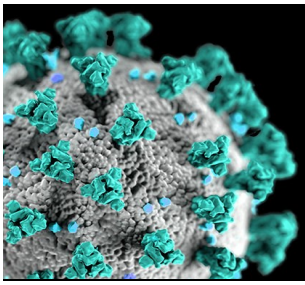
BCMS
Baltimore City Medical Society

JULY ~ AUGUST 2020

MESSENGER

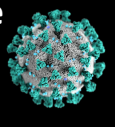
Membership Newsletter of the Baltimore City Medical Society, a component of MedChi



COVID-19… In Their Own Words…

Our Former Baltimore City Health Commissioners Share

Read more in our upcoming publications

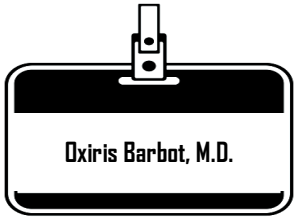


"What an opportunity to have been the Commissioner of Health Baltimore City! My challenge was AIDS during the early 80's. Support from the BCMS played a key role in meeting that problem during my tenure.

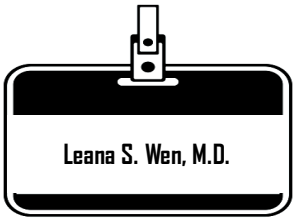
We continue to be curious and expand our knowledge to support public health. Covid-19 has put demands on us for guidance. Yes. We are all up to the challenge. I thank the BCMS for the continuing support!"

"I really think there should be an explicit no gathering outdoors of more than X number of people," Beilenson [Director, Sacramento County (CA) Department of Health Services] said Monday. "We are thinking about doing it" in Sacramento's County's local virus order, "but it would be helpful if the governor did it." (The Sacramento Bee, July 14, 2020)

"The COVID-19 pandemic is a moment to appreciate the necessity of prevention alongside the urgency of clinical care. Saving lives requires testing, contact tracing, and distancing, in addition to scaling up access to oxygen therapies and mechanical ventilation. It is great to see public health working so closely with clinical medicine to protect our communities."



"As I've been saying all along, you know, New Yorkers have really put in the hard work, and the progress we have seen is simply because of every single New Yorker recognizing the importance of taking care of one another and that we're in this together," she [New York City Health Commissioner] said.
(Queens Chronicle, July 13, 2020)



"If young people are now the drivers of the pandemic in the United States, it is they who also hold the key to reducing infections and saving lives. As a physician, I care about you; I have faith in you; and I thank you. Please stay safe for yourself, for each other, and for all of us." (Opinion, Washington Post ~ June 27, 2020)

Share your reflections on COVID-19!

Send to info@bcmsdocs.org. See below for mailing address.

Also, consider contributing to these COVID-19 repositories:

Center for a Healthy Maryland (MedChi's Foundation) ~ "COVID-19 Memories" – events@medchi.org or 410-539-0872, ext.3336

Maryland Historical Society ~ "Collecting in Quarantine" – lettersfromthehomefront@mdhs.org – 410-685-3750

University of Maryland Baltimore County ~ "Coronavirus Chronicles: Sharing Stories Through Isolation" and "Coronavirus Lost and Found" archives – magazine@umbc.edu or 410-455-1711

Recap ~ A "Different" January through June

2020 began with plans in place for our annual membership activities, "Physicians House Call on Annapolis" (February 26), followed by our joint continuing medical education activity on the cost of health care with Baltimore County Medical Association (February 19); both were successful events. The annual President's Gala (April 25) invitations were ready to be mailed in early March, but concern had grown regarding the spread of COVID-19; the invitations were pulled from the mail bins.

