



Bulletin

of the Mahoning Valley Medical Society
Second Quarter 2018



eum

2017 PINKNEY DIVISION CHAMPIONS

Family Fun Night at the Scrappers Mahoning Valley Medical Society



VS



Friday, Aug. 17 | Picnic: 5:30 PM | First Pitch: 7:05 PM

Mahoning Valley Medical Society will be attending this Mahoning Valley Scrappers game for an all you can eat group picnic outing, and you're invited!

- 90-MINUTE ALL YOU CAN EAT PICNIC PRIOR TO THE GAME
- COREY KLUBER AUTOGRAPHED BASEBALL GIVEAWAY
- 10% OFF ON SCRAPPERS MERCH
- GROUP WELCOME ON THE PUBLIC ADDRESS SYSTEM & NEW VIDEO BOARD
- ALL GUESTS ENTERED INTO NIGHTLY GROUP SWEEPSTAKES
- PREMIUM BOX SEAT TICKETS FOR THE GAME



**ALL YOU CAN EAT MENU INCLUDES:
HOT DOGS, HAMBURGERS, BAKED BEANS,
POTATO SALAD, COOKIES, CHIPS, WATER,
AND SOFT DRINKS**

**YOUR PICNIC
EXPERIENCE IS JUST**

\$22
PER PERSON

(Family and guests only - no charge for MVMS members)



WIN A COREY KLUBER SIGNED BASEBALL!

TO ENTER:

- 1) RSVP by the August 10 deadline
- 2) Pick up your own tickets in the society office **PRIOR** to the day of the game

Please mail this portion in with your payment by FRIDAY, AUGUST 10, 2018

Name of member: _____

Number of guests @ \$22/person: _____ Total amount enclosed \$ _____

MAIL TO:

Mahoning Valley Medical Society
3855 Starr's Centre Dr., STE. C-3
Canfield, OH 44406
PHONE: (330) 533-4880 FAX: (330) 533-4940



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Bulletin

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

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

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Mahoning Valley Medical Society, 3855 Starr's Centre Dr., Suite C-3,
Canfield, Ohio 44406.

Phone (330) 533-4880 Fax (330) 533-4940.

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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.

Subscription rate of \$20.00 per year is included in MVMS dues.

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

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Calendar

August 17, 2018

Family Fun Night
Mahoning Valley Scrappers

August 29 - September 3, 2018

Canfield Fair

October 23, 2018

CME/CNE Seminar
Hampton Inn, Canfield

October 24, 2018

Keith Urban Concert
Covelli Centre

November 13, 2018

Networking Night
TBD

January 15, 2019

Installation Dinner
TBD

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Gardening



I love to garden in the summer. I think it is an excellent opportunity to teach my kids about life and learning to take care of a living thing in order to take care of yourself. I think they enjoy harvesting the most. I love watching them take an interest in something that interests me too. Oh, and something other than a sport or screen based activity!

I find it amazing how a plant will grow when the elements are just perfect, but how it will wilt and die in the wrong environment. The temperature, the sun, the soil, and of course the water has to be just right or everything will perish.

Life is similar to the garden. If something inside of us or in our family isn't just right, we perish. Our life is not what we wanted or expected, our family is fractured or unhealthy, and we are just a shell of the person we ought to be. When we neglect ourselves, we cannot take care of anyone else. We have to make sure we meet our own needs. We need to work hard, love hard, and occasionally play hard! If I do that and take care of me, then I can better serve the people around me and help them meet their needs.

We as physicians sometimes forget to take care of ourselves and our families. We neglect our needs. When I say sometimes, I mean pretty much most of the time. We miss events that we really want to be at but feel it is for the benefit of our patients so it's ok. But it's not! Occasionally, yes, we have to work late, but we have to make sure we address our own needs enough of the time that we maintain our own mental health. We can't erode our own self by not living our life and think in the long run that it won't bother us. It will. It does!

Please take time for you and your family now. Not next time, or next month, or when they are ... You must do it now or "later" will have already passed by and you will be remorseful with no chance of getting it back.

Fight the good fight!

A handwritten signature in black ink, appearing to read "S. McGrath MD". The signature is stylized and written in a cursive-like font.

