

# MEDICAL SOCIETY NEWS

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ORGANIZED TO BRING TOGETHER MEMBERS OF THE  
MEDICAL PROFESSION IN MOBILE COUNTY

We are proud to welcome these new members in 2016:

**Kyle R. Bauer, M.D.**  
Anesthesia Services, P.C.

**Julia D. De La Cruz Pena, M.D.**  
Mostellar Medical Center

**Ravinder Dhaliwal, M.D.**  
IPC Healthcare—Mobile

**Penny Xuan Dupre, M.D.**  
Franklin Primary Health Center

**Christopher T. Hanlon, M.D.**  
Anesthesia Care, P.C.

**Druhan L. Howell, M.D.**  
Pulmonary Associates of Mobile, P.C.

**Deborah W. LaScola, M.D.**  
Urology and Oncology Specialists, P.C.

**Angus M. McBryde, Jr., M.D.**  
USA Department of Orthopaedic Surgery

**Edward A. Panacek, M.D.**  
USA Department of Emergency Medicine

**Scott H. Patterson, M.D.**  
Pulmonary Associates of Mobile, P.C.

**Thomas C. Riddell, M.D.**  
Cardiology Associates of Mobile

**Melanie K. Rose, M.D.**  
Cardio-Thoracic & Vascular Surgical Associates

**Lisa A. Shepler, M.D.**  
Mobile Diagnostic Center



**Elizabeth Minto, M.D.**  
2016 President

## A Message from your President

Greetings to the members of the Medical Society of Mobile County!

What a busy year it has been already for your Medical Society. Our March and May Quarterly Meetings were well attended, and we all learned some valuable (and entertaining) tools on interacting with the media and leveraging the press to positively impact our profession. Good thing, since at our recent (and crowded!) May meeting, Dr. Benjamin Estrada delivered the timely address to our membership regarding the Zika virus, and what we and our patients need to know. The Medical Society continues to strive to be a valuable resource to our members, and certainly those meetings served that goal. In addition, Tour de LaDR set a new record for participation, and raised over \$15,000 for Camp Rap-A-Hope and the Medical Endowment Trust. Camp week kicked off the first week in June and as always was a huge success! Special thanks to our physicians who staffed and served in the Med Shed.

I had the honor of representing the Medical Society at the recent Honors Convocation for the USA College of Medicine graduating class of 2016, and presented the community service award to two members of the graduating class as chosen by their classmates. Watching these young fresh faces cross the stage, I couldn't help but feel my heart sink at the alphabet soup that they will soon have to learn to navigate: MACRA, MIPS, QPP, APM.....all of the changes continue to reinforce the sentiment that many of us have felt: we love being a doctor, but we hate

(continued on Page Two)

## CONTINUED FROM PAGE 1:

practicing medicine with all the changes that have been forced upon us. However, I am confident that through continued efforts by physician and patient advocates, the pendulum of medical care will swing from bureaucracy back to putting the patient-physician relationship first. No matter how many clicks they require of us, we can all remember that when we chose a career in medicine it was with the desire to help patients. Participating with Honors Convocation reminded me of how special our profession is, and no regulatory agency can change that.

If interacting with students is something you wish you had the time to do, I want to encourage you to consider adding your name to the list of LEAP (Longitudinal Experience in Ambulatory Practice) preceptors. This program for 2<sup>nd</sup> year medical students seeks to allow them the opportunity to gain clinical experience in primary and specialty care (especially those specialties not offered as core clerkships in the third year) prior to their entry into their clinical years. These experiences are meant to be only a few hours once every month or so, and require very little in the way of paperwork, evaluations, etc. If you'd be willing to participate, please get in touch with me or with the Medical Society office.

We continue to be grateful to our Circle of Friends for their sponsorships of our quarterly meetings, Young Physicians socials, and our upcoming Summer Social in August with the Baldwin County Medical Society at Five Rivers Delta. If you have needs for the services that these businesses and groups provide, please consider giving them your business.

