

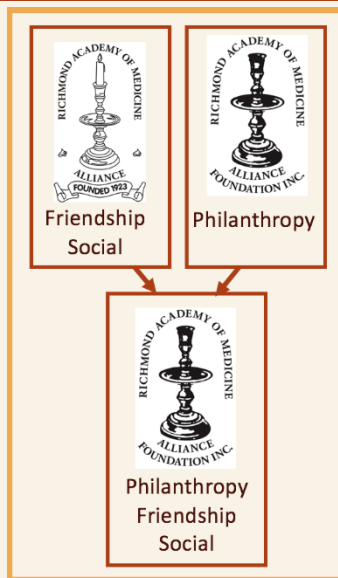
# REFLECTIONS

*Richmond Academy of Medicine Alliance Newsletter*  
*November 2018*

In this issue...

[RAMA Sustainability] [Doorways] [New Year Party] [Physicians Got Fashion] [This Month-ish!] [Upcoming Events] [RAMA Member News] [ [Help Wanted & Announcements] [President's Message] [Calendars] [Join]

## RAMA Board Discusses Reorganization for Sustainability



Sometimes organizations confuse relevancy with sustainability. Since 1923, the RAMA mission has been to promote friendship and support to the medical community; and to promote community health and information. Today more than ever medical families need one another... and community health for all is still a challenge.

RAMA is relevant. We just aren't sustainable. Our declining, non-diverse membership; coupled with a burdensome governance structure (RAMA and RAMA Foundation) have prevented us from being as agile and focused as needed to adapt to our changing world. Lucky for us, there is still time to change.

That's why the RAMA board embarked on a yearlong strategic planning project last year to validate our observations and to methodically create a way forward for RAMA and RAMAF.

The 2017 2018 RAMA Strategic Survey results told us that you valued friendship, social opportunities, and philanthropy highest. These priorities helped the board to develop a structure that enables our new organization to be both agile and strong, but more importantly, sustainable.

To achieve this new structure, the RAMA board is considering the dissolution of our membership organization (IRS 501c6) RAMA and amendment of the RAMAF bylaws to envelope the friendship and social opportunity aspects so valued from RAMA. For illustrative purposes, let's call the proposed reorganized entity RAMAF 2.0.

RAMAF 2.0 will incorporate the friendship/social and philanthropic aspects of RAMA while retaining the foundation's non-profit IRS 501c3 designation and mission of supporting RVA healthcare initiatives.

The RAMA board will be refining the proposed reorganization and will present the proposal to the membership in January 2019 at a called meeting of the membership. Stay tuned for the meeting specifics. Your thoughts and opinions matter. Please contact Elizabeth Wong at [mew.mailbox@gmail.com](mailto:mew.mailbox@gmail.com) or google voice (804) 719-1890 with yours!

**It is Better to Give than Receive... Doorways Holiday Service Opportunity**  
**SAT, DEC 15, 2018 @ 5PM-8PM**

Volunteer on Saturday, December 15, 2018, from 5pm – 8pm at RAMA's holiday service opportunity at the Doorways. RAMA member and chef extraordinaire, Cecilia Elliott will be cooking up the main course, sign up for other much needed items or to help serve here:

<https://www.signupgenius.com/go/508044ca4ae283-rama!>



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) or google voice (804) 719-1890. Help provide a hot homemade holiday meal for Doorways guests (about 50 people) during this holiday season.  
**SignUp:** <https://www.signupgenius.com/go/508044ca4ae283-rama>  
**Parking:** Street, Deck, Doorways Lot  
Street: Street  
Public Deck: Across Street (\$) 607 E Marshall St, Richmond, VA 23219  
Doorways: 612 E Marshall St Richmond, VA 23219  
To park just pull up to the garage door entrance. If the door is open, proceed up the ramp to the third floor. If the garage door is closed, please give a light honk of your horn and the front desk staff will open it

for you. As you proceed to the third floor, please give a light honk of your horn as you make your way to the second floor and another honk as you make your way from the second floor to the third floor. (The garage is one-way, but we have mirrors along the walls for your convenience). Once you have secured your vehicle, please proceed down the stairwell, located on the Coliseum side of the parking garage, to the first floor. The front desk staff will let you in the front doors.

## RAMA New Year Pot Luck Party 2019



2019 is a NEW Year in many ways for RAMA. Come celebrate with friends at the lovely home of Barbara and Joe Evers, on Friday, January 4, 2019, from 6:30 PM to 8:30 PM. RAMA will provide the main dish. Liquid merriment provided by the dynamic trio Barb, Debra, and Liesl. Please bring a salad, savory, or sweet dish to share! Happy New Year all!! Special thanks to Barbara and Joe Evers for hosting!!

