



# CMA Foundation

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# NEWS

The California Medical Association Foundation is an independent non-profit, tax exempt research and educational foundation and a subsidiary of the California Medical Association.

## CMA Foundation Supports Youth in Their Quest for the Future

Medical students in the Asian Pacific American Medical Student Association (APAMSA) from the Keck School of Medicine in the University of Southern California received a mini-grant from the CMA Foundation to help fund its Alhambra High School Mentorship Program. They use these funds to greatly increase the youths' chances at success in medicine and in the sciences.

The medical students teach and guide the high school students through the Math, Engineering, Science Achievement (MESA) Program, helping them prepare for the SAT's, apply for colleges, and excel in their academic classes. There are also fun events to help the students mix with their mentors, allowing for the medical students to reach into the lives of these young people.

The CMA Foundation awards mini-grants to medical students who reach into the community to extend their services to those who may benefit. The Alhambra High Mentoring Program is a good example of these dollars put to good use. Funds from the Young Physicians Raffle supplement our grant making to medical students.

For more information, contact Lora Simmons about the Medical Student Mini-Grant Program at (916) 551-2573 or at [lsimmons@cmanet.org](mailto:lsimmons@cmanet.org).



*Students from USC's Keck School of Medicine mingle with Alhambra High's MESA Program.*

## What Are YOU Doing with YOUR Aetna Settlement?

### *.....Consider a Gift to the CMA Foundation*

Physicians throughout California have begun receiving their formal notice and proof-of-claim form for the Aetna Settlement. The settlement provides \$100 million in cash to be divided among the physicians who choose to be part of the class as a redress for past grievances. Individual physicians can expect to receive between \$75 and \$400. The settlement agreement will set up a national foundation and physicians may donate to the national foundation

However, another option is to contribute your settlement check to your CMA Foundation to support its good works. These contributions are tax-deductible. Checks can be mailed to: CMA Foundation, 1201 J Street, Suite 350, Sacramento, CA 95814. For more information, please call (916) 551.2550.

Your support will be used to sustain programs uniquely designed to help California physicians and their patients. Some of our activities include our Medical Student Mini-Grant Program, Women's Health, Type 2 Diabetes and Obesity, and working with ethnic physician organizations to address health disparities and access to care.

Please consider contributing your check to the CMA Foundation to improve community health. But please remember, you must send back the proof-of-claim form in order to receive a settlement check!

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## REFLECTIONS

By Carol A. Lee, JD, President and CEO

I have been the President and CEO of the CMA Foundation for nearly five years. It has been a satisfying experience to see the Foundation grow and physicians across the state become involved in our projects and continue their efforts to improve the health of their communities.

The past five years have been difficult for practicing physicians adjusting to an ever-changing healthcare delivery and reimbursement system. At the Foundation, we highlighted some of the challenges facing physicians at our Medical Group Insolvency Summit. Moreover, we have looked for opportunities for physicians to give back to their communities. I will never fail to be inspired by the incredible amount of community volunteer work physicians assume – especially in light of the often overwhelming hours and responsibility of their practices. I ask why and hear over and over – “That’s why I went to medical school – to help people.” You are truly an amazing group of individuals that I am honored to work with on a daily basis.

The future looks bright with your help. We plan to launch a new program – Type 2 Diabetes and Obesity in Children. We have met with other stakeholders to find how they believe the Foundation should address this growing crisis. We repeatedly heard about the need for physicians at the local level to become involved in community efforts as champions for the issue. Physicians have a great deal of credibility and can play crucial roles as spokespersons. You will be hearing a lot more about our project in the next few months and I urge you to become involved.

The second major initiative we are launching is our Endowment Fund Campaign, chaired by Rene Bravo, MD. To carry out our mission of improving community and individual health, we need both your volunteer time and financial support. I thank those of you who have generously supported the Foundation on an annual basis. I urge you to start thinking of leaving a lasting legacy to the CMA Foundation. We are developing a network of financial experts available to help you consider what your options are when you begin thinking about the legacy you want to leave.

Have a wonderful summer, stay well, and continue your mission to serve your patients and community!

## “Heads Up” to Steve Heilig: Phenomenal Guests Honored at our Annual Dinner

Steve Heilig, MPH, Director of Public Health and Education at the San Francisco Medical Society, was honored at the CMA Foundation and CMA Alliance Annual Dinner on March 22, 2003 at the Marine Memorial Club and Hotel. He was awarded the Robert D. Sparks, MD Award for Leadership in Community Health. For 20 years, Steve Heilig has been a leader, activist, and conscience of the medical and public health community through his leadership on complex and far-ranging issues. He has tackled many complex issues on both the local and national levels, initiating efforts on overuse of antibiotics in agriculture, pain management, drug policy, reproductive health rights, and more. Steve Heilig is a great friend to the CMA Foundation!



*Steve Heilig receives his plaque from Dr. Patricia Salber and the CMA Foundation.*

Also honored was Diana and Jeffrey Lobosky’s project “Heads Up,” aimed at getting children to understand the importance of wearing protective headgear while bicycling, skating, skateboarding or snowboarding. This is done via an education presentation culminating in the distribution of a free bicycle helmet to each child. Every child in Butte and Glenn Counties, Kindergarten through Sixth Grade, received a bright red bicycle helmet!

