



Sangamon Medical News

December 2020

www.scmsdocs.org

2020 began as any other year begins with all of us making plans personally, professionally and for our organizations. SCMS had our calendar of events planned out to bring you an exciting year of networking and education. The year was going to start with a Meet and Greet with your local legislators in March; our collaboration with Innovate Springfield, UIS and SIU School of Medicine was going to present our biannual Medical Innovators revamped as the Capital Area Innovation Awards in September; we were also planning a collaboration with the GV Black Dental association to present a CME on Opioids and host our annual M2 Welcome Brunch in August. COVID 19 had other plans. We all were forced to switch gears. Many of us found our schedules less busy as we navigated Telehealth and worked from home as all elective procedures were halted in the initial phases of the Pandemic. Those of us on the front lines were dealing with the uncertainty of virus, and new hospital policies and procedures.



SCMS has on its Board of Directors three members who were at the heart of getting our county, our hospitals and our medical professionals ready for the task at hand. I and the rest of the Board wish to thank Dr. Donald Graham, Dr Vidya Sundareshan and Gail O'Neil for their exemplary leadership and guidance throughout this Pandemic. We are truly honored to serve with you on the SCMS Board of Directors.

As you know, your Sangamon County Medical Society is always engaged in bringing you quality programs and initiatives which will improve our healthcare environment and ultimately make a difference in the lives of the people in our area. In an effort to foster and encourage young people of all color, ethnical backgrounds and religion to take an interest in opportunities in healthcare, we would like to partner with the local NAACP chapter to provide mentoring to young people, particularly those who are less fortunate. We have met with members of the NAACP and they are interested in this program. We will be looking for volunteers from all aspects of the medical field to speak to them and encourage them to pursue careers in Healthcare. We are looking for Laboratory, Radiology, Pathology, Surgical and Respiratory Technicians, staff members from medical practices, Nurses, Researchers and Physicians who can volunteer a couple hours of their time. All that is required is that you address the kids at "Back to School, Stay in School Learning Academy" describing your field and the steps they should take to get there.

This program is still in its initial stages. We are hoping to start it in the fall of 2021. We need your help to get the program rolling. This program is not possible without you. If you, or anyone you know are interested in participating, please contact Ozma at ozma@scmsdocs.org. Flyers with information will be circulated around the area.

I encourage your participation.

I wish you all Happy Holidays and a Happy, Healthy New Year.

Sohail A Siddique

COVID-19 Comes To The Capital

Donald R. Graham MD



December 31 marks the first anniversary of the recognition of SARS-CoV-2 as the cause of coronavirus infectious disease 2019. That mouthful has turned our world upside down.

As of December 9, 70 million cases of COVID-19 have been reported in the world with 1.6 million deaths. No part of the world has been spared and the United States has perhaps had the greatest concentration of cases. Our country has seen 15.5 million cases and 290,000 deaths. As we narrow the focus we see that Illinois has been hit hard with 814,000 cases and 14,600 deaths. Our county of Sangamon has had 11,300 cases which represents 5.8% of the population Of 184,672 parentheses 2019). To date, 122 people have died.

The pandemic affects everyone's life, from the President and his cabinet to our restaurants, homes, schools, homeless shelters, fire department, nursing homes.

Because no one is spared, everyone must follow important steps to avoid COVID-19. They include the 3W's of washing hands, watching distance between other people, and wearing a mask. I have added a another character to make 3 1/2 W's. Vaccine begins with a V which visually is 1/2 of a W. We expect the vaccine to arrive in our community this month and eventually hope to offer it to the entire community. Hospital nurses and physicians, public health workers, and highly vulnerable residents of nursing homes will be among the first recipients but within weeks to months the entire population should be able to receive a vaccine. Unlike previous vaccines against the flu, which offer 50 to 70% efficacy, the proposed vaccines offer 95% efficacy, in the category of vaccines against measles, tetanus, diphtheria, polio, and hepatitis.

Not only has the pandemic brought us the great scientific marvel of a messenger RNA vaccine, but it has introduced new therapies for this disease. Mortality rates have fallen from close to 30% to 1%. Last year we were not thinking of remdesivir, dexamethasone for a virus, monoclonal antibodies such as bamlanivimab, and the combined dual antibodies made by Regeneron. Even psychiatry contributed; fluvoxamine offers great promise in early cases of COVID-19 to prevent the advance of pulmonary complications.

