

MEDICAL MATTERS

Quirky One-liners

Dr. Lisa Quillin reveals how humor intertwines with well-being in both her practice and personal life.



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LCMS MISSION STATEMENT

The Lane County Medical Society is a professional organization that represents, unifies, and supports its physician members as they practice the science and art of medicine. The Society promotes the interests of member physicians and advocates for the health of the community.



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A CHARMING MOMENT

Dr. Brooke Kyle shares a story of catching and releasing a snake with her colleagues inside a hospital parking lot.

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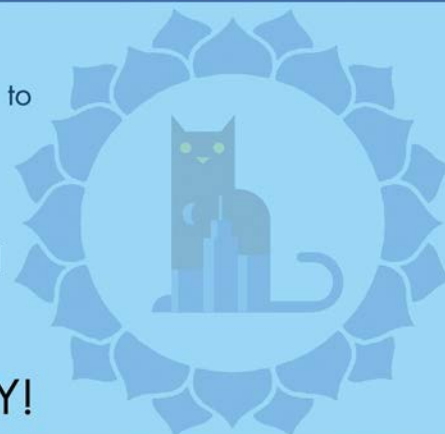
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The Best Medicine

Humor, laughter, and fun all play a role in well-being and happiness. This issue provides a heaping dose of all three. As this theme was developing, my thoughts immediately went to one of Dr. Donald Hill's articles. After his retirement, Dr. Hill wrote hundreds of pieces based on personal interviews and countless hours of research. He named them "TIDBITS from LCMS History."

I worked very closely with him back then, so I was deeply saddened by his passing a few years ago, but I know he'd be honored to see the articles resurface from time to time.

These legendary stories are worth repeating and serve as lessons that "fun" was serious business, and if you weren't careful, you could be the next target of one of these elaborate, fun-natured pranks.

TIDBITS from LCMS History

The doctors at the Eugene Clinic in the 1960s and 1970s were a very close knit group. They had lunch daily at one large table located in the basement of the clinic building. Beware to the man who might utter a profound statement, especially if he was bragging about something.

One day Dr. Emerson Abbott (general surgeon) announced for about the tenth time that he was going to lose weight and "he meant it this time!" So he began his diet and when he went to surgery (which was almost daily) his pants were taken down the street to a near-by tailor.

The tailor would take in the waistline one-half inch each time. This went on for about one month and Emerson was complaining that he was losing weight

but couldn't understand why his belly wasn't getting any smaller! They finally let him know by having the tailor send him a bill for his services.

Another prank involved pediatrician Lou Campbell. He was very proud of his new Volkswagen and prouder yet of the extraordinary mileage that it was getting. He made the mistake of mentioning this to his friends at the lunch table.

Soon his car was getting 50 miles to the gallon and then 60! He couldn't believe it and, of course, mentioned his car's phenomenal gas mileage almost daily to his friends. What he didn't know was that they were slipping one-half gallon of gas into his tank daily while he was not looking!

After about one month they reversed the process and started siphoning one-half gallon of gas out of his tank daily. When his mileage got down to 20 miles per gallon he took his car to a mechanic, who was clued on to the joke. He professed to Lou that he had spent hours going over the car and could not find anything wrong. Lou was about ready to get rid of the car when he was finally told of the prank. It is not known whether Dr. Campbell ever forgave his "friends."

Another prank concerned a doctor who will remain nameless. He ill advisedly mentioned the name of a former high school sweetheart back in New York State. He had not heard from her since finishing medical school and, of course, at this time was happily married.

The joke was on! Somehow a letter postmarked from New York arrived for him from "Shirley" who said that she had been thinking of him and what a beautiful

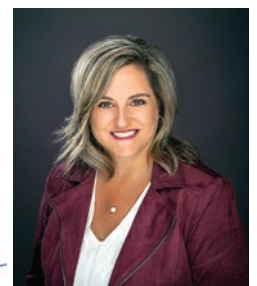
place Oregon must be. She was retiring and had decided to move west. She hoped that he wasn't married. She wanted very much to see him and thought she would move to Eugene. No return address!

In the next letter from New York, she had sold her house, packed up her belongings, and was ready to drive across the country. She expected to be in Eugene in about 10 days! The next letter came from Iowa and was more lovey-dovey.

