



CELEBRATING 156 YEARS!

Stark County Medical Society *News*

Summer 2022

A Message from our President

We hope you had a great and happy summer. Here is an update from Stark County Medical Society. Thank you to everyone who joined us for the annual summer picnic on Sunday Aug 21 in Oakwood Country Club. We have another activity coming up September 21 for the annual golf outing at Arrowhead Golf Club. Work is in progress to plan our retreat in February 2023. We are arranging a weekend long activity including CME. We will keep you informed as we finalize the dates in the coming months

We've also invited our colleagues from Summit County and Mahoning County to join us for these activities. We are trying to collaborate with our colleagues from Summit County to broaden the participation in the activities arranged by Stark County Medical Society.

There are physicians with interest in joining the Stark County Medical Society and some new members joined us this year. We will continue our efforts to attract more members.

Our fund-raising activities have continued throughout the year. Please contact us if there is any thing that SCMS can help you with.



Welcome to our new members!

We hope you'll always feel free to speak up, share your thoughts and challenge us. We're all going to grow together here, and we look forward to it!

- Elsworth Beach, D.O.**
- Neil Soehnen, M.D.**
- Damien Earl, M.D.**
- Frank Luckino, D.P.M**
- Dominick V. Mastracco, D.P.M.**
- Seth Maurer, D.O.**

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The Stark County Medical Society (SCMS) has access to politicians and the state medical association. Together, we are strong with a voice that will be heard! Contact us at 330.492.3333 or www.starkmedical.org. 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.



July 2022

The Stark County Medical Society is pleased to announce a vendor partnership with GDK & Company of North Canton for disability and long-term care insurance.

Partnering with Quinn Parker and the team at GDK, we are able to offer special pricing and coverages thru Ameritas, one of the largest disability insurance carriers, with coverages specific to medical professionals. Members will also have access to coverage from every long-term care insurance carrier in the current marketplace.

We're very excited to be able to offer both types of insurance to our members ~ please contact Quinn today at 330-244-2008 or quinn@gdkandco.com to discuss your disability and long-term care needs!

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Stark County Medical Society 21st Annual Golf Outing

to benefit the Akron-Canton Regional Foodbank

Wednesday, September 21, 2022
Arrowhead Golf Club
1500 Rogwin Cir SW, North Canton, OH 44720

10:00 AM Registration and Shrimp & Bloody Mary Hospitality Station
11:00 AM Lunch
12:00 PM Shotgun Start
6:00 PM Dinner

Scramble format 18 holes with cart • Lunch cookout before shotgun start
 Margaritas and chips at the turn • Beer (21+), pop and water on the course • Raffles • Exclusive swag bag for each golfer • Prizes
 Free contests • Dinner in the ballroom immediately after golf

\$100/Golfer • \$400/Foursome

Single Registration • \$100/Person

Name: _____ Meal Selection: _____

Individual golfers and smaller groups will be paired for the event.

Team Registration • \$400/Foursome

Team Name: _____

Name 1: _____ Meal Selection: _____

Name 2: _____ Meal Selection: _____

Name 3: _____ Meal Selection: _____

Name 4: _____ Meal Selection: _____

The event will sell out. Registration is on a first come, first serve basis. Your payment is required for completion. Please indicate dinner selection after each name. Golfers have a choice of steak, scrod, lemon chicken or vegetarian.

Dinner in the ballroom with no golf • \$30/Person

Name: _____ Meal Selection: _____

Tee Sponsorship • \$100

Business or Family Name: _____

Sponsorship Opportunities:

Become an outing sponsor for just \$100 and show your support of Community Harvest, a program of the Akron-Canton Regional Foodbank. Your family or business name will be proudly displayed at the tee box of one of the 18 holes.

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1st Place Team • 2nd Place Team
Last Place Team



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Contact Faith Barbato at 330.493.0800 or fbarbato@acrfb.org for more information.
 Mail this form with check payable to Stark County Medical Society to:
 Akron-Canton Regional Foodbank Stark Campus; 1365 Cherry Ave. NE; Canton, OH 44714

FINANCIAL FOCUS: *Market decline offers buying opportunities*

BY EDWARD JONES

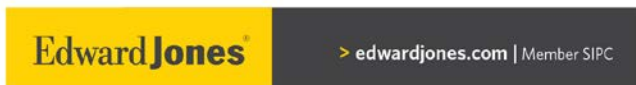
The financial markets have gotten off to a rocky start this year. What's caused this volatility? And does it present opportunities for patient investors?

