

REFLECTIONS

*Richmond Academy of Medicine Alliance Newsletter
December 2018*

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RAMA Called Meeting of the Membership JAN 9: Reorganization

**RAMA
Special
Called
Meeting**

JAN 9 @ 10am

Membership Vote on RAMA
and RAMAF Reorganization

Since 1923, the RAMA mission has been to promote friendship, provide support to the medical community, and to support community health initiatives.

While the RAMA and RAMA Foundation missions remain relevant today, our organizational structure is not sustainable. A declining, non-diverse membership; coupled with a burdensome governance structure, have prevented us from adapting to the rapid changing needs of medical families, and new social dynamics of our world.

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

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 proposed structure for a new organization that enables us to be agile and strong, but most importantly, sustainable.

To achieve this new structure, the RAMA board voted on November 19, 2018, to endorse a reorganization plan which includes the dissolution of our RAMA membership organization (IRS 501c6); and amendment of our RAMA Foundation (IRS 501c3) bylaws to envelope the friendship and social opportunities you value.

The new RAMA Foundation will incorporate the friendship, social, and philanthropic aspects of RAMA, while retaining the foundation's non-profit IRS 501c3 designation and its focus of supporting RVA healthcare initiatives.

Today more than ever medical families need each other. **Please attend a called meeting of the RAMA membership on Wednesday, January 9, 2019, 10AM**, to hear more about the reorganization plan, voice your opinions, and have your vote be counted. The meeting will be at the Richmond Academy of Medicine office located at 2821 Emerywood Parkway, Ste 200, Richmond, VA 23294.

When: Wednesday, January 9, 2019, 10:00AM
Where: RAM Conference Room, 2821 Emerywood Parkway, Ste 200, Richmond, VA
Contact: Elizabeth Wong, mew.mailbox@gmail.com or google voice (804) 719-1890.

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: Friday, 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 or google voice (804) 719-1890

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: Thursday, January 17, 2019, 7PM
Where: RAM Conference Room, 2821 Emerywood Parkway, Ste 200, Richmond, VA
Contact: Elizabeth Wong, mew.mailbox@gmail.com or google voice (804) 719-1890.

Physicians Got Fashion 2019 Update!

Our Retail and Model Selection Committees continue their hard work, and to date we have 11 confirmed models and almost all retailers signed up to dress them! The sponsorship team has also been diligently contacting area businesses and organizations to sponsor this year's Physicians Got Fashion show. We currently have received donations in the amount of \$31,500, up from the \$22,500 that we had received at this time last year. Thank you, Richmond, for your support! Please contact Liesl

Delisio at **L@wiz4.us** if you would like to sponsor the 2019 show and raise funds for our sole beneficiary, Access Now.

RAMAF would also like to put a call out to all of you skilled and talented physicians. Last year our silent auction featured beautifully crafted art, photography, jewelry, and more! All made by RAM physicians. It was so exciting to witness the diverse and creative pool of artistic talent from our very own doctors!



So, to all of you physicians, please contact Debra Melisi at **boneflap@aol.com** or Liesl Delisio at **L@wiz4.us** to have your creation featured as a part of our silent auction at Physicians Got Fashion 2019! We plan on having an even grander auction than last year, so come and be a part of it!

RAMA Membership News

RAMAF @ Lewis Ginter Family Night



Ho Ho Ho! Thank you to Liesl and John Delisio for baking, decorating, AND handing out RAMA Treats at the RAM Lewis Ginter Festival of Lights Family Night!



RAMA Doorways Event: Definitely Better to Give Than Receive!



Thank you, RAMA members, and their wonderful spouses for their contribution of culinary talents, food, food service abilities, official taste testing, postage, greeting cards, and pure positivity. The Doorway guests genuinely appreciated our delicious warm meal and opportunity to select holiday cards to send back to their loved ones while away from home.



Special thanks to Carolyn Cockrell, Cecilia & David Elliott, Nancy & Mike Jaffe, Joan & Ken Lipstock, Debra Melisi, Sharon & Tom Moffatt, & Elizabeth & Johnny 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**! Be sure to include full names and current mailing addresses so RAMA can share your news!

- Condolences to the family of long time RAMA member Connie Haddock (Constance Holland Alberta), on Wednesday, November 21, 2018.
- Deepest sympathies to Kate Gabriel on the passing of her Father, Mark Schmuttenmaer, on Saturday, December 8, 2018.

UPDATE: 2019 Upcoming Events – Pull out your Calendar Now!

