



Bulletin

of the Mahoning Valley Medical Society
First Quarter 2018

MAHONING VALLEY MEDICAL SOCIETY 2018 ANNUAL MEETING

Distinguished Physician Award
Joni Canby, DO

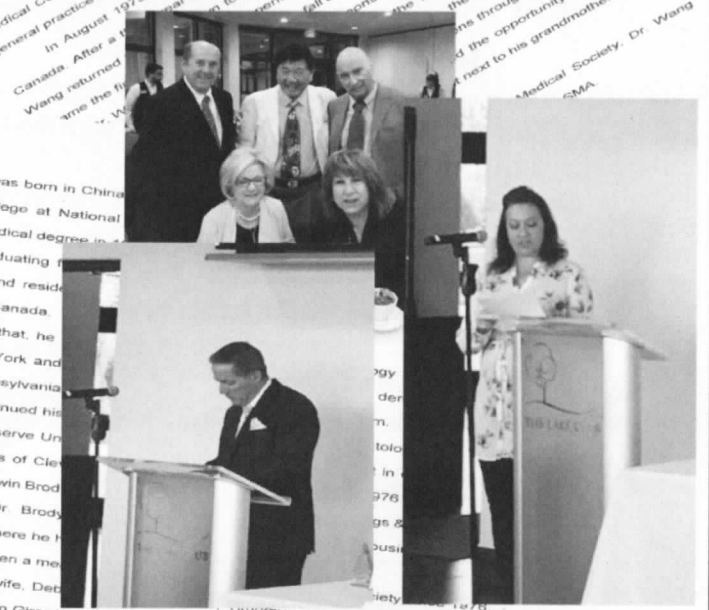
50 Years in Medicine Awards
Chi Sown Ko, MD & Hau-Shui Wang, MD
[Receiving the Award but not in Attendance
Young K. Lee, MD; Herbert Parris, MD ; Gerald
Sevachko, MD and Emilita Torres, MD]



MCMS Foundation Scholarship
Recipients
Alexandria DeFabio & Michelle Sergi



Alexandria DeFabio's award was received by her family.



Hin and his wife, Dat... wife currently reside in Girard... and James. Dr. Ko and his...

Bulletin

Editor Sean T. McGrath, MD
Managing Editor Marla Fraelich
Editorial Board

Thomas J. Traikoff, DO Sean T. McGrath, MD

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www.mahoningmed.org

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The Bulletin reserves the right to edit all contributions for clarity and length, as well as to reject any material submitted, including advertisements.

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Correspondence and changes of address should be mailed to the above address.

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Calendar

May 1, 2018

*MVMS Annual Meeting,
The Lake Club*

June 14, 2018

Canfield Fair Exhibitors Breakfast

June 19, 2018

*John Fogerty & ZZ Top,
Covelli Centre*

June 22, 2018

*Family Fun Night @ Mahoning
Valley Scrappers*

June 27- July 1, 2018

*Cirque du Soleil,
Covelli Centre*

August 29 ~ September 3, 2018

Canfield Fair

October 24, 2018

*Keith Urban Concert
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FROM THE DESK OF THE EDITOR

Spring Kairos



It's that time of year again. Time to clean up the dirt and grime of winter and prepare for the sprouting of new life and opportunity. It's a time of reflection, change, and internal renewal. It's the chance to make a change through the wisdom we have gained in the experiences we have lived. We may choose to grow a garden to feed our family. We may choose to start a workout regimen and get in shape. We may choose to work on a relationship that has become strained. Whatever it is, this is the time to do it. When the weather is warming, nature is growing and turning green, and our outlook on life, after a difficult winter, begins to brighten.

This spring I recommend four things to consider during this time of Kairos. Try to pick at least one thing to include in your spring clean-up.

1. Exercise

a. As a phys-med doc, I have to implore you to start on the road to fitness. Start small, build on it, and progress it to a full aerobic and core program so we can all age well and in good health (with strong backs).

2. Spend more time with family

a. If you have kids, make it quality time, not taxi time or watching from a distance time at a sporting event. Go to the park for a picnic and a game of Frisbee; go to a zoo or amusement park; go outside away from distractions and "play". Tell them you love them.

b. If you have older children or parents, visit them. Don't wait for them to come to you, go to them as much as possible. Call them and talk when you can, don't just text and Facebook them. Tell them you love them.

3. Read a book, for fun!

a. Pretty self-explanatory, but pick something you would normally skip over. We spend enough time reading medical literature from many different sources. We are bombarded in our emails, through the snail mail, and from our professional academies.

