



Auxiliary to the National Medical Association, Inc.

NEWSLETTER

FALL 2014 – WINTER 2015

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Message from the President

Hello and Happy New Year!

Has it really been almost half a year since our convention? When time passes this fast, we have to make the most of it by making sure we're putting action to the plans we made in Hawaii.

What are you planning for Women's Heart Health Month in February? I hope your events highlight the critical need to focus on this widespread yet under-recognized killer. It is important to educate women about recognizing their symptoms – which can be far different from those men show. It's im-

portant to stress that women cannot afford to ignore the signs they mistake for indigestion or allergies or simple muscle pain.

Please allow me to recount the experience of a friend on a recent cruise. She was not feeling well and decided to ignore her symptoms, and she decided it was due to allergies. She continued the cruise, then returned home, only to have surgery for the placement of two stents. A few weeks later she was transferred to the Mayo Clinic for open-heart surgery.

Monday, March 3, 2015 is Triple Negative Breast Cancer Awareness Day. How will you focus on this aggressive threat, which targets African-American women with a much higher mortality rate than others?

We have provided scholarships to medical students at Charles Drew University of Medicine and Science, Howard University College of Medicine, Meharry Medical College, and Morehouse School of Medicine since 1948. Will you help with our scholarship efforts? Do you know any past recipients of our contributions? If so, please contact them and encourage them to consider supporting our efforts so others may receive the same benefits they were awarded.

And it's not too early to rev up for this year's convention in Detroit!

It's a new year with new opportunities to make our recommitment to service. Please join me.

Sincerely,

Velva Clark

Installation Ceremony

2014 Convention



2014 ANMA Convention Activities in Honolulu, Hawaii

by Beverly J. Anderson, Ph.D., Convention Chair

The 2014 ANMA Convention was a huge success. President Helen Kinard Scott and ANMA members expressed how pleased they were with the workshop presenters and how well they interacted with the audience. Numerous questions on the two major topics were asked by attendees and answered by our erudite speakers. The two workshops were funded by Aetna Foundation and PSA. In addition to the wonderful workshops for ANMA members, NMA members and their guests, the Convention Committee planned a plethora of exciting and informative social activities. The workshops and the social activities were well subscribed; thus our funders were pleased that we reached our target numbers, and the Committee was delighted that we added funds to the ANMA treasury. A brief description of the workshops and social activities follow:

Workshop I: Affordable Care Act and What it Means to African Americans

This ninety-minute workshop, held on Tuesday August 5, 2014 was one of the highlights of the ANMA convention. The major presenter at the workshop was Joia Adele Crear-Perry, MD, FACOG, a physician administrator with the Crear Multispecialty Group. The objectives of the workshop were to: inform attendees of the key provisions of the Affordable Care Act; inform attendees of the chronic conditions on which 75% of the health care dollars are spent; present characteristics of successful community programs/activities on ACA; present strategies to help uninsured African Americans sign up for an appropriate health insurance (Medicaid or an Exchange), and suggest actions that the target population could take to stem healthcare costs. Dr. Crear-Perry not only addressed every objective of the workshop, but she was especially impactful in addressing the changes in ACA that affect medically underserved populations. Dr. Crear-Perry spent more than 30 minutes answering questions from the audience on her presentation and the Affordable Care Act.

Workshop II: “Women’s Health: My Triple Negative Breast Cancer Story”

This ninety-minute educational and training workshop, held on Wednesday, August 6, 2014, addressed the story of a 43 year-old breast cancer survivor, Melanie Brissett Nix, in which she stressed the physical and emotional challenges associated with her condition, as well as her determination to survive; the treatment, support and encouragement she received; how she has cared for two young children, and actions that could be taken by ANMA in developing or enhancing community activities on breast cancer awareness. Dr. Doris Browne, breast cancer expert, responded to Mrs. Nix’s presentation; provided an overview of triple negative breast cancer; suggested actions that could be taken to monitor the condition of female and male breasts, and further discussed what ANMA could do relative to programmatic efforts on this topic. The intent of the workshop was to enable Auxiliary members and others in attendance to launch, improve, and sustain activities on breast health in their respective communities. The question-answer period was most interactive and informative.

Social Activities

The Social activities began on Saturday, August 2, 2014 with two optional activities – Deluxe Pearl Harbor/USS Arizona/Honolulu City Tour and the Aloha Stadium Swap Meet -- and ended on Tuesday, August 5, 2014 with the Annual Scholarship Luncheon Fashion Show, where Anne Nambe designs were presented and modeled by ANMA members and guests. Members could not wait to select special items from the Nambe collection to add to their wardrobes. Nearly all of the items modeled were purchased. Also, Vivienne Hewitt again dazzled the crowd with a spectacularly designed Money Hat worn at the luncheon by Myrtis Coolidge-White, a new ANMA member.

Another social activity was the African American Tour which included sites of schools, homes, and workplace of President Barack Hussein Obama during his youth, as well as key historical sites of African Americans. The Tour also included the gravesites of The President’s grandparents. The Pacific Star Sunset Cruise, Buffet, and Show rounded out the Social activities with a most enjoyable cruise in the Pacific Ocean laced with Polynesian dancers, singers, and other musicians. The musicians and dancers engaged the audience in working off the calories from the extraordinary buffet dinner. All had a great evening at the five social activities.

A very special note of gratitude is extended to my Convention Committee for all of their efforts and especially for last minute changes needed to accommodate the increased numbers of activity participants who purchased their tickets on-site. We were fortunate to get larger buses and reservations. The Committee members are Mrs. Mae S. Walton, Mrs. Delores Dalton, Dr. Charlotte Henderson, Mrs. Dolores E. Caffey-Fleming, Mrs. Myrna Chapman, Mrs. Alice T. Davis, Mr. Vernon Estes, Mrs. Gloria Goodwin, Mrs. Vivienne Hewitt, Esq., Mrs. Mavis James, Mrs. Sandra Murdock, Judge Morris L. Overstreet, Mrs. Laura Tompkins, and Mrs. Regina Wheat-Gbadouwey. We also thank Mrs. Myrtis Collidge-White, Mrs. Vivienne Hewitt, Esquire, and Mrs. Pamela Fobbs for wearing the Money Hat, which yielded significant dollars for ANMA.



Photos provided by Vernon Estes





A Long, Long Way From Home

By *Melanie A. Nix*

A reprint of speech given by Mrs. Nix at the NMA/ANMA 2014 Convention Workshop: "My Triple Negative Breast Cancer Story," August 6, 2014

Good morning. I'm Melanie A. Nix and I'm a 5-year triple negative breast cancer survivor. I'm from the Washington, DC area so at approximately 4,826 miles away, I'm a long, long way from home. Being a long, long way from home can lend itself to any number of adventures and misadventures as you try to get back home including getting lost, experiencing turbulence and rough waters and rerouting.