The holidays are upon us and the calendar is full! 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

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 or google voice (804) 719-1890
Details: See Page 2, December RAMA Reflections



RAMA Member Called Meeting: JAN 9 @ 10AM



When: Wednesday, January 9, 2019, 10:00AM
Where: RAM Conference Room, 2821 Emerywood Parkway, Ste 200, Richmond, VA
Contact: Elizabeth Wong, mew.mailbox@gmail.com or google voice (804) 719-1890
Details: See Page 1-2, December RAMA Reflections

RAM General Membership Meeting: Madelaine Feldman, MD: JAN 15 @ 5:30PM

Join us on **Tuesday, January 15th** at the **Westin Richmond** to hear from **Dr. Madelaine Feldman**, a practicing rheumatologist in New Orleans and the President of the Coalition of State Rheumatology Organizations, who will discuss how an entity that a few years ago we knew little about (Pharmacy Benefit Managers), now affects drug pricing, patient cost sharing and the doctor-patient relationship. A former radio talk show host, Dr. Feldman is passionate about advocacy and speaks to patients, physicians, regulators, and legislators on a local and national level regarding access to care for patients and the importance of maintaining the doctor-patient relationship.



Cocktails at 5:30 p.m., dinner at 6:15 p.m. and the presentation at 7:00 p.m. Guest are welcome (\$40 guest fee). Questions? Call Lara Knowles at 804-622-8137 or email her at lknowles@ramdocs.org

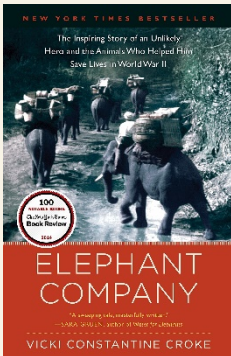
When: Tuesday, January 15, 2019, 5:30pm – 8:30pm
Where: The Westin Richmond, 6631 W Broad Street, Richmond, Virginia 23230
Contact: Lara W. Knowles, lknowles@ramdocs.org, 804-622-8137

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

When: Tuesday, January 15, 2019, 7PM
Where: RAM Conference Room, 2821 Emerywood Parkway, Ste 200, Richmond, VA
Contact: Elizabeth Wong, mew.mailbox@gmail.com or google voice (804) 719-1890.
Details: See Page 2, December RAMA Reflections



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

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 under News and Events. Join in the fun!! Email Liesl Delisio 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 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 to volunteer!

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.

Message from Elizabeth

Dear RAMA Members,

The Wong family likes to do a little mindfulness activity when we are together called *Rose, Thorn, and Bud*. The idea behind this simple exercise is to give us as a family, a moment to both share and reflect on the joys and challenges we encounter. During *Rose, Thorn, and Bud*, each family member shares a "*Rose*", which is a highlight, a happy moment, something positive, or something they are grateful for; a "*Thorn*", which is a challenge or disappointment they experienced or are experiencing that they could use more support with; and finally, a "*Bud*" which is something they are hopeful of or looking forward to.

During this holiday season, I encourage you ponder what your *Rose, Bud, and Thorns* are both personally and for RAMA. This mindfulness activity is so much better when shared with family and friends. Funny how sharing our life experiences with one another helps us realize how blessed we are.

2019 will be the beginning of many NEW things for RAMA. I hope you will join us for RAMA's first ever January 4th RAMA Holiday Pot Luck Party from 6:30PM – 8:30PM at the home of Barbara and Joe Evers; as well as the special called meeting of the RAMA membership on January 9, 2019 @ 10AM, to vote on RAMA's dissolution and RAMAF's reorganization. The Membership meeting will be at the Richmond Academy of Medicine office located at 2821 Emerywood Parkway, Ste 200, Richmond, VA 23294.

Thank for taking time to read and reflect on this message during this busy holiday season. Please contact me at mew.mailbox@gmail.com or (804) 837-0971, if you have any feedback, questions, comments, or ideas!

Wishing you a wonderful Holiday season and a happy, healthy New Year.

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

- Friday, Jan 4, 6:30pm – 8:30pm: RAMA New Year Holiday Pot Luck Party @ Barbara & Joe Evers home
- Wednesday, Jan 9, 10:00am - 12:00pm: RAMA Called Membership Meeting @ 2821 Emerywood Parkway, Ste 200, Richmond, VA 23294 (NEW Item!)
- 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
- May 2019: Details TBD: RAMA RAMAF Annual Meeting

RAMA Board Meetings – Contact Elizabeth Wong

Libbie Mill Library: 2100 Libbie Lake E St, Richmond, VA 23230

- ~~Tue Dec 18, 9:30am – 10:30am: RAMA Full Board Meeting @ HCPL Libbie Mill Library CANCELED~~
- 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 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 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 Dec 19, 1:00pm - 3:00pm: RAM Alliance Foundation Committee Meeting @ RAM Office**~~
CANCELED
- 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

- Tue, Jan 15, 2019, 5:30pm - 8:30pm: RAM General Membership Meeting: Madelaine Feldman, MD

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.