

ALLIANCE ACTION

President's Corner...

Dear Alliance Members and Potential Members,

I hope you all are enjoying the beautiful fall! We are sending the November newsletter packed full of events – all kinds of *great* ideas coming in on how to serve our community and to enjoy each other's company in many fun and unique ways.

I start this letter shifting in my chair, feeling a little like I am in church on stewardship Sunday when the minister asks me to consider my monetary gifts. Asking for money is uncomfortable, but usually the cause is worthwhile. Our membership last year was the largest in the state, but one of our lowest in quite a while and short of our goal of 100. The Mesa County Medical Society Alliance has been running its business for years mainly on the county dues (\$30) and fundraising. I am asking that all of you receiving this newsletter would *please* consider joining the Alliance this year – if only at the county level – to ensure our desired high level of contributions to so many good causes in Mesa County.

I understand that not every year is the best for additional volunteer and social obligations. But unlike many volunteer groups, the MCMSA does not require any service time and there are no mandatory hours. As this will be the last 2011-2012 newsletter you will receive with unpaid dues, *please* mail your \$30 for the year to Sheila Winnefeld today! If you are unable to participate this year, please note that on your membership form, but do still join us to support our causes and activities for the year.

In November, we have a puzzle time after school date to gather frozen dinners for Rose Hill, our Barnes and Noble Bookfair will contribute books to help fulfill wish lists of schools deemed in need by District 51, our December Holiday Party will be at the Art Center and feature a silent auction to benefit the Kids Aid Backpack Program, I could go on and on. Small group lunches, hikes, etc. are back. The basket with new children's books you donated for the Hospice Fashion Show is overflowing. Membership dues keep you informed of all upcoming events and in the loop until you find something to fit your needs. With your membership, you will also receive a directory including members' names and addresses.

I look forward to all of the November functions, and with the season of Thanksgiving I am feeling particularly thankful for the energy and dedication of our board this year. I hope to share with you next month that we have reached our membership goal and can continue with our plans for 2012, including: Doctors' Day Blood Drive, redecorating a room at Rose Hill, the springtime progressive dinner to benefit Western Slope Center for Children, sponsoring children for CDA summer camp, and much more.

Please support us and JOIN us! Have a wonderful month and take time to enjoy the blessings in your life.

Susan R. Erb

Upcoming Events

Nov 7

Rose Hill Frozen Food Round-Up / Puzzle Time at Amy Czarnecki's, 250 Red Rim Dr., and Stephanie Witwer's, 905 Topler Ridge Ct. 3:30-6:30pm

Nov 10

Small Group Lunch at Spoons, 3090 N. 12th St. Unit B 12pm

Nov 15

Book Club: "The Alchemist," by Paulo Coelho

Nov 29

Barnes & Noble Bookfair 2451 Patterson Road 9am – 10pm

Dec 13

Holiday Party and Silent Auction at the Art Center 6:30pm



Newsletter Editor

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Tuesday, November 15: "THE ALCHEMIST" by Paulo Coelho

The Alliance Book Club is open to all members. If you enjoy literature, or just good company, please come try it out! You don't even need to have read each book—sometimes you just want to hear a review, and this is the place.

If you are interested in the Book Club, please contact Mary Graves, 241-4905 for monthly updates on book and meeting places.



MCMSA MEMBERSHIP FORM 2011-2012

Please mark your selections

Regular member county \$30.00
 state \$20.00
 national \$50.00

Resident's spouse county \$5.00
 state \$10.00
 national \$10.00

Widow/ Widower county \$10.00
 state \$4.00
 national \$50.00

Retired spouse county \$10.00
 state \$15.00
 national \$50.00

Contribution to SAVE \$30.00*

*\$30.00 buys S.A.V.E. materials for one classroom. The contribution is optional, but members are encouraged to give. The S.A.V.E. contribution is tax deductible.

NEW

MCMSA SPONSOR MEMBERSHIP 2011-2012:

Being an ACTIVE member in the Alliance is difficult for me this year, but I would like to join and support the mission and activities as a paid member. Please mail me newsletters, send me a directory and invitations to events. I will participate when I can.

county dues \$30

Name _____

Address _____

City/State/Zip _____

Spouse's Name _____

Specialty _____

Phone _____

E-mail _____

Do you want to receive your newsletter via e-mail? Y / N

Mail your check to MCMSA and completed membership form to:

MCMSA c/o S. Winnefeld
3619 Senna Way
Grand Junction, CO 81506

november small group luncheon

please join us

thursday, november 10th

spoons

12 noon

RSVP

lisa 201.6102 lisa@wcra.com

or

dana 623.6339 dana.prosser@hotmail.com



ORGANELLA: MCMSA'S 3RD GRADE HEALTH EDUCATION PROGRAM

Organella is a 3 1/2 foot tall anatomy doll who has been visiting 3rd grade classrooms in Grand Junction since 1985. She has fabric covered organs that are removable and the anatomically correct size of a 3rd grader.

During a 45-60 minute hands-on presentation with Organella, our MCMSA personnel briefly discuss the circulatory, respiratory, neurological, gastrointestinal and urinary systems. We direct our information in an interesting and humorous way for 3rd graders.

The Organella presentation fits well into the anatomy chapter of the 3rd grade science curriculum, but she is frequently invited to other grades, clubs and special interest groups. Students and teachers alike really seem to enjoy her visit. Parents often remark that they learned something from their child about the human body after their child saw the Organella presentation.

This presentation is free of charge. For more information or to set up an appointment, contact Bobbi Alpha, 242-5508 or bobbialpha@aol.com.