Eighteen members of our county society, along with colleagues comprising the District 1 Caucus, also attended the Medical Association of the State of Alabama's annual meeting in Montgomery last month. In addition to learning valuable insights in opioid prescribing, ICD10, and impending changes to Medicare (and thereafter other payers') reimbursement protocols, we also were proud to witness two of our own honored with statewide awards. Our own Melissa McNichol was honored with the William Crawford Gorgas Award for her tireless and inspiring work with Camp Rap-A-Hope. Dr. John McMahon was honored with the Ira Myers Service Award for his career long commitment to training and performance improvement in the realm of emergency services.

This year's annual session also saw the creation of a new MASA award, The William Jefferson Terry award. This moving tribute to Jeff was the first of the newly crafted statue of a crystal osprey presented to Jeff's wife Elizabeth on the floor of the house of delegates. The osprey, as Dr. Jorge Alsip explained to the assembly, was to commemorate the words of Jeff, who after watching a video of an osprey swoop down to pluck a fish twice its size from the bay, said that as physicians we should "attack government intrusions into the physician-patient relationship the same way these birds attack those fish." This award will not necessarily be presented every year, but will be considered for physicians who exhibit the same dedication to excellence in patient care, collegial engagement, and work to preserve the sanctity of the doctor patient relationship.

Later this summer Jeff will again be honored, as the MSOMC board room will be named in his honor. His picture will look down on all the future board meetings of the Medical Society, and all the other events that are held in that room. His shoes are impossibly big to fill. I continue to try to think of a way to adequately honor his memory, and all he did to further the cause of physicians in Alabama. And the more I wonder what he would want, the more certain I am that the best way to honor his legacy is to pick up his baton and carry it. Get involved. Transform anger and frustration into action and advocacy. Stay informed of the changes that are sweeping the practice of medicine, and let your legislators and leaders in the insurance industry and others know your concerns, and how these changes are affecting your patients. And finally, as Jeff always implored: whether you agree with everything they do or not, consider rejoining the state and national AMA. There is power in numbers, and no one can stand up for the access of our patients to the doctors that care for them than those doctors themselves.

Thank you for your membership in your county medical society.



Elizabeth Minto, M.D., President





With the support of our sponsors, volunteers, participants, and physician members we were able to raise \$15,800 for Camp Rap-A-Hope and the Mobile Medical Endowment Trust which provides community service scholarships for medical students.







## The Medical Society of Mobile County

### 2016 Officers and Board

President	Elizabeth Minto, M.D.
President-Elect	Henry Koch, M.D.
Vice-President	Aimee Walsh, M.D.
Secretary-Treasurer	Ted Flotte, M.D.
Immediate Past-President	Raymond Broughton, M.D.

Board of Censors: Drs. Kimberly Elliott, Ijaz Iqbal, Kitti Outlaw, Tim Revels, William Richards, and Melville Sternberg

Board of Health Censors: Drs. Lawrence Bedsole, Adrian DiVittorio, Nina Ford Johnson, George Koulianos, Barbara Mitchell, and Max Rogers

The Medical Society of Mobile County would like to thank Dr. Forrest Ringold for giving six years in service to the physician community on the Board of Censors

It is with great sadness that we announce the closing of the practice of

**Norman S. Lichtenfeld, M.D., P.C.**

*We appreciate the years that Dr. Lichtenfeld served on our Board.*

To obtain medical records, please send a written request with a copy of photo identification to:

Ruth Lichtenfeld  
P.O. Box 851212  
Mobile, AL 36685



## Alliance to the Medical Society of Mobile County

### 2016-2017 Executive Board

President	Brandy Revels
President-Elect	Lorie Freeman
Past President	Ashleigh O'Dowd
Treasurer	Jacy Bindon
Secretary	Marlee Terry
Communications VP	Christine Conrad
Programming VPs	Renee Edwards and Jennifer Nichols
Ways & Means VP (Garland Sale)	Sheila Gray and Anne Shell

