

REFLECTIONS

*Richmond Academy of Medicine Alliance Newsletter
Kickoff Edition: August 2018*

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2018 Physicians Got Fashion Raises \$67,000 for a Healthier RVA!



Thanks to all who made the 2018 Richmond Academy of Medicine Alliance Foundation (RAMAF) Physicians Got Fashion (PGF) event a tremendous success. Together, our sponsors, retailers, auction donors, masters of ceremony, committee members, and everyone who made the show possible raised over \$67,000 for our event beneficiaries Access Now; Bon Secours Memorial School of Nursing; J. Sargeant Reynolds Community College School of Nursing; John Tyler Community College School of Nursing; VCU School of Nursing; VCU School of Medicine Scholarship Fund; and RAMA's very own Sexual Assault Crisis Kits (SACKs).

Special thanks to our 2018 event chair, Liesl Delisio, PGF committee members, RAM, and Access Now! Be sure to SAVE THE DATE for next year's show on *Saturday, May 4, 2019*, at the Hippodrome!

Be a part of the 2019 RAM Alliance Foundation's Physicians Got Fashion event planning team! – it's a great way to meet fellow physician families and raise money for a healthier RVA. Contact 2019 RAMAF Chairs Liesl Delisio and Debra Melisi at info@ramaf.org. We'd love to hear from you!

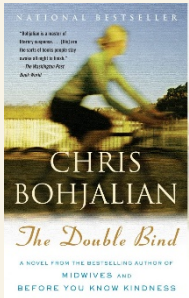
Upcoming RAMA Events

Coffee and Tea with Old, New, & Future Friends – Thu, Sep 13 @ 9:30am

RAM Alliance Welcome Coffee and Tea at Pat Zimmerman's lovely Monument Avenue home, 4412 Monument Avenue, VA 23230, at 9:30am, Thursday, September 13, 2018. Coffee, tea, and friendly conversation is the program! Current and future RAMA members all welcome! Please RSVP early to rsvp@ramalliance.org or google voice (804) 396-4055 so we have an accurate headcount! Hope to see you ALL there and bring a friend or two or three!



Book Club: The Double Bind by Chris Bohjalian – Tue, Sep 25 @ 10:00am



Join us for our next book club discussion on Tuesday, September 25, 2018, 10:00am, at Tina Bonner's home. Helen Zuelzer will be leading us on *The Double Bind* by Chris Bohjalian. Hope to see you there! All are welcome!

RSVP to Carolyn Cockrell or email rsvp@ramalliance.org / google voice (804) 396-4055.

Upcoming RAM Events

RAM Meeting – How to Navigate Your Way through a Malpractice Lawsuit Tue, Sep 11 - RSVP TODAY!

Dr. Charity Speaks

Humorist | Author | Speaker

Sad but true, when a physician is named in a malpractice lawsuit it affects the whole family. We hope it never happens to us, but in our litigious society it more than likely will. Ignoring the possibility does not lessen the probability. So we SUMMON you to attend the

TUESDAY, SEPTEMBER 11, "How to Navigate Your Way through a Malpractice Lawsuit" RAM program to learn the critical steps to enduring a malpractice lawsuit and coping with the aftermath of being sued for medical malpractice.

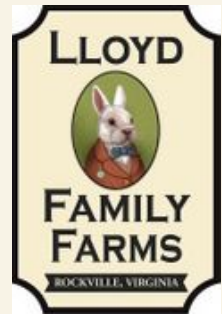
When: Tuesday, September 11, 2018, 5:30pm - 8:00pm
Where: The Westin Richmond
6631 West Broad Street, Richmond, Virginia 23230
Presenter: Lynette Charity, MD
Contact: Lara W. Knowles, lknowles@ramdocs.org, 804-622-8137



Through her professional speaking experience, her message of resilience and growth through adversity is shared with others who need to know that they are not alone in their struggles. She'll teach you how to reconnect, revitalize and recommit to YOU for a better, more blissful career. Questions? Please call Lara at 622-8137 or email her at lknowles@ramdocs.org .

RAM Family Event! Lloyd Family Farms, Oct 7

Come get your pumpkins and enjoy an autumn afternoon on the farm at RAM's 2018 Fall Family Event! Please RSVP early so we have a pumpkin for YOU! Hope to see you there!