- Date:** January 4, 2019, 6:30 PM - 8:30 PM  
**Location:** 11851 Aberdeen Landing Terrace, Midlothian, VA 23113  
**RSVP:** <https://www.signupgenius.com/go/508044CA4AE283-rama1>  
**Questions:** Contact Elizabeth Wong at [mew.mailbox@gmail.com](mailto:mew.mailbox@gmail.com) or google voice (804) 719-1890

## Physicians Got Fashion 2019 Update

RAMAF Committees have been busy this month. Kate Gabriel has a handful of models confirmed and several "asks" out to potential super stars! Barbara Evers and her team have been canvassing the malls and area shopping districts and already have several retailers signed up to participate in our show. Co-chairs Debra Melisi and Liesl Delisio visited The Hippodrome and have reserved additional space! We will now also have the Speakeasy and restaurant, in addition to last year's space to set up more silent auction items as well as food and beverage stations! And we already have 4 sponsors on board! Thank you everyone for all of your hard work to make this year's show better than ever. We are still looking for volunteers to help on a number of committees. Please contact Debra at [boneflap@aol.com](mailto:boneflap@aol.com) or Liesl at [L@wiz4.us](mailto:L@wiz4.us).



## UPDATE: This Month-ish! RSVP Today!

The holidays are upon us and your calendar is filling up! Please be sure to RSVP to the events you plan on attending so we can plan for your participation! Hope to see you soon!

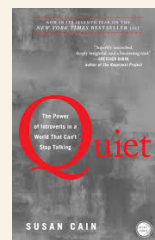
RAMA Board Meeting: Tue, Nov 20 @ 9:30AM

The next RAMA board meeting is on Tuesday, November 20, 2018 @ 9:30AM, Libbie Mill Library 2<sup>nd</sup> floor conference room. All RAMA board meetings are listed at the end of the newsletter AND online at [www.ramaf.org](http://www.ramaf.org) under News and Events. Your opinion matters!! Email Elizabeth Wong at [mew.mailbox@gmail.com](mailto:mew.mailbox@gmail.com) or google voice (804) 719-1890 if you will attend!

### 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. Discussion leader, Elizabeth Wong, Introvert.

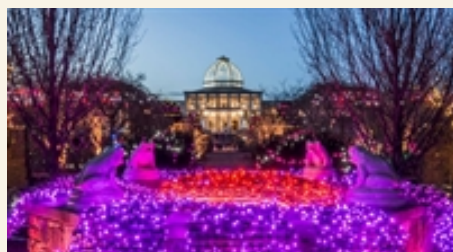
**When:** Tuesday, November 27 @ 10am  
**Where:** Stephanie Sowers Home  
**Contact:** Carolyn Cockrell or [rsvp@ramalliance.org](mailto:rsvp@ramalliance.org)



### Physicians Got Fashion Committee Meeting, Wed, Nov 28 @ 1PM

The next PGF committee meeting date is Wednesday, November 28, 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 Family Event! Lewis Ginter: Sun, Dec 2 @ 5:00PM-8:00PM



Don't forget the RAM 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!

**When:** Sunday, December 2 @ 5:00pm – 8:00pm  
**Where:** Lewis Ginter Botanical Garden  
**Contact:** Kate Gabriel, [kgabriel@ramdocs.org](mailto:kgabriel@ramdocs.org)

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

Signup to help at the RAMA holiday service opportunity on Saturday, December 15, 2018, from 5pm – 8pm at the Doorways. We need cooks, servers, and activity helpers! RAMA will be serving dinner to about 50 guests and their families. Our activity will be helping children write letters to Santa, and providing adult guests the opportunity to send a greeting card or two to loved ones.



**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) or google voice (804) 719-1890. Help provide a hot homemade holiday meal for Doorways guests (about 50 people) during this holiday season.

**SignUp:** <https://www.signupgenius.com/go/508044ca4ae283-rama>

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## RAMA Membership News

### RAMA Member Pat Merson: VMFA Fine Arts and Flowers

Kudos to RAMA member Pat Merson who was invited by the 2018 VMFA Fine Arts and Flowers committee to create a floral design inspired by the Fabergé *Star Frame*. Here is a picture of Pat with her amazing arrangement at the VMFA Fine Arts and Flowers Gala event on October 24, 2018. Congratulations Pat!



### Remember My Name Event Recap



A tearful remembrance ceremony. For the first time in my memory, the young children of domestic violence victims participated. Heartbreaking. Thank you to all who contributed a food item to this very important annual event and special thanks to Cecilia Elliott and Pat Zimmerman who helped to coordinate, setup, serve, and clean up the YWCA Remember My Name RAMA reception on Thursday evening, October 25, 2018.