### Board Members/Committee Chairs

Database & Directory, Chair	Susan Kumar
Holiday Honorarium, Chair	Beth Hooks and Paige Graf
Sunshine Committee, Chair	Judy Cole
Doctors' Day Committee, Chair	Amy McIntyre

### Ad Hoc Positions

Platinum Club Liaison	Kim Willet
Social Media Chair	Shilpa Burkett



Our final board meeting occurred Tuesday, May 17, 2016 at 9:30am at the Medical Society of Mobile County office, followed by our Old Board/New Board Exchange. *We were honored to have Medical Society Executive Director, Mrs. Wendy Bedsole, install our 2016-2017 Alliance Board of Directors and Committee Chairs.* I am excited to announce the 2016-2017 Alliance Executive Board (see page 4).

The 2016 Lettie Daffin Perdue Nursing Scholarship Winners were recognized at our Spring Lunch on March 12, 2016. Both of the recipients are students at the University of South Alabama, College of Nursing, and each has received \$2,200 from the Alliance to the Medical Society of Mobile County. A committee of Mobile Chapter Alliance members evaluated 5 applications for the Lettie Daffin Perdue Scholarship which is awarded annually to students pursuing a career in nursing at a Mobile County nursing school.

House Calls is an Alliance sponsored lecture series that hopes to improve the health of the Mobile community. The lectures are scheduled throughout the school year. The talks were given at St. Luke's Episcopal School on Wednesday, November 18, 2015 for their Middle and High School students, at St. Mary Catholic Middle School on Wednesday, March 2, 2016, at Baker High School on Wednesday, April 6, 2016 and at St. Paul's Episcopal Middle School on Tuesday, May 10, 2016.

Mobile County has been declared to be in a state of crisis with the usage of synthetic marijuana, otherwise known as spice. Consequently, the Alliance board voted to use this as their platform for the year. April Douglas, Public Relations Coordinator with AltaPointe, has assigned expert speaker, Halie Jones, LPC-S, M.S. to speak with our youth. Jean Downing at The Drug Education Council in Mobile is also a keynote speaker. Jean is very honored to work alongside us for all 4 lecture events. During the presentations, she will share information on the harmful effects of alcohol, marijuana and spice on the developing brain. She will explain how this can negatively impact their future well-being. Effective refusal skills and best practices for what to do in tough, challenging situations are discussed. In addition, there is an opportunity for these young students to ask questions of the panel. Jean contacted the Mobile Police Department and recruited another expert to speak to the youth on this topic. Her name is Zandra Jackson, ZPATH, consultant for student athletes for post-secondary education and retiree from a 23-year law enforcement career with Mobile Police Department. *Please note, Katina Randolph is a Mobile City Police Officer who works with the Family Intervention Team (FIT). She stood in for Mrs. Jackson at the St. Mary Catholic School event.*

Our state wide distribution of "Kids Healthy Plates" occurred in April for "Get Fit Month." We visited E.R. Dickson Elementary School on