When: Sunday, October 7, 2018, 2:00pm - 5:00pm
Where: Lloyd Family Farms (Just west of Short Pump)
12204 Pinhook Rd, Rockville, Virginia 23146
Contact: Kate Gabriel, kgabriel@ramdocs.org or (804) 622-8133

RAM Networking Social at River City Roll, Scott's Addition! Oct 24

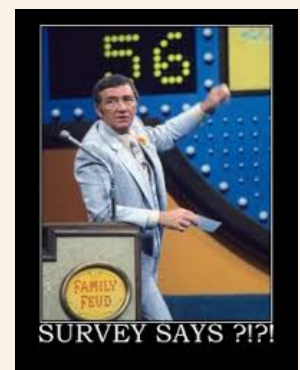


Join in the fun at the next RAM Member Social at River City Roll, Scott's Addition on Wednesday, October 24, 2018, 6:00pm-8:00pm. RSVP to Kate Gabriel, kgabriel@ramdocs.org

RAMA Strategic Planning: Survey Said and Next Steps

Thanks to all who participated in the March 2018 joint RAM and RAMA (RAM/A) member survey! Major RAM/A survey feedback themes included:

- **What Is RAMA** – There is confusion of what the Richmond Academy of Medicine Alliance (RAMA) is.
- **Perceptions About RAMA** – Many perceive RAMA as a female only group that could be more inclusive and friendly. *Ouch!*
- **Time** – Life is just busy. Physicians and their families are too busy to meet new peers or friends.
- **Broader Physician Concerns** – Public policy, work/life balance, burnout, insurance authorizations, and more...
- **Sparks** – Member ideas were frank and broad. Feedback included everything from suggestions for organizational structure for RAMA to RAM policy positions and political leanings



During our first 2018 2019 RAMA board meeting of the year the RAMA/F boards participated in an exercise my children taught me called “*Rose, Thorn, Bud*”. This powerful little mindfulness exercise helped us to balance the broader survey results against what RAMA/F leadership was thinking.

The board shared what they liked most about RAMA (*Rose*); what they disliked most about RAMA (*Thorn*); and what they hoped for RAMA (*Bud*) this year. Overwhelmingly, the *Rose* was **friendship** and **support** based on the deep unspoken understanding of the challenges medical families face; *Thorn* was low participation; and *Bud* was to grow our membership and make RAMA a vibrant, more diverse, and welcoming organization to medical families.

Submitted by: Elizabeth Wong

Help Wanted and Announcements

RAMA Meals on Wheels (MOW) Help Needed...



The RAM Alliance is committed to deliver meals every 3rd Tuesday of the month to individuals in need. The MOW committee needs (2) RAMA volunteers on our route every 3rd Tuesday of the month, all year round. Please call or e-mail Stephanie Sowers if you are interested in this very important service project. Email sass352003@yahoo.com to volunteer! Thank you!

Physicians Got Fashion Show Event Committee Needs YOU!



The 2019 RAM Alliance Foundation’s Physicians Got Fashion event planning team needs YOU! Please contact 2019 RAMAF Chairs Liesl Delisio and Debra Melisi at info@ramaf.org.

Member Directory Update

Be sure to pick up your 2018 2019 RAMA Membership Directory at the Thu, September 13, 2018, RAMA Member Coffee and Tea at Pat Zimmerman’s!

Message from Elizabeth

Dear RAMA Members (Old, New, and Future),

Where did the summer go? It is so true that we do perceive time passes faster as we get older.

It's hard to believe I have been a RAMA member for over 20 years. For many years, I was unable to be an active member because like many of you, I worked full time, was busy raising three wonderful children, and supporting my best friend and husband, Johnny (Pulmonary Associates of Richmond).

Life happens... but I continued my RAMA membership continuously because I believe that belonging to an organization even if by dues only, demonstrated implicit support of the good work RAMA does in our community and for my physician family. Attending RAM member dinners with Johnny was our version of date night for many years. These evenings were so informative, but also a quite enjoyable because I was able to visit with other RAMA members when Johnny's conversation turned medicalese.

But times have changed. People are not joiners anymore; real life social circles have been replaced by social media groups; and the practice of medicine in Richmond is increasingly siloed. RAMA and our partner organization RAM offers physicians and their families the opportunity to cross system lines and interact with each other as a true medical community. Not just virtually.

This RAMA Reflections kickoff edition is chock full of events and opportunities for you and your family to come out and be a part of the RVA medical community. I truly look forward to seeing you at any number of these events. Most immediate is the upcoming RAM member dinner "*How to Navigate Your Way through a Malpractice Lawsuit*", on September 11 with Dr. Lynette Charity; and the RAMA Member Coffee and Tea on September 13, 2018 at Pat Zimmerman's lovely home.

