

LANE COUNTY MEDICAL SOCIETY | DECEMBER 2019

# MEDICAL MATTERS

## Keeping with Tradition

Dalton shares a family recipe, her ties to Oregon, and why she fell in love with pediatric care.

### Society Event

Join us December 7th at the Jordan Schnitzer Museum!



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Kristin Short (top) Oregon Pacific Bank  
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LCMS members gathered at the Oregon Electric Station for our last Society Social of 2019.



**PG 25 ▲** Society Socials are held as a way for LCMS members to get to know one another in a more casual setting. All members are welcome!

*Recipes in this magazine provided by our members and LCMS staff.*



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# CCO Update and an End-of-Year Appeal

Having lived through the last two years of my wife's residency with her, I know how tough becoming a physician can be. Too often, everything else in life becomes subordinate to the need to learn and finish training. Afterward, finding a work-life balance can be tough. We wanted to focus this issue on your traditions, hobbies, and outside interests to encourage you to reconnect with the things that bring you joy this holiday season.

Many of you have asked me what will happen now that the Oregon Health Plan has two Coordinated Care Organizations in Lane County – Trillium and PacificSource. The short answer is that the patient will default to whichever of Trillium or PacificSource their primary care clinician chooses to contract with, but that they will also get to choose their CCO if they prefer not to go with that default. By now, patients should have received a letter indicating that their current primary care clinician has contracted with one or both of the CCOs and that the patient may choose to remain

with that clinician/CCO combination or switch CCOs. For clinicians taking both Trillium and PacificSource, the patient is randomly assigned to one of them, but may choose to override that decision by responding to the letter. By the time this magazine is printed, the initial period for changing CCOs will have passed. However, there will be an open season between January and March of 2020 for those who decide that they would like to change then.

If you have concerned patients, I would emphasize a few things: First, they aren't being forced to change physicians. Of course, if you no longer take OHP, that's a different story, but I have not heard of a rash of providers leaving the program entirely. Second, while PeaceHealth is no longer taking Trillium in primary care, it will continue to accept Trillium for inpatient services. Also, CCOs are responsible for having adequate networks. If a patient needs a covered service, the CCO must provide it somewhere. In theory, this could result in some

re-sorting for specialty care, but primary care should remain as is from the patient's perspective. Finally, there is a transition period that varies for different services. That should prevent people from abrupt endings in their medical care. I've let OHA know that we would have preferred this to be handled earlier and more gently.

In closing, I'm happy to report that we are finally seeing the engagement level with the PWP that we predicted when we started it in 2012, up 300% from when I started in 2016. On the flip side, now we need to figure out how to fund it sustainably. We'll be engaging in a major fundraising campaign in 2020. In the interim, we're going to send out an end of year appeal to help us maintain the services we're now able to offer. We hope you'll be able to contribute to help your fellow physicians.

*Martyn Wilde*



## PESTO

### Ingredients:

- 1 c Basil Leaves
- 1 Clove of Garlic
- 1/4 c Olive Oil
- 1 T Pinenuts
- 1/2 tsp Salt
- 2 1/2 T Grated Parmesan
- 3/4 T Melted Butter

### Instructions:

1. Blend at high puree.
2. Pour into an ice cube tray and freeze.
3. Repack in a plastic bag.
4. For each thawed ice cube, add parmesan and butter.

My mother used this recipe for pesto for years. Having the frozen pesto handy makes it easy to make a pasta meal on short notice. My sister and I would often use it to make dinner after school before my parents came home. It made us feel like we were helping out the family.

**Marty Wilde, Executive Director for LCMS**

*Happy holidays from the LCMS staff!*





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# Chart Notes

“I think this is a great way to bring back some of those memories from when I was younger.”

– DR. EMILY DALTON  
ON MAKING HER ‘GRAMMY’S’  
APPLE CRISP EACH YEAR FOR  
THE HOLIDAYS

## PH GIVEN AN ‘A’ BY THE LEAPFROG GROUP

PeaceHealth Sacred Heart Medical Center at RiverBend was awarded an ‘A’ for the fall 2019 Leapfrog Hospital Safety Grade given by the Leapfrog Group, an independent national watchdog organization. The grade is given based on a hospital’s performance when it comes to patient safety—prevention of medical errors, injuries, accidents, and other harm to patients.

## Family Event at the JSMA December 7th!

Join LCMS for *Family Day: Celebrations Around the World* at the Jordan Schnitzer Museum of Art on Saturday, December 7th from 11am-3pm with **LCMS only early access from 11am-12pm**. Snacks and access to all art activities will be available during early access. Activities will continue when Family Day is open to the public at noon, so show up early to beat the crowds! Performances will also be held from 12-3pm. All members and their families are welcome!