When I was young and even now, I loved to travel. I loved flying on airplanes and landing in a city at night where I could see a beautiful skyline all lit up (still do). I dreamed of traveling and going so many places. But, one place that I never dreamed would take me so far from home was being diagnosed with triple negative breast cancer when I was 38. When I learned that I had breast cancer, I felt like I was a long way from home. When I learned that I had triple negative breast cancer, I felt like I was a long, long way from home, and it's been quite a journey trying to get back.

I had been around breast cancer for most of my life and was still learning so much about breast cancer. Thirty years prior to my diagnosis, my late mother, Belva B. Brissett, was first diagnosed with breast cancer at the age of 36. I was 8 years old. Over the next 12 years, she would have a total of 3 occurrences, several years of chemo and radiation, two mastectomies, countless surgeries, experimental therapies and hospitalizations. Unfortunately, she succumbed to the disease when she was 49, just 3 weeks before my 21st birthday and a semester before my college graduation.

In the years that would follow, I completed my undergraduate and graduate degrees, married the love of my life and had two blessings – my son Carter and my daughter Kennedy. I also began to learn a lot more about my family history with breast and ovarian cancer. After discussions with and prompting by my doctors, I took the BRCA test to determine whether or not I carried the BRCA gene mutation.

In July 2008, I received the test results that confirmed that I carried the BRCA1 gene mutation that provides a significantly increased risk of breast cancer and ovarian cancer. Given that my mother was a 4th generation breast cancer patient and each of her sisters had had breast cancer, ovarian cancer or both, and I had two cousins who had already succumbed to metastatic

breast cancer – most of the women in my family diagnosed between their late 20s and 30s—I conferred with my doctors, who had already been closely monitoring and screening me as high risk, and made plans to have preventive surgeries – a bilateral prophylactic mastectomy (removal of my breasts) and a prophylactic bilateral oophorectomy (removal of both ovaries)—to significantly reduce my breast cancer and ovarian cancer risk. However, as I made plans and preparations, on November 21, 2008, I was diagnosed with triple negative breast cancer. At 11:54 a.m. on that Friday morning, I got the call that I had invasive ductal carcinoma. Over the coming weeks, I would learn that I had a subtype of breast cancer known as triple negative breast cancer. This subtype is so known because it lacks hormone receptors for progesterone, estrogen and HER2 which are common targets of breast cancer treatments. Triple negative breast cancer disproportionately impacts:

- Premenopausal women
- Women with the BRCA1 gene mutation
- African American women
- It may recur fairly quickly and be difficult to treat at metastasis
- Long term treatments like Tamoxifen or Herceptin® are not currently available for triple negative breast cancer

I had a 1.5 cm tumor in my left breast. I was stage 1—the cancer had not spread to my lymph nodes—and it was grade three, the fastest growing.

At 38, a married mother of a 4-year old son and 19-month old daughter, it was 6 days before Thanksgiving and a month before Christmas, and my 39th birthday. I wasn't thankful. As the Christmas holidays approached, I would sing "All I want for Christmas is my two front..." and I wasn't wishing for teeth. At the moment of diagnosis and in the weeks to come, I felt lost.

Lost

The dictionary has multiple definitions of lost that include not knowing where you are or how to get where you want to go; unable to find your way; ruined or destroyed physically or morally; unable to find the way. What a spot on definition of how I felt. The surreal nature of my diagnosis made me feel outside of myself; not in my own skin. I was lost.

This feeling was also accompanied by intense isolation. While most of my peers were enjoying the things of young adulthood –

marriage, travel, family and career success—and seeming to have fun, my husband and I had to live our marriage vows “in sickness and in health” as well as formulate a plan to help maintain as much normalcy as possible for our young children, especially as we approached the holiday season. Even in those moments when I felt like I could jump back into some of those things that my peers were enjoying, I would find myself limited by my physical and emotional challenges that accompanied my treatment. I was lost and I experienced so much turbulence and storming waters, still trying to find my way back home.

Turbulence and Rough Waters

Because of my age at diagnosis, family history, being a carrier of the BRCA1 gene mutation, and having triple negative breast cancer, even though my cancer had not spread, my doctors urged me to have chemo to kill any cancer cells that may not have been removed with surgery and reduce my risk of recurrence. I would have a bilateral mastectomy (prophylactic in my right breast), a prophylactic bilateral oophorectomy, reconstruction of both breasts (two times in my left because it just felt like being difficult and rejecting the first implant), and 16 rounds of chemo.

Through the post-surgery drain tubes, a lot of Percocet for post-surgery pain management, loss of a lot of mobility in my arms – I couldn’t raise my arms on my side or above my head – so many new surgical scars and the onset of menopause; by far the most grueling part of the process was chemotherapy.

During my almost 5 months of chemo, I experienced some of the most extreme changes in my body. I was prepared for hair loss, or at least I thought I was, until it actually happened. As my doctors had outlined, my hair began to fall out about midway between my first and second chemo treatments. I started noticing it on my pillow and then on my collar and one afternoon, after wig shopping, I cut it while I was home by myself. I cut it into a bearable short style that framed my face and I thought I could maintain throughout chemo. When I jumped in to the shower to wash it, that short style was washed away down the drain. When my husband came home later he cut off the remaining few stray hairs. Losing my hair wasn’t really that bad. It was what it represented; that I wasn’t in control and that I was really sick. The loss of control was particularly difficult to manage, as I am someone who prides herself on being fiercely independent and in control. (I also lost eyelashes, eyebrows and nose hair that made me have to manage a constantly runny nose.)

My chemo regimen was ACT Adriamycin, Cytosan, and Taxol. The first six weeks included dose dense AC every two weeks. Adriamycin, nicknamed the “red devil” because of its red color and hellish effects, lived up to its name. I have never felt as bad as I did while on this chemo. The constant nausea was like fierce waves crashing against the shore. My doctors had to adjust my anti-nausea meds several times to try to manage my nausea, which coupled with my loss of appetite, gave me a 10 pound weight loss in my first week of chemo.

Fatigue was a constant issue and source of frustration. I was tired almost all of the time. I remember leaving a sink full of dishwasher because during the time that I ran the water and arranged the dishes to wash them, I became so tired that I couldn’t finish. Or, the time I walked into an IKEA furniture store realizing what a terrible mistake it was when it took more time and almost all of my physical strength to make it to the exit and back to my car. I had once been able to run 5 miles at an 11-minute-per-mile pace and now walking a city block was almost impossible.

Neuropathy made once simple tasks like unscrewing a bottle cap, difficult to impossible. I had different infections and my doctors worked to treat my infections and maintain my white blood cell count, often giving me daily Neulasta® or Neupogen® shots 2 – 4 times a week to boost my cell count, stave off infection and keep me moving forward with chemo. I couldn’t do routine things that I had taken for granted like go to the dentist, visit a friend’s newborn in the hospital or spend time during cold and flu season with my young niece and nephew, because of heightened concern about my compromised immune system having to battle any new illness or infection.