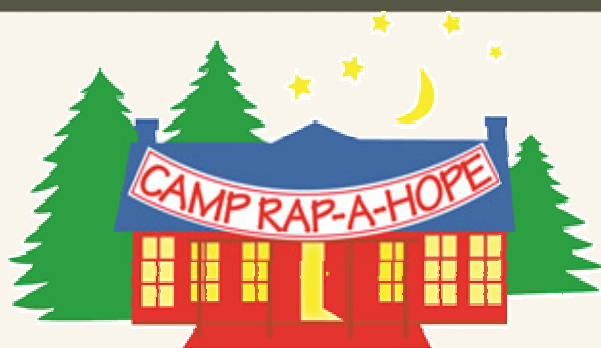
Wednesday, April 6, 2016 at 11:00 am. We delivered plates to Mary B. Austen Elementary School on Wednesday, April 6, 2016 at 8:30am. Doctors' Day was successfully held under the leadership of committee chair, Mary Galla, on Friday, April 8, 2016 from 10:00am-2:00pm at the Medical Society Office. Our Book Club and Running Club continue to be successful. Through Facebook, we continue our Cocktail-Supper Club along with a Toddler-Play Group Club. The Platinum Club, for the "mature" Alliance members aged 55 or better, (who only want to play-no work) continues to grow in numbers and add to our membership renewals. They have enjoyed lunches and shopping trips with pleasure. Paid Members who join this group enjoy a Platinum card that entitles them to a free lunch at Fall Luncheon plus special perks throughout the year. At our Holiday lunch, they received handmade poinsettia wrist corsages to adorn themselves while they dined. They enjoyed a complimentary drink at our Spring Lunch.

**Fundraising:** This year we held our 2<sup>nd</sup> annual fund appeal for our entire database. The letter stated that all money collected would be used for our local charities. **Amount earned was \$5,857.00, an increase of \$2,206.10 compared to last year's earnings.** Holiday Honorarium Cards for Camp Rap-A-Hope earned \$13,180.98 (net). Our annual Wreath and Garland Sale earned \$1,603.00 (net). Our annual Red, White and Blue fundraiser earned \$956.47 (net). Cookbook sales: \$70.00 Local money earned at Christmas Luncheon\*= \$290.74  
\*Our luncheon was held at Zea's. They participate in charity lunches and give back 10% of total bill. We also had a "Polish" clothes bus park at the restaurant for on-site shopping. Polish also donated 10% back to our organization to help raise money for our charities.  
**Total charity money raised= \$21,958.19. (An increase of \$3,295.97 compared to 2014-2015)**  
**Camp Rap-A-Hope Holiday Card disbursement= \$13,180.98**  
**Remainder of money raised for disbursement= \$8,777.21**  
**Penelope House disbursement= \$2,759.00**  
**Victory Health Partners= \$2,759.00**  
**The Drug Education Council= \$2,759.00**

Ginger Turner, **Baldwin County Alliance President, 2015-2016** and her board have decided a merger with Mobile County is not possible at this time. They decided not to join at the state level (AMASA) as well. Next year, they plan to organize and unify as an Alliance before they decide to make these next big steps. Currently, they have 44 active Baldwin County members.

This summer, we will be relaxing with our families. We pick back up in late August with our new President, Mrs. Brandy Revels. Thank you to everyone who has made these last 2 years memorable for me. I have truly enjoyed working with an amazing group of leaders.





## Fun for Kids with Cancer

So many great things to talk about in regards to Camp Rap-A-Hope... Camp week was June 4<sup>th</sup> – 11<sup>th</sup> this year and we are so thankful for such a great time for the Campers, Counselors, Volunteers, and Staff. Our daily efforts to prepare and implement fun for children with cancer and their families all come together for the best week of the year. Thank you for your help in making this happen. We took two Campers to Vermont to Camp Ta-Kum-Ta for a teen winter weekend. This trip is one that is greatly anticipated and enjoyed immensely. Plans are underway for our second Sibling Weekend and families are looking forward to this program as it grows and makes a direct and important impact – a much needed respite for siblings of children with cancer.

We are grateful to the Alliance for the Holiday Card Fundraiser from this past Holiday season. The amount raised this year saw an increase from 2014. So thankful for the hard work of Beth Hooks and all of those who helped and donated to make this event a success.

In January, Danny Duffey once again supported Camp Rap-A-Hope through The Charity Chase. He raised more money for Camp this year and increased awareness for Camp through this 5K. His hard work has paid off in immeasurable ways. Thank you Danny Duffey!

