



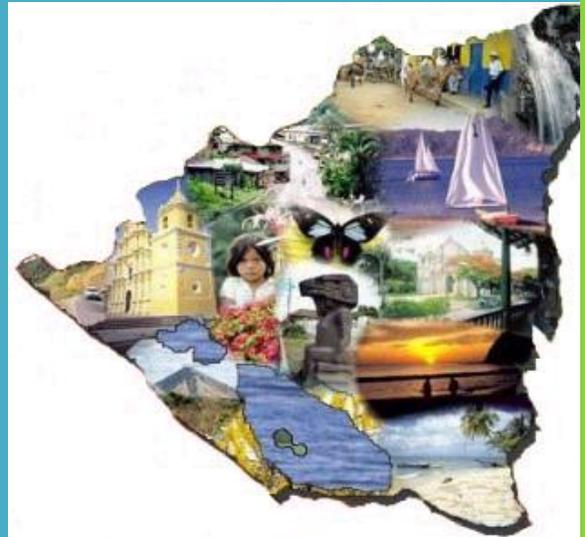
## Nicaragua: Home of our next mission

The mission to Nicaragua will be a truly unique experience. The natural beauty and cultural variety of this country combined with the hospitality of its people makes a story that excites and inspires. This is a land with rich cultural, ethnic, and multilingual roots in which optimism flourishes. So the smiles will be present in each moment and warm handshakes that surely will give unforgettable memories.

Active volcanoes, hundreds of small islands between the calm waters of a huge lake, rivers that spring from the largest and liveliest of the region's forests, waterfalls, majestic canyons, white and golden beaches, colonial towns, fishing villages, artisans, and artists all abound for the discovering.

Nicaragua is also the safest country in the region. The Catholic Church is a central theme in most villages and cultural activities. Nicaraguans are extremely resourceful and honest people. They like to talk, sing, dance and laugh with genuine warmth.

Unfortunately, poverty also is rampant and the area we will be serving is one of the poorest. There is no dental and very limited medical care available there. I want to thank in advance everyone who is going for their time and everyone who is making contributions. This will be a rewarding and worthwhile experience!



Collage of Nicaragua

## Healthy Eating for the Holidays

### 1. **Don't arrive on an empty stomach!**

Although you may be tempted to skip lunch, don't! Have a healthy meal or snack. Skipping a meal may only cause you to overeat.

### 2. **Offer to bring a healthy dish.**

This strategy provides you with a good menu option, & your host will greatly appreciate the help.

### 3. **Avoid excess alcohol and snacks.**

Alcohol provides many calories and virtually no nutrients. Also, try not to sit within arm's reach of tempting snack foods.

### 4. **Select small portions.**

If you really crave a high-calorie item, go ahead and treat yourself to a small serving.

### 5. **Eat slowly.**

Take time & enjoy the taste of your meal. It takes about 20 min. for your brain to get the message from your stomach that you are full.

### 6. **Leave the table when you are done!**

If you linger at the table, you may be tempted to continue eating even if you are not hungry.

## Flu season is here.

### Here's what you can do

#### Stay Informed

TexasFlu.org is the DSHS site for flu information in Texas. Bookmark it. Sign up to receive Twitter and e-mail notices when information is posted.

#### Get a Seasonal Flu Shot Now

Don't wait. Get your seasonal flu vaccination now. It's one of the best ways to protect yourself and others from seasonal flu. Also, be prepared to get the 2009 H1N1 flu vaccine later. It is expected to be available in mid-October.

#### Stop the Spread

Wash hands frequently. Cover coughs and sneezes. Stay home if you're sick. Have a plan to care for sick family members at home.



# IN TOUCH

The Wichita County Medical Alliance Official Newsletter

October 2009.



Dear friends:

With fall already here, let's get together at the next Wine Tasting to catch up and share about our Summer!

I want to thank all of you for your increased participation and ask that you keep up the good work! Now I would like to update you on the upcoming Medical Mission to Nicaragua. In June, I went to San Carlos, Nicaragua to check out the various medical outposts. I was impressed by the natural beauty of the area but devastated by the immense need. Local doctors shared countless stories of not being able to care for patients due to a lack of medicines and basic medical supplies. There are still a few spots available if you are interested in going on the mission; a Urologist and a Dermatologist would be very helpful!. Also remember that monetary contributions are always welcomed! and it is another way to help. I am so excited that the Alliance has taken on a project to help my country and I know that it will be much appreciated!

On another topic, don't forget to mark your calendars with our future events!

Best Regards, Martha.



Welcome Picnic

In spite of the bad weather and rain, many of the members got together at Drs. Torres' house for an evening of friendship and welcoming to the new doctors in town. In this picture we see Oscar & Myrna DeAsis and Kim McClellan enjoying the evening. Thanks to the ladies who put together this event!

### Fix What's Wrong, Keep What's Good!

#### **Join the Me and My Doctor:**

**We Know Best campaign for *good* healthcare reform.**

[www.MeandMyDoctor.com](http://www.MeandMyDoctor.com)

### October is breast cancer awareness month

Breast cancer is the most common type of cancer among women in this country (other than skin cancer). Each year, more than 211,000 American women learn they have this disease. Each year, about 1,700 men in this country learn they have breast cancer. Local health experts are urging women to get their annual mammograms. They say women 40 and over should have a mammogram every year. Women whose mothers had the disease before age 40 are supposed to start screenings 10 years before the age their mothers were at diagnosis. Health officials say even though it can be an uncomfortable test--it's the best form of early detection. It's also important for women to do self examinations.