He was now panicking, but he had no way to reach her. The next letter was from Colorado and she mentioned that she had sent some furniture on ahead and had used his address for the moving company. (His "friends" were sending the letters to be mailed by colleagues across the country.) They went out and bought a truckload of used furniture and had it delivered to his house. His wife called and asked what to do with all this furniture. At this point, he was informed of the ruse. Obviously he did not think it was funny and was so mad he didn't talk to anyone for quite some time.

I don't think pranks like these go on anymore. But it is fun, sometimes, to look back upon "the good old days." My thanks to Dr. Bob Loomis for most of this material.

Anyone else wonder, "How did they ever find time for all this?" ♦



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Chart Notes

“[At my practice] I get the time that I want to take with my patients, so I get to know them better...I don't have to rush through everything and I think that that lends to being able to have a sense of humor about it all.”

– DR. LISA QUILLIN
ON USING HUMOR IN HER
PATIENT CARE PHILOSOPHY
SEE MEMBER PROFILE
ON PAGE 12

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RESOURCES

Register now for this year's LCMS Golf Tournament on June 15th at the Emerald Valley Golf Course. Tournament registration starts at 8 am, followed by the event at 9 am. Gather your friends and colleagues to form your dream team!

The Physician Leadership Project cohort. This program provides LCMS physicians with training in finance, safety culture, administration, and more. The program offers CME credits. Information and applications available soon.

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Chasing the Sun at Kidsports Camp

BY BEV SMITH
KIDSPORTS EXECUTIVE DIRECTOR

As they say, “everything good, everything magical, happens between the months of June and August!” Summer camp at Kidsports is where this magic happens. Here, children immerse themselves in a world of valuable life lessons, whether they’re exploring new activities, refining existing skills, or navigating the ups and downs of success and failure. In this safe and nurturing environment, campers not only develop resilience, competence, and confidence, but also foster their physical, social, and emotional well-being.

Our summer camp goes beyond traditional activities, providing an enriching environment for children to learn and grow. Through a diverse range of experiences, campers build athletic abilities and essential social skills such as sharing, decision-making, and

friendship-building—all while having a blast. These skills extend far beyond the campgrounds, shaping confident and adaptable individuals ready to face challenges. It’s no wonder that 70 percent of parents report increased self-confidence in their children after attending our summer camp.

Kidsports summer camps offer a variety of traditional team sport experiences and auxiliary activities, all designed to challenge and engage campers while promoting movement and motor skill development. From tag games to dodgeball, obstacle courses, ultimate frisbee, and (of course) the kids’ favorite, water activities like water battles, steeplechase, water slides, and the infamous dunk tank, every activity incorporates a fun factor that keeps kids coming back for more.

We train diverse counselors from local universities and high schools in camp activities and safety skills. They

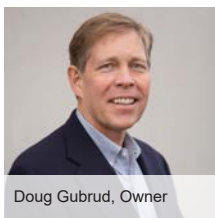
serve as energetic role models by promoting positive relationships with campers. These connections contribute to children’s long-term success beyond camp, enhancing their support network. This is a tremendous asset as the more healthy positive adult relationships that a child has in their life, the better prepared they’ll be.

Future plans aim to potentially involve physicians from the LCMS Community Health Committee to help support the summer programs. So stay tuned “cause a little bit of summer camp fun is what the whole year is about!” Here goes to making our community summer camp experience “sun-sational!”◆

Kidsports at Civic Park in Eugene hosts both half and full-day summer camp sessions, running weekly from June 25th to August 2nd. Learn more at the Camps & Clinics Archives on the Kidsports website at <https://kidsports.org>.



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Prescribing Fun & Play

BY AMY TREZONA, RN
PHYSICIAN WELLNESS
PROGRAM PROVIDER

The Healing Magic of Play

When was the last time you laughed out loud in delight at some unexpected encounter and found it lifted your spirits and lightened your burden? Or have you ever experienced humor breaking up tension in a meeting that was veering sideways, the laughter clearing the air?

For physicians, play gets relegated to the backburner and thought about when all other responsibilities are complete. When that's the case, play is not getting much airtime and that's a recipe for stress and dissatisfaction.

Medicine is serious business, but it's also possible to consider play as a healing practice for exhaustion, overwhelm, and the epidemic of loneliness and burnout.

Exploring the Essence of Play

Engaging in play involves a beautiful unraveling of self consciousness allowing you to effortlessly embrace the present moment. When laughter and smiles become the language of play, this sends a comforting message throughout your nervous system signaling that right now, all is well.