As I faced these challenges, experiencing this turbulence and rough waters, and my loss of independence - with the support of my husband, older sister who had once been my mother’s primary caretaker, and a small group of very close family and friends - I was still uncomfortable having to ask for help, but became a cheerful and gracious recipient of the unconditional support provided by cheerleaders, my A team. A refrigerator full of cooked meals, a day of babysitting for my children or some cash just to treat myself to something nice; all of the wonderful niceties and kindnesses bestowed upon me were so appreciated. I was thankful for the love and support that I received, including my medical team; for all of those who were working to help me get back home.

The physical challenges created emotional challenges, as I wished to be able to do so much more for and with my young children, but wasn’t physically able to. They spent a lot of time doing activities in my room around my bed while I rested. I could no longer run in the park or even keep up with my children. I couldn’t lift them up to hug them or roll around with them as I had before. My 19-month old daughter was too young to really know what was going on or sense a significant change. But, my four year old son was keenly aware that things were different. On one of my returns home from the hospital, he locked in on my hospital wristband and asked me flat out “Mommy are you sick?” I gave him the best answer I could, “Yes, mommy is sick, but I’m doing everything I can to get better.” I encouraged him to share his thoughts and feelings with us, ask me and daddy any questions. When I lost my hair, he told me he didn’t like me bald, and I agreed because I didn’t like me bald either, and we didn’t want him to feel bad or discouraged about sharing his feelings; recognizing that he was going through something, too.

When I returned home from my mastectomy, he wanted to get into my bed and watch TV with me and take a nap. Both of us being wild sleepers, I knew that wasn't a good idea with my drain tubes and bandages, and I told him he couldn't. He sulked away from the room seeming sad and defeated but quickly returned with a pillow and covers and made a space on the floor beside my bed and told me "I just want to be close to you." My daughter couldn't speak at the time, but when she first saw my bald head, she simply touched my face and smiled. She looked into my eyes, her hands tracing the curves of my face, and she knew it was mommy, bald or no, and that was all she needed.

And that became our thing. They would just lie close to me while I rested, playing (mostly) quietly or watching TV. A pivotal moment occurred when we were lying around the weekend after my first round of chemo when I was feeling really bad and this chemo feeling was so new to me. I was lying down, and my kids were lying beside me watching the Super Bowl. At the end of the game, a sports reporter asked a young African-American coach, Mike Tomlin, about his Pittsburgh Steelers' close 27-23 win over the Arizona Cardinals, and I'll paraphrase his response. "Steeler football is never easy, but we play all four quarters." In my chemo haze, I perked up with tears rolling down my face when I called my sister and said, "Are you watching? It ain't easy, but I'm gonna play all four quarters." And I began to re-route as I carried this with me. It propelled me and became a mantra. With this seminal moment, my path began to change.

Reroute

As I rerouted, I took life minute by minute, not even day by day or hour by hour. I celebrated every milestone. I made a list of things that I would treat myself to for each chemo that I completed. It might be a pair of earrings, a pack of nice stationery or a new pen (all things that I love), but just some incentive to get me "excited" about chemo and provide a pat on the back for getting through another treatment. I think it raised an eyebrow with my husband when I went from looking at department store sales coupons to looking at new car magazines.

I took it one treatment at a time. My scars became symbols of my courage and I wore them with pride. I was also excited about my upcoming 40th birthday. As many around me were somewhat dreading the big 4-0, I was eagerly looking forward. My priorities began to change. I stopped feeling guilty and fearing that my kids wouldn't get into a good college because they'd spent so many hours watching TV during my illness, and was just happy to have them by my side, inspiring me to keep fighting. And an immaculate house, I don't care if that's part of my legacy. I was working on getting back home.

And I began to reflect on the lessons I had learned from the best personal and professional role model I've ever had, who was also the best breast cancer fighter I ever knew – my late mother, Belva B. Brissett. Growing up, whenever I would complain or bemoan a seemingly bad situation, my mother would always tell my sister and me to "pray often and bloom where you are planted." I asked God to forgive me for cursing Him

and turning away, and help lead me home. I felt faithless for a time, but He made a path for me.

Nothing got easier. But, the way I navigated and started to see guideposts helped me know that I was moving in the right direction and I didn't feel as far away from home. Each chemo treatment completed, each successful surgery made me feel closer and closer; not so far away.

And when my year of surgeries and treatment was over and I began to heal, I was closer and closer to home, and when I got to my doorstep, it was similar to when you've been on a trip, away for a while and you have to readjust to the comforts of home. It's true what I'd heard, that your new normal is never the same as you were before, but each day I'm getting more comfortable in this new normal.

My family history hasn't changed. Since my diagnosis, I've lost two more cousins to breast cancer, both sisters, with my 48 year old cousin losing her battle to triple negative breast cancer on Easter Monday 2014. I lost my closest aunt, Zora Brown, who had a 30+ year battle with both breast cancer and ovarian cancer. Their lives energize me to work with organizations like you to fight this disease. And my family's collective stories help shape my perspective.

I look forward to each birthday, even more than I did before. Aging is a process I welcome. My perspective is so different – carefree and unapologetic living is very okay. Rest and renewal are paramount. Well, I couldn't walk a city block in 2009. In March 2014, I completed my first half marathon running all 13.1 miles without stopping, and I'll celebrate my 13th wedding anniversary this month and my son's 10th birthday next month. And on December 26, they can put 45 individual candles on my birthday cake.

So, when I get on the plane to return home to Washington, DC, I'll be reflective (and hopefully will have outrun Hurricane Iselle). I'll be thankful for the opportunity to share my story, to spend time with so many medical professionals who have impacted my outcome and are dedicated to improving healthcare outcomes and especially committed to the National Medical Association mission to eliminate disparities in health, improve health among minorities, promote optimal health and be the conscience of society for quality and parity healthcare. I and many other triple negative breast cancer patients are beneficiaries of your work and your advocacy. I'll be thankful for the Auxiliary to the National Medical Association, Incorporated and your mission to promote programs on health, education and legislation; programs that benefit patients and survivors like me. I'll be thankful for Dr. (Doris) Browne whose experience and knowledge have been a blessing to me and so many. I extend gratitude to Dr. Beverly Anderson, Dr. Helen Kinard Scott, and Mrs. Mae Walton for making it possible for me to be here. Thank you for your work that has helped me and others find our way back home.

<http://www.breastcancercomfortsite.com/about-us/>

Leadership Conference 2014

By: Sandra Murdock, Conference Facilitator



1st Row, Left to right : Laura Tompkins, Mae Walton, Sandra Murdock, Norma Carter, Ruth Creary, June Crawford, Helen Kinard Scott
2nd Row: Rose Ballard, Nanine Watson, Velva Clark, Dorothy Jean Smith
3rd Row: James Fultz, Sharon Melvin, Regina Wheat-Gbadouwey, Lady Marie Hammonds, Sonia Scott, Morris Overstreet, Wilma McGee, Glenda Wrenn, Myrna Carter Taylor, Allison Wynn

The ANMA Leadership Conference was held October 24 - 25, 2014 at the Sheraton Hotel, Silver Springs, Maryland. President Velva Clark's Theme: **"Advocating and Engaging Communities: Transforming Behavior into Good Health"**, the Program Overview, Directives and Resource Information for the year were presented to ANMA members attending the conference to take back to their chapters as a guide.