First of all, several factors are behind the market volatility, including the war in Ukraine, higher inflation, rising interest rates and the lingering effects of the COVID-19 pandemic. However, while these factors may be specific to the recent market decline, volatility itself is a common feature of the investment environment. In fact, history shows that corrections of 10% or more happen about every year, and declines of 15% or more have happened every other year, on average. Furthermore, while 2022 has thus far been challenging for investors, it was preceded by a long period of strong markets, with the S&P 500 averaging more than a 20% return over the past three years.

Knowing the typical frequency of market volatility and reviewing the results of the past few years may make the current situation seem less shocking. But you don't have to simply "ride out" the downturn – because a down market may give you the opportunity to buy more investment shares at good prices. Specifically, you can expand your holdings in companies that have good growth prospects due to strong management and products or services that provide sustainable competitive advantages. And this type of opportunity is important, because one of the keys to building wealth is to increase the number of shares you own in your various investments and hold them for the long term. While the market will always fluctuate, the long-term trend has been positive, particularly for well-diversified portfolios built with quality investments.

Of course, while it is a good idea to boost your share ownership at favorable prices, you still want to be strategic about it, rather than just buying whatever seems to be the biggest bargain. In reviewing your existing portfolio, can you identify any gaps that could be filled with new investments? Are there opportunities to further diversify your holdings? By owning different types of stocks, bonds, government securities and other investments, you can help reduce the impact of volatility on your portfolio. (Keep in mind, though, that diversification can't guarantee profits or prevent losses in declining markets.) Or, if your portfolio has become "unbalanced" in some way, you could also use this time to rebalance it back to its original long-term targets. You might also consider setting up a systematic investing program in which you invest the same amounts in the same investments on a regular basis, such as monthly. When prices go down, you'll automatically buy more shares, and when prices rise, you'll buy fewer shares. (However, systematic investing does not guarantee a profit or protect against loss and you'll need to be willing to keep investing when share prices are declining.)

Before this year, average annual returns have been solid for about a decade, which makes it somewhat easy to forget about normal market volatility and may have led to overly optimistic performance expectations. So, it would not be surprising if your initial reaction to the current downturn is one of concern. But by viewing the current investment environment as a chance to add quality investments at attractive prices, you can help yourself develop a behavior that can serve you well throughout your life as an investor.

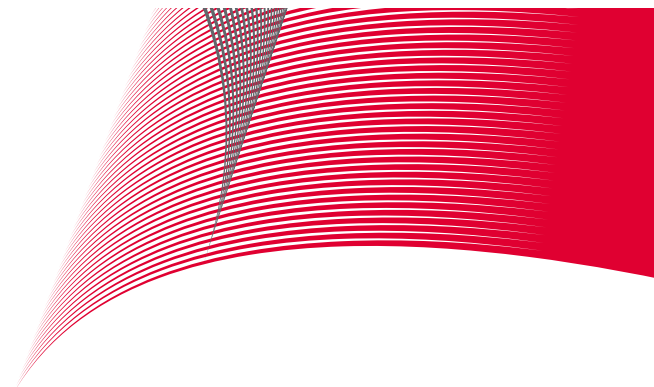


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MAY 2022

The Rising Cost of Food is Worsening Hunger in the U.S.

Skyrocketing food prices have made it harder for families facing hunger to access enough to eat and have strained food banks' ability to continue supporting our neighbors in need. **Fortunately, lawmakers can take action to put more food on more tables.**



It costs families 10% more to buy groceries this year.²

In Ohio, the cost of a gallon of milk has increased by 17%.

13.7%

The increase in the cost of meats, fish, poultry and eggs.³

Costly groceries are spelling disaster for families facing hunger

With skyrocketing food prices, too many of our neighbors are forced to make impossible decisions between paying for groceries and other necessities like rent and medication.