**RSVP on our website [www.lcmedsociety.com](http://www.lcmedsociety.com).**

Art activities include Illustrations in Ink Splats with Marianne Walker,

**LCMS  
members  
receive early  
access starting  
at 11am!**

Recycled Art with MECCA, Impressionist Art Holiday Cards, and Celebrating Pattern with Paper Art.

Performances will include Storytelling with Mark Riddle of the Springfield Public Library, Dragon Puppet Theatre, and Upstart Crow Children’s Theatre.

*Photo provided by the JSMA*

Thank you to our December event sponsor, Kernutt Stokes.

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## UPCOMING EVENTS

The Women’s Circle will host their holiday social on Wednesday, December 4th beginning at 6pm. For more information and to RSVP, please contact Shannon O’Leary at [catalystbcandc@gmail.com](mailto:catalystbcandc@gmail.com) or 541-255-2669 or register at [lcmedsociety.com](http://lcmedsociety.com).

**Please Note:** LCMS Society Socials will continue after the holiday season starting in February 2020 with location TBD. Suggestions are welcome for venues and short presentations for the 2020 socials. Please email us at [info@lcmedsociety.com](mailto:info@lcmedsociety.com).

Thank you to the members who have shared their events with us! If your organization has an upcoming event that you would like us to cover or to share in our events calendar, please contact us at [info@lcmedsociety.com](mailto:info@lcmedsociety.com).

# Cooking with Others

I have always cooked, as long as I can remember. I love bringing people together with food, for good conversation and sustenance. In the south we talk about soul food, what makes the root of you feel comforted. I love to show people my soul food, and to cook for others!

It has been an interesting path for my family while I was learning to cook! I was always in charge of the salad growing up, and once made a dressing where the main component was Tabasco sauce. I got the nickname “south of the border Brooke” and salad privileges were withdrawn for quite some time.

Cooking while traveling allows one to really experience a destination and its culture. No matter our language or beliefs, people are drawn together with food. I just love talking to people about their traditions and how food brings them together. When you take a cooking class in another country, you’re already with your people - people who are foodies like you! That shared experience, and getting excited about feeding others unites you, and allows someone to feel comfortable sharing their culture with you. One of my favorite classes was using chapulines, or grasshoppers, in Oaxacan cooking. Also, trying to use the kerosene-smelling Durian fruit in Malaysian cooking, I

learned that maybe my palate wasn’t as accepting as I thought it was.

I enjoy being brave in the kitchen. I have this bucket list of techniques I want to try, but not all are a success. I have a picture of me laughing holding the world’s UGLIEST layered jello salad for proof that not everything works the way you want it to work. The joy, however, is having a really good belly laugh with friends. Of course, that was for a baby shower for the wife of one of my partners, and I wanted to not mess it up. Oh well! Another bucket list item was the Baked Alaska for a WellMama benefit dinner. The moral of that story was to try things before the main event: we tested out a dry run Baked Alaska and lit the counter tops on fire trying to flambe the rum (the rum was placed in a cleansed eggshell on top of the meringue and then lit!). It turns out that you CAN’T cut the corner of warming the rum. Important step! The second Alaska worked out, whew!

Teaching kids in the kitchen is really important. It’s a good step for me when it comes to parenting, to trust your kids with the chef’s knife to not chop off a finger. That allows them to not be afraid of the big knife in cooking- it’s your friend! Cooking with the kids also helps me improve my patience. It’s a good time

for them to spend with Mommy (although I’m quickly becoming “mom” and I don’t know how I feel about that), and it’s a good time to ask them about their day while doing something to distract them. The skills hopefully will aid their partners in the future as well. I would love for them to be able to bring people together with food as well. We try to have a family dinner every night, which is really tricky now with 3 kids in sports and theatre. We go around the table, sharing our “Rose, Bud, and Thorns” of the day (the Rose is what you liked about your day, the Thorn is what you didn’t like, and the Bud is what you’re looking forward to tomorrow). Chris even reads from the Daily Stoic so we can get another meaningful conversation in. We don’t get to that part as often as we’d like, but my challenge is not to judge ourselves when we don’t get to it, just try again tomorrow.