## RAMA Twisted Turkeys Recap

It's true! RAMA members who cook together, eat together! What fun we had cooking together at the Publix Aprons Cooking School in Glen Allen, VA, on Sunday, November 11. Apron Chefs Willie and Kyle guided us through an amazing twisted Thanksgiving menu. Fan favorites included Sweet Potato Ravioli with Sage Cream Sauce, Toasted Pecans, and a Cranberry Drizzle; and Cranberry Orange Bread Pudding with Vanilla Cream Sauce. We are blessed to have RAMA friends to cook and EAT together!



*(Pictured clockwise: Johnny Wong, Sharon Moffat, Cecilia Elliott, John Delisio, Kevin Liu, Baby Chester Liu, Jim Melisi, Debra Melisi, Liesl Delisio, Jean Hepburn, Charlene Ng, and Elizabeth Wong).*

## Cheers and Tears

Thanks to all who shared a CHEER or TEAR. If you would like to share a RAMA Cheer or Tear, please email Norma Carter at [wbcnac72@aol.com](mailto:wbcnac72@aol.com)! Be sure to include full names and current mailing addresses so RAMA can share your news!

- October 6, 2018 – Congratulations to Debra and Jim Melisi on the marriage of their daughter Nina to John Pohlman.
- October 25, 2018 – Deepest sympathies to past RAMA member Patty Ramsey on the loss of her husband Jerry.
- November 11, 2018 – Congratulations to Helen and Will Zuelzer on the birth of their granddaughter Eloise.

## UPDATE: 2019 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!

### RAMA New Year Pot Luck Party 2019: FRI, JAN 4 @ 6:30PM

2019 is a NEW Year in many ways for RAMA. Come celebrate with friends at the lovely home of Barbara and Joe Evers, on Friday, January 4, 2019, from 6:30 PM to 8:30 PM. RAMA will provide the main dish. Liquid merriment provided by the dynamic trio Barb, Debra, and Liesl. Please bring a salad, savory, or sweet dish to share! Happy New Year all!! Special thanks to Barbara and Joe Evers for hosting!!



**Date:** January 4, 2019, 6:30 PM - 8:30 PM  
**Location:** 11851 Aberdeen Landing Terrace, Midlothian, VA 23113

**RSVP:** <https://www.signupgenius.com/go/508044CA4AE283-rama1>  
**Questions:** Contact Elizabeth Wong at [mew.mailbox@gmail.com](mailto:mew.mailbox@gmail.com) or google voice (804) 719-1890

### RAMA Reorganization Member Called Meeting: JAN 2019



The RAMA board is working toward a called meeting of the RAMA membership in early January 2019. The board will present the RAMA Reorganization proposal to YOU. Notice of the meeting date and location will be sent in mid-December.

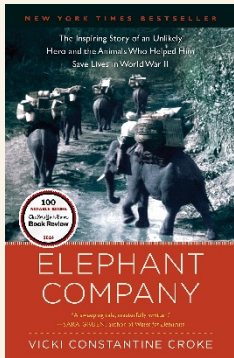
### RAMA Program: Long Term Care Workshop, THU, JAN 17 @ 7PM

Join Long Term Care EXPERT Linda Tsironis Caruthers for an informative evening discussing Long Term Care (LTC) insurance. Linda will clarify the many LTC options available today and offer sound guidance on how LTC can help members plan for their future. Family and friends welcome!



**When:** Tuesday, January 15, 2019, 7PM  
**Where:** RAM Conference Room, 2821 Emerywood Parkway, Ste 200, Richmond, VA  
**Contact:** Elizabeth Wong, [mew.mailbox@gmail.com](mailto:mew.mailbox@gmail.com) or google voice (804) 719-1890.

### RAMA Book Club: Elephant Company by Croke, TUE, JAN 22 @ 10AM



“This book is about far more than just the war, or even elephants. This is the story of friendship, loyalty and breathtaking bravery that transcends species. . . . *Elephant Company* is nothing less than a sweeping tale, masterfully written.”—Sara Gruen, *The New York Times Book Review*

**When:** Tuesday, January 22, 2019 @ 10am  
**Where:** Pat Zimmerman’s Home  
**Discussion Leader:** Tina Bonner  
**Contact:** Carolyn Cockrell or [rsvp@ramalliance.org](mailto:rsvp@ramalliance.org)

### Physicians Got Fashion Committee Meeting, Wed, JAN 23 @ 12PM

This 2019 PGF committee meeting date is Wednesday, January 23, 2019, @ **12:00PM** @ 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! NOTE EARLIER START TIME FOR THIS MEETING!



