

# REFLECTIONS

*Richmond Academy of Medicine Alliance Newsletter  
October 2018*

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## Physicians Got Fashion 2019 Welcomes Barbara Evers, Retail Chair!

New RAMAF At Large Board member and Retail Committee chair, Barbara Evers, has started the process of "shopping" local retailers to locate beautiful new designs for the 2019 Physician's Got Fashion event.

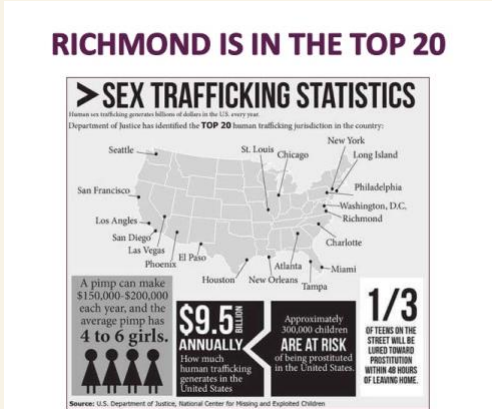
Barbara was an active RAMA member during the Antique Show days and has recently re-joined the organization with some fresh ideas and new perspectives. Her committee of seasoned shoppers; Pat Zimmerman, Stephanie Sowers and Jaime Sliwinski; are working diligently to outfit this year's slate of 28 physician models. Area physicians/aspiring models are coordinated again this year by the talented Kate Gabriel!



The 2019 Physician's Got Fashion Show is scheduled for Saturday May 4, 2019 at the stunning and historic Hippodrome Theatre in Jackson Ward and will feature the fashion show as well as live and silent auctions. We are thrilled to bring back the team from Swisher Auctions to get this party started! Great food and drink, exciting auction items and a fabulous fashion show starring your peers awaits you! Be on the lookout for the Save the Date notices and come join the best party in town this spring!

RAMAF is still looking for volunteers to help out with this great event, benefitting RAM's Access Now. Please contact RAMAF co-chairs Liesl Delisio at [L@wiz4.us](mailto:L@wiz4.us) or Debra Melisi at [boneflap@aol.com](mailto:boneflap@aol.com) to join a committee!

## RAMA Donates \$500 SACKs Funds to Safe Harbor



Elena Brooks-Perkins, Education and Outreach Manager for Safe Harbor presented *Understanding Domestic Violence, Sexual Assault, and Human Trafficking* to a small but enthusiastic RAMA audience on Wednesday, October 11. Safe Harbor is doing a magnificent job providing support that survivors of sexual and domestic violence need to overcome their crisis and to transform their lives. RAMA was proud to present Safe Harbor with \$500 of Kroger and Target gift cards for their client from our SACKs fund. If you are interested in learning more about Safe Harbor, visit <http://safeharborshelter.com/>.

## This Month-ish! RSVP Today!

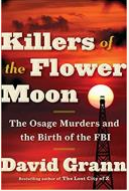
Fall is in the air and the RAM Alliance year is well under way. Please be sure to RSVP to the events you plan on attending so we can plan for your participation! Hope to see you soon!

### Book Club: *Killers of the Flower Moon: The Osage Murders and the Birth of the FBI* By David Grann, Tue, Oct 23 @ 10AM

Many thanks to Tina Bonner for her always amazing RAMA Book Club (photo right) hospitality and Helen Zueler’s thought provoking discussion leadership at September’s book club meeting of *The Double Blind* by Chris Bohjalian.



Join in the October book club discussion of *Killers of the Flower Moon: The Osage Murders and the Birth of the FBI* by David Grann. Discussion leader and hostess is Em Key. All are welcome!



**When:** Tuesday, October 23, 2018 @ 10am  
**Where:** Em Key’s Home  
**Contact:** RSVP to Carolyn Cockrell or email [rsvp@ramalliance.org](mailto:rsvp@ramalliance.org)/  
 Google Voice (804) 396-4055.

## Physicians Got Fashion Committee Meeting, Wed, Oct 24 @ 1PM

The next 2019 PGF committee meeting date is Wednesday, October 24, 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](http://www.ramaf.org) under News and Events. Join in the fun!! Email Liesl Delisio [l@wiz4.us](mailto:l@wiz4.us) if you can participate!

### RAM Networking Social at River City Roll, Scott's Addition! Wed, Oct 24 @ 6PM

Come out to the next RAM Member Networking Social at River City Roll, the newest boutique bowling alley located in Scott's Addition on Wednesday, October 24, 2018, 6PM-8PM!