We can't thank the Medical Society enough for LADR! What an awesome day and fundraiser for Camp. The work that Chris Conrad does for this event is second to none. Wendy Bedsole and Lori Parker go above and beyond to make LADR successful. This event has become a premier fundraiser in the "cycling" world and certainly is important to the success of Camp Rap-A-Hope. Please know we are grateful to the Medical Society for everything you do – every day for Camp.

A special thank you to the physicians who gave of their time for the Med Shed this year:

<b>Fred Bodie</b>	<b>Amy Morris</b>
<b>Raymond Broughton</b>	<b>Jay Neumann</b>
<b>Richard Duffey</b>	<b>Kitti Outlaw</b>
<b>Edward Flotte</b>	<b>Melody Petty</b>
<b>Nina Ford-Johnson</b>	<b>Jason Richerson</b>
<b>Scott Freeman</b>	<b>Edward Schnitzer</b>
<b>Hamayun Imran</b>	<b>Abdul Siddiqui</b>
<b>Craig Kleinmann</b>	<b>Roger Tart</b>
<b>Henry Koch</b>	<b>Warren Tyon</b>
<b>Joel Laughlin</b>	<b>Scott VanLook</b>
<b>Thomas McGee</b>	<b>Todd Volkman</b>
<b>Barbara Mitchell</b>	<b>Shaffer Wells</b>

Wine, Women and Shoes was a humbling success! We were overwhelmed by the success in our inaugural year. We had a tremendous amount of selfless volunteers that have already signed up to help next year. We are pleased to announce that the event netted over \$60,000.00. YES – that's right over \$60,000.00. Cecy Lowell, Development Director for Camp Rap-A-Hope, did an outstanding job pulling this fundraiser together. We are looking forward to what this event can do for Camp Rap-A-Hope going forward. Dr. Seuss said it best, "Oh the places you can go. Today is your day! Your mountain is waiting. So get on your way!" The potential success of this event will be life changing for everyone involved with Camp Rap-A-Hope. So grateful for "getting on our way" to serving these families in the best of ways.

And last but not least, I am deeply honored to have been nominated and presented with the William Crawford Gorgas Award. To have my name listed with the previous winners of this incredible award is certainly humbling. I am grateful that my efforts to bring a little "living" to the lives of children battling cancer are important to you too – as evidenced by the kind acknowledgement through this award. I am blessed to be a part of such an awesome organization. Thank you for this honor.



Dr. Daryn P. Glassbrook, Executive Director, Mobile Medical Museum

The Board of Trustees and Board of Advisors of the Mobile Medical Museum are honored and privileged to announce that Dr. Daryn P. Glassbrook has accepted the position of Executive Director, effective February 01, 2016. The previous Executive Director, Ms. Raven M. Christopher, will be relocating to Montgomery, Alabama, to assume the position of Curator at the Alabama Department of Archives and History.

"I am thrilled to take the helm at the Mobile Medical Museum," said Dr. Glassbrook. "The Museum is an outstanding educational resource for students and scholars and a fun and fascinating place for anyone to visit. Ms. Christopher and the Board members have worked diligently to position the Museum for further institutional growth and community impact. I look forward to building on what they have accomplished and exploring new directions."

Dr. Glassbrook comes to the Museum with 9 years of professional experience in the nonprofit sector. During that time, he raised over \$4.3 million in philanthropic contributions from local, national, and international sources. He completed his graduate studies in American literature at Purdue University (Ph.D., 2006; M.A., 1999), where his education included graduate seminars in historical studies and archival theory and practice. He currently serves on the Board of the Azalea City Montessori Cooperative School and is an active volunteer with the Mobile Area Jewish Federation, Mobile Baykeeper, and Victory Teaching Farm.

"Dr. Glassbrook brings a breadth and depth of knowledge and experience that my colleagues and I think are vital to the vision and mission of the Museum," said Dr. Charles B. Rodning, President, Board of Trustees. "He will have a dynamic impact upon the growth and development of the Museum. We pledge our support to him."