Hopefully these recipes will help you bring people together in our lovely wonderful community. I love to get together to talk food and heritage, so please share your foodie path with me, fellow LCMS members! ♦

**Brooke Kyle, MD**  
*aka the reformed South of the Border Brooke*

*Photos provided by Dr. Kyle*



## CHRIS'S PUMPKIN CHEESECAKE

### Ingredients:

#### Crust

- 2 c Graham Cracker Crumbs
- 1/2 c Sugar
- 1/2 Stick Melted Butter
- 2 tsp Cinnamon

#### Cheesecake

- 4 Packages Cream Cheese, Softened
- 3 T Flour
- 1 T Vanilla
- 1 c Sugar
- 3 Eggs
- 1 c Sour Cream

### Pumpkin

- 3 oz Vanilla Pudding Mix
- 1 Large (28 oz) Can of Pumpkin
- 1 1/2 c Milk
- 1/2 tsp each-Ground Cloves, Cinnamon, Nutmeg, and Ginger

### Instructions:

1. Preheat the oven at 350 degrees.
2. For the crust, combine ingredients and press into a 10” springform pan.
3. For the cheesecake, combine first four ingredients. Then, beat in eggs one at a time. Blend in sour cream last. Pour in crust and bake for one hour.
4. For the pumpkin, mix all ingredients. Beat until thick. Pour over cooled cheesecake and serve with freshly whipped heavy cream.

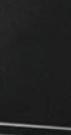
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# Tradition with a Twist - Pecan Pie

## PECAN PIE

### Ingredients:

#### Crust

- 1 1/4 c Flour
- 1 tsp Sugar
- Pinch of Salt
- 1/2 c Chilled Butter cut into pieces
- 1/4 c Cold Water

#### Filling

- 2 c Coarsely Chopped Pecans
- 3 Eggs Beaten
- 3/4 c Sugar
- 3/4 c Light Corn Syrup
- 1 tsp Chinese Five Spice Powder
- 1 tsp Vanilla
- Pinch of Salt

### Instructions:

1. Preheat oven to 375 degrees
2. Spread chopped pecans on a baking sheet and toast in the oven for 4-5 minutes.
3. Roll out the crust into a 9" pie pan, and either flute the edges or roll the edges under and use a piece of star anise to press patterns into the edge of the pie crust. Pierce pie crust with a fork and bake shell for 15 minutes to set.
4. In medium bowl, whisk eggs, sugar, corn syrup, spice, vanilla, and salt. Fold in toasted pecans.
5. Pour filling into warm crust and bake 30-35 minutes until filling is set and edges are puffed. You may want to cover the crust with foil during the last 10 minutes of baking to avoid over browning.
6. Cool completely before serving.

During residency, my wife, Darla, and I started a tradition of a Thanksgiving meal that evolved into what we now call "Friendsgiving". Originally, we would prepare two meals, one for day shift and one for night shift, for all the residents that were away from family for the Thanksgiving Holiday. We continue this tradition now with friends from out of town maintaining connections with each other. One popular dish has always been Darla's Pecan Pie. ♦

*Bryan McVay, MD*



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# Raw Strawberry Cheesecake - GF

Since 2015, my family has been making nut-based cheesecake for birthdays. This began when I made my son a cake with butter frosting and he would not eat it. He preferred his father's cake, which was vegan and made with nuts and berries. Since cardiovascular disease is common

and begins in childhood, and we cannot get our kids to eat butter, our tradition has been to give our children healthy desserts for their birthdays. Here's to this year, and many more! ♦

*Moxie Loeffler, DO*



*This is Halliday's fourth birthday. Photo provided by Dr. Loeffler*

## RAW STRAWBERRY CHEESECAKE - GLUTEN-FREE

### Ingredients:

#### Crust

- 1 c Macadamias
- 1 c Cashews
- 1 c Pitted Dates

#### Filling ("Cheese")

- 2 c Cashews (soaked for at least an hour)
- Juice of 2 Lemons
- 2 tsp Vanilla
- 1/2 c Date Honey or Maple Syrup

#### Topping

- 1 c Cashews (soaked for at least an hour)
- 1 1/2 c Whole Strawberries

- Juice of 1/2 Lemon
- 2-4 T Date Honey or Maple Syrup

### Decoration

Sliced Strawberries

### Instructions:

1. Add the macadamias, cashews, and pitted dates to the food processor and process on the S blade until a sticky dough has formed.
2. Scoop out into a greased 8" springform pan and pat down until smooth.
3. Place into the freezer to set while you make the filling.
4. Place the 2 c of pre-soaked cashews along with the lemon juice, vanilla, and date honey or maple syrup and blend until smooth.
5. Pour this over the crust, smooth out with

- a spatula and return to the freezer.
6. Allow this to set fairly firmly before you prepare the topping.
7. When you're ready to make the topping, add the soaked cashews, fresh strawberries, lemon juice, and 2 T date honey or maple syrup to the blender and blend until smooth. Taste test to see if it's reached the desired sweetness.
8. Pour this over the "cheese" layer and return to the freezer to set solidly.
9. When completely set, slice up fresh strawberries and serve.