4. Go to church

a. If you go already, volunteer and get involved. Be part of a different community than the medical profession. Reach out and help others in a different way.

b. If you don't normally go, try it. Find a community where you can be comfortable. Take your time, find yourself first, and then get involved if you wish. No pressure.

c. For everyone, take time to grow your faith, relax and reflect with God, and enjoy some "me-time" away from busy life.

Overall, just enjoy the beautiful weather with the ones you love and continue to give excellent care to the people of our community!

A handwritten signature in black ink, appearing to be 'J. J. [unclear]'. The signature is fluid and cursive, written in the bottom right corner of the page.



Energy

As physicians one of the most important prescriptions we provide is our energy.

Jill Bolte Taylor, who wrote "My Stroke of Insight," tells how she was determined to heal herself after having a stroke. She took full responsibility for every part of her healing, including her stay in the hospital. A sign was placed on the door asking every doctor, nurse and staff member that entered the room to bring only positive, healing energy. She wanted no part of negative drama and insisted on only positive energy around her.

As I read this message from Dr. Taylor I am reminded of the importance we all have in the care of our patients and the quality of the energy we provide. I recently watched my wife courageously endure chemotherapy for uterine cancer. The greatest gift I could offer was to surround her with loving energy. Conveying our knowledge and expertise has great benefit but bringing our best energy is also a part of the power of healing.

Thomas J. Traikoff DO



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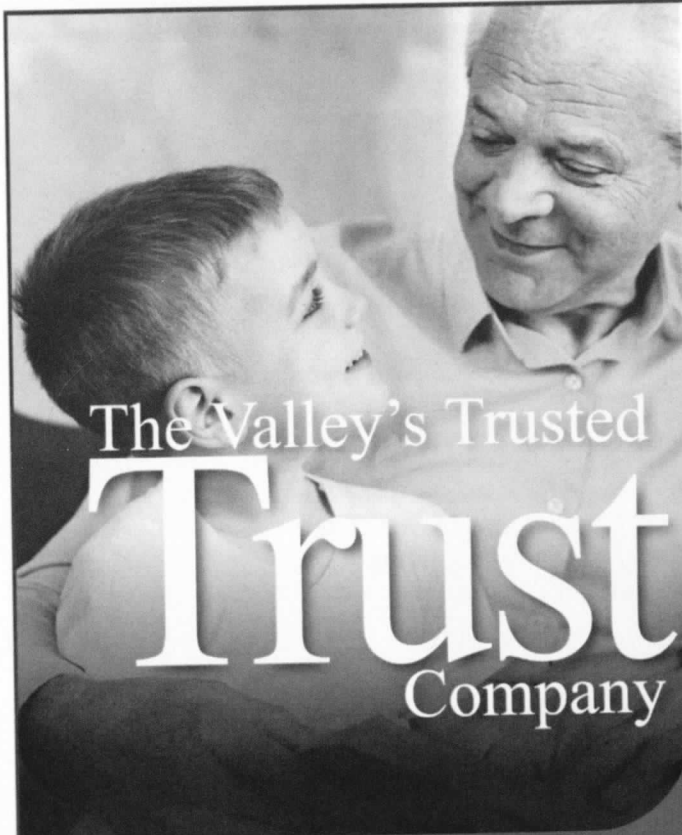
Medical Education: American University of Caribbean, St. Maarten
Internship: Western Reserve Care System, Youngstown, OH
Residency: Western Reserve Care System, Youngstown, OH

**CORRECTION TO PRACTICE NAME
AND ADDRESS FOR DR. ICLI**

Ryan S. Nagy, MD
Internal Medicine/Pediatrics

Nagy Healthcare
196 Colonial Dr.
Youngstown, OH 44501

Medical Education: American University of Caribbean, St. Maarten
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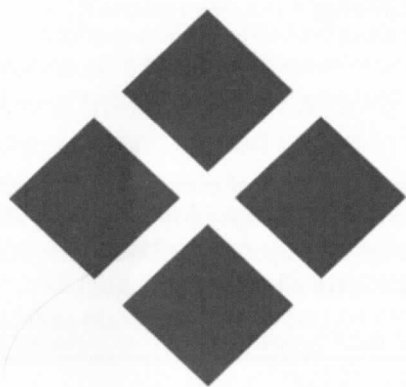


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INSURANCE REVIEW.....HAVE YOU HAD ONE DONE?

The physician's schedule is more hectic now than it's ever been.

