's newly reorganized and updated comprehensive leadership center for national, state and county leaders. Spend some time browsing all the resources available here to help you in your role as a national, state or county leader. There are dozens of resources to make your job easier and help you stay connected to the Alliance.

Leader's Digest--the centerpiece of the organization's newly reorganized and updated comprehensive leadership center--created just for you, our state and local leaders. It's a celebration of your commitment to the Alliance, a way to recognize your volunteer efforts and allow you to share your experience and knowledge with your fellow leaders across the country. Leader's Digest is published bimonthly, with previous issues archived.

Leadership File--This is a compilation of dozens of resources that should provide all the tools that are likely to be useful to meet and exceed your needs as an Alliance leader. The variety of materials will guarantee that you can pick and choose those that will be most helpful to you. Leadership File will be updated as necessary and items added as appropriate. While some of the information is "evergreen", certain sections like "About the Alliance" will be updated annually, while the meeting follow-up section will be changed after every meeting, with the older information archived.

Leadership Login--This is a password-protected repository of items that are meant strictly for your eyes alone, and those of your fellow Alliance leaders across the country.

Marketing and Advertising Opportunities--A "shopping section" for leaders, like a branded binder/three-ring notebook is being researched and will be added to this area as we identify items that might be useful to you.

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.

The Pros and Cons of a Public Plan

The August 2009 issue of *Iowa Medicine* features articles by Iowa's two U.S. Senators, Grassley and Harkin, discussing the pros and cons of a public plan in the health care reform debate. Read these two essays on the Iowa Medical Society's Web site by clicking on [Pros and Cons](#).

For further news on legislative issues specific to Iowa, look under [Legislative Advocacy](#) on the IMS's Web site; you can also find contact information for Iowa's state and national legislators and the Governor's office.

For breaking national news on the health care reform debate, visit the [AMA Web site](#) and click on Advocacy and Health System Reform.

Links

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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 the Stop America's Violence Everywhere (SAVE). Now in its 13th year, SAVE combats the growing problem of violence. The Alliance offers a children's book series that includes the popular "You Don't Have To Be Bullied," "Hands Are Not for Hitting," "I Can Choose" and "I Can Be Healthy" activity books for children. Other publications cover elder abuse, parenting, stress, eating disorders, teen suicide and more.

Although the SAVE campaign is a year-round effort, the AMA Alliance celebrates SAVE Today on the second Wednesday of October. SAVE Today serves as a day when physicians' spouses across the country work together to reduce violence. In addition, it helps unify the efforts of state and county Alliances. Many Alliances use SAVE Today to kick-off new elements of their SAVE projects, such as working with a new school or a new age group.

Looking for ideas? The [SAVE Planning Guide](#) brings the entire spectrum of the SAVE initiative to light. No matter what aspect of violence prevention your Alliance or community group plans to focus on, this manual contains information that can help in your quest to make you community a safer place. It contains statistics, general information about violence, suggested prevention programs and ways to gain community awareness.

Taken from the AMA Alliance Web site under the category Healthy Communities and Stop America's Violence Everywhere