*Recipe from Loving It Vegan: <https://lovingitvegan.com/raw-strawberry-cheesecake/>*

# Butter Rich Spritz Cookies

Every year at Christmas, my parents make the famous spritz cookies. This is my paternal grandmother's recipe. As the adult children have spread across the country, my dad makes an effort to mail these to everyone at the holidays. Many of us have tried to replicate his cookies, following this recipe to the letter. None of us have the touch. Dad's are always the best. ♦

*Kim Ruscher, MD*



## SPRITZ COOKIES

### Ingredients:

- 2 1/2 c Flour, sifted
- 1/2 tsp Salt
- 1 c Butter
- 1/2 c Sugar
- 1 Egg
- 1 tsp Vanilla
- 1 tsp Almond Extract

### Instructions:

1. Preheat oven to 400 degrees.
2. In a medium bowl, mix together flour and salt. Set aside.
3. Blend the butter and sugar until creamy. Mix in egg, vanilla, and almond extract.
4. Gradually add the dry ingredients, mix thoroughly.
5. Use a cookie press to press cookies onto an ungreased cookie sheet.
6. Bake for 6-8 minutes. Don't let bottoms get brown - they will be too dry!

*Photo of Paul and Kim Ruscher, 2016-provided by Dr. Ruscher.*



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MEMBER PROFILE

# Keeping with Tradition

Emily Dalton celebrates her family history.

BY ALAN SYLVESTRE  
FOR LANE COUNTY MEDICAL SOCIETY

**H**olidays are often associated with tradition. The tradition of picking out a tree, the tradition of bringing family together for a meal. For Dr. Emily Dalton, a board certified pediatrician with Eugene Pediatric Associates, the holidays give her a chance to carry on a very important family tradition: baking her grandmother's apple crisp. "Grammy," as she was known to the family, loved to cook, and according to Dalton, "it was hard to focus when you knew what was coming up for dessert."

45 years after her grandmother's passing, the tradition still stands in her family. When asked why this recipe, the answer was simple. "My grandmother used to make it when we would visit during the holidays," Dalton says. "It was so good I asked her for the recipe and have been making it every year since I was a young adult."



Dr. Dalton holds a photo showing four generations in her family, with her as the baby in this photo.



## MEMBER PROFILE

Now, filling her house with the aroma of roasted apples and pungent cinnamon, Dalton hopes that her children will keep the spirit of “Grammy” alive by making apple crisp.

“I think this is a great way to bring back some of those memories from when I was younger,” Dalton says.

### The Path to Oregon

Dalton’s family heritage dates back to Oregon long before she moved here three years ago to work for Eugene Pediatric Associates.

“Originally, my mother’s side of the family came across the United States in a covered wagon on the Oregon Trail,” Dalton says. And their family has preserved part of that history in a way that Dalton’s family gets to see every time she visits her mother’s Depoe Bay home.

“After they got here, they took the wagon bed and made it into a bed frame,” Dalton says. “That still resides in my mom’s home.”

Though her family’s roots were grounded in Oregon before she was born, her path to Lane County was slightly different.

Born in the Pittsburgh area, Dalton spent most of her teenage years in the midwest living on the Pine Ridge

Reservation in South Dakota.

Her mother’s second husband was Lakota Sioux. She says her years on the reservation made her appreciate the things in life that can easily be taken for granted in larger, metropolitan areas.

“We lived in a very basic fashion in a log cabin without any electricity or running water,” Dalton says.

Most teenagers might be responsible for taking care of a dog or a cat, which Dalton’s family did own, but they had one breed of pet that’s not traditional in a family household. She was responsible for helping take care of the family’s herd of buffalo, and notes that taking care of buffalo is no easy task.

“Sometimes they would get out,” Dalton says. “Buffalo don’t like to be fenced in.”

Offering great life experiences, they later moved off the reservation and Dalton was able to pursue her first career.

### Using Compassion As Medicine

Becoming a pediatrician wasn’t at the forefront of career paths for Dalton during college.

First studying biology and music in college, Dalton worked as a chemist synthesizing photochromic chemicals, a chemical process that’s commonly used in tinting sunglasses to block out ultraviolet light.

Deciding that wasn’t exactly the path for her, she enrolled in medical school and did her pediatric training at Massachusetts General hospital in Boston.

Choosing pediatrics as her speciality ended up being an easier decision than she thought as she explored different fields of medicine.

“I just love children and

**Left:** Dr. Dalton looks through one of her family bibles that includes information about births and marriages in the family amongst other things.

babies,” Dalton says. “I felt like the other pediatricians I met were really bonded together by their love of children. It felt like the most caring specialty of all.”

Now, a seasoned pediatrician of almost 30 years, Dalton believes she has a well-rounded ability as a pediatrician to treat any ailment or illness that comes through her doors.

“There isn’t really much out there I haven’t seen in terms of the illnesses kids can suffer with,” Dalton says. “I think I have a good balance of knowing when to proceed from an evaluation and when it’s safe to take a more conservative approach.”

As a mother of four, Dalton uses her experiences being a parent to translate into her patient care. She provides her patients the same quality of care she would want if the patient was her child.