Moreover, playing allows you to feel connected to someone and something larger than your familiar worries and the crush of your “to-do” list.

Play is not just for children

Play is a universal balm for the soul. Engaging in activities purely for enjoyment and recreation has a profound impact on mental, emotional, and even physical well-being. As George Bernard Shaw said, “We don't stop

playing because we grow old; we grow old because we stop playing.” Seen in this light, play can be a protective supplement for healthy aging. For physicians, integrating play in their lives can be transformative and reenergizing.

Restoring Balance Through Play

- **Stress Reduction:** Play triggers the release of endorphins, the body's natural feel-good chemicals, providing a much-needed break from the stressors of medicine.
- **Enhanced Creativity:** Play fosters creativity, allowing us to approach challenges with fresh perspectives and innovative solutions.
- **Improved Mental Health:** Engaging in enjoyable activities outside of work serves as a protective factor against burnout, therefore reducing the risk of emotional exhaustion.

Cultivating a Playful Mindset

- **Gratitude Wake-up Call:** Start your day by reflecting on three things you're grateful for before stepping out of bed. This simple practice sets a positive tone for the day ahead.
- **Smiling:** Let your face soften with a spontaneous smile, setting the stage for the kind of day you aspire to have. The infectious nature of a smile invites others into a shared moment of positivity.
- **Take in Goodness:** Be conscious of the goodness that surrounds you—acts of kindness, laughter, connections, the presence of pets, and the innocence of children. Open your senses to notice

and appreciate these uplifting elements.

- **Schedule Playtime:** Allocate specific times for play in your schedule, whether it's enjoying coffee with a friend, hosting game nights, engaging in a telephone conversation with an old pal or simply stepping outside to immerse yourself in nature.
- **Take Yourself Lightly:** Approach yourself with generosity and kindness in your inner dialogue. This allows room for self-compassion and nurtures a positive mindset.
- **Embrace Variety:** Introduce variety into your daily routine by doing something different each day. Even minor shifts can make a surprising difference, breaking the monotony, but also infusing a sense of novelty into your life.
- **Play doesn't have to be extravagant:** Even small, carefree moments contribute significantly to your overall happiness and well-being.

Conclusion

As physicians navigating the demanding landscape of such profession, it's crucial to recognize that play is not a luxury, but a necessity. By embracing the healing power of play, physicians can rejuvenate their spirits, reduce stress, and fortify their resilience.

In the pursuit of providing care for others, let us not forget the importance of self-care through the simple, joyful act of play. It's time for physicians to reclaim their well-being and rediscover the healing magic that lies within the world of play. ♦



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Quirky One-liners

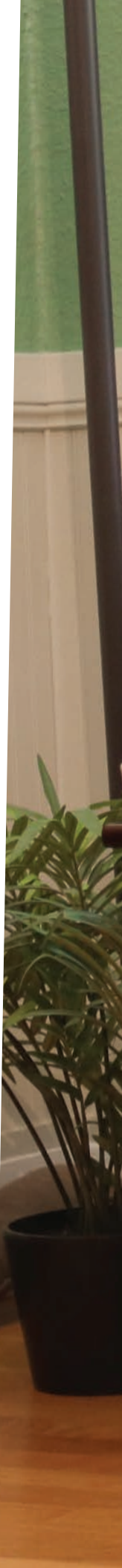
Dr. Q demonstrates how humor serves as an extension to her family practice to nurture deep connections with her patients.

BY VANESSA SALVIA
FOR LANE COUNTY MEDICAL SOCIETY

Dr. Lisa Quillin, a family medicine physician who runs her own practice, Quillin Family Medicine, in downtown Eugene, didn't greet me wearing a clown wig like she considered doing. She instead read me a joke from a calendar perched atop the front desk: "What type of dog can jump higher than a building?... Any of them. Buildings can't jump!" The silliness of the joke brought a smile to our faces, which was her goal.

Quillin says she likes to keep the mood light in her office. She's been at her career for 30 years now, and says she wants to have fun throughout her day, even when she's dealing with death and disease.

"I don't want to burn out," she says. "I love what I do." Growing up near Corpus Christi, Texas, her very large family communicated with jokes and humor, so laughing was something that naturally became an extension of her practice.





Dr. Quillin taking a quick five-minute break in her famous bright blue scrubs.