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

### YWCA Remember My Name, Thu Oct 25 @ 6PM – HELP NEEDED



**When:** Thursday, October 25, 6pm to 9pm  
**Where:** St. Mark's Episcopal Church, 520 North Boulevard, Richmond VA 23220  
**Contact:** Cecilia Elliott, [dcnellott@gmail.com](mailto:dcnellott@gmail.com)

It is a long-standing tradition for RAMA to provide a reception for the YWCA Remember My Name event, a service of remembrance for victims of domestic violence in our community. Thank you to all who have already volunteered to provide sweet or savory finger foods! It's not too late to help. We could use a few more food items, and one or two people who can help serve that evening. Contact Cecilia ([dcnellott@gmail.com](mailto:dcnellott@gmail.com)) with questions or to help.

### RAMA Holiday Hands-On-Cooking at Publix Aprons: Twisted Turkey Sun, Nov 11 @ 5PM-7:30PM, RSVP REQUIRED

Sign up today for a private RAMA Twisted Turkey Cooking night at the Publix Aprons Cooking School! Grab a friend, family member, or better yet, another RAMA member and let's learn to cook some thanksgiving favorites with a new TWIST! Chef Brian suggests this Twisted Turkey Menu for RAMA:

- Sweet Potato Ravioli with Sage Cream Sauce
- Toasted Pecans, and a Cranberry Drizzle
- Green Bean and Mushroom Salad
- Garlic Vinaigrette, Fried Onions on a Dressing Toast Point
- Turkey Poulet Vallee D'auge
- Pumpkin Risotto
- Sautéed Kale with Pancetta and Pine Nuts
- Cranberry Orange Bread Pudding with Vanilla Cream Sauce



**What:** RAMA Twisted Turkey Hands-On-Cooking!  
**When:** Sunday, November 11, 2018, from 5pm to 7:30pm  
**Where:** Publix Aprons Cooking School  
5400 Wyndham Forest Dr., Glen Allen, VA  
**RSVP:** RSVP Required by Sun, November 4 to Elizabeth, [mew.mailbox@gmail.com](mailto:mew.mailbox@gmail.com)  
**Cost:** \$50 per person

## Upcoming Events – Pull out your Calendar Now!

The holidays will be soon upon us and the calendar is filling up! Please take a moment and update your calendars with the following upcoming events and be sure to take that extra care to RSVP!

### RAM Membership Meeting: Tue, Nov 13 @ 5:30PM-8:00PM



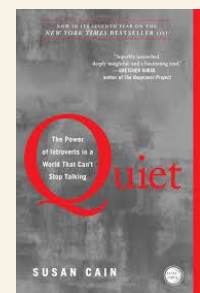
Join RAM on **TUESDAY, NOVEMBER 13, 2018** at the **Hotel John Marshall** to hear from **Elizabeth Snelson, Esq.**, legal counsel for medical staff. Libby's talk entitled "*Best Practices for Your Practice, In and Out of the Hospital*" will discuss legal issues that affect how and whether doctors get to take care of their patients, with strategies to advance the profession and protect the patient. She will tackle peer review, hospital systematization, Data Bank Reporting, and keeping physicians in charge and out of trouble.

**What:** RAM General Meeting: "*Best Practices for Your Practice, In and Out of the Hospital*"  
**When:** Tuesday, November 13, 2018, 5:30pm - 8:30pm  
**Where:** The Hotel John Marshall  
**Contact:** Lara Knowles, [lknowles@ramdocs.org](mailto:lknowles@ramdocs.org)  
**Cost:** \$40 for non-RAM members

### RAMA Book Club: *The Power of Quiet* by Susan Cain, Tue, Nov 27 @ 10AM

Come discuss the book that started the Quiet Revolution! *Quiet* by Susan Cain. Hosted by Stephanie Sowers and discussion leader(s) Elizabeth Wong and Lucy Eads.

**When:** Tuesday, November 27 @ 10am  
**Where:** Stephanie Sowers Home  
**Contact:** Carolyn Cockrell or [rsvp@ramalliance.org](mailto:rsvp@ramalliance.org)



## RAM Family Event! Lewis Ginter: Sun, Dec 2 @ 5:00PM-8:00PM



SAVE THE DATE for RAM's 2018 Winter Family Event! Get in the holiday spirit with GardenFest of Lights at Lewis Ginter Botanical Garden! Come enjoy refreshments and holiday cheer while visiting with your RAM friends and colleagues before and after touring the gardens aglow with lights!

## RAMA Doorways Service Opportunity – Sat, Dec 15 @ 5PM-8PM

Your survey responses told us that you wanted to both create more community awareness of RAMA, and give back to our community. We listened!! Please consider volunteering on Saturday, December 15, 2018, from 5pm – 8pm at the Doorways. We need cooks, servers, and activity helpers!



