

Stark County Medical Society *News*

November, December 2016

Dr. Barbara Volk President's Message



Dr. Barbara Volk

Get an Attorney, State Board Tells Doctors Who Want to Recommend Medical Marijuana

The State Medical Board of Ohio has issued a statement urging physicians to consult a private attorney before recommending medical marijuana for a patient under the state's recently enacted medical marijuana law.

Before recommending medical marijuana, a physician must obtain a "certificate to recommend" from the State Medical Board of Ohio. However, the rules outlining the standards and process needed to obtain such a certificate to recommend will be developed no later than September 8, 2017.

The OSMA is recommending physicians protect their medical license and the well-being of their patients and not do anything until the law is clarified or the medical board offers direction. The OSMA asked the medical board for direction, which led to the state board's statement.

"According to the law, a patient, parent, or guardian can only raise an affirmative defense if they have, among other requirements, received a written recommendation from his or her doctor that certifies a certain number of criteria are met. The Board recommends that physicians consult with their private legal counsel and/or employer for interpretation of the legislation," reads the medical board statement.

"The Board recognizes that as a result of the requirements of the affirmative defense, physicians will face potentially challenging inquiries from patients during the time period between the effective date of the statute and the date when the certificate to recommend process is fully operational with the Medical Board," the statement continues.

"The Medical Board will conduct a thorough process in the promulgation of rules related to the certificate to recommend."

We have access to the politicians and the state medical association. Together, we have a voice that will be heard!

Contact us at starkmedical@ameritech.net or call 330-492-3333. We look forward to hearing from you!



Opinions expressed by the authors are their own, and not necessarily those of the Stark County Medical Society, Trustees or individual members. SCMS News reserves the right to edit all contributions for clarity and length, as well as to reject any material submitted.

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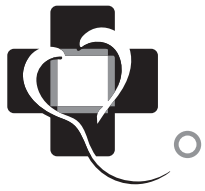
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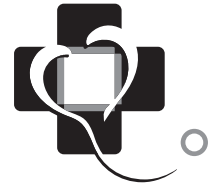
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FROM THE DESK OF 6TH DISTRICT COUNCILOR

Carl J. Foster, M.D.

As the seasons change revisiting this past summer reveals many developments in the OSMA. The organization has taken steps to energize itself with new leadership and a reassessment and reprioritization of our body’s strategy for the next three years. These aims were accomplished at the annual summer meeting of the OSMA Council.

The search for the new CEO was a 5 months long process accomplished by a special 8 member search committee. The members of the committee included Alice A. Dachowski MD, the committee chair, Anthony Armstrong MD, Denise Bobovnyck MD, Charles Hickey MD, Elizabeth A.L. Muennich MD, Andrew M. Thomas MD MBA, Mary Jean Wall MD JD, and Nancy P. Gillette, OSMA General Counsel.

This able group engaged in a process which identified the future and existing issues of importance to the OSMA along with the key characteristics and duties desirable in an OSMA CEO. They pledged to perform a thorough and transparent nationwide search in order to fulfill the fiduciary role of Council in governing our organization. A total of 202 resumes were received which reflected a wide range of vocations including hospital and association executives, government relations specialists, physician executives, and academics. This group also reflected remarkable ethnic, gender, and age diversity. After a laborious process the committee unanimously recommended Mr. Todd Baker as the #1 candidate who was also unanimously selected by Council for appointment to the position of CEO.

Mr. Baker has had a long tenure with the OSMA having served as Co-CEO since 2014 with responsibility for the day to day

operations of the office. For the prior three years he served as senior director of the OSMA professional relations division. Mr. Baker was determined to be the ideal cultural fit with respect to the OSMA’s mission. He has the communication skills, the enthusiasm, and the commitment that are essential for success at the position. Over the past several years he has developed the requisite customer service skills, management style, and philosophic mindset that made him the right fit for the OSMA now and in the future.

