



## Destination: Nicaragua

Your mission is ready to go! We are leaving on February 12, 2010. As of today, we are 11 volunteers of doctors, dentists, dental assistants and translators. It is a small but powerful group that is traveling to Nicaragua to touch the lives of many in need. Your donations are still welcome! All the money collected will go 100% to buy medicines and medical equipment that is so needed in the area of San Carlos, Nicaragua. If you want to learn more about our mission, contact me at [marthaeseegers@aol.com](mailto:marthaeseegers@aol.com) or go to the Alliance's new website at [wcmatx.org](http://wcmatx.org) ; Then click on Mission. A short presentation is there waiting for you! Check it out!!!

## In The News

### Senate passes health-care bill

By [Shailagh Murray and Lori Montgomery](#)  
Washington Post Staff Writer. Friday, December 25, 2009

Senate Democrats approved landmark legislation just after sunrise Christmas Eve that would transform the nation's health-care system by requiring people without insurance to obtain coverage and protecting those who have it from the most unpopular private insurance practices.

### Medicare Physician Fee Cuts Delayed

Cuts in Medicare payments to physicians in 2010 were delayed until March when the U.S. Senate approved a \$636 billion military appropriations bill today. The bill includes a provision delaying Centers for Medicare & Medicaid Services (CMS) plans to reduce Medicare payments by 21.2 percent beginning Jan. 1. Physician payments are frozen at 2009 levels through Feb. 28. The House passed it earlier in the week. The bill goes to President Obama for his signature.

TMA will continue to push Congress to adopt a permanent fix to institute a fair payment system that automatically keeps up with the cost of running a practice and is backed by a fair, stable funding formula.

Earlier in December, TMA and other state medical associations across the country joined AMA in urging Congress to establish "a pathway for a permanent repeal" of the Sustainable Growth Rate (SGR) formula upon which Medicare fees are based. The 21.2-percent fee reduction would have compromised access to care for Medicare patients and for military families whose TRICARE coverage is based on Medicare rates, the groups said in a letter to lawmakers. The groups said in the letter that Congress has "repeatedly 'kicked the can' to postpone imminent payment cuts to future years ..." They added that "the cost of repealing a formula whose faults have been known since its inception has continued to grow, from \$49 billion in 2005 to over \$200 billion today."



Nicaragua's Rainforest

## We Support our Community!

This Christmas the Alliance was approached by different groups asking for donations. The following groups received support:

- Food Bank - \$ 1500.00
- North TX. Rehab - Early Intervention Center - \$ 1500.00
- American Veterans - \$ 1000.00

## Our next Event

A Wine Tasting to welcome the new year is scheduled for January 30. The funds will benefit the Nicaraguan Mission. Check your mailbox for the invitation.

## Thank You

- To those who participated in the annual Christmas card-Fundraiser.
- The Burros Family wants to thank the WCMA for all the support during their time of sorrow.

## Thinking on You

Our prayers go to the family of Dr. Achar Hossain in this difficult time.



# IN TOUCH

The Wichita County Medical Alliance Official Newsletter

December 2009.



Dear friends:

It seems like just yesterday that I wrote my first letter as president of the WCMA. How time flies! I would like to thank all of you, both members and the board, for the support and kindness you always showed me.

Our goal at the beginning of this year was to revive the Alliance and to increase membership. I can proudly say that we succeed on both counts! We had increased participation at our social and community events. Some of you kindly opened up your homes to the Alliance and many of you donated time and money to our causes. When combined with the dedication and hard work of the board, this year has been one of our most exciting!

I leave my position as president with the confidence that the Alliance rests in great hands for 2010. Please allow me to tell you I am deeply impressed by the great efforts of the Alliance to create a strong medical family and also help our local and global community. I want to thank you for giving me the opportunity to be the president of this great organization. The lessons I have learned are countless, and the friendships made, invaluable!

Thank You!

Best Regards, Martha.

## A reminder for you member!

Did you already send your dues to renew your membership to WCMA for 2010? If you haven't ...go do it right now! It is your membership and donations that allow the Alliance to build a strong medical family and to reach out to our community. Your contributions supports community projects, social medical events, fundraisers, medical missions, and scholarships, etc. If you are a new doctor in town, do not miss the opportunity to join our group. If you have been here but have not joined before, do it now. Last year, your \$50.00 membership supported a Halloween party for foster Kids, a Doctor's Day celebration, donations to the Food Bank, and helped with Habitat for Humanity, just to name a few! I bet you did not know how far your money could go. The public face of the Alliance depends upon you!!!

## CENSUS 2010

We want to encourage doctors & Alliance members to participate in the 2010 census. Also, encourage your patients and contacts to participate as well.

## Happy Birthday!

### November

Dr. Philip Chapa  
David (King) Cerreta  
Dr. Garland Dean  
Ginger Pino  
Dr. Elvie Tolentino  
Patrisha Watson  
Dr. Charles Thueson  
Dr. Jose E. Gonzalez  
Dr. David Spencer  
Martha Seegers  
Nancy McDonald  
Mark Peters

### December

Caroline Majors  
Margaret Khoury  
Patty Young  
Lea Ann Greer  
Christianah Ogunleye  
Georgia Pogue  
jennifer Houck  
Dr. Terry Garbacz



- Send my annual membership dues for 2010.
- Send donation to the WCMA-Nicaraguan Mission.