### Giving Back

For Dalton, she says one of the traits she thinks is most important in a doctor is to give back and help others who might not have access to regular medical care.

One of her favorite experiences was having the opportunity to travel to Honduras with the Christian Medical and Dental Association.

“During two separate years, I went to Honduras and we set up a mini-clinic,” Dalton says. “We saw patients, dispersed medications, and took care of people in the Christian spirit of love and giving.”

According to the Center for Disease Control and Prevention (CDC), there are many barriers in Honduras when it comes to healthcare. One is the high poverty levels. They report that roughly 66 percent of the population lives in poverty, with one in five people living in extreme poverty.

Another important variable is the access to physicians. There are around 0.37 physicians per 1,000 people; making it very difficult for people to receive routine treatment.

“We saw a lot of kids who we don’t think had ever seen a physician before,” she says.

Dalton says her experience there



taught her the importance of not overlooking the necessities that may be unavailable to everyone.

“It’s really eye opening, and it’s really sad because people there can’t get care,” Dalton says. “We had a little girl with a heart murmur, and she never had an echo cardiogram and there was no chance she would be able to have surgery.”

#### Why Eugene?

After moving around the country practicing medicine, Dalton says she has found a home in Eugene because of the

area’s diverse culture and the expansive opportunities within the arts community.

“Eugene has been a wonderful town in that it offers so much, and everything is easy to access,” Dalton says.

An animal lover, when she’s not at the symphony enjoying a performance, Dalton says she can be found doing one of her other favorite pastimes: dog agility.

She enjoys spending time with her dog Jack, aka “Lighting Bolt Jack,” so named Dalton jokes because of his speed.

And this year, you can bet her kitchen will be wafting with the smells of apple

crisp as her family sits down for a Christmas meal. A routine that has become a family staple at the dinner table. ♦

## APPLE CRISP

#### Ingredients:

10 Apples  
 3/4 c Oatmeal  
 3/4 c Brown Sugar  
 1/2 c Flour  
 1/2 c Butter (not melted)  
 1 tsp Cinnamon

#### Instructions:

1. Slice apples thinly
2. Arrange in greased 8” pan
3. Combine oatmeal, sugar, flour, and spice
4. Cut in butter
5. Sprinkle mixture over apples
6. Bake at 350 degrees for 30-40 minutes

“It was so good I asked her for the recipe and have been making it every year since I was a young adult.”

- EMILY DALTON, MD

ON HER GRANDMOTHER’S APPLE CRISP RECIPE

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# Struffoli - Italian Cookies

I grew up in a 100% Italian family. My father was Sicilian and my mother's family was from Calabria. Much of Italian culture centers around the family, cooking, and long family dinners. Life also centers around traditions that were used in Italy by our families, as a way to remember where we came from. Family-centered activities are very important and Struffoli falls right into that.

I always remembered a plate of struffoli on my mother's table at Christmas or at my aunt's house on New Year's Eve. The family sits together to make it, with plenty of jobs for the kids too - rolling dough into logs and balls or spreading the sprinkles. Some believe this dessert has origins in

Greece and you can find similar versions of this dessert in other regions.

We consider this dessert a neapolitan sweet treat made of fried dough the size

of tiny marbles. They are crunchy on the outside and light and fluffy on the inside. You can't resist them and they get better as the days go on.

We remember the day we all sat around together making them and spending time with each other. Isn't that the most important part in life?!

My family always makes them together right after breakfast on Christmas morning. ♦

*Lori Beyerlein*



*Photos provided by Beyerlein family*



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## STRUFFOLI

### Ingredients:

5 Eggs  
 3 c Flour  
 1 T Sugar  
 1 tsp Salt  
 1/4 lb Butter (or 8 T of Crisco)  
 Honey (optional)

### Instructions:

1. Beat eggs with sugar.
2. Mix in flour, butter (or Crisco), and salt.
3. Gradually add flour mix to egg mixture.
4. Roll dough into pieces. (One approach is to divide dough into long thin logs, cut up small balls, and roll them in your hand. What's important here is

that the balls are small as they will get much bigger when you cook them.)

5. Heat vegetable oil on medium heat. Oil level should be 1 1/2 inches high in the biggest frying pan you have. Drop balls in the oil and turn occasionally. When they float up to the surface and turn slightly brown, remove and drain them on paper towels.
6. Once balls are dry, coat generously with honey. The way to arrange this dish is to put the balls in a mound and drip on the honey. Sprinkles can be added.

To store, cover with plastic wrap. They will last 4-5 days. They can also be stored in a sealed container and coated with honey and sprinkles when ready.

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# Cousins' Christmas Shopping Extravaganza

My husband and I have 10 nieces and nephews. To them, we're "Cool Aunt Jenny" and "Mediocre Uncle Justin." We don't get to see them as often as we'd like, given that we live in different states, but when we do get together, we love to get silly and have fun.