The Council also developed a strategic plan that will be implemented over the next three years. The vision espoused for the OSMA’s future is that of a sustainable, relevant, and innovative organization that provides leadership toward fulfilling the OSMA mission to empower physicians to advocate for their patients and their profession. Four issue/action areas were identified. The OSMA will increase physician engagement over the next three years in order to enhance membership. The OSMA will support and promote personal and professional development among physicians with the expectation of developing more physician leaders. The OSMA will provide leadership and support for physicians as they transition into new practice environments while maintaining physician leadership within the healthcare delivery system. The OSMA will evaluate its governance and its relationships with other organizations to ensure adequate physician input in order to become more nimble, responsive, and collaborative.

So the OSMA is poised to tackle the challenges of the evolving healthcare environment with new leadership and a revitalized strategic plan.

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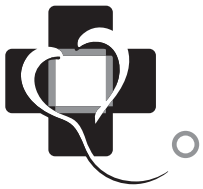
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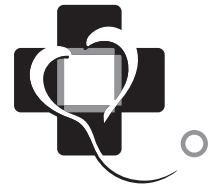
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Six Financial Strategies for Year-End

By Jeffrey Eisenberg

It's the time of year when many people think about pulling warmer clothes out of storage, preparing for holiday shopping, and getting business affairs in order. If you're an investor, you can also benefit from some seasonal chores that will keep your financial goals on track going into 2017. Here are six strategies that are worth your attention.

Capital Gains

If you sold investments during 2016, you'll be interested to know how well you did (as will the IRS). Start by gathering all buy and sell trade confirmations regarding investments sold from all taxable accounts in order to determine your cost basis. If you have capital gains, you may consider selling unproductive investments at a loss as an offset. You also can apply capital loss carryovers from prior years to offset current year capital gains. An excess capital loss can be used to lower your ordinary income by the amount of the actual total net loss or by \$3,000 (\$1,500 if married filing separately), whichever is less.

Charitable Contributions and Gifting

Charitable giving feels good during the holidays and also can be financially beneficial. If you donate long-term appreciated securities with unrealized capital gains from a taxable account (rather than paying cash or a check), you can give more while avoiding capital gains taxes; you also can take a deduction for the full fair market value of the securities donated (up to IRS limits) to reduce taxes. Also consider giving amounts up to \$14,000 (\$28,000 from a married couple) per beneficiary, to children or grandchildren. This amount can be gifted without estate tax complications.

Retirement Accounts

If you can afford it, max out your contributions to your employer-sponsored retirement plan and individual IRA or Roth IRA. The 2016 tax year plan limits:

- **401(k), 403(b) and 457(b/c) plans:** \$18,000 (\$24,000 if age 50 and above);
- **SEP IRA:** \$53,000 (up to 25 percent of compensation);
- **Self-Employed/SOLO 401(k):** \$53,000 (\$59,000 if age 50 and above) combined employee and employer contributions;
- **SIMPLE plan:** \$12,500 (\$15,500 if age 50 and above);
- **Individual IRA:** \$5,500 (\$6,500 if age 50 and above);
- **Roth IRA:** \$5,500 (\$6,500 if age 50 and above) if you are eligible according to IRS income limits. Contributions are not deductible.

This is also a good time to evaluate whether you have the appropriate retirement plan in place, to maximize annual tax-deferred contributions where they apply.

Health Care Savings Plans - HSA versus FSA

If you have a high-deductible insurance plan, start and max out your contributions to a Healthcare Savings Account (HSA). An HSA is the most advantageous way to save pre-tax for healthcare costs now and during retirement, since it is owned by you, the unused funds roll over year-to-year, grow tax-deferred, and the account moves with you when you change employers or retire. Some plans even allow you to invest in mutual funds, just as with an IRA. HSA withdrawals must be used for qualified healthcare costs.

If you do not have a high-deductible plan, consider a Flexible Spending Account (FSA) if it's available from your employer. It allows you to contribute pre-tax funds to pay for certain out-of-pocket healthcare costs, but it can not be invested in mutual funds. Check with your employer to confirm the FSA annual contribution deadline. An employer may allow a capped rollover amount of up to \$500 for any given year, but it is generally a "use it or lose it" plan, so save only what you require to avoid forfeiting unused funds at year-end.

