

This monthly newsletter keeps **Indiana State Medical Association Alliance (ISMAA)** members up-to-date on news and events happening in your county, state and nation. Keep reading to find out more! *Click on blue, underlined text to follow links throughout the newsletter.*



## HAPPY HOLIDAYS FROM THE ISMA ALLIANCE!

(See page 3 for an inspirational holiday story.)

## Resources for healthy lifestyle and nutrition information

### Indiana Youth Institute — [www.iyi.org](http://www.iyi.org)

- Fact sheets <http://iyi.org/reports/fact-sheets.aspx>
- IYI's Weekly Update <http://iyi.org/weekly-update.aspx>
- To learn more about what IYI does <http://iyi.org/about.aspx>

### AMA Alliance — [www.amaalliance.org](http://www.amaalliance.org)

- Healthy lifestyle products, including "Healthy Lifestyles and Nutrition for Youth" fact sheet [http://www.amaalliance.org/site/epage/40308\\_625.htm](http://www.amaalliance.org/site/epage/40308_625.htm)
- Children's activity books [http://www.amaalliance.org/site/epage/40309\\_625.htm](http://www.amaalliance.org/site/epage/40309_625.htm)

### AMA — [ama-assn.org](http://www.ama-assn.org)

- Clinical resources for physicians to promote healthy lifestyles to their patients <http://www.ama-assn.org/ama/pub/physician-resources/public-health/promoting-healthy-lifestyles.page?>
- AMA Healthier Life Steps™ program for physicians and their patients, including the new *AMA Healthier Life Steps™ - A Physician's Guide to Personal Health* <http://www.ama-assn.org/ama/pub/physician-resources/public-health/promoting-healthy-lifestyles/healthier-life-steps-program.page>

### USDA — <http://www.choosemyplate.gov/>

See left-hand menu for subjects and handouts.

### US Department of Health and Human Services (HHS) — <http://healthfinder.gov/>

Personal health tools and national health observances calendar

## 2-year Medicare pay patch passes House but hits roadblock

The House has approved legislation that delays Medicare physician payment cuts until 2014, while providing 1% pay raises in 2012 and 2013. However, Senate Democratic leaders and the White House rejected the House measure based on several other provisions in the GOP bill, which was passed by a largely party-line vote of 234-193 on Dec. 13. The comprehensive legislative package would extend payroll tax cuts, reform unemployment insurance and permit the construction of a controversial oil pipeline stretching from Canada to Texas. President Obama said that if the House bill were to pass, he would veto it over the pipeline provisions and several budgetary offsets that Republicans use to pay for the new spending in the bill.

To read the rest of this article from *amednews*, visit <http://www.ama-assn.org/amednews/2011/12/12/gvse1214.htm>. Contact your Senators at:

#### Dan Coats (R-IN)

493 Russell Senate Office Building  
Washington, DC 20510  
Phone (202) 224-5623

Web Form [www.coats.senate.gov/contact/](http://www.coats.senate.gov/contact/)

#### Richard Lugar (R-IN)

306 Hart Senate Office Building  
Washington, DC 20510  
Phone (202) 224-4814

Web Form [www.lugar.senate.gov/contact/](http://www.lugar.senate.gov/contact/)

## Upcoming Events:

**FEBRUARY 8, 2012**

**ISMAA Board Meeting**

10:30 a.m.

ISMA Office

Indianapolis, IN



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## Taking action against obesity

By Bill Stanczykiewicz

As families and communities work together to reduce the waistlines of Indiana kids, a helpful example is found in an unusual place: a county fair.

According to the Indiana State Department of Health, 31 percent of Indiana kids ages 2-5 are overweight or obese, as are 30 percent of Hoosiers ages 10-17. While Hoosier youth are gaining weight, they are losing ground nationally.

Indiana kids trail in all nine categories measured by the National Survey of Children's Health. For example, Hoosier youth are 25 percent less likely than their national peers to eat a green salad and 32 percent less likely to eat fruit during the last week and are 50 percent less likely to attend a physical education class during their average school week.

Along with failing to follow healthy strategies, the national survey finds Indiana kids are 25 percent more likely to go without eating for a day or more in order to lose weight and are 35 percent more likely to vomit or take laxatives to lose weight.

The state health department has called for less talk and more action. "Because active lifestyles and good nutrition not only affect body weight but also provide essential protection against many chronic diseases...promoting these two behaviors and creating environments where they can be accomplished easily are of paramount importance."

Such an environment has been developed at the Boone County Fair. Purdue Extension educator Tony Carrell admits that county fairs, with their deep-fried candy bars and sugary lemon shake-ups, are not known as events for losing weight. But Carrell and his 4-H colleagues challenged the fair's

initially skeptical food vendors to add healthy options, which were highlighted with 4-H stickers on food menus.

"The healthy menu options demonstrated that you could choose some healthy options and still enjoy some traditional fair food," Carrell said.

The fair also added nightly activities to encourage physical fitness, such as line dancing and an obstacle course, giving Carrell the confidence healthy weight can be encouraged anywhere.

The fair initiative is part of the local extension's "4-H 60 Challenge," which provides 4-H families health tips in a newsletter and stocks local 4-H clubs with fitness dice. With numbers on one die and physical activities – such as push-ups and jumping jacks – on the other, youth roll the dice during 4-H meetings and perform the number of repetitions of the particular activity revealed by the dice.

The result...4-H family members have increased their physical activity, while higher percentages of adults and youth reported eating healthier.

