



2012 Amazing Pace

Bicycle Ride and Family Fun Run on Saturday, April 14, 2012

Dr. and Mrs. Tom Shires, Event Chairmen

Join the DCMSA and DCMSAF as it hosts a bicycle ride and family fun run at the Cottonwood Trail Extension of the Whiterock Trail. This is a fund-raising event for the Medical Alliance. Riders will begin their trek at the Willowdell Park Site area (near Forest and Central Expressway). Joggers, walkers and runners of all ages will head north for a 3 mile route on the new trail extension. Children 12 and under will look for healthy clues that will direct them to their next fun task. The first one to complete all challenges and find all clues on their card, will win a donated prize.

Accomplished/advanced adult bicycle riders will head south on the trail and ride 10 miles round trip on the trails toward Northwest Highway and back. No streets will be crossed in the ride. We are encouraging members to participate as families and/or the spouse's medical office staff as a team. Riders and joggers may participate for a fee of \$35 per adult, \$15 for children under 12. Children 4 and under are free. A family can participate for \$100. Please contact the run committee for details. We are encouraging Physician Practices to participate and form run teams. Donors at a level of \$500 Friend and above will be invited to a Patron Party before the event. Formal invitations to the Patron Party will be mailed.

Event Chairmen are **Patty Shires** and **Tom Shires, MD**; Committee members are: **Barbara Bradfield**, **Heidi Starr**, **Linda Casey**, **Wendy Hansen**, **Holly Hoffman** President-Elect, **Ann Gaspari**, **Carol Lichliter**, **Jo North**, and Co-Presidents **Michelle Anderson** and **Sandy Secor**.

The DCMSA Board and membership approved this fund raiser. The money raised will be divided among the DCMSA Philanthropies, Edith Cavell Nursing Scholarships, the Benefactors Endowment Fund (which has partially funded the Community Health Fair), and the Aldredge House and JDRF (Juvenile Diabetes Research Foundation). For the last two years they have participated in our Community Health Fair.

JDRF is the leading global organization focused on type 1 diabetes (T1D) research. Driven by passionate, grass roots volunteers connected to children, adolescents, and adults with this disease, JDRF is the largest charitable supporter of T1D research. JDRF's research mission is to discover, develop and deliver advances that cure, better treat and prevent type 1 diabetes (T1D). As the global leader in the fight against T1D, JDRF's research programs are comprehensive -- addressing the hopes and dreams of every person with T1D for the best quality of life and a cure



DCMSA Past President, Barbara Bradfield fitting a TMAA bicycle helmet on a child at the Community Health Fair.

for this disease. Diabetes is the name given to disorders in which the body has trouble regulating its blood glucose, or blood sugar, levels. There are two major types of diabetes: type 1 and type 2. Type 1 diabetes (T1D) is an autoimmune disease in which a person's pancreas stops producing insulin, a hormone that enables people to get energy from food. Type 2 diabetes is a metabolic disorder in which a person's body still produces insulin but is unable to use it effectively.

Volunteers will be needed the day of the event. If you are unable to ride or run, but would like to help for a few hours from 7:30 am to around 11:00 am, please give **Patty Shires** a call to volunteer.

Volunteers will be needed to man the check-in table from 7:30 a.m. to 9:30 a.m. We also need volunteers to help set up tables the day of the race. If you have a 6' table you could "loan to us" it will be returned and appreciated. Volunteers will also be needed to help sort jerseys and t-shirts and packets for the participants the day before the race.

DCMSA Masquerade

Couples tasted wines and celebrated the evening with old and new friends. The Masquerade Event on October 30th made \$1,765.00 before the credit card charges. The Finance Committee approved of 50% to AH, 25% to Edith Cavell, and 25% to Community Health Check. The Dallas String Quartet provided music for the event.



Left: Carol Lichliter and Holly Hoffman, Program Chairman; Right: Warren Lichliter MD, Carol Lichliter 1st VP Health Projects, John Secor MD, Sandy Secor Co-President and Michelle Anderson Co-President and Richard Anderson MD at the Kick-off event at the Lichliter's house. Middle left: Mr. and Mrs. Pamlund with Michelle Anderson at the Masquerade Party. Middle right: Food Glorious Food for the Masquerade. Center left: Linda Hughes, MD, Sheri Miller and Barendra Hino at the Tea. Middle right: Sharmen and David Alkek, MD at the Masquerade. Bottom left: Suzanne May and Anne Gaspari at the Tea. Bottom middle: Anne Todd and Linda Hughes, MD, Aldredge House Committee members decorating the house for Christmas. Bottom right: Lori Routh, Aldredge House Chair-Elect decorating a tree at Aldredge House.