*continued on page 3*

# AWARE Fans the Flames of Success!

In 1998, the CMA House of Delegates passed a resolution that drew attention to the imperative nature of antibiotic resistance. Today, thanks to incredible partnerships, the AWARE Project (the Alliance Working for Antibiotic Resistance Education) is one of the most successful, effective, and well-respected public health initiatives in the country. There are many aspects of AWARE that are worth mentioning.

Our new website takes an in-depth look at antibiotic resistance with consumer outreach and materials that can directly benefit clinical practice. We are especially proud of our Resource Directory that lists materials available to fit a variety of languages, literacy levels, and populations. Visit us at [www.aware.md](http://www.aware.md) to see the latest news!

AWARE is conducting a unique surveillance study in California that looks at the prevalence of strep pneumonia. It is a collaboration that involves many of our partners, and for the first time, allows the medical community to view antibiotic prescribing patterns through reliable data. So professionals will now be able to observe emerging resistance patterns on a statewide level.

In November 2002, 140 attendees from 33 states came together in a show of solidarity regarding the importance of antibiotic resistance education. Cosponsored by CMA Foundation, the CDC, and the Robert Wood Johnson Foundation, the National Conference gave even greater strength to both new and established partnerships. The focus was on ethnic and underserved communities in California. We are grateful to all

who attended and made this one truly memorable gathering.

Be sure to contact Anne. M. Judson, Project Coordinator at (916) 551-2543 or at [ajudson@cmanet.org](mailto:ajudson@cmanet.org) for more information if you have questions or comments!



*Anne Judson, AWARE Project Coordinator  
having fun at the PTA Convention in  
Sacramento.*

## Steve Heilig... *continued from page 2*

The Annual Dinner hosted over 200 guests in grand style. In addition to honoring Steve Heilig, the dinner also included a successful silent auction organized by the CMA Alliance. Funds raised at the Dinner benefit the community health programs of both the Foundations and the Alliance.

The 2003 CMA House of Delegates was a success for the CMA Foundation. Special recognition goes out to Dr. Ron Bangasser, President of the CMA for his incredible luck. He won the grand prizes at both the Young Physicians Raffle at the CMA HOD and at the Foundation's Annual Dinner. It is was a fun-filled weekend!

# Ethnic Physician Organizations Gain Strength in Numbers

The past year saw two statewide conferences attended by the leaders of more than 25 Ethnic Physician Organizations. With the leadership of Rolland Lowe, MD, Frank Staggers, MD, and Anmol Mahol, MD, ethnic physician organizations came together to work collectively and individually to address issues of health disparities, access to care, diversity in the healthcare workforce, and cultural competency.

Creating a stronger voice for ethnic physician leaders in public policy advocacy and encouraging more community health collaboration are strong motivators for this initiative.

As a result of these convenings, ethnic physician organizations



*Ton Tran, MD, President,  
San Diego, Vietnamese Physician  
Association*

and their partners are reaching out to their communities. In the Bay Area, the Alameda Contra-Costa Medical Association (A.C.C.M.A.) recently hosted a meeting of four county medical societies (San Francisco, San Mateo, Santa Clara and ACCMA) and local ethnic physician organizations. According to Bill Parrish, Executive Director of the Santa Clara Medical Association, "Working together is a win-win situation for both organizations. We can do more community outreach and strengthen both of our organizations by collaborating."

The Network of Ethnic Physician Organizations has a website ([www.ethnicphysicians.org](http://www.ethnicphysicians.org)) which includes a Directory of all ethnic physician organizations and their leaders in the state.

The next statewide convening of ethnic physician organizations is October 25 and 26, 2003, at the Oakland Airport Holiday Inn. For more information, contact Carol Lee at (916) 551.2562 or [cleec@cmanet.org](mailto:cleec@cmanet.org).

# Leaving Your Legacy: the Gift of Patient Advocacy

By Rene Bravo, M.D., Chair, CMA Foundation Endowment Fund Committee



This is an exciting time for the CMA Foundation. The Endowment Fund Committee has been actively pursuing efforts to formalize our gift giving process, making it both more efficient and advantageous for all. Several prominent firms in the areas of charitable giving and financial planning are now involved in building our capacity to receive large bequests from individuals and corporate entities. This will enable the CMA Foundation to continue its outstanding work.

When you consider the lifetime of work you have dedicated to your patients, you can be sure that the CMA Foundation will provide you with an ongoing legacy. We share your core values as patient advocates, and so invite you to consider the CMA Foundation in your estate planning. For more information, call Carol Lee at (916) 551-2562.

## Generous Support From Our Donors • April 2002 - June 2003

The support we continue to receive from our physicians and friends allows us the opportunity to pursue our programs. The Board of the California Medical Association Foundation sincerely appreciates your donation.

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## Calendar of Events

- Sept 16** Take a Loved One to the Doctor Day
- Sept 17** National CDC "Get Smart About Antibiotic Use" California Campaign launch with AWARE
- Sept 29 - Oct 3** Antibiotic Awareness Week
- Oct 7** AWARE Steering Committee Meeting, Sacramento, CA
- Oct 17** CMA Foundation Board Meeting, Sacramento, CA
- Oct 25-26** Ethnic Physician Organization Summit, Oakland, CA
- Nov 14-16** CMA Leadership Academy, La Quinta
- Nov 15** Corporate Advisory Committee Meeting, La Quinta
- Nov 15** 3rd Annual Golf Tournament (tentative)
- Nov 15** Corporate Advisory Committee Dinner