Insurance plays a key part in protecting practice, personal, commercial, life and disability exposures and as many practitioners purchase coverage piecemeal often from a number of agents or employer situations, the opportunity to overview all coverage may be lost. Here are some thoughts –

Personal Professional Coverage: Many place whatever the hospital requires and most these days often buy claims made – regardless of specialty and risk exposure. Remember, the claims made limit begins with an effective date known as the “retroactive date” and continues the SAME LIMIT regardless of the number of years the coverage is maintained. The exception is to have a claim reported during an active policy period and have the policy renewed – only then is the limit for the claim frozen and all new claims have a fresh (albeit the new same) limit....the danger is to have multiple claims in one policy year. For specialties like OB/GYN or pediatrics, it may be wise to look into higher limits at some point due to the long tail exposures that each carries. Hospital placed policies can still affect you and you should be familiar with what's provided.

The professional policy EXCLUDES coverage for Medical Directorships, other practice specialties such as Chiropractors and Dentists and certain high exposure medical employees such as CRNAS, PAs, CNPs. These must be added separately. One thing I always mention: just because an activity is done by one with a medical license doesn't mean your professional liability policy will address it. Check with your agent.

Personal Coverage: These coverages address Home, Condo, Auto, personally owned items like boats, home maintenance equipment, etc. There is a primary (basic) liability limit within the policy, and it stands alone. So if your dog bites the mailperson or the little girl next door, and inflicts serious injury, the base limit may/may not be sufficient if the claim merits it.

Personal Umbrella: Often sold in increments of \$1,000,000, this coverage will respond when excess judgements over personal insurance exhausts itself. So, when the kids start driving, or when you decide to buy that boat or jetski, considering a personal umbrella is not a bad idea.

Commercial Coverage: Everyone who rents or leases an office, buys a building or enters any type of commercial enterprise alone or with others is a commercial risk. Policies covering these exposures are many and are competitive. Here too, there are built in general liability limits and just about every company competing for your business offers policy enhancements that address wide ranges of coverage. Commercial coverage does not address personally owned items and vice versa.

Commercial Umbrella: Covering only the commercial exposures, this adds additional liability coverage to that included under your primary policy. Here too, it does not apply to personal liability.

Life and Disability: Many policies placed and not updated or evaluated after many life changes have occurred, will likely not meet the goals and objectives intended.

The physician is often three entities: Dr. Smith, the physician – Dr. Smith, the commercial entity, and Joe Smith who owns a home, autos, boat and has a family. Each has separate and distinct exposures. You're diligent about paying your premiums, but knowing that appropriate limits are in place and how they coordinate with the others can help you to sleep better!

Edward Hassay / HUNTINGTON INSURANCE AGENCY, INC.

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THANK YOU!

The Mahoning County Medical Society Foundation has recently taken steps to change the medical student loan program that has existed for many years to a scholarship program for medical students from the Mahoning Valley. The criteria for these scholarships remain essentially the same as the loan program. They are:

1. Resident of Mahoning or Trumbull Counties
2. Completion of two years of medical school, in good standing.
3. Nomination by the dean of the medical school, or equivalent.
4. Need, as determined by the dean and the Foundation Board.
5. Scholastic achievements, leadership, and community service.

Each nominee will be interviewed by the Foundation Board. Letters will be sent to all Ohio and Western Pennsylvania schools of medicine and osteopathic medicine asking for nominations. We are excited to announce that the Foundation was able to award two scholarships in 2018 for \$10,000 each. Recipients were invited to the MVMS Annual Meeting on May 1st to receive their awards.

To fund this scholarship program, the Foundation will solicit donations from Medical Society members with the Foundation Honors program, connect with local community foundations, and enlist the help of the MCMS-Alliance to hold fundraisers for the Foundation. Please use the form below to send your tax-deductible contribution in honor of or in memory of a physician or family member. *Thank You!*

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IN MEMORIAM

Humphrey D. Germaniuk, MD
February 4, 1954 - April 20, 2018

Bits 'n' Pieces

Home or Office Address: Most of our mailings are automatically sent to the physician's office address. Many of our members state that they receive the Bulletin and other event notices late, or never see them. If you would like your address changed to your home mailing address so you do not miss these important notifications, please contact the society office. We do not want anyone to miss out on any of our upcoming events!

Check the Calendar of Events in this issue! We have a fun night planned at the Mahoning Valley Scrappers. There will be a GIVE AWAY! You do not want to miss out...watch for details in the mail!

Canfield Fair! We will soon begin planning for this year's Canfield Fair and scheduling our members to work in the booth in the medical building. If you would like to be a part of this year's fair, please contact the society so we can get you on the schedule. It fills up fast, so call today!

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**FAMILY FUN NIGHT AT THE
SCRAPPERS!!**

Friday, June 22, 2018

GIVEAWAY!

For every person who picks up their Family Fun Night passes at the society office, their name will be entered to win a signed Corey Kluber baseball! Watch the mail for details!



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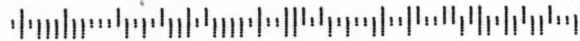


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