The Sangamon County Medical Society has contributed greatly to the investigation and control of this outbreak. Several members have participated in state committees. Dr. Kenneth Sagins and I have participated in an ISMS advisory group. Dr. Vidya Sundareshan has advised several state councils. She and I have helped advise the sangamon County Department of Public Health and its board president, Dr. Brian Miller, on an almost daily basis. I remembers have contributed leadership in the hospitals and in the outpatient practices.

The next year will bring continued challenges as we face the boredom and frustration of further social distancing in the winter. However, with the introduction of the vaccine we should see unprecedented levels of protection which should allow us to follow more customary activities later in 2021.

Dear Sangamon County Medical Society Members,

I am the representative from region 4 at the ISMS and of Sangamon County Medical Society.

Region 4 includes many of the counties in the center of the State.

I am proud to be a member of our Society, which has the most members of any county in the Region.

Our Society and Foundation have been active this year, helping our medical community, individual doctors and the greater Springfield community.

I am here to report on what the ISMS is doing.

We have, like most of you, been adapting to the pandemic by meeting virtually. The work of Councils to develop policy based on ideas from members, has continued.

The ISMS staff and Board have been advocating for doctors at the legislative level and we have continued to provide excellent and timely CME which is available on line and free to members.

Legislative highlights include working with the IHHA to persuade the Governor to issue an executive order securing civil immunity protections for healthcare workers and volunteers during the pandemic, creating a COVID 19 advisory council of physicians, working toward implementation of an executive order requiring coverage and reimbursement parity for telehealth during the pandemic and working toward appropriate integration of allied health care workers.

The ISMS has a terrific website and provides many services and up to date information (e.g., see <COVID-19 resource page>) to physicians through the website and through direct contact with physician members. Issues such as Telehealth, wellness and guidelines for volunteering are addressed. We are including retired physicians more. We can help with license renewal (see <License renewal webpage>).

Visit the ISMS website to gain more access to information and resources.

Happy holidays!

Sincerely,

Laura Shea, M.D.



**Do you have NEWS TO SHARE with other SCMS members
about an employment opportunity, mission trip opportunities,
special event, items for sale or a fundraiser?**

If you are a member of SCMS and would like to add a "post" to our quarterly
newsletter or blast an email to your colleagues, please email

Ozma at ozma@scmsdocs.org or call 726-5106.

We would be happy to help you share your news.

Like/Share us on Facebook!

NOT A MEMBER?

or

KNOW SOMEONE WHO SHOULD BE A MEMBER?

Please visit our website at www.scmsdocs.org , and fill out a membership application today!

Our Student Reps Are Busy!

Over the past few months, many medical students have been honored with new roles within the American Medical Association (AMA) and the Illinois State Medical Society (ISMS). Jared Hendren, a third-year medical student at SIUSOM and student board member to SCMS, was named chair of the Covid-19 ad-hoc committee for the ISMS medical student section in September. He has been leading the committee on working through three main initiatives of education, student safety, and vaccination, as well as partnering with the ISMS student ad-hoc committee Addressing Systemic Racism to address how the pandemic has disproportionately affected minority populations. The committee is currently working on aggregating information, and plans to submit resolutions to the ISMS Board of Trustees to be reviewed for the next ISMS Annual Meeting. Amanda Brown, also a third-year medical student at SIUSOM, has been serving on this committee.

Emilee Gibson, a second-year medical student at SIUSOM, was named ISMS Medical Student Representative to the Governmental Affairs Committee. She will be working with the committee to review resolutions before their presentation to the ISMS Board of Trustees, as well as participate in state advocacy efforts. Cagla Unal, a second-year medical student at SIUSOM, was also appointed to an ISMS committee as a non-voting member, and will be serving on the ISMS Women's ad-hoc committee this year.

Alexandria Wellman, a fourth-year medical student at SIUSOM and student board member to SCMS, was named an AMA Foundation Steward of Tomorrow in July. She has been working with the AMA Foundation to create meeting-attendance scholarships for students from low-socioeconomic status and underrepresented groups. Ms. Wellman additionally stepped into her new role of ISMS Trustee this past April.

