

WCMMS News

September 2008

Upcoming Events

October 6, 2008

Board of Directors Meeting

October 27, 2008

Board of Directors Meeting

November 4, 2008

Election Day~VOTE!

November 24, 2008

Board of Directors Meeting

In this Issue

Page 3

Legislative Forum

Page 4 & 5

Fit Families Project

Page 6

Golf Play Day Report



WCMS Annual Golf Play Day--Wednesday, August 29, 2008

See p. 6 for report.

Welcome New Members

Richard S. Carstens MD, Board Certified in Anesthesiology, is affiliated with the Rockford Anesthesiologists Associated. He earned his medical degree from Chicago Medical School, Chicago. Dr. Carstens completed his residency in Anesthesiology at Rush Presbyterian St. Luke's Hospital in Chicago.

Rafael R. Castro, MD, Board Certified in General Surgery, is affiliated with the FHN Family Healthcare Center in Freeport, Illinois. He earned his medical degree from University of Santa Tomas in the Philippines. Dr. Castro completed his residency in General Surgery at the Illinois Masonic Medical Center in Chicago.

Gail E. Donley Contreras, MD, Board Certified in Internal Medicine, is affiliated with OSF Saint Anthony Medical Center Hospitalist Program. She earned her medical degree from the Mayo Medical School in Rochester, Minnesota. Dr. Contreras completed her residency in Internal Medicine at the Mayo School of Graduate Education in Rochester.

George T. Crabb DO, Board Certified in Internal Medicine, is affiliated with OSF Medical Group/Springcreek. He earned his medical degree from Des Moines University. Dr. Crabb completed his residency in Internal Medicine at St. John's Oakland Hospital in Rochester Hills, Michigan.

Michelle D'Almeida, MD, Board Certified in Obstetrics/Gynecology, is affiliated with the Crusader Clinic. She earned her medical degree at University of Osteopathic Medicine and Health Science. Dr. D'Almeida completed her residency in Obstetrics/Gynecology at the Community Hospital of Lancaster in Pennsylvania.

Paul D. Fulling, MD, Board Certified in Anesthesiology, is affiliated with Rockford Health System/Rockford Health Physicians. He earned his medical degree from the University of Illinois in Chicago. Dr. Fulling completed his residency and fellowship in Anesthesiology at the Massachusetts General Hospital in Boston, Massachusetts.

Ken Kinoshita, MD, Board Certified in Family Practice, is affiliated with Crusader Clinic. He earned his medical degree at the Hiroshima University in Japan. Dr. Kinoshita completed his residency in Family Practice at the Union Hospital Family Practice Residency Program in Terre Haute, Indiana.

Rabia Manzoor, MD, Board Certified in Pediatrics, is affiliated with the OSF Medical Group – Pediatrics. She earned her medical degree at the King Edward Medical College in Pakistan. Dr. Manzoor completed her residency in Pediatrics at Michigan State University and Sparrow Hospital.

Alpa M. Patel, MD, Board Certified in Internal Medicine/Geriiatrics, is affiliated with the OSF Saint Anthony Medical Center Hospitalist Program. She earned her medical degree from the Pramukhswami Medical College, Sadar Patel University in India. Dr. Patel completed her a residency in Internal Medicine/Geriiatrics at Saint Vincent Catholic Medical Centers, New York Medical College in New York and Resurrection Medical Center in Melrose Park, Illinois.

Wieslaw J. Podlasek, MD, specializes in Anesthesiology and is affiliated with Rockford Anesthesiologists Associated. He earned his medical degree at Jagiellonian University in Poland. Dr. Podlasek completed his residency and fellowship in Anesthesiology at Rush University in Chicago.

Sreendevi Ramakrishnan, MD, specializes in Pediatrics and is affiliated with the OSF Medical Group – Pediatrics. She earned her medical degree from the Madras Medical College and Government General Hospital in India. Dr. Ramakrishnan completed her residency in Pediatrics, at the University of Illinois College of Medicine at Peoria, Illinois.

Arvin T. Silva, MD, specializes in Family Practice, and is affiliated with Crusader Clinic. He earned his medical degree at the University of the Philippines, College of Medicine in Manila. Dr. Silva completed his residency in Family Practice at the University of Illinois College of Medicine at Rockford.

Anthony C. Zappia, MD, Board Certified in General Surgery, is affiliated with the FHN Family Healthcare Center in Freeport, Illinois. He earned his medical degree from the Indiana University School of Medicine in Indianapolis. Dr. Zappia completed his residency in General Surgery at the Henry Ford Hospital in Detroit, Michigan.