DCMSA EVENTS

WEDNESDAY, FEBRUARY 1ST

BRINGING HOME THE ROMANCE OF FRANCE

From love-inspired gardens to edible delicacies designed as elixirs of love for a special sweetheart, French culture and cuisine have forever conveyed to the rest of the world the irresistible theme of Romance. Join our envoy from this fabled land with Elizabeth New, as she unveils French customs and festivities in our quest to capture a sense of romance here at home. Presented by Dr. Elizabeth New, President & Founder of French Affaires. Meeting at Aldredge House, \$20 Lunch Following Meeting. Mail a check to Holly Hoffman 214-363-2369 5850 Dexter, Dallas 75230 wjhoffm@aol.com

WEDNESDAY, APRIL 4TH

TOUR OF THE WOMEN'S GARDEN AT THE DALLAS ARBORETUM

A special tour guide will take us through the gardens. Presented by Dave Forehand Lunch will follow at the DeGolyer House \$40 for Tour and Lunch. Mail a check to Holly Hoffman, 214-363-2369 5850 Dexter, Dallas 75230 wjhoffm@aol.com

Reservations are due the Wednesday before the meeting. Please let Holly know if you require a special meal.

DCMSA Open Board Meeting

Wednesday, January 25, 2012, Open Board

Meeting

Coffee at 10:00 a.m.

Meeting begins at 10:20 a.m.

Aldredge House

RSVP: e-mail: Sandy Secor, jwsecor@sbcglobal.net or Michelle Anderson, nmichelle@txanderson.com

Holly Hoffman has accepted the President-Elect position and will serve as President 2012-2013.

Visit the DCMSA & DCMSAF website

www.dcmsaf.org

website design and administration by Nancy Montgomery

DCMSA Wins Award at May 2011 TMAA Convention

The AllMed, TMAA's 93rd Annual Convention was hosted by the Harris County Medical Society Alliance, at the Hyatt Regency Hotel in downtown Houston, May 11-13, 2011. We were awarded the **Dedication to the Mission Award** presented to the county with the project that most clearly epitomizes the promotion of the TMAA mission. DCMSA hosted a community health fair in collaboration with a local church, Church of the Incarnation. We provided free immunizations, nutrition advice from a dietician, bicycle helmets and sports physicals by the DCMS. We gave away 20 bicycles and the local police department held a bicycle safety course.

This was no ordinary health fair, however – this was a true community partnership that formed in 2010 and will continue to provide services to the lower income communities through the health fair and with the independent school district. This Community Health Fair was chaired by **Sandy Secor** and **Michelle Anderson** in August 2010. The Health Fair successfully served over 300 people. Attending the convention were **Linda Hughes, MD, Mary Geisler, Joanne Fay, Sandi Ciarochi and Bev Ozanne.**

The 2012 AllMed Convention will be held in Dallas, Texas May 16-18 at the Sheraton Hotel in downtown. DCMSA & DCMSAF Past President's **Jo North** and **Barbara Bradfield** are the chairs of this event.

Aldredge House Hosted Christmas Lunch

The Aldredge House committee hosted a well attended Christmas lunch. Thanks to **Ann Packard**, Aldredge House Committee Chair and her committee for food preparation. Committee members are: **Lori Routh, Sheri Miller, Lynn Mock, Joanne Fay, Barbara Hino, Sharmen Alkek, Holly Hoffman, Anne Todd, Linda Hughes, MD** and DCMSA Co-Presidents **Michelle Anderson** and **Sandy Secor.** Thanks to **Joanne Fay** for organized the event.