A welcome by President Clark was followed by a presentation of team work ground rules on how team members should show each other respect during the conference. In attendance were officers, board members, and committee chairs.

Presentations were made under the following captions: Governing Documents; Roles & Responsibilities; Finance; National Convention; Marketing and Public Relations; National Office; NMA Liaison; and Strategic Planning. A discussion followed with a debriefing, an analysis, and long range planning for ANMA. Major hopes and concerns were focused on our future goals, auxiliary guidelines, budget issues, auxiliary development, personnel office staffing, and membership. The highest priority identified was our budget issues.

The members in attendance enjoyed a wonderful complimentary breakfast, lunch and dinner and auxiliary members were able to network.

Region II



Auxiliary to the Medico-Chirurgical Society of the District of Columbia

Washington, DC

AMCS Auxilians Celebrate 76th Anniversary of “A LEGACY OF SERVICE”

The Auxiliary to the Medico-Chirurgical Society of the District of Columbia, Inc. (AMCS) gathered members, friends and community representatives to celebrate a LEGACY OF SERVICE in health matters, locally, regionally and nationally, beginning with its founding in 1937 and continuing today serving the Washington, DC area and, through the Auxiliary to the National Medical Association (ANMA), throughout the United States.

The event, a Membership Jazz Luncheon, was held Sunday, November 23, 2014, in the shadow of the Convention Center, at the Acadiana Restaurant, noted for its New Orleans cuisine. After cocktails and the opening set of the Jazz Ensemble, Lady Marie Hammonds,

President of AMCS, welcomed the guests and Dr. Earl H. Harley, Vice President of the Medico-Chirurgical Society of the District of Columbia, brought greetings. Laura H. Tompkins, President-Elect of AMCS, and Event Chairman, served as Emcee.

The AMCS is very proud and thankful for its most cherished asset which is its *membership* and, through this celebration, congratulated those from AMCS for their leadership in protecting and preserving this mantle of service throughout our history.

On the national level, 8 of the 13 AMCS members who served as national president of ANMA are with us today: Alice Davis; Laura Tompkins; Mae Walton; Gloria Dunmore; Sharmon Dennis; Mauree Ayton; Beverly Anderson; and, Helen Kinard. Nine AMCS members have earned Life Memberships in ANMA. They are all very active, serving as national officers and on national committees.

On the Regional level, the last four Vice-Presidents are AMCS members and several served in prior years-dating back to the era of the “Eastern Zone Director”. Outside of DC and Richmond, however, response has been very challenging.

The Auxiliary’s Local Life Membership, patterned after that of ANMA, assures AMCS of a base of carryover membership. Nine such Auxilians shared this honor. The new regular members for 2014/2015 were introduced and later presented the lovely table arrangements, designed by Myrna Chapman. A special honor was reserved for the first to pay both local and national dues for this year. This Auxilian was, also, the newest AMCS member and brings with her a wealth of Auxiliary expertise, including her experience as former president of the Auxiliary to the R.F. Boyd Medical Society, Nashville, TN. Welcome to Washington, DC and to AMCS, Myrna Carter-Taylor and Dr. Taylor! (See article on Myrna) Sixteen AMCS local past presidents are still around.

Ms. Delores Foster, a community fundraiser, received thanks for her participation in AMCS activities and for her personal contributions to the AMCS Scholarship Fund and to Triple Negative Breast Cancer events.

The ANMA Program Coordinator, the Staff Consultant, the Staff Liaison- whatever name used for the person who initiated, developed and operated the ANMA’s Office of Services and Leadership to constituent auxiliaries and the NMA, and who gave the ANMA a national status, a presence and voice heard all over the nation, *Mae Squires Walton*, wife of NMA Past-president Dr. Tracy Walton, retired from her positions in August 2014 after **30+** years of service. Laura Tompkins gave thanks in a moving tribute to Mae. Laura described Mae’s journey in this phase of her life, as the Epitome of Service and as the manifestation of the biblical references to a *Life of Service* as found in the Books of Philippians and of John. Mae and Tracy are always in attendance at all auxiliary activities, but, ironically, health issues prevented their attendance at this luncheon. Darcel McDonald received the tribute and roses for Mae (more about recognition of Mae’s contributions to be presented at the ANMA Board Meeting, February 6 -7, 2015).

Auxiliary to the Medico-Chirurgical Society of D.C. – continued

It was with much pride and humbleness that the AMCS displayed the ANMA 2014 **Auxiliary of the Year Award**. The Luncheon Chairman called upon the membership to keep aloft the AMCS Legacy of Leadership and Service.

In tune with the season of “thanks-giving” the Auxiliary presented its community service gift to the Central Union Mission (DC) for the Homeless. Many shopping bags overflowing with colorfully wrapped gifts of gloves, hats, toiletries, underwear and socks were given from the membership. The Mission’s representative, Mr. Aram Davis, CUM, extended sincere thanks to the Auxiliary. This is the third year that Central Union Mission has been the recipient of the AMCS community service project.

Always on the go to raise funds for AMCS activities, the Auxiliary had its own **Hat Raffle**. Raquel Hammonds beautifully modelled the prize and charmingly lured others to buy an “arm’s length” of tickets.

Throughout the afternoon, the attendees eyed the colorful array of gift-wrapped boxes on “The Luck of the Draw” display – a huge stack of gifts donated and solicited by the members, including two seats for the Atlantic City Party Bus, April 11, 2015 (secretly, many had counted the number of gifts and the number of attendees, and deduced there was enough for everybody to have their number drawn).

As before, the Jazz Ensemble, from Mitchells Music & Entertainment, had toes tapping and hips swaying.

Thanks go to the Jazz Luncheon Committee, chaired by Laura Tompkins, President-elect of AMCS and her Committee Members – Ruby Anderson, Hattie Brown, Myrna Chapman, Alice Davis, Delores Duke, Lady Marie Hammonds, Mae Walton and Laura’s family (Brett Tompkins, Lisa Tompkins-Brown, William Tompkins, Jr., Lornell Tompkins, MD, and James Fultz of the Richmond Auxiliary).



Auxiliary to the Richmond Medical Society

Richmond, Virginia

Plans Made for National Wear Red Day and Other Health Programs

Members of the Auxiliary to the Richmond Medical Society (ARMS) gathered on January 22 for a meeting during the lunch hour at a local restaurant. The primary topic on the agenda for the group was the ANMA's national theme "Advocating and Engaging Communities: Transforming Behaviors into Good Health" and how we can best incorporate the talents of our membership and current programs at churches and other organizations in our area. The local members have made plans to participate in a brunch in support of "National Wear Red Day" on February 6. Members are planning to assist in a Breast Forum program and the Child Obesity/Healthy You program. We welcomed the attendance and the contribution as a consultant from Dr. Wesley B. Carter, a member of the National Medical Association (NMA) Board of Directors and a representative from Region II. We are scheduled to meet again February 22.