Required Minimum Distribution (RMD)

If you are age 70 1/2 or older and have not yet taken your RMD for the year from certain retirement funds (or do not know what that number is), contact your financial advisor or custodian. Beginning at age 70 1/2, the IRS requires that you begin taking your RMD from all tax-deferred accounts such as 401(k), 403(b), 457(b/c), individual IRAs, and annuities to avoid any penalties.

Financial Plan Reassessment

If you have not recently reviewed your financial plan, this is a good time to sit down with your advisor and accountant to do so. These meetings should ensure that you stay on track with your long-term retirement goals and objectives. Keep an open mind to new and fresh investment perspectives to make sure you have the right strategy in place, and rebalance your portfolio if needed to avoid sector and allocation drift.

One Last Matter

It helps to create an actionable "tickler" list to track questions you need answered by your advisors and important tasks to accomplish each year at this time, to maximize your financial position and ensure a smoother transition into the new year.

Jeffrey Eisenberg is president and CEO of SecuraWealth Investment Strategies. SecuraWealth Investment Strategies does not provide legal or tax advice. Please contact your attorney and/or tax advisor regarding any questions you may have specific to your situation.

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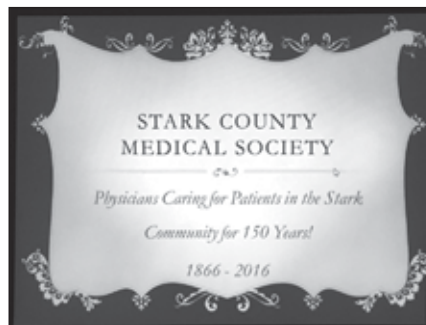
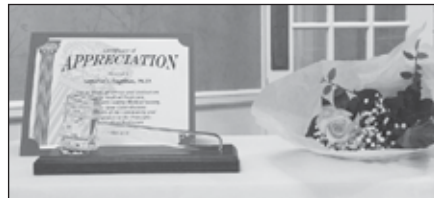
SCMS 115TH ANNUAL MEETING

October 20, 2016

The medical society held its Annual meeting on October 20th. At the meeting, the 2017 slate of officers was approved. Officers chosen to lead the medical society are Carl Foster, MD, *President*, Anthony Degenhard, DO, *President Elect*, JoAnn Krivetzky, MD, *Secretary-Treasurer* and Barb Volk, MD, *Immediate Past President*.

Returning Trustees include Jack Baker, DO, Jason Bertram, MD, David Bitonte, DO, Robert Hamilton, MD, Matthew LiCause, MD, Arup Maitra, MD, Luis Martino, MD, Katharine Morrison, DO, Charles Smith, MD, Mark Stachel, MD, David Utlak, MD, and Mark Vogelgesang, MD.

ENTERTAINMENT was provided by **EN-RICH-MENT** and the crowd enjoyed an art exhibit by the **Just Imagine Gallery**.



IN RECOGNITION OF OUR 2016 RETIRED MEMBERS

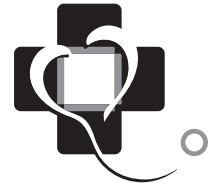
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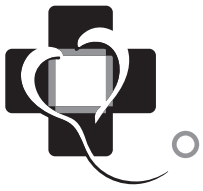
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Dear Community Friends

We hope that you will consider our request in support of the SCMS and SCMSA Fundraiser: MISSION POSSIBLE. As you may know, our two organizations take very seriously our responsibility to inform and educate on issues that effect our community.

On February 4, 2017 the SCMS and SCMSA will team up again for MISSION POSSIBLE. The theme of this year's fundraiser will be Casino Royale- a night of dinner, auctions and of course, Casino style gaming. The proceeds from this year's event will support three important community concerns: food insecurity, life skills and education for teens and young adults, and to finish our financial commitment for the cost of Brownie- a K9's for Warriors service dog who joined decorated war hero, Michelle, this past year. Lastly, the Medical Auxiliary will continue our nearly 90 year commitment to provide financial support to students who wish to enter into one of the many fields of medicine and medical care through our Scholarship Fund.