Like most organizations, BCMS was forced to pivot, cancelling the gala, putting on hold the March 14 CME on vaping, re-thinking "get-to-know" socials for March and April , and shifting the in-person May 5 *Snack Chat*, with Senate President Bill Ferguson and House Speaker Adrienne Jones, to Zoom. BCMS members participated in a 3-hour MedChi all-member teleconference, where some 400 physicians heard from MedChi leadership and shared their concerns regarding the impact of COVID-19 on their practices and patient care. BCMS and other MedChi components began working together to offer both members and non-members a range of outreach and information on telehealth, personal protective equipment, government emergency and payroll grant and loan funding, testing protocols and fielding hundreds of inquiries on even more concerns. Teleconferences and Zoom sessions have become the norm for this year's programming, maintaining contact with BCMS members, and conducting board and committee meetings. BCMS' 2-part webinar, "COVID-19: Your Practice Check Up" (June 30), was well received and afforded members an opportunity to be updated on legal and regulatory changes to patient care. Members are encouraged to stay informed by visiting MedChi's Coronavirus Resource Center – www.medchi.org.

Your BCMS board of directors and committees are finalizing plans for the remainder of this year and next and welcome your input. Share your recommendations via info@bcmsdocs.org or call Lisa Williams, BCMS exec on 410-625-0022 (see page 8).

BCMS: The Advocate

During this pandemic, BCMS joined with numerous physician and health care organizations to advocate for additional public emergency immunity and additional economic support for physicians and patients. Letters to our representatives and Governor Hogan have highlighted the need for safeguards for all health care practitioners and financial assistance for medical care and other day-to-day living resources.

In a letter to Mayor Young, BCMS President, Kavita Kalra, M.D., urged the Mayor to remind City residents of the need to take specific strategies – quit smoking and vaping, optimize medications, seek emergency care when needed, and make diet changes - to maintain or improve one's health.

SAVE THE DATE

Tuesday, September 22, 2020
~ 6:30 pm ~

Join Your Colleagues!
Meet New Members!
Hear Our Special Guest!

FOUNDATION UPDATES

Announcing the Claire Jensen Fund

BCMS Foundation appreciates the generosity of Mrs. Claire Jensen

Annual proceeds from the Claire Jensen Fund will support projects and programs aimed at achieving the goals of BCMS, assisting members, their patients, the profession and the community, and especially encouraging maintenance of an active and diverse BCMS membership, and improving the health status of all elements of the community.

Mrs. Claire Jensen is a longtime supporter of Baltimore City Medical Society and Baltimore City Medical Society Foundation. The daughter of the late, long-time BCMS member, Lawrence M. Serra, M.D., and wife of Allan D. Jensen, M.D. Mrs. Jensen was active with the former Baltimore City Medical Society Auxiliary/Alliance, which organized the Society's first medical school loan and scholarship program. It continues as a signature program of the BCMS Foundation.

BCMS Foundation

Campaign 365 ~ A dollar a day and we're here to stay!

Count me in for my annual contribution to Campaign 365!

_____ For 2020, I have enclosed: $365.00

I will make quarterly payments:

_____ $91.25 for first quarter of 2020 - January through March

_____ $91.25 for second quarter of 2020 - April through June

_____ $91.25 for third quarter of 2020 - July through September

_____ $91.25 for fourth quarter of 2020 - October through December

You have my permission to charge my credit card $365 for the 2020 donation or per the 2020 quarterly schedule above. I understand I will be notified prior to each charge.

_____ VISA

_____ MasterCard

_____ AM EX

Name on Card: _____

Card Number: _____

Expiration: _____ Security Code: _____

Billing Address Zip Code: _____ Phone: _____

Card Holder's Signature: _____

Mail to:
Baltimore City Medical Society Foundation
1211 Cathedral Street, 3rd Floor
Baltimore, Maryland 21201

Keep Your Doctor's Appointment Initiative

BCMS Foundation is seeking funding to expand its public awareness initiative, ***Keep Your Doctor's Appointment!*** BCMS and BCMS Foundation are underscoring the need for patients, especially those with chronic conditions, to maintain contact with physicians during this pandemic. Share possible funding resources with BCMS exec, Lisa Williams, info@bcmsdocs.org or 410-625-0022.

LEGISLATIVE ADVOCACY

BCMPAC

Be a BCMS Legislative Liaison!

All BCMS members are encouraged to get involved in our ongoing advocacy initiatives. We need additional BCMS members to participate in our State Legislature and City Council liaison program. By maintaining contact with our elected officials throughout the year, we serve as an ongoing resource and permanent bridge to improving the public health. We want to hear from you!