The Doorways provides a healing, emotionally supportive environment for those who need to be close to the hospital but not far from the feeling of "home." They're Richmond's premier provider of temporary lodging and non-medical services to patients and their families referred through participating Richmond-area hospital partners, including:

- VCU Health
- Veterans Affairs Medical Center
- Children's Hospital of Richmond at VCU
- Virginia Treatment Center for Children
- Sheltering Arms Hospital
- HealthSouth Rehabilitation Hospital of Virginia
- Retreat Hospital
- Hospice of Virginia
- Veritas Collaborative

**What:** RAMA Doorways Holiday Meal

**When:** Sat, Dec 15 2018, 5:00pm - 8:00pm

**Where:** 612 E. Marshall Street, Richmond, VA 23219

**Contact:** Please contact Elizabeth Wong to volunteer for this worthy holiday service opportunity at [mew.mailbox@gmail.com](mailto:mew.mailbox@gmail.com). Help provide a hot homemade holiday meal for Doorways guests (about 50 people) during this holiday season.

## 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](mailto: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](mailto:boneflap@aol.com).

### RAMA Doorways Service Opportunity, Saturday, December 15, 5-8PM Calling All Cooks! Friends, Family, Partners, and Spouses Welcome!

Help provide a hot homemade holiday meal for Doorways guests (about 50 people) – A home-cooked meal after a long day at the hospital makes a huge impact on Doorways' guests. Watch this **VIDEO** to see how it easy it is for your group to host a meal! Contact Elizabeth at [mew.mailbox@gmail.com](mailto:mew.mailbox@gmail.com) if you and a friend or family member can help cook, serve, or assist with a holiday activity!

### 2018 2019 Member Directory Distribution and Corrections

All remaining 2018 2019 RAMA Membership Directories have been mailed. To err is human, please make the following corrections to your directory for Jane Wootton. Apologies to Jane and Percy! If you have a correction or update to the directory, please email [info@ramalliance.org](mailto:info@ramalliance.org). Thank you all!

Dr. Jane Wootton (Life) Physical Medicine and Rehabilitation  
Percy Wootton, MD | Retired | Cardiology  
2300 Cedarfield Parkway, #411 | Henrico, VA 23233  
Home: (804) 285-2755

## Message from Elizabeth

Dear RAMA Members,

It all comes down to QUORUM. Quorum as you know, is the minimum number of members that must be present to make a meeting valid. According to our bylaws, RAMA quorum for board meetings is 5; quorum for general meetings 10. For the last few years, it has been difficult for RAMA to achieve quorum at many of our board meetings and general meetings. Disappointing on many levels, but a fact. RAMA cannot conduct the business of our organization without participating members. I am eternally grateful to the board and our core membership who continue participate and lead RAMA. Sadly, the burden of RAMA governance is increasingly heavy... and something must change for our organization to survive.

In the coming months, the RAMA boards will be meeting and discussing the future options of our organization. There are several organizational models that will enable our membership organization (RAMA) and our non-profit arm (RAMAF) to continue fulfilling our mission of promoting friendship and support to the medical community; and promoting community health initiatives. The RAMA boards hope to keep the best of both organizations and let go some of the aspects that have become unsustainable.

Quorum is a symptom of a greater problem. A problem of organizational sustainability. I don't like to use the phrase "organizational relevance". Of course, RAMA is relevant as an organization and our members are relevant in the context of our mission. Societal changes, work-life demands, and a dramatic change in the practice of medicine locally, statewide, and nationally, have made the mission of RAMA increasingly difficult if not impossible to execute as we are organized today.

When I assumed the presidency, I was clear that my leadership would be based on best practices, facts, and industry trends. Those who know me can say with confidence, I do my absolute best to lead with integrity, and want nothing more for the transition and/or transformation of RAMA to be highly intentional. It must also be executed with dignity, respect, and appreciation of all involved.

I thank you for your membership – and for taking time from your busy schedule to read this message, reflect on it, and discuss with fellow RAMA members. Your constructive feedback is important part of our next chapter. Please reach out to me at [mew.mailbox@gmail.com](mailto:mew.mailbox@gmail.com) or (804) 837-0971, if you have any feedback, questions, comments, or ideas!

Best,  
Elizabeth

## 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 25, Time 6:00pm-9:00pm: YWCA Remember My Name - @ St. Mark's Episcopal Church
- 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 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 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
- Tue Jan 15, 10:30am - 11:30am @ Meet at Feed More, 1415 Rhoadmiller St, Richmond, VA 23220
- Tue Feb 19, 10:30am - 11:30am @ Meet at Feed More, 1415 Rhoadmiller St, Richmond, VA 23220
- 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 Oct 23, 10:00am - 11:00am: Killers of the Flower Moon – Grann @ 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 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**

### RAM Programs and Events - Contact: Kate Gabriel

- Wed Oct 24, 6:00pm - 8:00pm: RAM Member Networking Social @ River City Roll – Scott’s Addition
- Tue Nov 13, 5:30pm - 8:30pm: RAM Membership Meeting: Elizabeth Snelson, Esq @ 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](http://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](mailto: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](mailto:reflections@ramalliance.org) with UNSUBSCRIBE in the subject line.