**The Winnebago County Medical Society,
The Winnebago County Medical Society Alliance
&
The University of Illinois College of Medicine**

Invite you to a

LEGISLATIVE FORUM

with

**State Senator Brad Burzynski
State Senator Dave Syverson
State Representative Charles Jefferson
State Representative Ron Wait, and
State Representative Dave Winters**

**MONDAY, OCTOBER 6, 2008
6:30 PM - 8:30 PM**

**UIC College of Medicine LOBBY
1601 Parkview
Rockford IL, 61107**

RSVP by October 1, 2008
Phone: 815.395.9267 fax: 815.484.4109 e-mail: WCMS1@aol.com

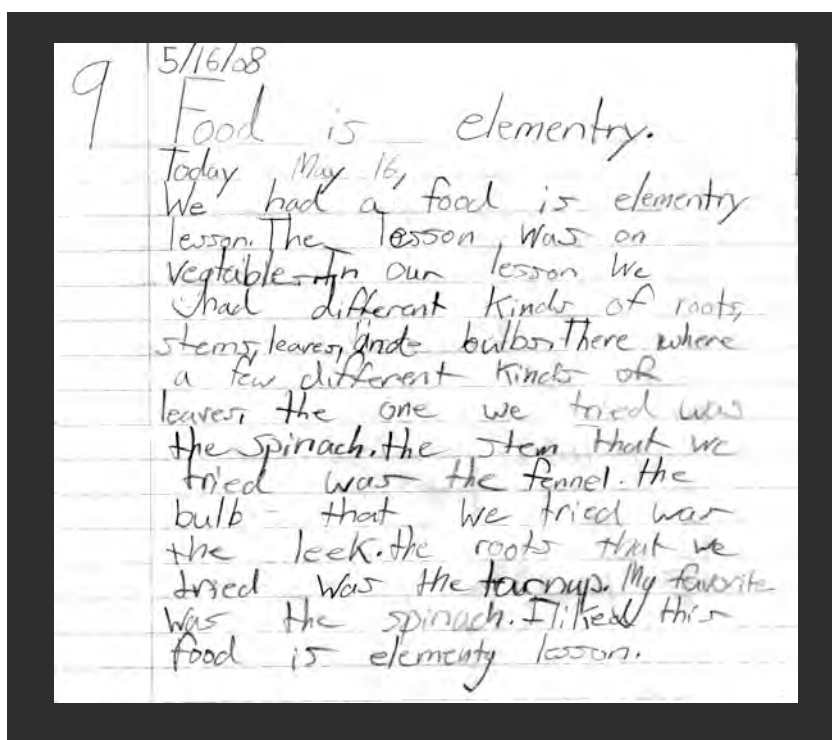
Food is Elementary Fit Families Project

The Winnebago County Medical Society, the Winnebago County Medical Society Alliance and the University of Illinois, College of Medicine at Rockford are the three organizations spearheading the successful *Food is Elementary* program in the Maria Montessori Elementary School., a magnet school for Rockford Public School District 205. The following report was written by the school's principal, Sue Haney-Bauer:

Maria Montessori School

- Students are assigned to the school through the lottery process and come from all over the city
- Montessori begins with 4 year old children through 6th grade
- The school population is approximately 50% African American and Hispanic and 50% Caucasian and other.
- Fifty-seven percent of the students qualify for free and reduced lunch.
- Attrition rate for students is about 2%.
- Teacher turn over rate is almost 0%.
- Approximately 350 children are enrolled.
- Staff and parents at Montessori are interested and committed to raising healthy children and volunteered to participate in the *Food Is Elementary* program.
- Additionally, we are working in partnership with Food Services to improve the food choices through the breakfast and lunch program.

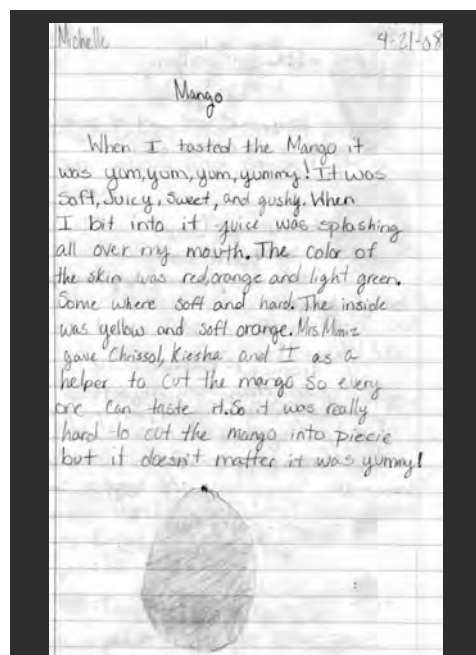
Excerpts from Student Journals



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Food is elementary

We had a food is elementary lesson. The lesson was on vegetables. In our lesson we had different kinds of roots, stems, leaves, and bulbs. There were a few different kinds of leaves. The one we tried was the spinach. The stem that we tried was the fennel. The bul that we tried was the leek. The root that we tried was the turnip. My favorite was the spinach. I like this food is elementary lesson.