Rose Hill Frozen Food Round-Up / Puzzle Time

Growing up, the amount of allowance that I earned was based on the number of volunteer hours I worked. When I was in elementary school, I volunteered and watched the money fill my piggy bank. In high school, I was certain to find volunteer opportunities as prom approached. In hopes of keeping the tradition of involving kids in community outreach alive, I am urging you to include yours in this month's Rose Hill Frozen Food Round-Up!

On Monday, November 7th, Stephanie Witwer and I will open our homes to host a puzzle time. Simply bring your kids and a few frozen Lean Cuisine Steamer Meals to either house. Add the frozen meals to the coolers & join in on some puzzle time fun.

If you're unable to make it to puzzle time, here are other ways to help:

- * Bring your steamer meals any time on November 7. Stephanie and I will place coolers on our porches to collect meals from dawn until dusk.
- * Contact Amy Czarnecki, Jess Pearson, or Stephanie Witwer to pick meals up directly from your house.
- * Send a monetary donation to one of us, and we will purchase meals on your behalf.

In addition to steamer meals, Rose Hill is in need of a freezer to store frozen food. Monetary donations to purchase one would be greatly appreciated. A spare change piggy bank will be on hand at each event, and all coins collected will be put towards the cost of purchasing a freezer for Rose Hill. Thanks again, for this, and all that you do to make the Alliance show its caring ways.

-Amy Czarnecki



**MCMSA Board Members
2011-2012**

- Susan Erb, President
257-1644
- Stephanie Witwer, President-Elect
201-7346
- Robyn Kinnick, Secretary
985-4097
- Kimberly Langston, Treasurer
303-916-9539
- Sheila Winnefeld, Membership
241-0594
- Heather Gerson, Membership
433-7379
- Holly Seeberger, Newsletter
778-4336
- Amy Czarnecki, Community Service
712-3524
- Jess Pearson, Community Service
314-3330
- Lisa Bumgarner, Members' Night Out
243-8806
- Dana Prosser, Members' Night Out
243-3363
- Julie Hartshorn, New Physician Sponsor
243-2867
- Mary Graves, Book Club
241-4905
- Uschi Hall, S.A.V.E.
242-1842
- Janna Gustafson, Hospitality
243-1490
- Natalie Gehl, Faux Paw
245-7110
- Robin Heil, Tech Support
241-7520
- Bobbi Alpha, Organella
242-5508
- Jolie Griffin, Past President Advisor
241-7372
- Angela Hegstrom, Advisor
314-2727
- Dawn Hunter, Advisor
314-9001

MARK YOUR CALENDARS...
FOR THE MCMSA

HOLIDAY PARTY AND SILENT AUCTION!

TUESDAY, DECEMBER 13TH
AT THE GRAND JUNCTION ART CENTER
6:30PM

PROCEEDS TO BENEFIT:
THE KIDS AID BACKPACK PROGRAM

WE HAVE SOME GREAT AUCTION ITEMS
ALREADY!

IF YOU WOULD LIKE TO DONATE AN
AUCTION ITEM OR KNOW SOMEONE WHO
WOULD,
PLEASE CONTACT:
AMY CZARNECKI 712-3524
OR STEPHANIE WITWER 201-7346



Thanks to everyone who
donated books to benefit
Hospice!

Interested in joining the
children's play group?
Call or email Dana Prosser:
623-6339 or
dana.prosser@hotmail.com

Our Mission

The mission of the Mesa County Medical Society Alliance is to support and nurture the medical family in order to be a proactive volunteer voice of the Mesa County Medical Society, promoting the health and well-being of Mesa County, Colorado.

MESA COUNTY MEDICAL SOCIETY ALLIANCE

NOVEMBER 2011

MESA COUNTY MEDICAL SOCIETY MEETING

DATE: Tuesday, November 1, 2011

LOCATION: Bookcliff Country Club

TIME: 6:30 p.m. Social, 7:00 p.m. Dinner

No charge for Medical Society Members or Family Medicine Residents and spouses. Otherwise, spouses/guests \$30.00.

“HEALTH REFORM BEGINS AT HOME: HOW CAN THE MESA COUNTY MEDICAL COMMUNITY RESPOND TO THE LOCAL BUSINESS COMMUNITY AS IT STRUGGLES WITH EVER-INCREASING EMPLOYEE HEALTH CARE COSTS?”

Please plan to join with your colleagues for this very important discussion. It is vital that specialists, as well as primary care physicians, give input as our IPA strives to move forward with a plan. If nothing is done it is likely that all of the large employers in this community will move to an employer-operated primary care clinic model. It is in the best interest of our patients who work for these organizations to maintain the long-lasting relationships that we have had with them.

The organizations planning to be present at this meeting are: MCPIPA, Rocky Mountain Health Plans, Hilltop, School District 51 and Colorado Medical Society leadership and staff, namely, Brent Keeler, M.D., President; Jan Kief, M.D., President-elect; Alfred Gilchrist, CEO, and Chet Seward, Senior Director Division of Health Care Policy. The State Medical Society has a keen interest in how Mesa County will come together to solve this problem, in that other communities in the state are also facing similar situations.

Regardless of what is happening on the national health care stage, we need to address the needs of our own community and we are hopeful that many physicians will join with us for these discussions. Your input will assist the IPA as they move forward.

THE EXECUTIVE COMMITTEE WILL MEET AT 6:00 P.M. JUST PRIOR TO THE GENERAL MEMBERSHIP MEETING.

RESERVATIONS: 243-2808 or dbennett2@bresnan.net