_____ ***Count me in! I will serve as a Liaison with our State Legislative and City Council members.***

Name: _____

Email: _____

Phone: _____

(Send to info@bcmsdocs.org or call 410-625-0022)

BALTIMORE CITY MEDICAL POLITICAL ACTION COMMITTEE (BCMPAC)
1211 Cathedral Street, 3rd Floor, Baltimore, MD 21201-5516 410-625-0022

2020 BCMPAC DUES ___ **$75.00** ___**$100.00** ___ **$150.00** ___**Other: $**_____

Supporting candidates who hold views favorable to the medical profession is important to your practice and to your community.

Name: _____

Email: _____

Phone: _____

Please send your check payable to "BCMPAC."

BCMPAC dues are not deductible as charitable contributions for Federal Income Tax purposes.

COVID-19 UPDATES

Your Input is Needed: Share Your Views… Complete these Surveys

The American Medical Association (AMA) has shared a collaborative telehealth impact survey to identify the challenges, barriers and benefits of telehealth implementation for physicians.
Visit: https://src.co1.qualtrics.com/jfe/form/SV_6KAkyEVfhtGj3vL

National medical associations are collaborating on a survey that focuses on the challenges of providing substance use disorder care during the pandemic. If you are a physician with a DEA DATA-2000 "x-waiver" to prescribe buprenorphine, please contribute your experiences to this survey.
Visit: https://yalesurvey.ca1.qualtrics.com/jfe/form/SV_5vva8nVlb0XoLsN

The Physicians Foundation has completed its survey of physicians to learn how they are affected by and responding to the corona virus pandemic. Results will be shared soon.

Telehealth Funding Opportunities

CareFirst BlueCross BlueShield (CareFirst) and the **Maryland State Medical Society** (MedChi) launched a grant program to provide independent physician practices with five or fewer members, a year of complimentary access to DrFirst's Backline Telehealth platform for physicians who enroll between March 1st and December 31st of 2020. DrFirst is a Maryland-based company that offers secure telehealth services. This collaboration will equip additional Maryland physicians with the technology they need to provide needed virtual care during the COVID-19 pandemic and beyond.

The Maryland Health Care Commission (MHCC) issued grants to qualified Management Services Organizations (MSO) to promote the adoption of telehealth. Zane Networks was awarded one of these grants. The purpose of this grant is to diffuse telehealth in practices statewide with an emphasis on workflow redesign that supports the use of telehealth technology to meet the increased need for virtual patient visits. Maryland practices are eligible for this coaching service, which is available free of charge to practices. Subject to availability of funds, each practice may receive a one-time $500 rebate to offset the administrative investment for adopting telehealth. To qualify for the rebate, the practice must use the services of an MSO under this grant to adopt telehealth, complete a satisfaction survey and bill for three telehealth visits.

Don't miss these great opportunities! If you are interested in assistance on telehealth services, as well as a **$500 rebate** for participation, please contact Andrea Mullin – amullin@medchi.org or 410-539-0872.

BEWARE

CHECK YOUR HAND SANITIZER!

The Food and Drug Administration (FDA) has warned against using hand sanitizers containing methanol, that can be toxic absorbed through the skin. For additional information and a list of hand sanitizers that may contain methanol, visit https://www.fda.gov/drugs/drug-safety-and-availability/fda-updates-hand-sanitizers-methanol .

Mindfulness Tips ~

Deep Breathing Exercise: The Calming Count

1. Find a comfortable place to sit
2. Take a long, deep breath
3. Exhale slowly and silently repeat the word "relax"
4. Softly close your eyes
5. Take 5 deep breaths
6. Count down slowly from 10
7. Focus on alleviating any tension and imagine all stress leaving your body
8. As you reach "1," open your eyes and bring your attention back to your surroundings.