We hope that you will consider supporting this fund-raiser to benefit Community Harvest, PAL Mission, K9's for Warriors and the SCMSA Scholarship Fund. Our success is credited largely to the organizations and individuals who sponsor our event. The enclosed sheet provides information on the various levels of sponsorship.

Please take a moment to review the information and feel free to call either Lorraine Murphy, chairperson of this year's event, at 330-495-8963 or Kevin Metz, Executive Director of the Stark County Medical Society at 330-492-3333 with any questions that you might have.

Thank you for considering this request and for helping to make a difference in the lives of the needy and at-risk in our community. That's what makes our MISSION POSSIBLE in Stark County.

Barbara Volk, M.D.

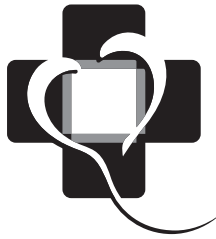
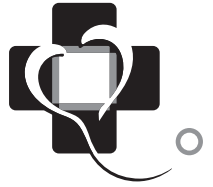
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Stark County Medical Society

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“PUTTING” AN END TO HUNGER 2016

SCMS’S 15th ANNUAL GOLF OUTING RAISES \$7,871.00 FOR:

COMMUNITY HARVEST, INC



The medical society selected Community Harvest as the recipient of the proceeds generated by our 15th annual golf outing. Community Harvest was created to collect perishable and prepared food that would otherwise be wasted from local restaurants, caterers, hospitals and the food industry. This food is distributed to local soup kitchens, shelters and hot meal programs helping to alleviate hunger.

33 foursomes enjoyed a beautiful day at Skyland Pines. Guests were treated to a cookout-style luncheon to kick off the event, followed by a scramble format outing with prizes and contests. The day concluded with a banquet, award presentation to Faith Barbato, executive director Community Harvest.

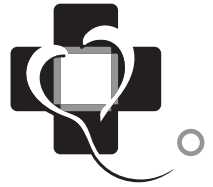
Community Harvest has been addressing food waste and hunger in Stark County for 27 years by using a “common sense” approach of bringing two resources

together. They rescue fresh, healthy, prepared food and deliver it to the people and places serving the meals. There is no cost for the food, because it is all donated by area restaurants and food providers. Last year, Community Harvest rescued \$1.5 Million in food and delivered approximately 950,000 meals to our hungry neighbors in Stark County. This is an astonishing number for a paid staff of only one and twenty incredible volunteers!

We would like to thank Community Harvest, their board and volunteers for their dedication to ending hunger in Stark County. Additionally, special thanks to our sponsors. Please support those vendors and organizations that support the medical society.



WATCH FOR UP-COMING DETAILS OF OUR 2017 OUTING.



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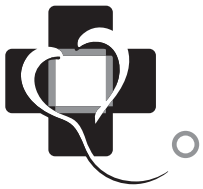
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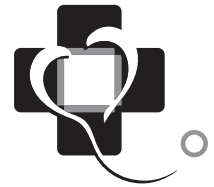
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TIME FOR A YEAR-END INVESTMENT REVIEW

With the holiday season upon us, you may well be busier than usual. However, by spending a few minutes reviewing your investment scenario of this past year, you can see where you've been, where you might be going, and what you need to do to keep moving forward toward your long-term financial goals.

So, as you look back at 2016, pay close attention to these elements of your investment picture:

Performance

Reviewing your investment performance over time is important in helping you determine if you're on track to achieve your financial goals. So, in evaluating how your investments did in 2016, ask yourself some key questions: How did your investments do relative to their performance in past years? If there was a big difference, what might have accounted for it? Were your returns relevant to your long-term goals? In other words, if you have already established a return rate you'll need to reach your goals – and you should indeed set such a rate – were your actual returns “on track” to help you make progress toward your objectives? And, just as importantly, were your return expectations realistic, based on your investment mix and the market environment?

Investment mix

If you are a diligent investor following a well-designed strategy, you probably started out in 2016 with an investment mix that

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TIME FOR A YEAR-END INVESTMENT REVIEW *continued*

reflects your risk tolerance, time horizon, and short- and long-term goals. But over time, your investment mix can change, even without your having done so on purpose. If you owned a certain percentage of an asset, such as growth stocks, and those stocks

appreciated in price substantially, they could take up a larger percentage of your portfolio than you had intended, thereby exposing you to a higher risk level than that with which you are comfortable. So now that the year is coming to a close, examine your investment mix to see if it needs “rebalancing.”