## HEALING WOMEN

*Medical History from a Female Perspective*

June 30 - September 30, 2016  
Mary Elizabeth & Charles Bernard Rodning Gallery of Art  
Marx Library, University of South Alabama





# PASSMORE PLANNING PROFESSIONALS PRESENT:

## PREPARING FOR RETIREMENT

**It's commonly known** that one should begin saving for retirement as early as possible. For a physician family, preparing for retirement can be more challenging than for other members of society, however. Late entry into the workforce and tepid income growth when combined with inflation can have a long-term affect on your retirement goals. There are steps that one can take to mitigate these negatives no matter your age, however.

**For a young physician**, the weight of paying for a massive amount of student loans can be crushing. It's easy to become wrapped up in repaying these obligations as quickly as possible. While repaying these loans in a reasonable amount of time is advantageous, it is easy to forget about the long-term affects of compounding asset growth obtained by diverting some resources to long-term investment. A balance struck between early debt repayment and asset accumulation with additional investment earmarked after loan repayment can help physicians to have the benefit of compounding asset growth while repaying obligations on a reasonable timeline. It is also easy for young physicians to quickly overextend themselves and have unrealistic retirement goals. All things come with time and disciplined hard work.

**For those physician families** who are established in their career but not yet focused on a retirement horizon, tax diversification can be as important as investment diversification. Obviously, maximizing one's tax-qualified 401k or 403b plan should be the first investment strategy utilized. Often ignored given the tax brackets most physicians find themselves in is the Roth 401k, if available. While losing the immediate tax deduction of the traditional 401k employee contribution (currently \$18,000 per year) is not exciting to many, the benefit of having a portion of one's qualified retirement assets on a tax-free basis in retirement can have a substantial impact in avoiding the depletion of one's nest egg once retired. If one's practice 401k is setup in a manner that allows for significant safe-harbor match and profit-sharing contributions (done so in the pre-tax portion of the 401k as required by law), utilizing the Roth option for the employee 401k contribution makes for a nice tax diversification strategy within one's tax-qualified assets. Beyond maximizing a 401k or 403b, don't ignore other asset accumulation strategies due to preconceived notions. For many, utilizing a newer low-cost non-qualified (i.e. outside your 401k) variable annuity, which provides for tax-deferred growth and no required minimum distributions, for a portion of one's investment plan by those in the highest income tax bracket can be more advantageous than utilizing a non-qualified investment strategy alone. With the combination of a qualified 401k or 403b retirement plan, non-qualified variable annuity and non-qualified

investment account, you can be well positioned to be diversified against both legislative tax changes as well as tax increases in the future.

**Those approaching retirement** obviously have the most financial decisions to consider. First and foremost, what is your practice exit strategy? For those in a large group or employed by a hospital, this may be a non-issue. For those in a small practice, this can be an extremely difficult consideration if no succession plan is currently outlined. As you approach retirement, it becomes even more important to be sure that your assets are coordinating. One should consider, what is your asset utilization strategy? i.e. In what order and to what amount will you utilize your nest egg? Most financial strategies you have utilized to this point have been focused on asset accumulation rather than asset utilization. Beyond that point, the 4% "safe" withdrawal rule utilized by many was derived from a limited economic scope (i.e. solely the US economy over a period of robust US economic growth). It is imperative, therefore, that the coordination of your assets results in a coordinated withdrawal and retirement income strategy as you prepare to retire. In other words, when and how you utilize your nest egg, combined with your Social Security income strategy, in the most efficient way possible while at the same time being cognizant of inflation, market and longevity risks. All the while, one must be cognizant of increased medical expenses and potential long-term care needs in later retiree years. The transition to retirement can be as overwhelming to some as the transition from residency to practice.