- The Alliance has a website! You can visit us to know more of past, current, or future events or projects. This is our site address: [www.wcmatx.org](http://www.wcmatx.org)



## Famous Quote

**It's easy to make a buck. It's a lot tougher to make a difference.**

**Tom Brokaw**



## 7 Hidden Dangers in Your Home and How to Protect Yourself By Michele Bender

- 1. Mold:** Usually found in bathroom, closet or basements. It can trigger asthma symptoms: coughing, wheezing and shortness of breath, and allergic reactions: sneezing; runny or stuffy nose; itchy, watery eyes; and inflamed sinuses. *Suggestion:* Use a dehumidifier to keep the humidity in mold-prone rooms below 50%, operate an oscillating fan in the bathroom after showering and fix leaks as soon as possible, keep rooms well ventilated.
- 2. Dust mites:** One of the most common causes of allergies and asthma. Can trigger the same symptoms. Dust mites, too, need moisture and feed off the dead skin cells our bodies shed. They hide on beds, pillows, mattresses & sheets. *Suggestion:* Wash your bedding and area rugs in hot water (120 degrees F) once a week. Put items that aren't machine washable – like a special pillow or stuffed animal – in the freezer for a couple hours at a time to kill dust mites. Don't go to bed with wet hair – you're just giving the mites more moisture. Vacuum Regularly!
- 3. Carpet chemicals:** New carpet smell? it's usually shedding 4-PC, a chemical in carpet backing. Though the smell will go away within days, it can cause temporary headaches and hoarseness in people sensitive to chemicals. *Suggestion:* Ideally, new carpet should be aired before installation- if that's not possible, keep the room ventilated.
- 4. Medications:** To toddlers and preschoolers, prescription and over-the-counter medications may look as tempting as candy, thanks to their interesting shapes and colors. *Suggestion:* Store these drugs - even the ones that have child-resistant caps - where kids can't find them and use a safety lock on that cupboard or cabinet, never leave meds within easy reach, such as your purse, night-table or countertop; never call any drugs candy – no matter how desperate you are to get them to take it when they're sick.
- 5. Mothballs:** The stinky naphthalene balls that keep moths away also emit chemicals that can irritate people. According to the Environmental Protection Agency (EPA), “acute exposure through inhalation, ingestion and dermal contact is associated with anemia, damage to the liver, and, in infants, neurological damage.” *Suggestion:* replace moth balls with natural moth repellants like cedar blocks, dried lavender or white peppercorns.
- 6. Cleaning products:** More than one million children under 5 years old are exposed each year to potential poisons such as medicines and household chemicals, the AAPCC reports. Again, the bright colors and sweet scents of these products make them look appealing to little ones. The most common products ingested by children are drain, oven and toilet bowl cleaners, bleach, detergents, furniture polish and rust remover. *Suggestion:* High, not low are better places to keep them out of reach of kids, if you have to store them in low cabinets, use baby-proof locks; when you take products out to clean, make sure they're way out of your child's reach and securely closed, Put a danger mark on all hazardous products and teach kids to steer clear when they see it.
- 7. Carbon Monoxide:** This odorless, colorless gas is toxic and may even kill you. And you may not even realize it's in your home! Typically, the danger comes from fuel-burning appliances: furnaces, stoves, fireplaces, clothes dryers, water heaters and space heaters, as well as automobile exhaust from attached garages. *Suggestion:* Buy a carbon monoxide detector. Make sure it's installed properly and test it regularly, make sure fuel-burning appliances are installed correctly, with gas stoves, use an exhaust fan vented to the outside, make sure the flue is open when using your fireplace and that your space heater is vented, never let your car idle in the garage.





# IN TOUCH

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## 2009 Elected Board

President: Martha Picado-Seegers  
 Vice President / President Elect: Oscar DeAsis  
 Treasurer: Sukie Desire  
 Secretary: Judi Valencia  
 Public Relations: Anissa Leaseburg, Claudia Ruiz  
 Newsletter: Diane Thueson, Martha Seegers  
 Membership: Gay Ho, Alice Huang, Patrick Hearn  
 Director of Mission: Bob Horth  
 Director of Scholarship: Amber Schacter



MERRY CHRISTMAS FROM US TO YOU!

## 2010 New Elected Board

President: Oscar DeAsis  
 Vice-president/President Elect: Amber Schacter  
 Treasurer: Sukie Desire  
 Secretary: Judi Valencia  
 Public Relations: Anissa Leaseburg, Claudia Ruiz,  
 Newsletter: Martha Picado - Seegers  
 Membership: Charity Pak, Tito Tolentino  
 Directors of Missions: Bob Horth, Tito Tolentino, Martha Seegers  
 Director of Scholarship: Amber Schacter  
 Director of Child Safety: Patrick Hearn

If you have any information you want to share  
 with the medical family, please contact:  
 Martha Picado - Seegers, Editor

Questions? Comments? Suggestions?

[www.wcmalliance@gmail.com](mailto:www.wcmalliance@gmail.com)  
[www.marthaeseegers@aol.com](mailto:www.marthaeseegers@aol.com)

## Calendar of Events for 2010

1st Wine tasting/fundraiser	January 30th
Installation of Officers	February 6th
Eastern / Doctor's Day Celebration	March 27th
International Dinner	April 17th
Habitat for Humanity	TBA
Welcome Picnic	September 18th
Hard Hats for Little Heads / Bee Wise	August 28th
Halloween Party	October 30th
2nd Wine Tasting	November 6th
Holliday / New Year Celebration	January 7th

### Like to receive the Monthly E-Newsletter?

The E-Newsletter is sent to your email address once every three months and it contains reminders of upcoming events and updates on what's happening in your Alliance. To subscribe please email your current email address to Martha Seegers at [marthaeseegers@aol.com](mailto:marthaeseegers@aol.com) to be added to our list. Then add [wcmalliance@gmail.com](mailto:wcmalliance@gmail.com) to your email's address book to keep our emails out of your spam folder.

Did you know that an average person gains up to 6 pounds during the holidays?



Something must be wrong with the scale!!!

WCMA  
 P.O.Box 1030  
 Wichita Falls, TX. 76307

Dr. & Mrs.