Her Game Face

Quillin knew she wanted to be a doctor since fourth grade, after reading about the first female physician, Elizabeth Blackwell, who was told she had to pretend to be a man to enter medical school. “I thought, ‘I want to be like that, I want to be her because she did what she wanted to do,’” she recalls.

“My parents were very supportive of me getting an education, but not so much in medicine. I was probably supposed to marry a doctor, not be a doctor, you know,” she says.

Over time, she met other doctors, including her family doctor who she admired, which reinforced her desire to follow suit.

“I know it sounds strange, but I always pictured myself in an old fashioned house with a solo practice, and here I am doing that,” she says.

Quillin is a welcoming and calming presence in her office, always wearing bright blue scrubs rather than a lab coat. That has turned into an ongoing joke... her patients laugh about whether they will ever see her wearing anything other than her bright blue scrubs. She laughs off the occasional instances where she has been mistaken for a nurse rather than a doctor because of her outfit.

“This is a clinic, but it doesn’t look like one and it doesn’t act like one,” she says. “We can just take care of people without being too serious about it.”

Electrical engineering was Quillin’s fallback plan in case she didn’t get into medical school. Then, she realized how much she really wanted to be a doctor, so she just set that goal in her sights and made it happen. Quillin worked in Eugene for ten years after her residency in Houston before starting her solo family practice 20 years ago.

“I get the time that I want to take with my patients, so I get to know them better,” she says. “I don’t have to rush through everything and I think that that lends to being able to have a sense of humor about it all.”

Quillin fosters long-term patient relationships, with some patients consistently seeking her care for decades. Some of the issues they have faced become more serious as they age, and Quillin also offers end of life home care.

“A lot of my patients that I started with when I was 28 are now 30 years older,” she says. “There’s more cancer and heart disease and long-term effects of chronic disease, so I had to become more comfortable with talking about death and dying, and how we can make that life phase as peaceful and smooth as possible.”



Dr. Quillin seconds before getting pied by her partner.

Contagious Laughter

Quillin doesn’t joke directly about death and disease, nor does she crack jokes when she is just getting to know a patient. But once the ice is broken, Quillin says the one-liners and dry wit just bubble up naturally.

For example, a patient needed a hemorrhoid check, so she told him, “Hey, get your butt in here.” Once in the

exam room, she added, “Let’s see if we can get to the bottom of this issue.” He laughed, she laughed, and a potentially awkward and embarrassing moment was turned into one of simple and real human connection.

At other times, seemingly ordinary moments unexpectedly evolve with profound emotional significance.

A hospice patient, an artist with a glioblastoma, was receiving morphine. He grabbed Quillin’s hand and said, “I just want you to know I love you.” Quillin responded, saying, “I love you too, but please don’t let that be your last words before you die! Your wife is standing right here!”

“We all laughed about it, and his wife gave me one of his paintings,” she says. For her, it’s about helping her patients relax. “I think of what would make me feel at ease,” she says. “I basically just treat other people the way I want to be treated.”

Quillin volunteers with a group called EOLCOR, which is End of Life Choices Oregon. A few years ago, EOLCOR asked her to be an outreach speaker. She nervously gave a lecture in front of colleagues at Oregon Medical Group and realized afterward that working the room at a large gathering was not her strong point.

“I am great one-on-one, but I thought, ‘If I’m going to start doing outreaches, I’ve got to get more comfortable with how to speak in front of a group of people.’ So I took a stand-up comedy class at Lane Community College, she says. I thought, ‘If I can do humor in front of complete strangers, then I can do anything.’ And I liked it; it felt so natural.”

Finding a Fit

When Quillin first joined PeaceHealth in 1995, she was assigned a mentor, Dr. Jim Morris (now retired), who

showed her around the hospital and got her acquainted with Lane County Medical Society.

Morris took Quillin to lunch. She was nervous about remembering all the important information he was going to impart to her.

“All he told me about was where the good restaurants were for lunch and where the good skiing spots were,” Quillin recalls. “That really helped me feel at ease.”

At the time, most of the LCMS members were men who golfed, and Quillin didn’t fit into that scene. (In fact, the one time she tried golfing at a charity tournament, she beaned herself in the forehead with the golf ball.)

She joined the women’s group, which has evolved along with her as the participants have aged—when she first started the other women were

empty nesters, but she hadn’t even had children yet, and now she is an empty nester herself.