Grounding Exercise ~

For use when you need to stay calm. Look around you. Identify and name:

5 things you see
4 things you feel
3 things you hear
2 things you smell
1 thing you taste

Shared by: La Keita D. Carter, PsyD
Institute for HEALing, LLC
Where healing happens
www.myiHEAL.com

Your Perspective, Your Opinion, Your Input ~ MedChi's IDEA Task Force

MedChi President and past BCMS President, Michele Manahan, M.D., announced plans to convene MedChi members for an Inclusivity, Diversity, Empowerment and Advocacy Task Force, during her November 2019 inaugural speech. The Task Force seeks input from MedChi members throughout the State of Maryland. For more information on the Task Force, and to share your views, contact Catherine Johannesen, cjohannesen@medchi.org or 410-539-0872, ext. 3308.

Call for Proposals: 2020 Racism and Mental Health Symposium

Interested in presenting at the Maryland Suicide Prevention and Mental Health Promotion Office's first annual Racism and Mental Health Symposium on September 15, 2020? To be held virtually, the conference will cover a range of topics and seeks proposals. The deadline is August 10, 2020 and honoraria will be offered. For more information, mdh.mdmindhealth@maryland.gov.

Baltimore Convention Center Field Hospital

Recruitment is underway for temporary contractual assignments for physicians to join the Johns Hopkins COVID team to staff the Baltimore Convention Center Field Hospital. There is an urgent need to staff this 24/7 Center, in order to address this healthcare emergency.

MD or DO degree required from an accredited medical school. Experience as a physician, preferably Family Practice, Internal Medicine, Med/Peds, or Emergency Medicine. Questions/Interested: providersforcovid19@jhmi.edu

MedChi Insurance Agency is now Unity Insurance.

[BALTIMORE, MARYLAND, July 22, 2020] - It is with great enthusiasm we share the rebranding of our agency that has served the Maryland community for over 45 years. Since December 2019, our team has been exploring rebranding elements that are befitting of the core values of our agency, while displaying the future growth and opportunity we seek. As of July 22, 2020, MedChi Insurance Agency will become Unity Insurance. While we may have a new look, be sure that we are still dedicated to providing comprehensive insurance solutions and top-notch service to all of our customers.

Unity Insurance, formerly MedChi Insurance Agency, was founded on the principles of choice, expertise, service and community. We understand that having confidence in your insurance decisions is vital to ensuring your success and continued relationship with our team, and we continuously work to provide ample resources and communication to all of our clients. At Unity Insurance, our advisors have years of experience and a passion for protecting what you value most in both business and life.

Our four main service areas will remain as business insurance, specialty insurance, group benefits, and individual life/health/personal insurance, with specific options within each. From protecting your business under liability and property insurance, to providing peace of mind with financial and family protection, the qualified team at Unity Insurance is here to serve you.

For more information on our name change and updates regarding Unity Insurance, please feel free to contact us below. Thank you for your continued support of Unity Insurance!

CONTACT:

Shelly Brouse, Chief Executive Officer
shelly@unityinsurance.co
410-539-6642

About Unity Insurance

Unity Insurance is a wholly owned “for profit” subsidiary of MedChi, the Maryland State Medical Society. Established in 1975, we are a full-service independent insurance agency offering a complete portfolio of insurance solutions to meet your needs.

BCMS
Baltimore City Medical Society
1211 Cathedral Street, 3rd Floor
Baltimore, Maryland 21201-5516

Did you know that your 2020 BCMS/MedChi dues are 60% tax deductible?

Save time and money and renew your BCMS/ MedChi dues today online at www.medchi.org. Please call our membership team if you forget your login details at 410-539-0872, or email us at members@medchi.org.

MedChi, The Maryland State Medical Society, is the only association representing all physicians in Maryland; offering a forum where physicians from all specialties can communicate to promote democracy and influence policy. Timely payment frees us up so we can fulfill our mission to advocate on behalf of you, your patients, and the public health, especially during this pandemic!

Member Services: 2020 & Beyond

Your medical society wants to know how we can be of further assistance to you. Complete and email or fax to: info@bcmsdocs.org/410-385-0154 or mail to above address.

My recommendations are:

1. _____

2. _____

3. _____

Name: _____

Email: _____

Telephone: _____