- Send donation to the WCMA-Nicaraguan Mission.
- Take my kids to the WCMA Halloween Party.
- Make my RSVP for the next Wine Tasting.
- Send my annual membership dues for 2010.

F.Y.I.

- Texas Vaccination Rate jumped from 22nd to 12th nationwide in the immunization rate of infants. The Centers for Disease Control and Prevention (CDC) reports Texas' childhood immunization rate increased from 77.3 percent in 2007 to 77.8 percent in 2008. The national average in 2008 was 76.1.



### Famous Quote

Character is like a tree and reputation like its shadow. The shadow is what we think of it the tree is the real thing.

Abraham Lincoln



# IN TOUCH

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## Thinking of You

Mrs. Delia Burross - on the loss of her husband.  
Mr. Patrick Hearn - on the loss of his Mother.  
Mrs. Judi Valencia - on the loss of her Father.

## Welcome to the New Physicians

|                           |                           |
|---------------------------|---------------------------|
| Bart & Lori Spencer       | Chandler & Amy Harvey     |
| Gene & Charity Pak        | Mark & Lesley Slabbekoorn |
| Daalon & Chermaine Echols | Finbar Woitalla           |
| Raja Divi                 | Rami Buchipudi            |
| Chris Lam                 |                           |

## Happy Birthday!

### July

|                     |                      |
|---------------------|----------------------|
| Dr. V.C. Said       | Carol Wagner         |
| Connie Barnhart     | Sue Harrington       |
| Evelyn Mansur       | Juanita Dean         |
| Dr. Kevin Thomas    | Laurie Tauriainen    |
| Dr. Steven Godfrey  | Dr. Marc Fitzsimmons |
| Dr. Sesan Ogunleye  | Dr. Danny Bartel     |
| Jennifer Burnett    | Dr. Dana Mills       |
| Dr. Hulse Wagner    | Dr. Mike Lamar       |
| Dr. Eloisa Banez    | Dr. Sumi King        |
| Dr. John Montgomery | Dr. Kramer           |

### August

|                   |                    |
|-------------------|--------------------|
| Sukie Desire      | Dr. Tom Talbert    |
| Dr. Mark Lee      | Dr. Sanchez - Leal |
| Amber Schacter    | Dr. Blaine Purcell |
| Dr. Mike Houck    | Deepika Bollini    |
| Pat Shaw          | Kay Taylor         |
| Dana Kadiri       | Wilda Geyer        |
| Dr. Ashok Chitale | Dr. John Reeves    |

### September

|                    |                      |
|--------------------|----------------------|
| Alicia Lamar       | Dr. Justin LeVasseur |
| Dr. Ved Ganeshram  | Dr. Mandy Winfrey    |
| Dr. Julian Sleeper | Karen Godfrey        |
| Dr. Richard Niles  | Dr. Phil Hudkins     |
| Kim Robinson       | Dawn Hovey           |
| Jamie Hurst        | Jacquelin Allen      |
| Dr. John Thachil   | Kay Hathorn          |
| Jill King          |                      |

### October

|                   |                   |
|-------------------|-------------------|
| Patti Stephan     | Dr. Stephan Davis |
| Dr. Ashvin Patel  | Rebecca Reeves    |
| Dr. Phil Stephan  | Dr. Trey Mitchell |
| Dr. Joseph Miller | Dr. David Greer   |
| Dr. Paul Hurst    | Elizabeth Talbert |
| Dr. McGovern      | Dr. Mike Sheen    |

## Attention members!

Soon you will be getting a letter to renew your membership to WCMA for 2010. Don't forget to fill it up and send it back as soon as possible. Let's not forget that it is your contributions that make possible for the Alliance to reach out to others in need and to keep the medical family strong!



## Great Job! Bee Wise Organizers

The WCMA Bee Wise Immunize event took place on Saturday, August 15<sup>th</sup> at a local Wal-Mart in Wichita Falls. The event was highly publicized via flyers given to every elementary student in the WFISD. Flyers were sent to all the churches and childcare places in Wichita Falls, Henrietta, Burkburnett and Iowa Park. Large colorful posters were hand delivered to childcare facilities like Boys and Girls Club, Camp Fire, YMCA as well as being posted in the Wal-Mart entrances. In addition, Suzanne Stone contacted the local newspaper which had the story Tuesday before the event. The event was also covered by the two local TV stations which aired the story. At the end of the day, 175 packages were given away, 165 kids were screened, 136 children were immunized & 363 shots were given.



Bee and children had fun during immunization day.



# 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  
 Membership: Gay Ho, Alice Huang, Patrick Hearn  
 Director of Mission: Bob Horth  
 Director of Scholarship: Amber Schacter  
 Director of Newsletter: Diane Thueson



HAPPY THANKSGIVING 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  
 Membership: Charity Pak, Tito Tolentino  
 Directors of Missions: Bob Horth, Tito Tolentino, Martha Seegers  
 Director of Scholarship: Amber Schacter  
 Director of Newsletter: Martha Picado-Seegers  
 Director of Child Safety: Patrick Hearn

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

Questions? Comments? Suggestions?

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

## Calendar of Events

- ❖ Get the costumes and ...the kids ready!  
The WCMA Halloween Party will be Oct. 24 from 2 to 4.
- ❖ The Wine Tasting - Fundraiser benefiting the North TX Rehab Center - Children Early Intervention Program will be November 12 at 6:30 pm at the Schacter's Home.
- ❖ Your Alliance Membership for 2010 is due.  
Be checking your mail boxes!!!

## 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.

Do you know that the average Thanksgiving dinner has over 2000 calories?



Say what !!!

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

Dr. & Mrs.