With nearly one-third of Indiana youth overweight or obese, and the Hoosier State trailing the nation in behaviors related to physical fitness and healthy nutrition, Indiana needs less talking and more walking. Literally. The health of Hoosier kids can't be left to the roll of the dice.

**Bill Stanczykiewicz is President & CEO of the Indiana Youth Institute. He can be reached at [iji@iji.org](mailto:iji@iji.org).**

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### Our condolences to ISMA Alliance Secretary Jaime Dinn and her family

Rowan Dinn, son of Jaime and Robert Dinn, MD, passed away on his one month birthday at Cincinnati Children's Hospital. He had a significant congenital diaphragmatic hernia on the left side of his chest.

You may send condolences to Jaime and Robert at 5575 Mackinaw, Kokomo, IN 46902.

The ISMA Alliance board voted to make a donation to Cincinnati Children's Hospital in Rowan's memory. If you would like to make a donation, visit <http://www.cincinnatichildrens.org/giving/gifts/money/tribute/> to donate online or to print a donation form.

You may also mail a donation to:

Cincinnati Children's Hospital Medical Center  
P.O. Box 5202  
Cincinnati, OH 45201-5202

*Please write "In Memory of Rowan Dinn" on the memo line of your check.*

Additionally, the Dinns would like everyone to continue to donate blood and plasma. Rowan required at least 114 transfusions before his passing.



**No matter what holiday you celebrate this time of year, this story reminds us of the importance and joy of giving.**

## **White Envelopes** by Nancy W. Gavin

It's just a small, white envelope stuck among the branches of our Christmas tree. No name, no identification, no inscription. It has peeked through the branches of our tree for the past 10 years or so.

It all began because my husband Mike hated Christmas. Oh, not the true meaning of Christmas, but the commercial aspects of it, overspending, the frantic running around at the last minute to get a tie for Uncle Harry and the dusting powder for Grandma, the gifts given in desperation because you couldn't think of anything else.

Knowing he felt this way, I decided one year to bypass the usual shirts, sweaters, ties and so forth. I reached for something special just for Mike. The inspiration came in an unusual way. Our son, Kevin, who was 12 that year was wrestling at the junior level at the school he attended, and shortly before Christmas, there was a non-league match against a team sponsored by an inner-city church.

These youngsters, dressed in sneakers so ragged that shoestrings seemed to be the only thing holding them together, presented a sharp contrast to our boys in the spiffy blue and gold uniforms and sparkling new wrestling shoes. As the match began I was alarmed to see that the other team was wrestling without headgear, a kind of light helmet designed to protect a wrestler's ears. It was a luxury the ragtag team obviously could not afford. Well, we ended up walloping them. We took every weight class. And as each of their boys got up from the mat, he swaggered around in his tatters with false bravado, a kind of street pride that couldn't acknowledge defeat. Mike, seated beside me, shook his head sadly, "I wish one of them could have won," he said. "They have a lot of potential, but losing like this could take the heart right out of them." Mike loved kids, all kids, and he knew them, having coached little league football, baseball and lacrosse.

That's when the idea of his present came. That afternoon, I went to a local sporting goods store and bought an assortment of wrestling headgear and shoes and sent them anonymously to the inner-city church. On Christmas Eve, I placed the envelope on the tree, the note inside telling Mike what I had done and that this was his gift from me. His smile was the brightest thing about Christmas that year and in succeeding years. For each Christmas, I followed the tradition, one year sending a group of mentally handicapped youngsters to a hockey game, another year a check to a pair of elderly brothers whose home had burned to the ground the week before Christmas, and on and on. The envelope became the highlight of our Christmas. It was always the last thing opened on Christmas morning and our children, ignoring their new toys, would stand with wide-eyed anticipation as their dad lifted the envelope from the tree to reveal its contents. As the children grew, the toys gave way to more practical presents, but the envelope never lost its allure. The story doesn't end there.

You see we lost Mike last year due to dreaded cancer. When Christmas rolled around, I was still so wrapped in grief that I barely got the tree up. But Christmas Eve found me placing an envelope on the tree, and in the morning, it was joined by three more.

Each of our children, unbeknownst to the others, had placed an envelope on the tree for their dad. The tradition has grown and someday will expand even further with our grandchildren standing around the tree with wide-eyed anticipation watching as their fathers take down the envelope. Mike's spirit, like the Christmas spirit, will always be with us.



### **Homemade Hot Cocoa Mix**

10 cups dry milk powder  
4-3/4 cups sifted confectioners' sugar  
1-3/4 cups unsweetened cocoa powder  
1-3/4 cups powdered non-dairy creamer

In a large mixing bowl, combine milk powder, confectioner's sugar, cocoa powder, and creamer. Stir till thoroughly combined. Store cocoa mixture in an airtight container. Makes about 15 cups mix, or enough for about 45 servings.

For 1 serving, place 1/3 cup (or 5 heaping tablespoons) cocoa mixture in a coffee cup or mug, and add 3/4 cup boiling water. Stir to dissolve.

*Notes from Jill: I play around with the flavor of creamer to make all kinds of variations. You can also add crushed candy canes to the mix for a yummy treat. I put this in a lidded tub and let the girls roll it around the house to mix it.*

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From [www.humanhealing.com](http://www.humanhealing.com). This story was written by Nancy W. Gavin and was first published in *Woman's Day Magazine* in 1982. Her daughter contacted me since I had "author unknown" on this page. This story has become world famous and her Mom passed away in 1983 and never enjoyed the effect of her writing this wonderful story. Rest in peace Nancy and thanks for the great inspirational story.

To see how the tradition lives on, please visit [The White Envelope Project](http://TheWhiteEnvelopeProject.com).