Pictured below: Dr. Wesley B. Carter, Mrs. Eldner B. Shepard, Mrs. Evelyn D. Boatwright, Mrs. Serena J. Hunter, Mrs. Norma A. Carter & Mr. James M. Fultz, Jr.



Region III

Auxiliary to the Bluff City Medical & Pharmaceutical Society Memphis, Tennessee

New Member Recruitment, Fundraiser, Scholarships and More

Happy New Year from the Bluff City Medical and Pharmaceutical Auxiliary in Memphis, Tennessee! We're hoping that everyone enjoyed a blessed holiday season filled with love, laughter and most importantly, family and friends. My fellow auxiliaries and I have been so busy planning and preparing for another monumental year that I don't even know where to begin. From our Motown-themed new member's family gathering, widely acclaimed and celebrated Reading is Fundamental (RIF) program led by Auxilian Keena Duncan, our scholarship fundraiser led by Auxilian Joey Beckford, and our 11th Annual November Memorial Lecture featuring the very distinguished, Yvonne T. Maddox, PhD, the members of the 2014-2015 BCMPA are off to a stellar start and are BUSY upholding the purposes of the Auxiliary.

Our Motown-themed family gathering was held Sunday, October 12th at the home of Drs. Dwight and Brooke Dishmon. Families enjoyed fellowship, food and fun to the sounds of Motown melodies. It's always a joy bringing the kids together and watching them laugh and play. I'm thrilled to report that many of the guests were new attendees, who decided to become PAID members of the auxiliary. Within the past year, we've recruited five new members and we're hoping to further expand.

April 11th, 2014, the Auxiliary held a Mardi Gras-themed scholarship fundraiser, during which we raised over \$6,000! 150 guests enjoyed an evening of dinner, dancing and a magnificent art show. The fruit of our labor was displayed November 14th when we presented scholarships to two well-deserving University of Tennessee medical students, Ms. Cori Rogers and Mr. Tyler Woodard. The scholarships were awarded at the Eleventh Annual Memorial Lecture and Gala, which featured esteemed speaker and Acting Director of the National Institute on Minority Health and Health Disparities (NIMHD), Dr. Yvonne T. Maddox. The BCMPA is off to a fantastic start and looking forward to an even more productive 2015!

Brooke E. Dishmon, DDS
BCMPA President



President-elect Sharon Wofford, scholarship recipient Dr. Cori Rogers, and President Brooke Dishmon, DDS



Eleventh Annual Memorial Lecture—Auxilians Gwen Jones, Sharon Wofford, Brooke Dishmon, speaker Yvonne T. Maddox, PhD, Denise Parker, Ann Marie Wallace and Blanche Saxton



Dr. & Mrs. Todd Henderson (Kandice) and children, Victoria, Sophia and Joshua attended the Family event on October 12th

Auxiliary to the Jackson Medical Society

Jackson, Mississippi

Membership Recruitment Holiday Event

By Joyce Gwen Taylor, President



On Sunday, December 14, 2014 at 4:30pm the Auxiliary to the Jackson Medical Association held a "Holiday Meet and Greet" in an effort to recruit more Jackson, Mississippi Metropolitan area medical spouses to join our local auxiliary and the ANMA.

It was a beautiful Christmas themed event hosted by Gwen Taylor and Mavis James at the home of Dr. Malcolm and Mrs. Gwen Taylor. ANMA National Treasurer Wilma McGee attended the event. Mrs. McGee shared a national perspective by describing national programs and financial responsibility for

membership. The attendees were given information about the local auxiliary and encouraged to join and attend the upcoming ANMA National Convention in Detroit, Michigan.

The ANMA Triple Negative Breast Cancer Brochure was distributed and discussed. Gwen Taylor, as Chair of the ANMA Health and Health Education Committee, also shared plans to focus this program year's health education on efforts to reduce both Heart Disease in African American Women and Obesity in African American Children.

There was plenty of food and Christmas music and everyone enjoyed the evening.



Wilma McGee, Joyce Gwen Taylor, and Mavis James

Auxiliary to the R. F. Boyd Medical Society

Nashville, TN

Scholarships Awarded for 2014-2015

Members of the Auxiliary to the R. F. Boyd Medical Society were invited to the annual Donor Appreciation and Scholarship Recognition Breakfast given by Meharry Medical College on Convocation Day, October 13, 2014. Auxiliary members Rose Ballard, Clara Elam, and Brenda Nevels attended the affair and were recognized for the local Auxiliary's Ethel A. Davis Scholarship, as well as the Alma Wells Givens Scholarship, sponsored by the ANMA.



Brenda Nevels and Ethel A. Davis Scholar
La'Nyia J. Odoms

Ms. La'Nyia J. Odoms, a third-year medical student from New Jersey, was recognized for receiving the **Ethel A. Davis Scholarship**, named for the founder and first president of the Auxiliary to the R. F. Boyd Medical Society. Ms. Odoms aspires to be an internal medicine/pediatric physician. She currently volunteers with Big Brothers Big Sisters of Middle Tennessee, and is a National Health Service Corp and Health Care Disparities Scholar. She also volunteers at Meharry's free student-run 12 South Community Clinic.

The **Alma Wells Givens Scholarship** was awarded to **Ms. Kamelia McRae**, a third-year medical student at Meharry. Ms. McRae is a native of New York, who received her undergraduate degree from Georgetown University, and preferred to attend medical school at Meharry because of its commitment to training and serving African Americans and other disadvantaged populations, and its commitment to eliminating health care disparities. While an honor student at Meharry, Ms. McRae is active with the Suburo Hara Pediatric Society and the Pre-Alumni Association .

Officers Installed and New Members Welcomed

At the opening meeting on September 28, 2014, officers were installed by Dr. John Arradondo, President of the Volunteer State Medical Association and member of the NMA Board. We also welcomed three new members as a result of our membership campaign efforts over the past two years: **Karen Carter , Vicki Hancock, and Renee Smoot.**



Clara Elam, Alma Wells Givens Scholar Kamelia McRae,
and Rose Ballard



Officers pictured to left: Corresponding Secretary Brenda Nevels, Treasurer Rose Ballard, Historian Gwen Pasipanodya, Vice Pres. Jeanne Arradondo, President LaTandra Collins, Recording Secretary Conra Collier, and Dr. John Arradondo who conducted the installation.



Violet Nicholas Celebrates 103rd Birthday

Mrs. Violet Nicholas celebrated her 103rd birthday at her home in Nashville, Tennessee on January 6, 2015. Gertrude Brooks, her daughter, invited family and friends to a dinner of curried goat, baked chicken, rice, salad, ice cream, and cake to help her celebrate.