A plethora of resolutions were submitted by our students to the AMA and ISMS this cycle. Alexandria Wellman and Matthew Riley, both fourth-year medical students and student board members to SCMS, submitted multiple resolutions to the ISMS and AMA Medical Student Section Interim 2020 on a variety of topics relating to non-violent de-escalation tactic implementation for law enforcement, increasing privacy protections for sexual assault victims, decreasing mid-level provider scope of practice, increasing surgical subspecialties and anesthesiologists in rural areas, increasing medical equipment manufacturing in the United States, decreasing licensure examination cost, and protecting religious diversity in medical education. Ms. Wellman also led a resolution to study increasing underrepresented groups in competitive specialties with classically low representation and medical leadership submitted to ISMS.

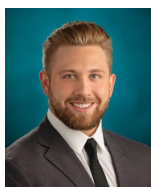
Leighton Kraft, a fourth-year medical student at SIUSOM and student board member to SCMS, led a resolution to increase schizophrenia awareness in schools with the aim of early detection and improved treatment outcomes, which was submitted to ISMS. Emilee Gibson led a resolution submitted to ISMS with the aim of increasing HPV vaccination rates in rural communities in Illinois. Jared Hendren, Cagla Unal, and Barbra Madden were all contributing authors on resolutions this cycle as well.

The Healthcare Policy Interest Group, the SIUSOM student group for organized medicine efforts, has been having a successful start to the academic year as well. Dr. Eli Goodman, an SCMS board member who practiced within the criminal justice system for many years, was invited to speak with students in a virtual round-table discussion. The virtual event was highly successful, and the students walked away with an increased knowledge of how to work with patients in these situations and inspired students to consider policy changes to improve the health of patients within the system.

Congratulations to all of our hardworking medical student members, and the society looks forward to seeing their accomplishments and achievements!



Jared
Hendren



Leighton
Kraft



Matthew
Riley



Alexandria
Wellman

INTRODUCING THE LAND OF LINCOLN PINK WARRIORS

Our team name for the Susan G Komen More than Pink Walk is the Pink Warriors. We formed that team first while we were chairing the Springfield Susan G Komen Walk and then expanded the team last year, when we stepped down as chairs.

Susan G Komen is the largest fundraiser for breast cancer research, second only to the Federal Government. Springfield is part of the service area for the Susan G Komen Memorial Affiliates that is based out of Peoria, because Susan G Komen was born and is buried in Peoria.

Prior to this year, 75% of all funds that were raised would stay in the local Komen service area and was awarded through a grant process with the Memorial Affiliates. 25% of the funds raised would then go to national for research. Because of the challenges facing non-profits, Susan G Komen is eliminating local community grants, so that they can continue to fund breast cancer research, especially in the area of metastatic breast cancer.

Last year the Springfield Komen Pink Warriors team was the largest team fundraiser and had the top 3 individual fundraisers as well. Over the last 6 years our team has done fundraising events throughout the year, including Cocktails for the Cure (at Illini), Shop for a Cure (at the Gables), Men of Steel (with Selvaggio Steel at D'Arcy's Pint), as well as other events with Nancy's Pizza, Eye Candy Boutique, Danenberger Family Vineyards and West of Wise. In addition Jane Arbuthnot and Shellie McEvers hosted La Notte Rosa, an event at Illini Country Club that raised \$25k.

As a group we decided that after this year's Susan G Komen More than Pink Walk, we would form our own group and fundraise to provide support for breast cancer services in our local community.

Rather than going through the process to form our own 501(c)3, it was decided that we would use the Sangamon County Medical Society Foundation as our fiscal pass thru, so that we are able to focus immediately on fundraising.

We formed the Land of Lincoln Pink Warriors, and our first fundraising event is this month with Nancy's Pizza of Springfield. For the month of October, Nancy's Pizza is selling donation cards, has donation boxes displayed and has a pink drink menu selection with a portion of the drink sales going to the Land of Lincoln Pink Warriors. We are also planning a fundraising night at the Gables with Jim and Linda Wilson on December 10th.

Any funds that we raise through our efforts will go into an account within the SCMS Foundation, and we will then go through a process of funding local breast cancer services, most of which may have previously been funded through grants with Susan G Komen.