**While it is often easy** to be focused on the day to day struggles involved with being a physician in the current medical economic environment, it is important that you play an active role in preparing for your own retirement no matter your age. Competent guidance is a must; so too is your own involvement in the process. No matter your age, consider what steps you should be taking to prepare for your post-employment world. **Otherwise, failure to plan is planning to fail.**

*Advisory Services offered through Investment Advisors, a registered investment advisor and division of ProEquities Inc., Securities offered through ProEquities Inc., a registered broker/dealer and member of FINRA and SIPC. Passmore Planning Professionals is independent of ProEquities Inc*



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# WE ARE YOUR SOCIETY

ASSISTING OUR MEMBERSHIP AT EVERY TURN.

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## From the Executive Director:

As your Medical Society, we want to be what YOU need us to be. We are working on our new AMS (Association Management System) and in the next few months, you will be given several opportunities to complete your membership profile with our Society. We are updating our website and look forward to the roll-out in the Fall. We appreciate all you do. The next time you are in the neighborhood, stop by the office. We would love to show you around!



Medical Society  
Executive Director  
Wendy Bedsole  
(right) with  
Assistant  
Lori Parker (l).



THE MEDICAL SOCIETY OF MOBILE COUNTY  
AT 2701 AIRPORT BLVD

Thank you to our  
Circle of Friends  
Members. You are  
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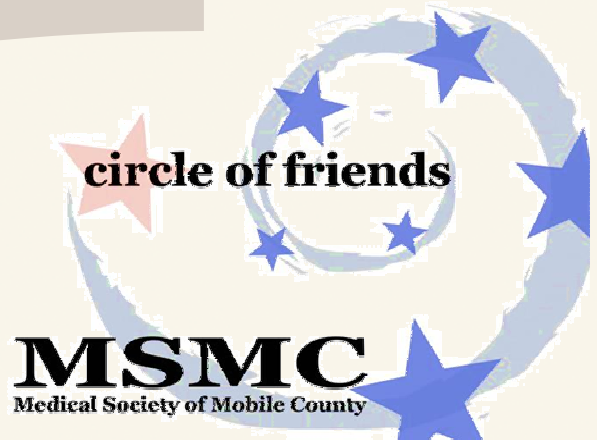
## Platinum

**SAAD HEALTHCARE,**  
BARBARA FULGHAM 343-9000

**PROASSURANCE GROUP,**  
TOM PHELPS 205-877-4406

**ARMBRECHT JACKSON, LLP,**  
KATHY MILLER 405-1300

**PASSMORE PLANNING PROFESSIONALS**  
ANDREW PASSMORE 316-3506



## GOLD

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DANNER FRAZER 431-6020  
**MEDICAL PROTECTIVE**  
DAVID M. CLARK 205-637-6852  
**STARNES, DAVIS & FLORIE, LLP,**  
CHRISTIAN HINES 433-6049  
**LEAVELL INVESTMENT MANAGEMENT,**  
JANET HAYES 433-3709

## SILVER

**BURR AND FORMAN, LLP**  
THOMAS M. WOOD 345-8203



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## CONGRATULATIONS TO INFIRMARY PEDIATRICS ON YOUR NEW BUILDING!



We would love to hear what you are doing out and about in our community. Please feel free to send us any photos and captions of you with fellow physician members. Email to [lparker@msomc.org](mailto:lparker@msomc.org).

Medical Society of Mobile County  
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## Upcoming Events

### Medical Society

- |                  |                       |
|------------------|-----------------------|
| ◆ Summer Social  | Tuesday, August 30th  |
| ◆ YPS Social     | TBD                   |
| ◆ Holiday Social | Tuesday, December 6th |

### Camp Rap-A-Hope

- |                        |                         |
|------------------------|-------------------------|
| ◆ Sibling Weekend      | September 16-18         |
| ◆ Turkey Trot for Hope | Thursday, November 24th |

## Contact us:

Medical Society office:

251-476-9494

Camp Rap-A-Hope office:

251-476-9880

Medical Museum office:

251-415-1109

Alliance office:

251-476-9582