Before dinner Mrs. Nicholas greeted guests, smelled the beautiful floral arrangements, opened gifts, and told stories. A television crew from the local ABC affiliate, WKRN Channel 2 interviewed Mrs. Nicholas, with assistance from her daughter.

Mrs. Nicholas is a former president and member of the **Auxiliary to the R.F. Boyd Medical Society**, and was an active member of the ANMA for many years. She still enjoys visits from the current members and gives donations for local projects.





Sharon Melvin, Speaker for Breast Cancer Awareness Event

The Black Student Movement (BSM) at the University of North Carolina at Chapel Hill invited alumna Sharon Melvin to come and speak on breast cancer during National Breast Cancer Awareness Month. In addition to attending the lecture, students made cards and released pink balloons into the sky.

Sharon Melvin, a past president and Board Chairperson for ANMA, also spoke on Triple Negative Breast Cancer, a program of President Velva Clark and the Auxiliary to the National Medical Association, Inc.

Photo by Hannah Rosen, *The Daily Tar Heel* news



Melvin Selected NIH 2014 Scholar

ANMA board member, Sharon Melvin, attended the 2014 National Institute of Minority and Health Disparities (NIMHD) Translational Health Disparities Course in Bethesda, Maryland. The program was a 2-week course designed to Integrate Principles of Science, Practice and Policy in Health Disparities Research. Acceptance in the course was highly competitive. Out of 400 applicants, 93 scholars were selected. This is a testament to the work that the ANMA is doing in addressing health disparities.

Region V

Auxiliary to the Mound City Medical Forum

St. Louis, Missouri

“Health Education Today for a Healthier Tomorrow – Making a Difference in the St. Louis Community.”

The Auxiliary to The Mound City Medical Forum, working with President Velva Clark’s theme: “Advocating and Engaging Communities: Transforming Our Behavior into Good Health,” continues to service the St. Louis community.

June 2014 the auxiliary was a silver sponsor for the NAACP Youth Scholarship luncheon. At the luncheon 3 high school students pursuing careers in the health field were awarded certificates and gift cards for dorm supplies. Sandra Murdock, auxiliary Vice President, presented the awards.

August 22, 2014, Auxiliary members participated in the national Black Women’s Agenda program, **Because We Care**. This symposium program provided health education for African American Women Caregivers and their Families. Sandra Murdock chaired the event.

Geraldine Scott, scholarship chair reports November 2014, the Auxiliary awarded a total of \$6,200.00 in nursing scholarships to 6 students at the Chamberlain School of Nursing. These students are juniors and seniors. December 2014 the auxiliary awarded a total of \$3,000.00 health stipends to college student that are pursuing careers in health care fields. These students also received a certificate. Two of the students, JaLisa Shaw, a senior in nursing, and Terrance Mabry, a junior pre-med student, are former NAAYI scholars. The auxiliary also provided a special Morehouse College emergency fund for a St. Louis student in need. President Mary Thomas presented the awards.

Community outreach chair Arlene Moore Ross reports that the auxiliary donated funds to Casa de Saluda, a free clinic. These funds provided a play area for young children of patients who are waiting to be seen by a doctor.

November 2014, auxiliary members supported and attended the CHIPS Health and Wellness Gala. CHIPS is a free clinic and is one of the auxiliary’s partners in health projects.

The auxiliary is proud to bring health programs to the St. Louis community.

Article submitted by Sandra Murdock



Attendees of “Because We Care” workshop, from left to right: NMA member Dr. Adolphus Favors, Arlene Ross, Sandra Murdock, and Mary Thomas



Front row, left to right: Sandra Murdock, VP Health; Mary Thomas, Auxiliary President; parent Laura Mabry of Terrance Mabry, junior pre-med; parent Carolyn Watts of JaLisa Shaw, senior BS nursing; Velma Favors, Aux Treasurer

Back Row : Award students Lakesha Crisp, senior nursing; Jessica McCaskill, sophomore nursing; Berenelle Knight, sophomore Pre-med; Alexis Brown, freshman pharmacy; Geraldine Scott, Scholarship Chair

Region VI

Auxiliary to the Charles R. Drew Medical Society



Los Angeles, CA

Dolores E. Caffey-Fleming, President

Eleven Charles R. Drew University of Medicine and Science Students Received Generous Scholarships from the Auxiliary to the Charles R. Drew Medical Society



In December, twelve students were recipients of scholarships to continue their health professions education. Eleven of these students were from Charles R. Drew University of Medicine and Science and one student was from University of Southern California. The presentations were made at the festive Auxiliary to the Charles R. Drew Medical Society meeting. These scholarships were presented by members of the Auxiliary Scholarship Committee: Auxilian Catherine Cottles, Blanche Smith, Treasurer, and Auxiliary President, Dolores E. Caffey-Fleming. Dr. David Carlisle, President of Charles R. Drew University of Medicine and Science attended the event and congratulated all of the recipients and thanked the Auxiliary for their recognition of the students.

The Auxiliary tries to provide scholarships each year from funds they raise from fundraisers; the Auxiliary to the Golden State Medical Society; and from the Auxiliary to the National Medical Association. The students were representatives from our united university-the College of Medicine; College of Science and Health, and School of Nursing. The well deserving medical students were Ruth Getachew, Manna Hago (USC student), Ebony King, Saint Magbegor, Richard Morgan, Eric Ottey, Adia Scrubb, and Barbara Strong. Urban Public Health Student, Alexandra Banks was the College of Science and Health recipient and Cathy Ajala-Staats, Daphne Opoku, and Amanda White were the Nursing Student recipients. The worthy students received their checks in time for the upcoming semester. The Members of the Auxiliary wish each of the students much success and hope they will not forget – “To whom much is given, much is expected.”

Auxiliary Community Outreach Activities

December, 2014– Auxilians brought beautiful red boxes, full of toiletry items requested to our December Meeting. The articles requested were 2 toothbrushes, 2 toothpaste, 2 wash cloth, 2 soap (zest) , 2 deodorants (secret powder fresh), 2 Hand lotions , 1 box Act II popcorn, and 1bag peppermints. These boxes were given to the Jenesse Center, Inc. for battered and abused women and their children for our holiday community outreach activity. Auxilians Phyllis Hull, Catherine Cottles, and Dolores Caffey- Fleming delivered the beautiful gift boxes and some gift bags to the administrative offices of Jenesse Center, Inc. Dr. Arthur Fleming assisted with this endeavor.



February 7, 2015– Our Twentieth Annual Teen Health Conference will be held at the Frank Parent Elementary School from 8:00a.m.– 2:00p.m. This activity will focus on health issues such as STDs, Obesity, Bullying, Mental Health and other topics of interest for teens. We will sponsor this activity and collaborate with other civic organization with the focus on Health. The Charles R. Drew Medical Society, The Los Angeles, Palos Verdes and Inglewood-Pacific Chapter of The Links, Incorporated and the Zeta Rho Foundation of Omega Psi Phi Fraternity are our Collaborating Partners. Our Supporting Organizations are Mu Lambda Omega Chapter of Alpha Kappa Alpha; Rolling Hills/Palos Verdes Alumnae Chapter of Delta Sigma Theta; and Beverly Hills West Chapter of The Links, Incorporated.