Households that are low-income spend nearly one-third of their budget on food.¹

Food banks are not immune from rising food prices

The Feeding America food bank network is not immune from the consequences of rising prices. Every aspect of food bank operations is seeing significant cost spikes, from purchasing food to transporting food.

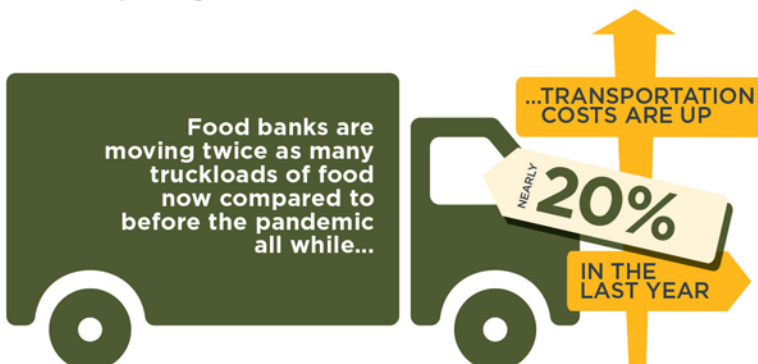


The cost of a truckload of peanut butter in 2020



The cost of a truckload of peanut butter in 2022

Food banks are paying **40% more** for food purchases to keep up with demand and make up for fewer food donations.⁴



Food banks are moving twice as many truckloads of food now compared to before the pandemic all while...

At the same time, food banks are already facing sustained, unprecedented need for food.

For the region served by the Akron-Canton Regional Foodbank, visits to food pantries are up 11% over last year.

Pandemic-era food programs are expiring

Throughout the pandemic, government assistance programs were created to help families overcome new barriers to affording enough to eat. **However, many of those programs are sunseting, or have already expired, creating a gap that food banks can't fill and that will threaten families' overall wellbeing.**

Expanded Child Tax Credit Payments

helped lift millions of children out of poverty and provided extra support for families to purchase groceries and other basics.

Most eligible families received monthly payments from July 2021 to when payments ended in December 2021.

\$300
per young child

\$250
per older child

Supplemental Nutrition Assistance Program (SNAP) Emergency Allotments

have been an anti-hunger lifeline.



SNAP households will lose **\$82 per month** of critical benefits when the Public Health Emergency declaration ends.⁵

1. United States, Congress, U.S. Department of Agriculture, and Matthew MacLachlan. Food Spending as a Share of Income Declines as Income Rises, U.S. Department of Agriculture, 8 Nov. 2021. www.ers.usda.gov/data-products/chart-gallery/gallery/chart-detail/?chartid=58372. Accessed 25 Apr. 2022.
2. "Consumer Price Index Summary." U.S. Bureau of Labor Statistics, 12 Apr. 2022. www.bls.gov/news.release/cpi.nr0.htm. Accessed 25 Apr. 2022.
3. "Consumer Price Index Summary." U.S. Bureau of Labor Statistics, 12 Apr. 2022. www.bls.gov/news.release/cpi.nr0.htm. Accessed 25 Apr. 2022.
4. "Feeding America Calls for Action as Hunger Crisis Worsens." Feeding America, 15 Apr. 2022. www.feedingamerica.org/about-us/press-room/hunger-crisis-worsens. Accessed 11 May 2022.
5. "Feeding America Calls for Action as Hunger Crisis Worsens." Feeding America, 15 Apr. 2022. www.feedingamerica.org/about-us/press-room/hunger-crisis-worsens. Accessed 11 May 2022.

Families and Food Banks are Facing a Perfect Storm of Challenges

LAWMAKERS CAN HELP

Ohio's food banks are requesting funding from the state of Ohio's American Rescue Plan Act (ARPA) fiscal recovery funds. This request, if funded, will support immediate purchases of food and assist in the long road to help food insecure Ohioans recover from the economic impact of the pandemic.

Call Governor DeWine at 614-644-4357 or 614-466-3555 and tell him Ohio's food banks need his support!





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Kevin Metz,

Executive Director Stark Count Medical Society



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In the Know...