A few years ago, we decided to change up our Christmas gifts to the kids. Rather



than buying gifts for them, we have them buy gifts for each other. On a day several weeks before Christmas, we all get together, split them into two teams, and have each team pick out presents for each kid on the other team. They come up with the gift ideas, shop for and wrap the presents, and we provide the funds. They have a blast running from store to store, hiding their loot from the other team, and thinking about what their cousins would like instead of just picking out something for themselves. (OK, the first year the 3-year-old was very interested in what she wanted for herself, but we gave her a pass that time.)

Every year, our time together seems to evolve, and now it's a two-day circus, complete with team names, bracelets, and

far too much caffeine. We've already had this year's Cousins' Christmas Shopping Extravaganza, and the kiddos enjoyed a night out at an indoor trampoline park followed by a sleepover at Nana and Papa's house. We woke up to our annual "overly large pancake" breakfast and a trip to the movies after shopping. They haven't even opened their gifts from this year yet (yes, we make them wait until Christmas!), but the kids are already strategizing for 2020, deciding who's team they'll be on and what they want to do when we get together again for another round of our family's newest holiday tradition. ♦

**Jennifer Freeman, MD**

*Photo provided by Dr. Freeman*

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This recipe came from my great grandmother, “G.G.” I was always so excited to wear the “special” apron and help. Even though she passed away, I still use the same bowls, and I think about her every time I use them.

**Shondra Holliday, Deputy Executive Director for LCMS**

## PARTY COOKIES

### Ingredients:

1 c Shortening  
1 c Brown Sugar  
1/2 c Granulated Sugar  
2 tsp Vanilla  
2 Eggs  
2 1/4 c Sifted Flour  
1 tsp Salt  
1 tsp Baking Soda  
1 1/2 c M&M's

### Instructions:

1. Preheat the oven to 375 degrees.
2. In one bowl, blend shortening and sugars.
3. Beat in vanilla and eggs.
4. In another bowl, sift together remaining dry ingredients and gradually add to the sugar/egg mixture.
5. Stir in 1/2 c candies, reserving the remainder for decoration.
6. Drop by teaspoonfuls.
7. Decorate the top.
8. Bake for about 10 minutes.

It's a Snyder family tradition that has been passed down from my husband's side. We usually make this Christmas morning for a breakfast treat.

**Pam Snyder, Accounts Manager for LCMS**

## CINNAMON SCONES

### Ingredients:

**Scone**  
2 c Flour  
1/3 c Sugar  
1 T Baking Powder  
1 tsp Cinnamon  
6 T Cold Butter, cut up  
1/2 c Cream/Half & Half  
1 Egg  
1 Bag Hershey Cinnamon Chips

### Icing

1 c Powdered Sugar  
1 tsp Cinnamon  
A bit of milk

### Instructions:

1. Preheat the oven to 425 degrees.
2. In one bowl, blend cream, egg, and sugar.
3. In a second bowl, stir together dry ingredients, pressing the dough against the sides of the bowl until mixed through.
4. Form dough into 8 inch circle on floured surface and cut into 8-12 wedges.
5. Bake on a sheet for 12-15 minutes or until golden brown on the bottom.
6. Drizzle with icing.

My aunt would make this for the holidays every year and I would beg her to make an extra batch just for me. Now, my husband is the one who begs me to make him an extra batch each year. Be careful! It's addictingly delicious!

**Kianna Cabuco, Director of Communications for LCMS**

## SUGARED CRANBERRY TRAIL MIX

### Ingredients:

1 c Whole Almonds  
2 c Mini Pretzels  
1 c Dried Cranberries  
1 Egg White  
1/2 c Sugar  
1/2 tsp Cinnamon  
1/2 tsp Salt

### Instructions:

1. Preheat the oven to 350 degrees.

2. Spread the almonds evenly on an ungreased baking sheet. Bake for 7-8 minutes. Cool completely.
3. Reduce oven temperature to 225 degrees.
4. In a large bowl, combine the cooled almonds, pretzels, and cranberries.
5. In a small bowl, beat the egg white until foamy. Pour over pretzel mixture and toss.
6. In another small bowl, combine the sugar, cinnamon, and salt. Sprinkle over pretzel mixture and toss.
7. Spread evenly on a greased baking sheet. Bake 1 hour, stirring every 15 minutes.

# Spicy Bowl Fundraiser

**BY KIANNA CABUCO**  
DIRECTOR OF COMMUNICATIONS  
LANE COUNTY MEDICAL SOCIETY

Welcome to Spicy Bowl VI, where the peppers are hot and the competition is hotter! Spicy Bowl raised over \$20,000 for FOOD for Lane County.