The hiking club is one place she has kept in touch with other LCMS members. After moving to Eugene, originally with the intention of it being temporary, she fell in love with the place and then started putting down roots.

Hiking also helps keep the rest of her life in balance by supporting nutrition, hydration, and the fitness that she enjoys doing. “My happy place is a trailhead,” she says.

Another happy place is meeting a friend at the YMCA pool twice a week. While everyone else is rigorously doing laps, she and her friend do sprints and pullups in the shallow end, laughing all the way.

“Being in the water just makes you feel like you’re 12 years old again,” she

says. “Everybody’s taking it so seriously, swimming their laps, and we’re just laughing constantly. I think laughter is a really good stress reliever in whatever way you can get that.”

One of Quillin’s best friendships grew out of the women’s group. “The women’s group has really been the community that I needed and didn’t have when I first got here,” she says. “Now we’re all in the old lady phase!” she says with a laugh.

“I remember being new here, being young, and now I am reaching out to the youngsters and my hair is gray.” Not that she is nearing retirement anytime soon.

“I’ve been here 30 years, so a lot of people would probably guess I’m ready to retire, but I’m not going away,” she says. “I’m going to be here for however long I can be.”◆



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From the Operating Room to the Bodybuilding Stage

BY CHARLES STANTON, MD

FOR LANE COUNTY MEDICAL SOCIETY

When most folks consider the sport of bodybuilding, they may think of Arnold Schwarzenegger types strutting around a stage, flexing juiced-up muscles and wearing little but a spray tan. Even comic portrayals like the old SNL, Hans and Franz, “We Will Pump You Up!” skits come to mind.

I enjoyed lifting weights off and on from my 20s to early 40s, but as my surgical career progressed and the kids got older, my time for exercise dwindled.

Long days and weekends on-call didn't help. I became more sedentary and put on extra pounds. Various genetic and weight related health issues began to emerge as I hit my fifties and neared retirement. My spouse, Julie Gemmell, was starting to plan her radiation oncology exit strategy as well.

In 2004, we found land on Territorial Hwy and developed our vineyard project as a part of that eventual retirement. I thought that hiking, biking, and managing the vineyard would help keep me fit, and to a point it did, but extra fluff is tough to avoid as you age, particularly if you grow grapes, make wine, and frequently attend food and wine events.

In early 2016, with the encouragement from friends Roger and Kelly McKimmy, and some gentle nagging by Julie, I started a strength training program with personal trainer Aaron Orton at Genuine Fitness in Eugene.

Aaron, a former Marine, trains several fellow physicians and promotes an annual natural bodybuilding show, the Cecil Phillips Classic. After a couple of years in his program, Aaron encouraged me to compete in the Classic. My initial

response was, “Yeah, right.” The weight loss and time commitment was daunting, but with a combination of focused training and diet, I lost 35 pounds over six months and got on stage for the first time at age 64.

Along the way, my hypertension, sleep apnea, and HbA1c all improved significantly. Last July, at the age of 68, I won my professional bodybuilding card in the Masters (40+ years) competition, besting athletes who were twenty years my junior.

The benefits of strength training as we age are well documented. In 2002, the CDC published research demonstrating slowed age-related muscle loss, preserved bone density, improved weight management, balance, mobility, and functional independence.¹ More recently, a 2022 NIH-National Institute of Aging study updated the research and further defined the value of maintaining muscle mass as we get older.² This is sound advice for providers and patients alike.

Full disclosure, competitive bodybuilding does involve some of the “Pumping Iron” stereotypes. Spray tans, banana bag speedos, muscular poses, and stagecraft are all part of the routine. The preparation is challenging, but the journey of encouragement, conditioning, strength training, diet discipline, and enjoyment makes it worthwhile. I'm proud of my pro card, but what means so much more to me is the significant improvement in my health and sense of well-being.

One doesn't have to go crazy and become a competitive bodybuilder. Folks who wouldn't be caught dead flexing on a stage can lift lightweight dumbbells, swing a kettlebell, use resistance bands, and do bodyweight

push-ups and sit-ups a few times a week.

A big gym with expensive equipment isn't necessary. A four or five-hour weekly time commitment is adequate. There are plenty of online resources, but a knowledgeable personal trainer, especially when getting started, can tailor a program that will minimize injury risk and maximize effectiveness. Starting and sticking to a regular schedule is the key, all the better if you have workout partners you enjoy and are accountable to.