Auxilians are asked to fully participate since we are the sponsors. Auxilians are also asked to help solicit donations, set up for breakfast and lunch, and provide the refreshments for the students and to serve and help clean up after the event. Members are asked to invite students and their parents from their churches and the various organizations to which they belong.

Auxiliary to the Sinkler Miller Medical Association

Oakland, CA

SPECIAL RECEPTION – HONORING THE LELA DUFFEL MORRIS NATIONAL SCHOLAR

During the Special Reception and Fall Meeting of the Auxiliary to the Sinkler Miller Medical Association (ASMMA), Shanda M. Williams, a senior nursing student at Samuel Merritt University in Oakland was introduced to the membership. She had been selected by the Lela Duffel Morris National Scholarship (LDMNS) Committee as the 2014 recipient of a \$2,000.00 scholarship. Her name was announced during the ANMA Scholarship Luncheon at the NMA/ANMA National Convention which was held at the Hilton Hawaiian Village in Honolulu, Hawaii in August.

Ms. Williams has earned a 3.72 GPA and is active in a variety of community programs which involves leadership training for teenagers. She is a single parent and plans to complete a nurse practitioner program so that she can focus on preventative care in community-based health clinics. She gave a very inspiring and heart-warming acceptance speech to the membership.

The LDMNS is a national scholarship, and recipients cannot always be present at the national convention. The Auxiliary nearest to the location of the scholarship recipient is encouraged to invite him or her to one of their fall meetings so that introductions, congratulations and photos can be taken for the national *Newsletter*.

Dr. Walter Morris, husband of the late Lela Duffel Morris, was in attendance and also gave remarks and expressed thanks to the National Auxiliary (ANMA) for administering the scholarship.

Two other attendees, **Gayle Simmons and Norma Rogers**, were quite inspired, and decided to join the Sinkler Miller Auxiliary. With **two new members**, it was an occasion that all of us viewed with much pride.



Left to right, Barbara Hopper, Co-chairperson of LDMNS Committee; Dr. Walter Morris; Shanda M. Williams, Scholarship Recipient; Nanine Watson, VP of ASMMA



Front row, left to right: Joan Neblett, Dr. Walter Morris, Shanda M. Williams, Nanine Watson, Joyce Melton and Marcheta Mines
Back row: Barbara Hopper, Edna Ross, and new member, Gayle Simmons

Auxiliary to the Sinkler Miller Medical Association

End-of Year Meeting and Scholarship Award Reception

A special reception and end of the year meeting was held on Sunday, June 22, 2014 at the beautiful home of Auxilian Katharine Ennix. The highlight of the reception was our awarding of four scholarships as follows:

- RONALD E. GRANT, MD LEGACY SCHOLARSHIP, awarded to **Temesgen Woldeyesus**
- CORNELIUS L. HOPPER, MD LEGACY SCHOLARSHIP, awarded to **Shanda Williams**
- JAMAURI KYLE ORR MEMORIAL SCHOLARSHIP, awarded to **Jasmyn Jenkins**
- AUXILIARY TO THE GOLDEN STATE MEDICAL ASSOCIATION, awarded to **Briana Amanda Pierson**



ASMMA members with the four scholarship recipients



The Scholarship Recipients: Left to right - Brian Amanda Pierson, Jasmyn Jenkins, Shanda Williams, and Temesgen Woldeyesus

The Ronald E. Grant MD Legacy Scholarship was for \$1,000.00. The recipient, Temesgen Woldeyesus is a medical student from the University of California at San Francisco. Shanda Williams was a senior nursing student from Samuel Merritt University who received the Cornelius L. Hopper MD Legacy Scholarship of \$500.00. The Memorial Scholarship that was awarded in memory of Jamauri Kyle Orr was also for \$500.00, and was given to Jasmyn Jenkins, a radiology technology student from Merritt College. And lastly, a \$500.00 scholarship was given by the Auxiliary to the Golden State Medical Association to Briana Amanda Pierson, a senior nursing student at Samuel Merritt University.

Auxilian Barbara Hopper introduced each recipient and highlighted their academic achievements and community service that qualified them for the scholarships. In turn, each student shared with the membership how and why they made their career choice, their future plans, and how meaningful the scholarship was for them. The students, their achievements and their “testimonies” underscored the importance and value of the Auxiliary’s commitment to and efforts made in our community.

A New Twist on a New Year's Eve Party

The Auxiliary to the Sinkler-Miller Medical Association (ASMMA) in Oakland, CA said goodbye to 2014 and welcomed 2015 with a new twist to the traditional New Year's Eve celebration by hosting "A NEW YORK NEW YEAR'S EVE PARTY." Many of our members looked forward to celebrating New Year's Eve together, but preferred to be safely nestled away in their homes before midnight. So, the ASMMA members elected to usher in 2015 at 9:00 PM Pacific Time along with an estimated one million revelers from around the world who packed Times Square, the site of the annual New Year's Eve ball drop. At that magical hour we watched the New York celebration live via television monitors at the lavish Sequoyah Country Club.



Fern Jackson, ASMMA President



Seated L-R: Barbara Hopper, Dr. Cornelius Hopper and Jewelle Taylor Gibbs Standing L-R: Daniel Boggan, Jennifer Gibbs and Dr. James Gibbs

We tooted our horns, rattled our noisemakers, hugged our loved ones, and lifted our champagne glasses to toast, drink and sing "Auld Lang Syne" with great enthusiasm. It was magnificent! Young and old alike were in a joyous mood and the room was filled with excitement and laughter; it was a glorious evening made even more special seasonal holiday decor of the Sequoyah Country Club which is nestled among Monterey pines and redwoods in the hills of Oakland. After a delicious dinner of either prime rib or fish, there was dancing to live entertainment by the band Tasche at Reverb Nation. Local artist Tasche, being a talented musician and songwriter, exuded breathtaking melodies and captivating rhythms from a multitude of past decades. The evening concluded by 10:00 – 10:30 PM Pacific Time and we were all safely on our way home after a wonderful evening.

The event was chaired by Nanine Watson who was assisted by a committee which included Barbara Hopper, Fern Jackson, Barbara Avery, and Shirley Covington.

Senior outreach program combats holiday blues

■ Visiting Angels helps families accommodate older adults.

By Jonathan Van Dyke

Reporter, Park Labrea News/Beverly Press

Reprinted with permission – Park Labrea News/Beverly Press

Ilse Speck is 85 and her husband, Elmer, is 93, but she said she has still been able to stay active this holiday season, thanks to a service called Visiting Angels, which has been key to keeping both of them happy. “I couldn’t handle taking care of my husband by myself anymore,” she said. “I needed help.”