DCMSA News and Notes

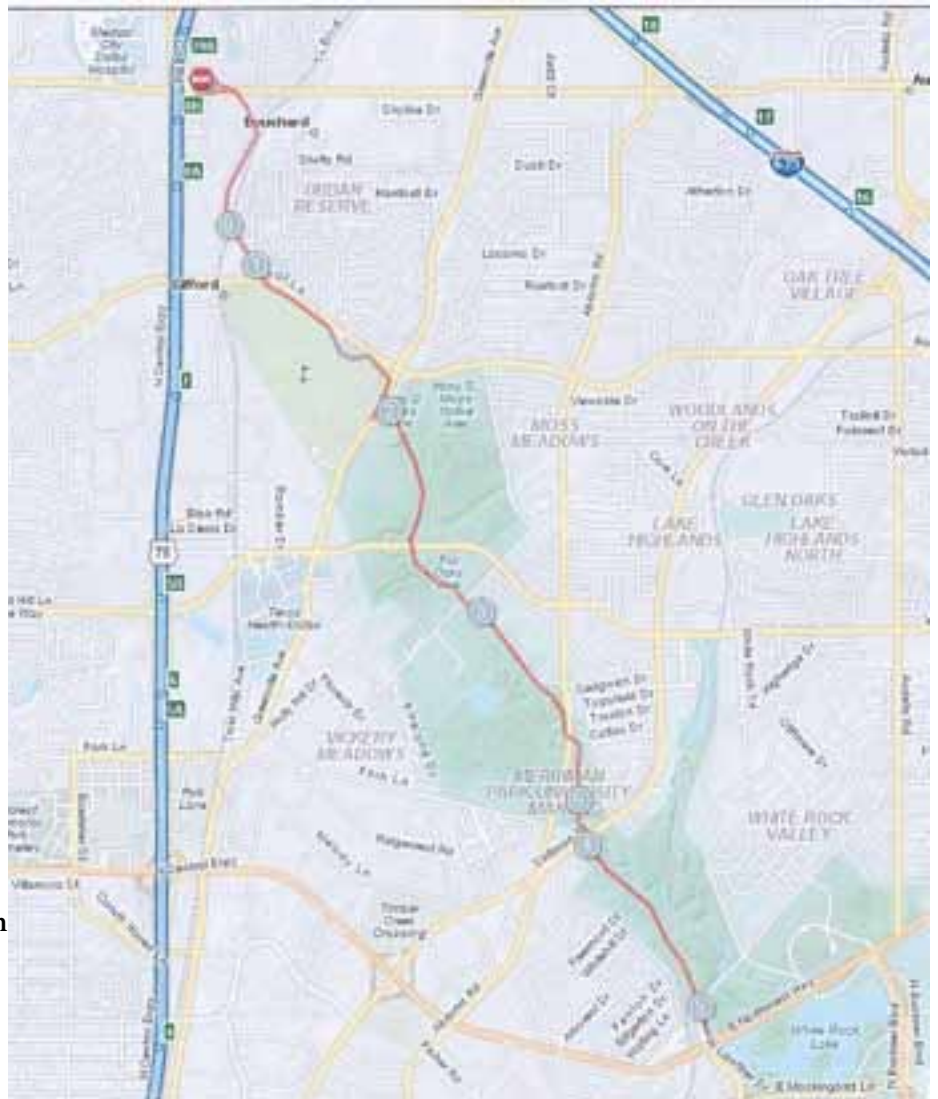
Get well wishes to **Dr. Bruce Blome** (husband of **Mary Ann Blome**) following hand surgery; to **Dr. Michael Smerud** (husband of **Randi Smerud**), following cervical spine surgery; to **Jo North** for her daughter-in-law, **Stacey's** recent surgery; to **Sharman Alkek** for healing of a broken foot; and to **Linda Casey** for her sister-in-law who was recently hospitalized. Get wellwishes are also sent to **Nancy Boehning.**

Condolences are sent to **Patty Shires** on the loss of her mother; to the family of **Sara Chasen**, a former member; and to **Roni Giesecke** on the loss of her husband.

Please send your news and notes to **Randi Smerud**; durems13@gmail.com.

2012 Amazing Pace Bicycle Course

*Bicycle Ride and Family Fun Run
on Saturday, April 14, 2012*





Dallas County Alliance & Foundation
5500 Swiss Avenue
Dallas, TX 75214

2012 Amazing Pace

Bicycle Ride and Family Fun Run on Saturday, April 14, 2012.
Benefitting the DCMSAF Philanthropies and JDRF

Underwriting Levels

Gold Level \$5,000 - \$7,499

1 Race entry team of 8
Invitation to Patron Party
Recognition and Logo on T shirts and Banners
Official JDRF Ride Jerseys for each team member plus 8 T-Shirts

Friend \$500 - \$1,499

1 Race entry team of 4
Invitation to Patron Party
Recognition and Logo on T shirts and Banners
4 T-shirts

Silver Level \$1,500 - \$4,999

1 Race entry team of 6
Invitation to Patron Party
Recognition and Logo on T shirts and Banners
Official JDRF Ride Jerseys for each team member plus 6 T-shirts

If you would like to be an Underwriter for this event, please contact Jo North, jonorth@swbell.net or Sandy Secor, genesisv1@earthlink.net to receive an underwriting contract.

Liability waivers will be given to all 2012 Amazing Pace participants along with event packets. Deadline date to have jersey by event date is March 25, 2012.

Participant Form

Participant \$35 per person for adults ; \$15 per person for children 12 and under *or \$100 for a family of 6 or less.*
Number attending _____ T-shirts for all attending

"In Honor Of or In Memory Of" Donation, with a donation of: \$ _____

I (We) would like to honor _____

T-Shirt Sizes: Adult Small__ Med.__ Large__ Xtra Large__ Children's sizes: Small__ Med.__ Large__
Contact Michelle Anderson, nmichelle@txanderson.com for jersey information for underwriters.

Name: _____ Address: _____ Phone _____
Zipcode

PAYMENT:

I am enclosing my check for \$ _____ (All checks made payable to Dallas County Medical Society Alliance & Foundation, with the notation 2012 Amazing Pace on the check).

CHARGE: Now Visa Master Card Credit Card # _____ Exp. Date _____

Name of cardholder _____

Billing address if different from above

mail to: Dallas County Medical Society Alliance, 5500 Swiss Avenue, Dallas, Texas 75214.