I currently lift four days a week with hour-long workouts geared to regional muscle groups: legs and butt, arms and shoulders, chest and back, torso and core. I'm no longer trying to set records, but push to maintain strength, balance, stamina, and flexibility.

My training helps me in the vineyard, hand pruning 6500 vines in the winter, angling a 500# flail mower behind the tractor in summer, or lifting hundreds of 20-pound buckets of grapes into picking bins in the fall. You don't have to wait until retirement to initiate a strength training program. I started in my sixties and only wish that I had made the time to do it sooner.

As Arnold once said, “What are you waiting for? Do it now!”◆



Dr. Stanton poses on stage after earning his Pro card with trainer Aaron Orton and fellow trainees.

Photo provided by Dr. Charles Stanton

1. “Growing Stronger: Strength Training for Older Adults,” The CDC, https://www.cdc.gov/physicalactivity/downloads/growing_stronger.pdf

2. “How Can Strength Training Build Healthier Bodies as We Age?,” The NIA, <https://www.nia.nih.gov/news/how-can-strength-training-build-healthier-bodies-we-age>

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Bingocize®! Preventing Falls

One Workout at a Time

BY BETH CASPER

MARKETING & COMMUNICATIONS
DIRECTOR, YMCA

When Diana Reiber, a YMCA member, fell last year, she was nervous about her balance after the incident. When she fell a second time, she hit her head and ended up with a concussion. According to the Centers for Disease Control and Prevention, Reiber's experience is quite common. About 36 million falls are reported among older adults each year—resulting in more than 32,000 deaths. Each year, about three million older adults are treated in emergency departments for a fall related injury.¹

The prevalence of falls and the dire consequences of falling for some older adults meant that the Eugene Family YMCA and PeaceHealth wanted to work together to create a solution. The collaboration resulted in Bingocize®, a national evidence-based ten-week program focused on fall prevention.

“It is critical that we help community

members retain their ability to balance as they age,” says Kim Miller, Eugene Family YMCA's Health and Wellness Director. “Falls lead to serious health problems but they can be easily prevented,” she adds.

Reiber is now in her second session of Bingocize®, a perfect combination of exercise, fun learning, and playing bingo for prizes. In between chest presses, bicep curls, heel raises, side stepping and other exercises, YMCA instructor, Mike Moos, offers bingo numbers and asks fall-related questions.

“The questions make you think about how you can prevent falls and what might cause them,” Reiber says.

The quizzes remind participants about situations or household items that could cause a fall and an injury—rugs, darkly lit stairwells or bathrooms, and tripping hazards on the floor. The weekly homework sheet offers exercises to complete throughout each day, ideas for making a home safer, and ways to improve health to prevent falls,

“It is critical that we help community members retain their ability to balance as they age.”

such as scheduling regular eye doctor appointments for updated prescriptions.

Reiber signed up for a second session so that she could continue working on her balance and exercise endurance. She is enthusiastic about the fact that she can feel improvements in her strength and balance after the twice-a-week program.

“Building on balance is a lifelong journey,” Moos says. “If you don't practice, you lose your abilities.”

Moos weaved some of the exercises that he teaches in Chair Fitness into Bingocize® to ensure that Reiber and the rest of her classmates see a significant progression across all ten weeks.

The other critical component of the program is the social connections made among the participants. The ending of the session in March brought lots of conversation about who would be back in class, who was a Y member, and who would be signing up for another group fitness class.

“I just love it,” says Reiber. “It brings fun to exercise and learning. ♦



Bingocize members doing dumbbell raises at the recently opened YMCA facility.

1. “Keep on Your Feet—Preventing Older Adult Falls” Centers for Disease Control and Prevention, Web. <https://www.cdc.gov/injury/features/older-adult-falls/index.html#:~:text=About%2036%20million%20falls%20are,bones%20or%20a%20head%20injury.>

Risssky Business

BY BROOKE KYLE, MD
FOR LANE COUNTY MEDICAL SOCIETY

While traveling from the busy Labor and Delivery Deck to the waiting office, I happened upon quite a scene in the dark wilds of the underground hospital parking garage. Dr. Jessica Lloyd, had a reusable pink grocery sack with the intention of trapping and releasing a small, dark snake.



The snake appeared to be risking neck, body, and tail while crossing from the parking spaces over the roadway toward the elevators. Clearly, the snake

also had a busy day ahead and wanted to get upstairs immediately to complete surgeriessss, see postop patientssss, and get dischargessss done on time.