Hope to see you soon!

Elizabeth Wong
ewong@ramalliance.org

2018 2019 RAM Alliance and Foundation Calendar

Due to circumstances beyond our control sometimes last minute meeting logistics change – be sure to visit our News and Events online calendar at <http://ramaf.org/newsandevents.html> for all the latest Alliance and Foundation programs, meetings, and events!

RAMA Programs and Events – Contact Elizabeth Wong

- Thu Sep 13, 9:30am - 11:30am: RAM Alliance Member Coffee and Tea @ Pat Zimmerman's Home
- Thu Oct 11, 10:00am - 12:00pm: RAMA Safe Harbor Program @ TBD
- Thu Oct 25, Time TBD: YWCA Remember My Name - Save the Date @ TBD Location
- Sun Nov 11, 5:00pm - 7:30pm: RAMA Holiday Hands On Cooking: Publix Aprons Twisted Turkey \$50pp @ Publix Aprons
- Sat Dec 15, 5:00pm - 8:00pm: RAMA: Doorways Holiday Meal Community Service @ Doorways
- Thu Jan 17, 7:00pm - 8:30pm: RAMA Program: Long Term Care Insurance Workshop @ TBD Location
- Thu Feb 7, 9:30am-11:00am: RAMA Osher Institute Program @ The Osher Institute
- Sat Mar 30, Time TBD: RAMA Doctors Day Event @ TBD Location
- Thu Apr 11, 9:30am - 11:00am: RAMA Program: Access Now @ RAM Conference Room

RAMA Board Meetings – Contact Elizabeth Wong Libbie Mill Library: 2100 Libbie Lake E St, Richmond, VA 23230

- Tue Sep 18, 9:00am - 10:00am: RAMA Full Board Meeting @ HCPL Libbie Mill
- Tue Oct 16, 9:00am - 10:00am: RAMA Full Board Meeting @ HCPL Libbie Mill
- Tue Nov 20, 9:00am - 10:00am: RAMA Full Board Meeting @ HCPL Libbie Mill
- Tue Dec 18, 9:00am - 10:00am: RAMA Full Board Meeting @ HCPL Libbie Mill
- Tue Jan 15, 9:00am - 10:00am: RAMA Full Board Meeting @ HCPL Libbie Mill
- Tue Feb 19, 9:00am - 10:00am: RAMA Full Board Meeting @ HCPL Libbie Mill
- Tue Mar 19, 9:00am - 10:00am: RAMA Full Board Meeting @ HCPL Libbie Mill
- Tue Apr 16, 9:00am - 10:00am: RAMA Full Board Meeting @ HCPL Libbie Mill
- Wed May 22, 9:00am - 10:00am: RAMA Full Board Meeting @ HCPL Libbie Mill

RAMA Meals on Wheels - Contact: Stephanie Sowers FeedMore: 1415 Rhoadmiller St, Richmond, VA 23220

- Tue Aug 21, 10:30am - 11:30am @ Meet at Feed More
- Tue Sep 18, 10:30am - 11:30am @ Meet at Feed More
- Tue Oct 16, 10:30am - 11:30am @ Meet at Feed More
- Tue Nov 20, 10:30am - 11:30am @ Meet at Feed More

- Tue Dec 18, 10:30am - 11:30am @ Meet at Feed More
- Tue Jan 15, 10:30am - 11:30am @ Meet at Feed More
- Tue Feb 19, 10:30am - 11:30am @ Meet at Feed More
- Tue Mar 19, 10:30am - 11:30am @ Meet at Feed More
- Tue Apr 16, 10:30am - 11:30am @ Meet at Feed More
- Tue May 21, 10:30am - 11:30am @ Meet at Feed More
- Tue Jun 18, 10:30am - 11:30am @ Meet at Feed More
- Tue Jul 16, 10:30am - 11:30am @ Meet at Feed More