In 2014, Dr. Kevin Modeste shared with friends that he had not found anything to eat in Lane County that was actually hot. Dr. Garret Zallen took on the challenge; he had recently been ‘burned’ by eating one of his wife’s Fatalii peppers, and thought he could make food that would actually make Modeste sweat. According to Dr. Kim Ruscher, who is also Modeste’s wife, “A battle ensued – could Garret make food too spicy for Kevin?”

Ruscher and Modeste hosted a small potluck for friends who enjoyed spicy food, on Super Bowl weekend in 2015. The food at the first event was so good, that Modeste suggested it could be a fundraising opportunity for a local charity.

“The core concept is a potluck,” Ruscher says. “We want amateurs to share their spicy creations, and we don’t give a lot of direction. Some of the dishes are hot for the sake of being hot, but the majority are spicy without being overwhelming.”

Their first event started with about 20 people and has grown exponentially over the years. They’ve added a silent auction, Spicy Bowl gear (shirts, hats, etc.), a wine wall, a hot sauce wall, and the pepper challenge. Several LCMS members serve

on the planning committee, including Drs. Garret and Angela Zallen, Chris and Brooke Kyle, Dan Hagengruber, Leita Dzubay, Alysha Bennett, Judith Sabah, and Allison O’Brien.

The pepper challenge was added a few years ago and allows guests to challenge each other to eat a mystery pepper. They range from sweet peppers to a ghost pepper chip. When the time comes, those who are challenged line up and are handed brown paper bags at random. Participants can be seen squeezing the bags to try to guess their peppers. Once everyone has a bag, the countdown begins. 3...2...1... crunch! Cue the “Oh man, it’s hot” faces!

“Kevin has been challenged every time, though he has eaten every hot pepper available and has quite a tolerance,” Ruscher says. “I suffered through a habanero at Spicy Bowl V (Ruscher notes that she can barely handle medium heat, although she’s grown a bit of a tolerance in 10 years of marriage to Modeste), and I’m grateful no one made me do it this year. I was terrified of the ghost pepper that was in this challenge.”

Don’t worry! Milk, bread, and antacids were distributed right after!

“Many of our patients rely on FFLC support,” Ruscher says. “Everyone reading this magazine knows how important good nutrition is for health. We are lucky to have FFLC in the community and grateful that they partner with us on Spicy Bowl.” ♦



# Society Social

Thank you to all who joined us!



**LCMS hopes you've enjoyed all the 2019 events!** This year's transition to monthly Society Socials provided members a more casual setting to meet outside of work and opportunities to connect with physicians from other groups or practices. Next year we look forward to striking a balance between the socials and larger events. **In the meantime, Society Socials will pause for the holiday season and resume in February 2020. Plus, LCMS is partnering with the Jordan Schnitzer Museum of Art on the University of Oregon campus to host a family day at the museum on Saturday, December 7th from 11am-3pm. LCMS members will receive early access to the event from 11am-12pm. Be sure to RSVP on our website, [www.lcmedsociety.com](http://www.lcmedsociety.com) and get there early!**



# Announcements

## Updates

**Logan McGhan, MD** will be terming from Oregon Medical Group, effective December 3.

## Obituary

**Dr. Jerome S. Maliner**  
**September 19, 1928 -**  
**June 22, 2019**

Dr. Maliner, a local dermatologist, died peacefully on June 22, 2019 surrounded by family. He was 90 years old. Maliner moved to Eugene in 1960 and practiced medicine until he retired at age 70. In retirement, he continued his service by volunteering at the White Bird and Volunteers in Medicine Clinics. Maliner also planted hundreds of trees on his tree farms after moving to Oregon from Brooklyn, New York. Here, enjoyed activities such as biking, swimming, kayaking, and singing with the Eugene Gleemen. He is buried at Rest-Haven Memorial Park.

## Events

**The Women's Circle holiday social will be on Wednesday, December 4th beginning at 6pm.**

For more information and to RSVP, please contact Shannon O'Leary at [catalystbcandc@gmail.com](mailto:catalystbcandc@gmail.com) or 541-255-2669 or register at [lcmedsociety.com](http://lcmedsociety.com).

**The Oregon Coast Aquarium is kicking off their Sea of Lights**

**celebration December 6 and 7 from 6-9pm.** Tickets are \$2 with a donation of two non-perishable human or pet food items or \$10 without the donation. Sea of Lights can be visited every Friday and Saturday in December from 5-8pm. For more information, visit [www.aquarium.org/sea-of-lights](http://www.aquarium.org/sea-of-lights).

**Lane Arts Council will host their First Friday ArtWalk on Friday, December 6 from 5:30-8pm in Downtown Eugene.** The event will be cohosted by Andrew Bisantz, Artistic Director and Conductor of Eugene Opera. The event is free and more information can be found on their website [lanearts.org](http://lanearts.org).