Dr. Lloyd had already recruited Dr. Mark Carson in her endeavor. When Dr. Kim Edwards and I, both obgyn, got off the elevator, we were quickly volun-told to help with the task at hand.

How were we to get the snake in the sack? Dr. Edwards apparently has lots of skills getting snakes into sacks, as snakes are a family favorite! We guessed at the type of snake, and using our extensive (lack of) knowledge, landed on either cobra or common garter.

Dr. Edwards confidently scooped the snake deftly into the sack. Dr. Lloyd took time out of her busy day to walk the snake sack up the ramp, and deposit it far from the front door in a nice grassy home. The snake expressed its thankssss

and slithered away.

Facing a snake emergency of your own? Feel free to consider the wilderness (medicine) team of Lloyd, Edwards, Kyle, and Carson for all your herpetology needs. For me, it was a charming momentary team collaboration that brightened my day. It made me grateful for my lovely colleagues, happy to help in human and herp needs.◆



From left to right: Physician colleagues scooping up a snake; Dr. Lloyd on her way to releasing the snake back into the wild.

Photos provided by Dr. Brooke Kyle

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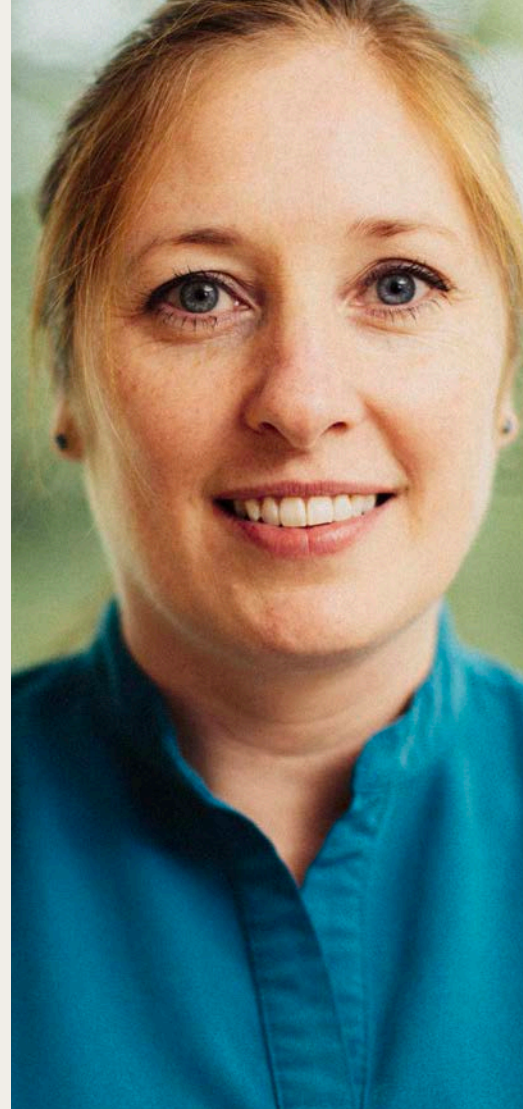
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Announcements

LCMS Events

Visit the **LCMS website** to sign up for these events or email us at info@lcmedsociety.com for any inquiries.

Welcome the newest **LCMS members at the New Member Social on May 15th from 5:30-7:30pm at the Top Golf Suite inside the Graduate Hotel.** Meet new members and have fun playing virtual games while enjoying food and drinks.

Sign up for the **67th Annual LCMS Golf Tournament at the Emerald Valley Golf Course on June 15th.** Register your foursome now or

play as an individual and make new friends.

Save the date for the PWP Fundraising Gala on September 21st! Please reach out if you're interested in joining the Gala planning committee or connecting LCMS with potential donors. The previous gala raised over \$50,000 for the Physician Wellness Program, and this year, we're aiming to top that. See you there!

Notes

Do you have an activity, event, or accomplishment you'd like to share? We're seeking content to feature

on the announcements page. Share your updates to ensure they receive the attention they deserve!

New LCMS App Coming Soon! We've teamed up with Sidekick to launch an app for LCMS physicians to stay connected to their colleagues with similar interests.

2024 LCMS directories are HERE! Active members receive a complimentary copy. Purchase extra copies by visiting the LCMS website.

If you are accepting new patients, please email us, and we'll add you to our upcoming website's referral list.

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