

REFLECTIONS

*Richmond Academy of Medicine Alliance Newsletter
September 2018*

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2019 Physicians Got Fashion Kickoff, Thu, Sep 26

Co-chairs Liesl Delisio and Debra Melisi have hit the ground running and are underway with the planning for Physicians Got Fashion (PGF) 2019, scheduled for Saturday May 4, 2019 at The Hippodrome. This year's beneficiary will be Access Now. Thanks so much to all you that have stepped up to chair or be a member of a committee for the show. For those that have not yet volunteered, please consider supporting your organization and this fabulous event.

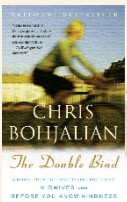


Many hands make for light work! We especially need members to volunteer for the Fundraising Committee, which can all be done from your home, and the Auction Committee. Please contact Debra at boneflap@aol.com to help and support Access Now.

The 2019 PGF kickoff committee meeting date is Thursday, September 26, 1:00PM @ the RAM Office conference room, 2821 Emerywood Parkway, Ste 200, Richmond, VA 23294. All PGF meetings are listed at the end of the newsletter AND online at www.ramaf.org under News and Events. Join in the fun!!

Upcoming RAMA Events

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



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

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

RAM Alliance Program: Safe Harbor, Thu Oct 11 @ 10AM

Meet Elena Brooks-Perkins, Education and Outreach Manager for Safe Harbor on Thursday, October 11, 2018, 10:00AM at RAM, 2821 Emerywood Parkway, Suite 200, Richmond, VA 23294. Elena will share with us how Safe Harbor works to save, transform, and rebuild lives of those who are experiencing or have experienced domestic violence, sexual violence, or human trafficking.



Founded in 1998 with representatives of Bon Secours Richmond Health System, Commonwealth Catholic Charities, Henrico County, The Salvation Army, Virginia Commonwealth University Sexual Assault Program, and the YWCA of Richmond, Safe Harbor continues its work to provide shelter beds and support services in Henrico County for domestic violence victims.

When: Thursday, October 11, 2018 @ 10:00AM – 12:00PM

Where: 2821 Emerywood Parkway, Suite 200, Richmond, VA 23294

RSVP: Email rsvp@ramalliance.org or Leave Message at Google Voice (804) 396-4055

Remember My Name, Thu Oct 25. Help Needed!

A black square with a white border containing the text "REMEMBER MY NAME" in white, uppercase, serif font, arranged in two lines.

REMEMBER
MY NAME

Please reserve Thursday, October 25 on your calendar for Remember My Name! For over a decade, RAMA has been providing a reception for this wonderful and moving service of remembrance for victims of domestic violence in our community. We will need donations of finger foods (no fork needed), both sweet and savory. I would also love to have a few people come that evening from 6:00PM to 9:00PM to help set up, serve and clean up.

The YWCA is looking for a new venue for the service, but there will be other food drop off locations in addition to the new site. Check next October's newsletter or the online calendar at www.ramaf.org, News and Events for the latest location information. Please email Cecilia (dcnellott@gmail.com) if you can contribute food, and especially, if you can help that evening. Thanks! -Cecilia

Upcoming RAM Events

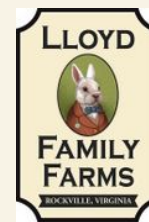
RAM Family Event! Lloyd Family Farms, Oct 7

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



Lunch on Tuesday: New Alzheimer's Research: Tue, Oct 9

alzheimer's association® Marie Kolendo, CEO of the Alzheimer's Association Greater Richmond Chapter, will share the latest information on Alzheimer's disease research as well as information about the Care and Support services provided by the Alzheimer's Association. Cost \$15.00.

New research results presented at the Alzheimer's Association International Conference (AAIC) in July 2018 highlight the need to manage risk factors for Alzheimer's and other dementias and also to treat the non-cognitive symptoms of dementia, among other findings. Research topics include:

- New Alzheimer's/dementia clinical trial results - SPRINT MIND trial;
- Link between pregnancy, reproductive history and dementia risk in women;
- First dementia prevalence data in LBG older adults;
- Preliminary successes in treating non-cognitive symptoms of dementia;
- BAN2401 phase II clinical trial results; and
- New guidelines for clinical diagnosis of Alzheimer's and other dementias.

When: Tuesday, October 9, 2018, 12:30pm-1:30pm
Where: Westwood Club, 6200 West Club Lane, Richmond, Virginia 23226
Contact: Kate Gabriel, kgabriel@ramdocs.org or (804) 622-8133

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

Join us for our next RAM Member Networking Social at River City Roll, the newest boutique bowling alley located in Scott's Addition on Wednesday, October 24, 2018, 6:00pm-8:00pm!



When: Wednesday, October 24, 2018, 6:00pm – 8:00pm
Where: River City Roll (Scott's Addition), 939 Myers Street, Richmond, Virginia 23230
Contact: Kate Gabriel, kgabriel@ramdocs.org or (804) 622-8133

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 boneflap@aol.com.

RAM Family Day Help Needed! Oct 7

Help promote RAMA at the October 7, 2018, Lloyd Family Farm RAM Family Day! Greet families and help with fall family friendly activities! Contact Elizabeth Wong mew.mailbox@gmail.com if you can help on Sunday, October 7, 2018, from 2:00pm – 5:00pm, at Lloyd Family Farms!