We have a diverse group and here is a brief overview:

Julie Henderson-SGK Race Co-Chair for 5 years, 14 year breast cancer survivor, Director of Operations for McGraw Enterprises, Inc (9 store McDonald's owner), specialty is fundraising, organizing, planning and mobilizing people

Dr Jane Arbuthnot- Honorary SGK Race Chair for 4 years, breast cancer survivor, retired Springfield OB/GYN, specialty is fundraising and networking

Shellie McEvers- breast cancer survivor, retired from AT&T, specialty is fundraising and financials

Carol Harms- breast cancer survivor, Executive Director of Senior Services of Central Illinois, specialty is fundraising and keeping us "legal"

Amy Rasing- dear friend, Director of Development for Illinois Presbyterian Home, specialty is creativity, fundraising and logistics of events

Diane Williams- dear friend, Account Executive at Neuhoff Media, specialty is advertising, fundraising, artwork development and social media

Michele Kuntz- dear friend, started supporting breast cancer through her sorority in college, served as the registration chair on our race committee, employed by State of Illinois, specialty is designing posters and graphics, fundraising and social media

Nicole Beard- my daughter, SGK Race co-chair for 5 years (best experience of my life was to do this with her), ICU RN at Memorial Hospital, in graduate study for DNP at Bradley University, specialty is organizing and operational logistics

Victoria Ringer- SGK Honorary Race Co-chair for 2 years, former Director for DSI, specialty is logistics, managing city and government contacts and needs, press releases

Susan Gleason- supporter, VP of Marketing for Heartland Credit Union

Doris Garrett- retired from State of Illinois, former SGK employee, currently does advocacy in Springfield



From left to right:

Amy Rasing, Shellie McEvers, Jane Arbuthnot,
Diane Williams, Julie Henderson



**Eli Goodman, MD
SCMS Treasurer/
Secretary**

Eli, is an internal medicine physician, who during his long career has worked as a clinician and medical director in many different settings, including large community health centers and correctional facilities. He also has roles as a medical consultant, medico-legal review consultant, and medical director of several organizations.

In addition to his medical articles, his publications include books, articles, essays, and cartoons. He has created and hosted radio programs.

He has leadership roles and is active in multiple community organizations, including the Springfield (IL) Sunrise Rotary Club, Big Brothers Big Sisters of Central Illinois, the Sangamon County Medical Society, the Illinois State Medical Society, and the Sangamon County Coroner's Case Fatality Review Committee.

Dr. Goodman—a self-described communitarian,” to borrow the term from the late Dr. Randy Pausch’s book, “The Last Lecture”—dedicates himself daily to the obligation to help repair our broken world through good deeds. Many of his writings deal with this theme.

He is proud and inspired to live in a community such as Springfield, Illinois, where his commitment to service is shared by countless dedicated souls who daily show him the way to do more and more to help others. Dr. Goodman energetically tells his friends near and far that *“The heart and soul of Springfield is its citizens’ selfless dedication to its wondrous number of service and charitable organizations. I just try to keep up with them.”*

**Sameer Vohra, MD, JD, MA, FAAP
Board Member**



Sameer Vohra, is the Founding Chair of Southern Illinois University School of Medicine’s (SIU SOM) Department of Population Science and Policy, a social mission focused research and policy academic department aiming to improve health outcomes in central and southern Illinois. A general pediatrician, Dr. Vohra is also an Associate Professor of Pediatrics, Medical Humanities, and Law. Dr. Vohra completed a residency in pediatrics at the University of Chicago. He earned a Master of Arts in public policy at the University of Chicago, a medical doctorate at SIU SOM, a juris doctorate, graduating first in his class, at SIU School of Law, and a Bachelor of Arts in Political Science and Science in Human Culture with honors at Northwestern University.

Dr. Vohra has received several honors including a United States Fulbright Scholarship in 2009, a 2014 American Medical Association Foundation’s Excellence in Medicine Leadership Award, named an Edgar Fellow in 2016, one of 40 emerging political and policy leaders in Illinois, awarded a Friend of Education by the Illinois Education Association in 2018, and was named to the de Beaumont Foundation’s first national 40 under 40 list in public health in 2019. Most recently, Dr. Vohra was named a Presidential Leadership Scholar in 2020, chosen by the George W. Bush Presidential Center, the Clinton Presidential Center, the George and Barbara Bush Foundation, and the LBJ Foundation.