RAMA Book Club - Contact: Carolyn Cockrell

- Tue Sep 25, 10:00am - 11:00am: The Double Bind – Bohjalian @ Tina Bonner's Home
- Tue Oct 23, 10:00am - 11:00am: Killers of the Flower Moon – Gran @ Em Key's Home
- Tue Nov 27, 10:00am - 11:00am: Power of Quiet – Cain @ Stephanie Sower's Home
- Tue Jan 22, 10:00am - 11:00am: Elephant Company – Croke @ Pat Zimmerman's Home
- Tue Feb 26, 11:00am - 12:00pm: Anything is Possible – Strout @ Westwood Club
- Tue Mar 26, TBD Time: Educated - Tara Westover @ TBD Location
- Tue Apr 23, 10:00am - 11:00am: The Distance Between Us – Grande @ Joan Clement's Home
- Tue May 28, 10:00am - 11:00am: Underground Railroad – Whitehead @ Carolyn Cockrell's Home
- Tue Jun 25, 11:00am - 12:00pm: Rules for Life – Peterson @ Brio Tuscan Grill



RAMA Foundation: Physicians Got Fashion – Contact Liesl Delisio & Debra Melisi
RAM Office: 2821 Emerywood Parkway, Suite 200, Richmond, VA

- Wed Sep 26, 1:00pm - 3:00pm: RAM Alliance Foundation Committee Meeting @ RAM Office**
- Wed Oct 24, 1:00pm - 3:00pm: RAM Alliance Foundation Committee Meeting @ RAM Office**
- Wed Nov 28, 1:00pm - 3:00pm: RAM Alliance Foundation Committee Meeting @ RAM Office**
- Wed Dec 19, 1:00pm - 3:00pm: RAM Alliance Foundation Committee Meeting @ RAM Office**
- Wed Jan 23, 12:00pm - 2:00pm: RAM Alliance Foundation Committee Meeting @ RAM Office**
- Wed Feb 27, 1:00pm - 3:00pm: RAM Alliance Foundation Committee Meeting @ RAM Office**
- Wed Mar 20, 1:00pm - 3:00pm: RAM Alliance Foundation Committee Meeting @ RAM Office**
- Wed Apr 10, 12:00pm - 2:00pm: RAM Alliance Foundation Committee Meeting @ RAM Office**
- Wed Apr 17, 1:00pm - 3:00pm: RAM Alliance Foundation Committee Meeting @ RAM Office**
- Wed Apr 24, 1:00pm - 3:00pm: RAM Alliance Foundation Committee Meeting @ RAM Office**
- Wed May 1, 1:00pm - 3:00pm: RAM Alliance Foundation Committee Meeting @ RAM Office**

- ☐ **Sat, May 4, 7:00pm – 10:00pm: RAM Alliance Foundation Physicians Got Fashion @ Hippodrome**

**Dates Corrected 20180906

RAM Programs and Events - Contact: Kate Gabriel

- ☐ Tue Sep 11, 5:30pm - 8:30pm: Surviving and Thriving after a Malpractice Lawsuit w/ Dr. Lynette Charity @ The Westin Richmond, 6631 West Broad Street, Richmond, Virginia 23230
- ☐ Sun Oct 7, 2:00pm - 5:00pm: RAM Fall Family Event: Lloyd Family Farms @ Lloyd Family Farms, 12204 Pinhook Rd, Rockville, Virginia 23146
- ☐ Tue Oct 9, 12:30pm - 1:30pm: Lunch on Tuesday: Updates in Alzheimer's Disease - Dr. Kristin Williams @ The Westwood Club
- ☐ Wed Oct 24, 6:00pm - 8:00pm: RAM Member Networking Social @ River City Roll – Scott's Addition
- ☐ November 2018
- ☐ Tue Nov 13, 5:30pm - 8:30pm: RAM Membership Meeting: Governor Ralph Northam (invited) @ The John Marshall Ballrooms
- ☐ Sun Dec 2, 5:00pm - 8:00pm: Winter RAM Family Event! @ Lewis Ginter Botanical Garden, 1800 Lakeside Avenue, Richmond, Virginia 23228

Join/Renew RAM Alliance!

Like the Reflections Newsletter? See a program you would like to attend? Please join the RAM Alliance! **Click here to download a membership form** or visit **www.ramaf.org** for more information!



Reminder: Mail checks and forms to RAMA Treasurer, 4412 Monument Avenue, VA 23230. Thank you!

Thank you for taking time to read the RAMA Reflections, the official newsletter of the Richmond Academy of Medicine Alliance. Email reflections@ramalliance.org if you have any news you would like included in our newsletter! Apologies in advance for egregious factual, grammatical or formatting errors! – Elizabeth Wong, RAMA Reflections Editor

To unsubscribe from this list email reflections@ramalliance.org with **UNSUBSCRIBE** in the subject line.