**Eugene Science Center is hosting a Parents' Night Out: Frozen Science event on December 14 from 5:30-9:30pm.** Parents can drop off their children at the Science Center, where they'll explore the museum, have dinner and more. Tickets start at \$35 per child. Visit their website at [eugencesciencecenter.org](http://eugencesciencecenter.org) for more information or to register.

**The Third Annual Witchcraft and Wizardry Yule Ball will be on Saturday, December 14 at Old Nick's Pub beginning at 12pm.** All ages welcome before 8pm. A percentage of ticket sales will go to Trans Lifeline and the Cascade Raptor Center. For more

information, visit [www.brownpapertickets.com/event/4288113](http://www.brownpapertickets.com/event/4288113).

**Eugene Ballet presents The Nutcracker at the Hult Center Friday, December 20 at 7:30pm; Saturday, December 21 at 2pm and 7:30pm; and Sunday, December 22 at 2pm.**

For more information or to buy tickets, visit [www.hultcenter.org](http://www.hultcenter.org).

**Sweet Cheeks Winery is hosting a New Year's Eve Party on December 31 beginning at 8pm.** The event is open to those 21 and older and is themed 'Black Tie & Bubbly.' Tickets are \$65 a person.

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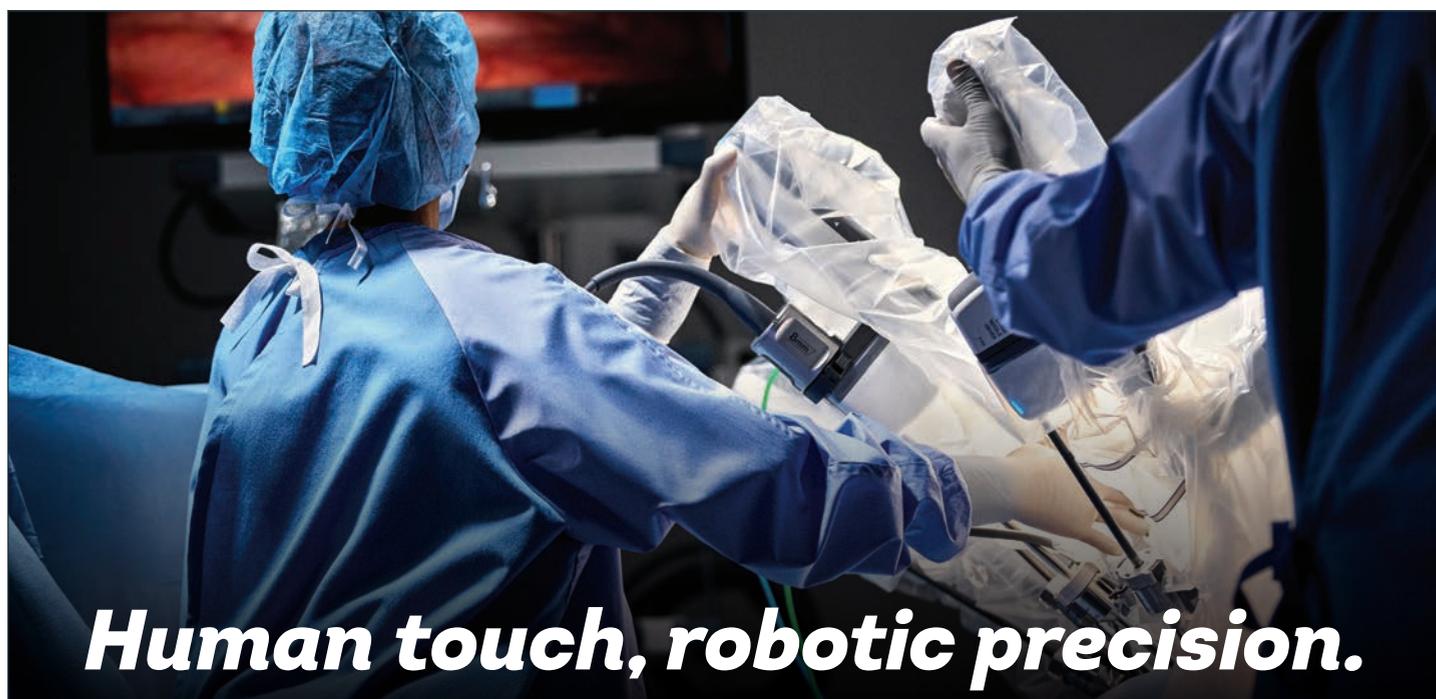
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In January 2019, the robotic surgery team completed their 5,000th procedure with Xena and Xavier! The team is grateful to serve your patients with this advanced technology because improving patients’ lives is our mission.



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