Complimentary Review

Do you have the right investments in place to help you meet your financial goals?

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measured on 7 factors: investment advisor; investment performance; account information; account offerings; commissions and fees; website; and problem resolution. Proprietary study results are based on experiences and perceptions of consumers surveyed in January–February 2015. Your experiences may vary. Rating may not be indicative of future performance and may not be representative of any one client’s experience because it reflects an average of experiences of responding clients. Visit jdpower.com.

Call or visit your local Edward Jones financial advisor today.



Adam P Olenick, AAMS®

Financial Advisor

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Contribution levels

Are you taking full advantage of your 401(k) or other employer-sponsored retirement plan? Specifically, if you got a raise this past year, did you boost your contributions to your plan? The more you invest now, and throughout your working life, the less likely it will be that you have to play “catch up” in the years immediately preceding your retirement.

Mistakes

We all make mistakes in every walk of life – including the way we invest. In looking back over 2016, can you spot some investment mistakes you might have made? Did you temporarily “bail out” on investing immediately after the “Brexit” vote, only to find, a few weeks later, that the markets had soared to record highs? Did you act on impulse and buy a so-called “hot” stock that turned out to be inappropriate for your needs and risk level? While mistakes like these might be costly in the short term, they can ultimately prove invaluable – if you learn from them.

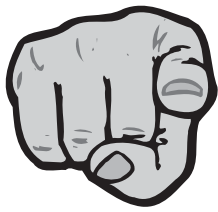
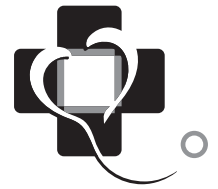
We’re just about ready to turn the page on the 2016 calendar. So, as you review your investment decisions for the past year, try to determine what worked, what didn’t – and what you can do to improve your results in 2017.

*For more information contact
Adam Olenick at 330.493.0047*

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WE NEED YOU!

Public health relies on healthcare providers and clinical laboratories to report communicable diseases as a vital step in controlling and preventing their spread. These reports are useful in many ways, including assurance of provision of appropriate medical therapy (e.g., for tuberculosis), detection of common-source outbreaks (e.g., in food-borne outbreaks) and for establishing control programs (e.g., vaccine-preventable diseases). Furthermore, reporting of cases is required by law and important in the planning and evaluation of these disease prevention and control programs. Protecting the health of our communities against infectious diseases is a process that includes recognition of the disease or condition, reporting to the appropriate agency, and sometimes, a follow up investigation and interventions by public health.

Timely reporting of reportable diseases is important so decisions can be made quickly to prevent further transmission. **Both clinically suspected and laboratory-confirmed cases should be reported to the local health department.** The Ohio Department of Health (ODH) has established a hierarchy of reporting identified diseases, based on their impact to the health of the community, those that are highly contagious or hazardous to humans, or those that could have a significant role in an act of bioterrorism.

THE CLASSIFICATIONS AND CORRESPONDING REQUIREMENTS ARE AS FOLLOWS:

CLASS A: Diseases of major public health concern due to the severity of disease or potential for epidemic spread.
 ➤ Must be reported *immediately* to the local health department by phone.

CLASS B: Diseases of public health concern needing timely response because of potential for epidemic spread.
 ➤ Must be reported to the local health department by the end of the next business day. This can be done by faxing a reportable disease notification form found at: <http://www.odh.ohio.gov/pdf/IDCM/frm3334.pdf>

CLASS C: An outbreak or unusual incident or epidemic of other diseases not included as a Class A or Class B.
 ➤ Must be reported to the local health department by the end of the next business day. This should be done by phone.

These mandated reportable diseases are outlined in the Ohio Administrative Code (OAC) 3701-3-02 and are available on ODH's website at <http://www.odh.ohio.gov/reportablediseases>. The list is periodically updated in response to new and emerging communicable disease trends, which is determined by surveillance systems that rely on complete and timely reporting by practitioners and laboratories.