THE LATEST NEWS & EVENT INFORMATION FROM SCMS

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SCMS is pleased to announce a new partnership with Amer-Medical Waste Services. Ameri-Medical is a complete medical waste service which meets or exceeds all environmental regulatory requirements. We negotiated a guaranteed price structure for our members for period of five years. The fee includes container, liner, transportation, disposal and manifest tracking. There are no hidden charges. To schedule a no obligation quote, please contact Jim Parks at 1.800.604.5039. Membership has its value.

CALL FOR VOLUNTEERS

Are you interested in strengthening organized medicine? Want to make a difference in your community? Network with professionals and make new friends? If so, we have opportunities for you. Reach out to a current board member about serving as a trustee, helping with fundraising, member recruitment, or organizing a meeting. Whatever your talent, we have a place for you.

GOLF OUTING SEPTEMBER 21

Our 21st Annual Golf Outing will be on Wednesday, September 21st at Arrowhead Golf Club. Proceeds to benefit the Akron-Canton Food Bank. Dollars raised will support ACFB programs in Stark County. Get your registration in fast. The past several years has been a sellout. Watch for details in your inbox.

DON'T GOLF

Don't golf, Join us for dinner and the awards ceremony at 5:00 pm on September 21st at Arrowhead Golf Club. Dinner is just \$30.00 per person. There's still time to sponsor a tee. Cost is \$100.00 per sponsorship and 100% goes to the Akron Canton Food Bank for programs in Stark County. Contact Kevin at 330.492.3333.

FALL RETREAT 2023

The program committee is planning an exciting fall retreat for February 24th & 25th. The committee is working with Mahoning and Summit County Medical Societies to bring you an educational and fun filled weekend. Watch for details in your inbox.

PAPERLESS SCMS NEWS

SCMS News is now paperless. You will receive your SCMS News via email. Please make sure we have your correct email so you get up-to-the minute information on events, meetings, and society happenings.

UPDATE YOUR INFORMATION

Did you move or change practice location? If so, please let us know. We want to make sure you get all SCMS updates and correspondence. Contact Kevin at 330.492.3333

2023 DUES

If you have already paid your 2022 dues, THANK YOU! If not, it's not too late. Full-time dues are \$325.00 (check) or \$335.00 (credit card) and Part-time dues are \$225.00 (check) or \$235.00 (credit card).

A Memorial Tribute

Donald M. Zimmerman, M.D.

October 23, 1949 - March 28, 2022

Alan R. Kamen, M.D.

December 19, 1937 - May 5, 2022

Harry G. McDonnell, D.O.

September 22, 1940 - June 28, 2022

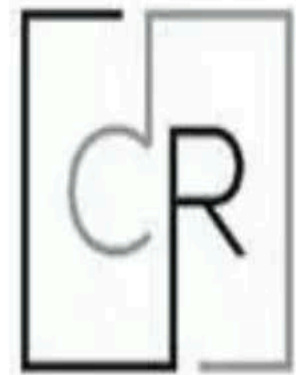
Frank Joseph Weinstock, M.D.

April 21, 1933 - July 8, 2022

Harry J. D'Agostino, Jr, M.D.

January 11, 1957 - August 8, 2022

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- Are you uninsured, underinsured, or in the donut hole?
- Are you at or below the following qualification guidelines?

One person household	\$33,975
Two person household	\$45,775
Three person household	\$57,575
Four person household	\$69,375

*For families/households with more than four persons, please add \$11,800 for each additional person.

Good news, you qualify for services! Now we are ready to sign you up! Here is what you need:

- **Income verification for all household members**

***At least two paystubs for each member and prior year tax return if filed**

- **Photo ID and verification of address if not the same as what is on the photo ID**
 - **Social Security card**
 - **Red, white, and blue Medicare card**
 - **List of all monthly household expenses if insured**
 - **Documentation if in the donut hole (coverage gap)**
- **Bring prescription bottles or a list (must have current scripts or refills available)**

CALL TODAY! 330.445.1087

2022 CALENDAR

..... *September*

1

SCMS Board Meeting
Thursday
6:00 p.m.

TBD

SCMS Health Fair

21

SCMS Golf Outing
Wednesday
10:30 a.m.
Arrowhead Country Club

November

December

3

SCMS Board Meeting
Thursday
6:00 p.m.

1

SCMS Board Meeting
Thursday
6:00 p.m.

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