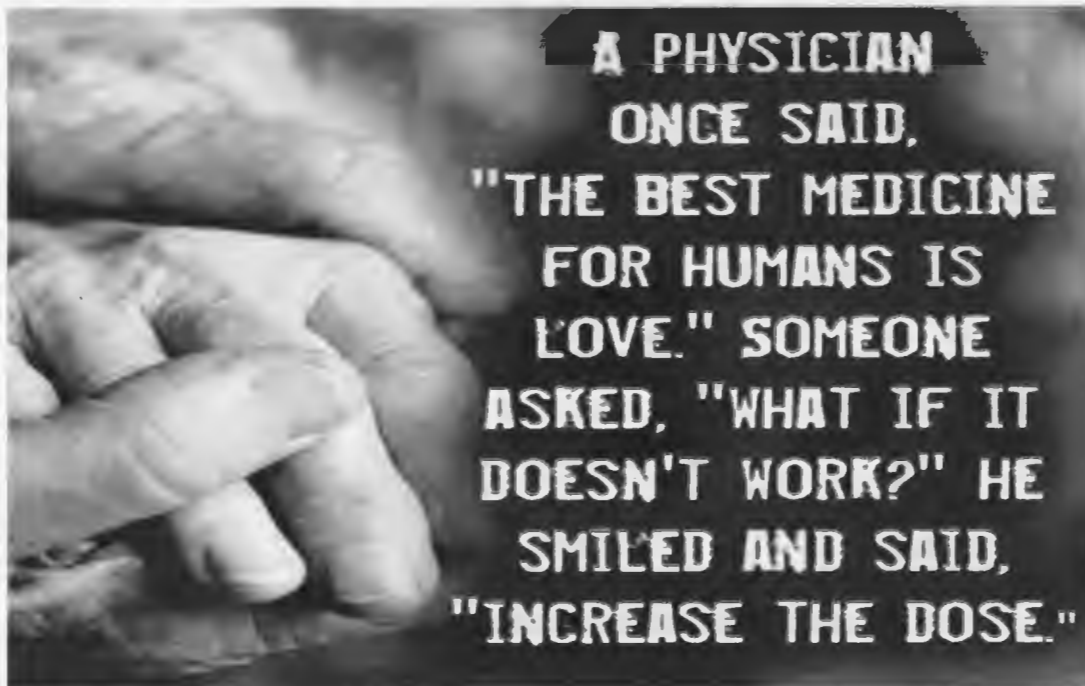


OPPORTUNITY

"The meaning of life is to find your gift. The purpose of life is to give it away." ~ Pablo Picasso

We are all given a great opportunity and honor serving as physicians in our community. Many physicians often feel disgruntled with the burdens of our current continual changes in healthcare. Changes are continually occurring with hospital systems, insurance systems, private practice, and electronic medical records which are often burdensome. When I stop to remember that each patient is a gift, I am reminded of our value as physicians to listen and serve with compassion. We all have great purpose.

Thomas J. Traikoff DO.



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Bits 'n' Pieces

Canfield Fair

Planning for this year's Canfield Fair is underway and we have already begun scheduling our members to work in the booth at 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. Only a few more times are left, so call today!

Like us on Facebook

With social media at our fingertips, you can easily keep up with medical society events, news and notices by liking us on Facebook.

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!



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My personal physician once indicated that stress was such an issue affecting everyone's health, he jokingly said, that "maybe we should put Xanax in our drinking water"

The professional liability furor that took place in the 80's and 90's subsided substantially for many years but to an extent, has resurrected its ugly head again. Added to other life stressors like raising a family, mortgage payments, reimbursement reductions and so many others facing today's physicians, it is little wonder that it is taking its toll on many bright, talented individuals who care for all of us.

Professional liability claims have a tendency to not only involve the physician, but the practice and most importantly, his or her family. Long duration claims continue to add levels of stress never before anticipated...yet, the nature of professional claims do just that.

No physician goes through training to intentionally do harm to anyone, but when an issue arises, Coverys insured professionals who wish to understand the emotional impact of an adverse event on their lives, make sense of it, and cope effectively, may access support groups made available through **Coverys Risk Management**. A call to 800 225 6168 will put you in touch with a facilitator, who will, in strict confidence, discuss your issue and discuss options and support group association that can help.

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For more than three decades, Coverys Risk Management has helped healthcare professionals design and implement risk management programs that minimize their risk of claim and loss.

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In
Honor
Of

Give a Gift to Honor or Remember

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

Albert B. Cinelli, MD
April 12, 1937 - May 12, 2018

Harold L. Brodell, MD
December 15, 1928 - May 22, 2018

Shawki N. Habib, MD
September 12, 1940 - May 25, 2018



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