## RAMA Program: Smart is the New Sexy! THU, FEB 7, 2019 @ 10AM-12PM



Learning is a lifelong privilege. The Osher Lifelong Learning Institute at the University of Richmond combines intellectual stimulation and civic engagement with a vibrant community of like-minded students age 50 and better on the campus of the University of Richmond. Osher is a **membership** organization that offers an extensive array of **courses** in the liberal arts. There are no entrance requirements, no tests and no grades. In fact, no college background is needed at all. It's only love of learning that counts! Come out on Thursday, February 7, 2019, 10am-12pm to hear Peggy Watson, Director of the Osher Lifelong Learning Institute enlighten us about the Osher Institute! Let's use our minds so we don't lose it! 😊

**When:** Thursday, February 7, 2019 @ 10AM – 12PM  
**Where:** University of Richmond, Westhampton Center, Living Room  
**Contact:** Elizabeth Wong, [mew.mailbox@gmail.com](mailto:mew.mailbox@gmail.com) or google voice (804) 719-1890.

## 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).

### 2018 2019 Member e-Directory Sent

Thanks to all who submitted corrections to the 2018 2019 RAMA Member Directory. An updated directory is being sent with this November RAMA Reflections. **The RAMA directory is for RAMA business only. Please do not forward it to any one or any organization for any other purpose.**



## Message from Elizabeth

Dear RAMA Members,

Much has happened since I last wrote about my concerns regarding RAMA's quorum challenges and the burden of governance. The RAMA board has met and is considering a reorganization of our two entities, the Richmond Academy of Medicine Alliance (RAMA) and the Richmond Academy of Medicine Alliance Foundation (RAMAF).

The reorganization includes the dissolution of RAMA. RAMA as you recall is a IRS 501c6 membership organization. Based on your feedback, you valued **friendship, social opportunities, and philanthropy** highest. The proposed plan under consideration retains the RAMAF IRS 501c3 non-profit organization as the preferred structure on which to build our new organization. Let's call this proposed organization RAMAF 2.0 for now.

Because RAMAF 2.0 is a designated nonprofit 501c3 organization, it is inherently a philanthropic organization. Amendments to the current RAMAF bylaws will enable RAMAF 2.0 to envelope the valued friendship and socialization aspects of RAMA as standing committees. This proposed structure will greatly reduce the burden of governance from two organizations to one. The board believes that RAMAF 2.0 will be significantly more agile and strong for many years to come.

Many strategic planning committee and RAMA board members have expressed a desire to rename our newly merged organization. The new RAMAF 2.0 board will be charged with the important work of identity, branding, subsequent renaming, and community reveal, of the new name which will reflect a collective medical community vision.

Concurrent with the proposed RAMA dissolution of course is the rather mundane but important task of amending the RAMAF bylaws to accommodate the needs of our RAMAF 2.0 including standing committees, checks and balances of power, and financial transparency. If you would like to serve on the bylaws committee please let me know!

In this month of thanksgiving, I am thankful to you for your continued membership; my RAMA and RAMAF boards for their candor and commitment; but mostly for your time taken to read this message, reflect on it, and discuss with your 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!

I hope to see you in the coming weeks at the many RAMA, RAMAF, and RAM events. If our paths do not cross, have a safe and blessed Thanksgiving holiday.

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

- Sat Dec 15, 5:00pm - 8:00pm: RAMA: Doorways Holiday Meal Community Service @ Doorways
- Friday, Jan 4, 6:30pm – 8:30pm: RAMA New Year Holiday Pot Luck Party @ Barbara & Joe Evers home (Added Nov 19, 2018!! NEW EVENT!)**
- Thu Jan 17, 7:00pm - 8:30pm: RAMA Program: Long Term Care Insurance Workshop @ 2821 Emerywood Parkway, Suite 200, Richmond, VA 23294
- Thu Feb 7, 9:30am-11:00am: RAMA Osher Institute Program @ University of Richmond, Westhampton Center Living Room. Parking below Heilman Dining Center Lot and Across the Street
- 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 Nov 20, 9:30am – 10:30am: RAMA Full Board Meeting @ HCPL Libbie Mill Library
- Tue Dec 18, 9:30am – 10:30am: RAMA Full Board Meeting @ HCPL Libbie Mill Library
- Tue Jan 15, 9:30am – 10:30am: RAMA Full Board Meeting @ HCPL Libbie Mill Library
- Tue Feb 19, 9:30am – 10:30am: RAMA Full Board Meeting @ HCPL Libbie Mill Library
- Tue Mar 19, 9:30am – 10:30am: RAMA Full Board Meeting @ HCPL Libbie Mill Library
- Tue Apr 16, 9:30am – 10:30am: RAMA Full Board Meeting @ HCPL Libbie Mill Library
- Wed May 22, 9:30am – 10:30am: RAMA Full Board Meeting @ HCPL Libbie Mill Library

### RAMA Meals on Wheels - Contact: Stephanie Sowers

FeedMore: 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 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 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**

- 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](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.