Dr. Vohra is a leader in state and national policy formation, having served on national committees for the Association of American Medical Colleges and the American Medical Association, as well as on the Board of Trustees for the Illinois State Medical Society and the Chicago Medical Society. Dr. Vohra currently serves the state of Illinois on the State Board of Health, Medicaid Advisory Council, the Governor’s Rural Affairs Council, the Children’s Mental Health Partnership, and the Illinois COVID-19 Response Fund Steering Committee. Closer to home, Dr. Vohra continues to be active in organized medicine sitting on the Sangamon County Medical Society Board of Directors.

Dr. Vohra enjoys spending time with his talented wife and two amazing daughters. They enjoy reading, watching movies, traveling, and rooting for their beloved Chicago sports teams.



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With the unpredictability of healthcare, find stability with ISMIE. Our diverse medical professional liability insurance coverage offerings provide strength to physicians – and ensure your practice is always supported. As your partner, we're committed to help reduce risk and support healthcare's frontline during COVID-19.

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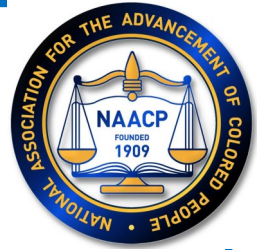
For COVID-19 resources, visit ismie.com/covid-19.

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SANGAMON
COUNTY
MEDICAL
SOCIETY



Two Hours is **ALL** We Ask

SCMS and your local **NAACP** chapter is collaborating to introduce an after school program to Springfield Area Middle and High Schoolers, and we need **YOU!**

We are looking for volunteers who are willing to encourage and guide our youth to a career in healthcare. At a one-time informal session, you will be asked to discuss your education and career paths, why you have chosen the field that you are in, and answer any questions.

We are looking for:

- Laboratory, Radiology, Pathology, Surgical and Respiratory Technicians
 - Staff Members from Medical Practices
 - Nurses
 - Researchers
 - Physicians

If you are interested in learning more, or know anyone who would be interested, please contact

Sangamon County Medical Society at scms@scmsdocs.org



SCMS Upcoming 2021 Events: (tentative)

BD = Board Meeting

CM = Committee Meeting

GM = General Membership Meeting

February 11	BM	Memorial Medial Center, Clarke Conference Room (EI 18)	6:00pm
March	GM	Spring Event	
April 8	BM	St. Johns Board Room	6:00pm
April 17-19		ISMS Annual Meeting Rockford	
June 10	BM	Memorial Medial Center, Clarke Conference Room (EI 18)	6:00pm
August 12	BM	St. Johns Board Room	6:00pm
October 14	BM	Memorial Medial Center, Clarke Conference Room (EI 18)	6:00pm
October	GM	Fall Event	
December 9	BM	St. Johns Board Room	6:00pm

2020 SCMS Board Officers & Directors

President: Sohail Siddique, MD
 Secretary/Treasurer: Eli Goodman, MD
 Past President: Donald Graham, MD

Board of Directors:

Jeffrey Bennett, MD
 Raymond Castaldo, MD
 Vidya Sundareshan, MD
 Cara Vasconcelles, MD
 Sameer Vohra, MD
 Randy Western, MD
 Casey Younkin, MD

ISMS Region 4 Representative:

Laura Shea, MD

Resident Representatives:

Lauren Battley, MD
 Suhaib Ranjha, MD
 Katherine Sengoba, MD

Student Representatives:

Jared Hendren
 Leighton Kraft
 Matthew Riley
 Alexandria Wellman

Affiliate Representative:

2020 SCMS Committees:

Community Health Committee Members:

Casey Younkin, MD—Chair
 Tanya DeSanto, DDS
 Donald Graham, MD
 Shailesh Nandish, MD
 Sandipkumar Patel, MD
 Dora Ramos, MD
 William Schlosser, DMD
 Laura Shea, MD
 David Steward, MD
 Gail O'Neil
 Stephen Stone, MD
 Jill Stoops, NP
 Vidya Sundareshan, MD
 Sameer Vohra, MD

2020 SCMS & Alliance Foundation

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 Vice President: Sohail Siddique, MD
 Secretary/Treasurer: Eli Goodman, MD

Board of Directors:

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 Karen Hoeltzer, MD
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