Mango

When I tasted the Mango it was yum, yum, yum, yummy! It was soft, juicy, sweet, and gushy. When I bit into it juice was splashing all over my mouth. The color of the skin was red, orange and light green. Some were soft and hard. The inside was yellow and soft orange. Ms. Muniz gave Chrissol, Kiesha and I as a helper to cut the mango so everyone can taste it. So it was really hard to cut the mango into pieces but it doesn't matter it was yummy!

Year One At a Glance

August 2007:

- Dr. Demas provided training for Montessori and Discovery Center staff.
- Plans were outlined for year one implementation.

September 2007:

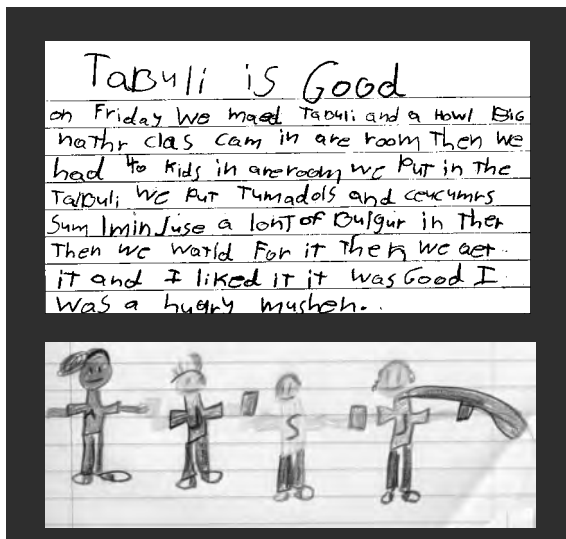
- 4th, 5th and 6th graders completed the pre-test survey. (107 students)
- All teachers implemented lessons from the curriculum.
- Parents were informed of the project through monthly newsletter and web site.
- All elementary students (107) visited Angelic Organic Farms.
- Student journaling began.

October through December:

- Lessons 1-6 were implemented in all classrooms.
- Parents attended session with Dr. Diehl at Discovery Center.
- Juice, water and veggies were served at parent meetings rather than the usual donut holes
- Committee met regularly to reflect on procedures and problem solve implementation issues.

January 2008:

- CHIP volunteers were recruited to assist with shopping and preparing food for lessons.
- Dr. Demas, Montessori staff, Discovery Center staff, WCHD, and District 205 Food Service met to discuss food ordering for 2008-09 year looking at healthier alternatives for breakfast and lunch.
- Lessons continued to be implemented in all classrooms.



March through May 2008:

- Thank you CHIP volunteers!!! We got into a great shopping and preparation rhythm
- Parent group submitted grant to Target for parent education program
- Pre-K/K students visited Angelic Farms
- Montessori committed to participating on Pioneering Healthy Community Task Force
- Pastries with Parents was converted into Together with Tortes...quite the gala!

Plans for year II: 2008-2009

- Modify classroom experiences for Pre-k through 3rd grade.
- Throughout this year we will implement the second semester lessons of the curriculum.
- Continue to work with CHIP volunteers for shopping, classroom work and food preparation.
- Parent Open House on September 11th will have a healthy food component and project information.
- Web site and newsletter will continue to have space dedicated to the project.
- Students will begin to evaluate the value of their lunch using food pyramids on the tables.
- Follow up with PepsiCo and other potential funding sources.
- Begin use of earth boxes.
- Develop potential gardening initiatives.
- Continue data collection from students and parents.

Parent Comments

- *My children come home and make us read the ingredients on boxes.*
- *I am excited about the food that you have gotten my child to try at school.*
- *Please keep sending the new recipes...my daughter wants me to make this at home.*
- *My son thinks about things he is eating and tells me I should think about it, too.*
- *Thank you for teaching my child how to stay healthy.*

NOTE:

To donate for the continuation of this project, make your check out to: **Alliance for Community Health** and mail it to: WCMS, 6991 Redansa Drive, Rockford, IL 61108. Your contribution is tax deductible.

WCMS Annual GOLF PLAY DAY

The WCMS Golf Play Day was held on Wednesday, August 27, 2008. The weather was fantastic! We continued this year with the shotgun start but tweaked the format a bit to make the game more challenging for some. Golfers' comments were favorable on the changes. We also included gift certificates for dinner at a number of area restaurants along with the usual golf gifts at dinner. The dinner gift certificates were well received. Thank you to our sponsors, golfers and committee, for making the day a huge success.



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For more information, or to make referrals or appointments, call Program Manager Catherine Rogers, A.P.R.N., B.C., C.W.C.N., C.W.S., or Medical Director Leslie Edgcomb, M.D., C.W.S. at (815) 489-4891.

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The **Board of Directors** of the Winnebago County Medical Society meets on the fourth Monday of each month, 6:30 p.m. at the Medical Society office. Our phone number is 395-9267 (WCMS); fax number 484-4109, e-mail WCMS1@aol.com, and web site www.wcmsonline.com.

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