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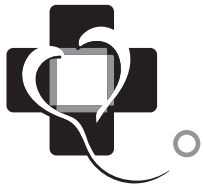
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- Medical Malpractice
- Group Long and Short Term Disability
- Dental
- Vision
- Life
- Office Overhead Expense
- Long Term Nursing and Home Health Care Plans
- Commercial Liability (BOP's)
- Voluntary Products

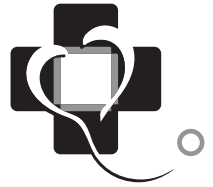
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SCMS OPEN ENROLLMENT

If you have been waiting to enroll in the Health Insurance Marketplace for Open Enrollment your wait is finally over. For some there are significant changes this year including the elimination of plans and carriers from the Federal Exchange. In addition, there are several new products in the market that could allow for cost savings for some individuals. It is now more important than ever to understand your options. Here are a few things you need to know about your insurance options:

1. Sole Proprietors have an Alternative

If you are self-employed without any employees it has been a while since a plan was offered to you outside of the individual insurance market. The COSE Health & Wellness Trust is an available option for sole proprietors who qualify. This product is medically underwritten and may save you money if you are in a current Affordable Care Act (ACA) plan. In addition, the COSE Health & Wellness Trust uses Medical Mutual of Ohio (MMO) as the network provider. To learn more about this option contact AUI.

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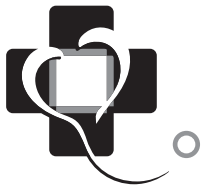
2. Individuals & Families have a faith-based alternative in Medical Cost Sharing

If you are looking for a benefit that aligns more with your values and your wallet then Medical Cost Sharing may be an option for you. This is not insurance and is geared toward healthy individuals and families. MCS plans are designed to work with any budget and offer a variety of personal responsibility options, quality care benefits, and access to a large network of providers.

3. Know how to Navigate Narrow Networks

If you decide to stay in or enter the Federally Facilitated Marketplace understanding your network options is important. Most carriers offer networks within Healthcare.gov which are different from their group plan networks. The best way to ensure you choose a plan that includes your hospital of choice is to speak with an agent. One area in

continued on page 18



SCMS OPEN ENROLLMENT *continued*

which this is extremely important is when you are selecting a plan that includes a pediatric hospital. An AUI agent will be able to direct you to plans that will best serve you. In some instances, we may even direct you to a solution where we cannot be your agent if that's in your best interest



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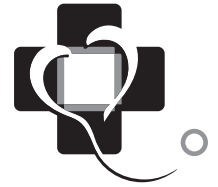
Did you know the cost of using an agent is already built into your insurance premium? You can try to find the right plan on your own or you can have an expert guide you.

4. AUI Pharmacy Program can help with Closed Formularies

Insurance carriers have been rolling back the types of prescriptions they will cover. From closed formularies to generic only benefits the ability to get the medication one needs to treat their chronic conditions can be cost prohibitive. This is a benefit that can directly help patients with high deductibles and high drug copays, or those with no coverage at all for a necessary medication. The AUI Pharmacy Program is an income based alternative that includes over 1,500 prescription medications for only \$30 per medication per month. A list of participating medications can be found on our website at www.auiinfo.com/bbasso.

5. An AUI Agent at No Additional Cost

Open enrollment can be a stressful time for most...not to mention that we plo our major holidays right in the middle of it...so having someone who can help you understand your insurance options is important. The best part about using an AUI agent is that the cost of using an agent is already included in the cost of your insurance premium. So you can spend your time finding options or you can have an AUI agent help you. You decide! So as you continue to hear reminders from Healthcare.gov that open enrollment has begun, take a minute to think about these key items. To learn more about the AUI Pharmacy Program or the insurance products we offer, please contact Brenda Basso at 800-671-7665 or by e-mail at bbasso@auinfo.com.



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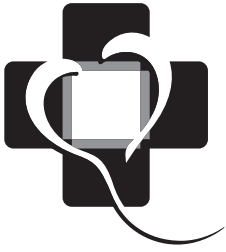
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