Visiting Angels, which has an office at 7985 Santa Monica Blvd., in West Hollywood, is part of a nationwide in-home senior care company. “We provide everything from companion care to transportation services,” said Ruth Creary, president and CEO of Visiting Angels.

During the holidays, Creary said it was important to realize the difficulties that could be afflicting the senior population — roughly one in four seniors (age 65-or-older) suffer from depression and one-third live alone. “Sometimes, interestingly, we’re asked to help a senior get dressed in order to get them ready for a gathering like a Hanukkah or Christmas dinner, or we’ll take them to church or temple,” Creary said. “Even if the family is around, they like to have the extra help for the senior. It means everyone gets to participate in the same way.”

In the case of Speck, Visiting Angels was able to help get her active while the program took care of her husband. “It’s been pleasant, I must say,” Speck said. “We worried at first. I’ve had friends that needed agencies to help out, and their experiences were sort of frightening.”

The Visiting Angels caregiver was actually a senior, but in her 70s, with whom Speck said she and her husband could relate. “You don’t know who you are getting or if you are compatible, and we were so lucky,” Speck said. “I’ve taken advantage of it to go shopping and utilize it for time outside the house.”



Ruth Creary (left), president of Visiting Angels, visited retired educator Alice ‘Bunny’ Taylor, who is one of the seniors the program assists. (Photo courtesy of Dr. Ruth Creary)

Creary said her service can be more helpful at this time of the year because many seniors in the area may not have family members available to visit or help out. “I might get a call from a niece on the East Coast and she just asks if we can take them out to dinner or take them out to the mall,” Creary said. “You do things they used to do. They’re trying to help so they don’t have the holiday blues or depression. We will often bring each of them some type of holiday token, and I don’t know who doesn’t like seeing pretty holiday lights. We try to take them where there are beautiful decorations and spend a few hours with them.”

With a helping hand from Visiting Angels, Speck said she has been happy to gain some independence, while knowing her husband is in good hands this holiday season. “We have no children, so there is no backup that could help, other than friends and you can only ask friends so many times before you run out,” she said.

ANMA HEALTH AND HEALTH EDUCATION COMMITTEE

*Submitted by: Joyce Gwen Taylor, Chair
Health and Health Education Committee*

The ANMA Health and Health Education Committee is off to a great start. We held our planning conference call on Tuesday, November 18, 2014 at 7:00pm CST. Participants were Wilma McGee, Evelyn Sims, and Joyce Gwen Taylor.

Based on those focus areas that President Velva Clark has chosen for her presidential year, we reviewed several brief articles published by different national health organizations. After a lengthy discussion, we agreed to focus on Heart Disease in African American Women, and Obesity in African American Children.

We have produced a second brochure targeted toward African American women. We are now asking the member auxiliaries to sponsor or participate in an event of their choice in February 2015 to coordinate with the "Go Red" Campaign by the American Heart Association. The auxiliary would provide a health professional to speak to the attendees about the prevalence of heart disease among African American women and preventive actions they can take to reduce these dire statistics. Additionally, the auxiliary would distribute the brochures. There will be a monetary incentive for participating auxiliaries and event documentation will be required.

Additionally, since obesity is a major risk factor for heart disease, we want to reduce its occurrence in our African American children by educating parents and providing children with age appropriate information.

We are busy trying to help our member auxiliaries share focused health education with their respective communities. Look for more from our committee soon and please ask your auxiliary to support this health education and awareness campaign by getting their red dresses ready and participating in February 2015.

Committee Members:

**Joyce Gwen Taylor, Chair
Patricia Faggett
Wilma McGee
Lady Marie Hammond
Evelyn Sims**

Alma Wells Givens Scholarship Committee

Myrna Carter-Taylor, Chair

Scholarships Awarded (\$4,000 each):

09/11/2014	Morehouse School of Medicine	Quianna Kern, 2 nd year medical student
10/13/2014	Meharry Medical College	Kamelia McRae, 3 rd year medical student
11/05/2014	Howard Univ. College of Medicine	Keona Childs, 3 rd year medical student

Note: The 2014-2015 scholarship designated for a student from Charles R. Drew University of Medicine and Science in awarded in the spring.

Newsletter Committee:

Rose Ballard, Chair

Sandra Murdock, Co-Chair

Dolores Caffee-Fleming

Alice J. Davis

Vernon Estes

Lady Marie Hammonds

June Heath

Louis Pierre Jean-Romain

Dorothy Jean Smith



AUXILIARY TO THE NATIONAL MEDICAL ASSOCIATION, INC.
INDIVIDUAL MEMBERSHIP
DUES STATEMENT

PLEASE PRINT OR TYPE ALL INFORMATION – DO NOT SEPARATE FORMS

NAME: _____
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* NMA Member: Yes No

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CITY, STATE, ZIP: _____

PHONE NUMBER: _____ E-MAIL: _____

AUXILIARY _____ REGION: _____

LOCAL OR STATE PRESIDENT: _____

I certify that I am a financial member in good standing with my local and state auxiliary where one exists.

SIGNATURE _____

ANMA Life Members are exempt from paying dues, but shall pay convention registration fees. ANMA Life Member: Yes No

MEMBERSHIP FEES

Postmarked on or before February 1st

Regular Member Dues \$150.00 _____
Interim Member Dues \$150.00 _____
Resident/Interns Spouse Dues \$50.00 _____
Physician/Physician Spouse Dues \$50.00 _____

Postmarked after February 1st

Regular Member Dues \$175.00 _____
Interim Member Dues \$175.00 _____
Resident/Interns Spouse Dues \$60.00 _____
Physician/Physician Spouse Dues \$60.00 _____

CONVENTION REGISTRATION FEES

Postmarked on or before May 30th

All Members \$150.00 _____

Postmarked after May 30th

All Members \$200.00 _____
Guest Registration \$175.00 _____

SCHOLARSHIP FUND DONATIONS

A 'TAX DEDUCTIBLE DONATION' is always appreciated and needed. Please check the appropriate donation category, and enclose the payment with your dues.

Alma Wells Givens: \$25 \$50 \$75 \$100 Other \$ _____

Omega Mason/Maude Bisson: \$25 \$50 \$75 \$100 Other \$ _____

Please make checks payable to ANMA, Inc.

Check #: _____ Date: _____ Total Enclosed: \$ _____

If paying by credit card, please check Visa or MasterCard: VISA MASTERCARD

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Houston, TX 77096

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Dates of Importance

February - Black History Month & American Heart Month

February 1 – Membership dues due to ANMA

February 6 – National Wear Red Day

February 6-7 – ANMA Mid-Year Board Meeting

March 2 – Submit officer nominees to Nominating Committee

March 3 – Triple Negative Breast Cancer Day

March 30 – Doctor’s Day

April 12-18 – Recognize members for service during National Volunteer Week

May 10-16 – National Women’s Health Week

May 30 – Register for national convention without penalty

July 17 – Officers and Committee Reports due to National Office

August 1-5 – NMA/ANMA Convention, Detroit, MI



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