2018 2019 Member Directory Distribution

If you did not pick up your 2018 2019 RAMA Membership Directory at the September RAMA Membership Coffee and Tea, they will be available at the upcoming Thursday, October 11, 2018, RAMA Safe Harbor program; September 25, 2018, Book Club; and the September 26, PGF Committee meeting. All remaining directories will be mailed to members via USPS on Thursday, October 27.

Message from Elizabeth

Dear RAMA Members,

RAMA is 95 years old this year... founded in 1923... during prohibition and the roaring twenties. Our founding leaders must have been fearless and resilient! I am fairly confident RAMA and RAMAF looks very different today than in 1923, and pretty darn sure we will be equally different 95 years from now in 2113. For your reading pleasure, I included a listing of every RAMA philanthropic beneficiary I could find in the 2018 2019 RAMA Directory to remind members of the profound impact RAMA has made in our community.

Organizations don't sustain the test of time without hard work, sacrifice, and hopefully a bit of fun along the way. So, I want to take a moment and express my gratitude to the members who have taken on RAMA and RAMAF leadership roles in our past and currently. I am grateful for your time, talents, and sheer dedication to promoting friendship and support to alliance members; I am grateful for your commitment to supporting community health programs; and I am both amazed and grateful for your tireless raising of much needed funds for RAMA's philanthropic causes which today include Access Now, Sexual Assault Crisis Kits (SACKS), and health scholarships (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, and the VCU School of Medicine).

In closing, a special THANK YOU for all you do and to the following 2018 2019 RAMA and RAMAF leadership:

RAM ALLIANCE EXECUTIVE COMMITTEE 2018-2019

President: Elizabeth Wong

1st Vice President (RAMA Foundation Chair): Liesl Delisio & Debra Melisi

Recording Secretary: Helen Zuelzer

Corresponding Secretary: Kate Gabriel

Treasurer: Pat Zimmerman

RAM ALLIANCE APPOINTED CHAIRS 2018-2019

Access Now: Karolina Fleming

Audit: Marian Gent

Book Club: Carolyn Cockrell

Cheers and Tears: Norma Carter

Nominations: Liesl Delisio

Meals on Wheels: Stephanie Sowers

Parliamentarian: Cecilia Elliott

Philanthropic: Lisa Brand

Remember My Name: Cecilia Elliott

SACKs: Holly Garnett

RAMAF, INC 2018-2019 BOARD OF DIRECTORS

Presiding Officer(s): Liesl Delisio & Debra Melisi

President - RAMA: Elizabeth Wong

Immediate Past Presiding Officer: Liesl Delisio

Secretary: Pat Merson

Treasurer: Cecilia Elliott

Members at Large: Barbara Evers, Kate Gabriel, & Nancy Jaffe

Every Best,

-Elizabeth

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 Oct 11, 10:00am - 12:00pm: RAMA Safe Harbor Program @ 2821 Emerywood Parkway, Suite 200, Richmond, VA 23294
- 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 Library
- Tue Oct 16, 9:00am - 10:00am: RAMA Full Board Meeting @ HCPL Libbie Mill Library
- Tue Nov 20, 9:00am - 10:00am: RAMA Full Board Meeting @ HCPL Libbie Mill Library
- Tue Dec 18, 9:00am - 10:00am: RAMA Full Board Meeting @ HCPL Libbie Mill Library
- Tue Jan 15, 9:00am - 10:00am: RAMA Full Board Meeting @ HCPL Libbie Mill Library
- Tue Feb 19, 9:00am - 10:00am: RAMA Full Board Meeting @ HCPL Libbie Mill Library
- Tue Mar 19, 9:00am - 10:00am: RAMA Full Board Meeting @ HCPL Libbie Mill Library
- Tue Apr 16, 9:00am - 10:00am: RAMA Full Board Meeting @ HCPL Libbie Mill Library
- Wed May 22, 9:00am - 10:00am: RAMA Full Board Meeting @ HCPL Libbie Mill Library

RAMA Meals on Wheels - Contact: Stephanie Sowers

FeedMore: 1415 Rhoadmiller St, Richmond, VA 23220

- Tue Sep 18, 10:30am - 11:30am @ Meet at Feed More, 1415 Rhoadmiller St, Richmond, VA 23220
- Tue Oct 16, 10:30am - 11:30am @ Meet at Feed More, 1415 Rhoadmiller St, Richmond, VA 23220
- Tue Nov 20, 10:30am - 11:30am @ Meet at Feed More, 1415 Rhoadmiller St, Richmond, VA 23220
- Tue Dec 18, 10:30am - 11:30am @ Meet at Feed More, 1415 Rhoadmiller St, Richmond, VA 23220

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- Tue Mar 19, 10:30am - 11:30am @ Meet at Feed More, 1415 Rhoadmiller St, Richmond, VA 23220
- Tue Apr 16, 10:30am - 11:30am @ Meet at Feed More, 1415 Rhoadmiller St, Richmond, VA 23220
- Tue May 21, 10:30am - 11:30am @ Meet at Feed More, 1415 Rhoadmiller St, Richmond, VA 23220
- Tue Jun 18, 10:30am - 11:30am @ Meet at Feed More, 1415 Rhoadmiller St, Richmond, VA 23220
- Tue Jul 16, 10:30am - 11:30am @ Meet at Feed More, 1415 Rhoadmiller St, Richmond, VA 23220

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

- 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 @ 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.