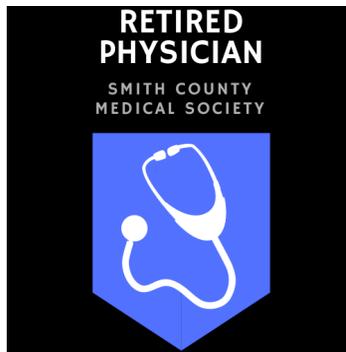


November 2020 – In This Issue:



CME OFFERINGS

COMMUNITY UPDATES

HEALTH & WELLNESS

ANNOUNCEMENTS

Welcome to the **Retired Physicians of Smith County's** e-News from the staff of the **Smith County Medical Society**. While you will continue to receive the monthly e-newsletter sent to all SCMS members, we hope that this publication will speak more directly to *you*, the **Retired Physician**. In every issue you will find information on **CME offerings, local events & activities, health & wellness information, updates in our community**, and more.

The COVID-19 pandemic has completely derailed what would be a series of in-person learning and social events in 2020. We hope to return to those as soon as it is determined responsible to do so. In the meantime, we will bring you information about online/virtual learnings and gatherings whenever possible.

If you have a topic or idea that you would like to hear more about, please share it with our staff via email at smithcms@smithcomed.org.

Accreditation & Education

TMA CME OFFERING

Available in November

"Strengthening Medicine in the 87th Texas Legislature"
Thursday, November 5th
6 pm via Zoom

During the 87th Texas legislative session, TMA will work with legislators to navigate budget challenges brought about by the COVID-19 pandemic. We will work to ensure nothing interferes with the patient physician relationship and that a physician will be there when Texas patients need them. Learn how you can help in this effort, and how to participate in First Tuesdays at the Capitol advocacy events during the session. No pre-registration required.



Smith County Medical Society and the Texas Medical Association Present

STRENGTHENING MEDICINE IN THE 87TH TEXAS LEGISLATURE

Earn 1 AMA PRA Category 1 Credit™ With Ethics

Meeting Date: Thursday, Nov. 5
Meeting Time: 6:00 pm

Join using the Zoom App ([Click to Join](#)) or
Dial In: (346) 248-7799
Meeting ID: 934 08437752
Passcode: 371169

ABOUT THE PROGRAM

During the 2021 Texas legislative session, TMA will work with legislators to navigate budget challenges brought about by the COVID-19 pandemic. We will work to ensure nothing interferes with the patient-physician relationship and that a physician will be there when Texas patients need one. Learn how you can help in this effort, and how to participate in TMA advocacy events during the session.

Presented By:
TMA Legislative Staff

COURSE OBJECTIVES

- Describe TMA's legislative strategies that ensure an improved health care landscape for physicians and their patients;
- Identify the unique health care challenges Texas physicians and their patients continue to face;
- Discuss specific actions TMA is taking to address legislative issues on state and federal levels; and
- Implement steps that physicians and their patients can take to continue improving the health care system.

CONTINUING MEDICAL EDUCATION

The Texas Medical Association is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians. TMA designates this live activity for a maximum of 1 AMA PRA Category 1 Credit™. Physicians should claim only the credit commensurate with the extent of their participation in the activity. The Texas Medical Association designates this activity for up to one hour in the area of ethics and/or professional responsibility education.

You can attend online using this link:

["Strengthening Medicine in the 87th Legislature"](#)

Call in Number: (346) 248-7799
Zoom Meeting ID: 934 08437752
Passcode: 371169

MD/RN GRAND ROUNDS

Upcoming Events



"Lung Health-Vaping"
November 6th - Noon to 1 pm

Wisembaker Center
800 E. Dawson Street, Tyler, 75701
Lunch is provided

Pre-register by contacting Jen Hawkins, Director of Medical Education
(903) 606-4888 / jennifer.hawkins@christushealth.org

SAVE THE DATE: Friday, December 4th
"Managing your Diabetes During the Holidays"

UT HEALTH GRAND ROUNDS

Upcoming Events



UTHealth

The University of Texas
Health Science Center at Tyler

COVID-19 Clinical Update
November 17th - Noon to 1 pm
Dr. Andrea Cooley, D.O.

[Microsoft Teams Meeting](#)

Phone Conference ID: 533 167 757#

or

Call in for audio only:

1(430) 205-1142

Meeting #533 167 757#

For more information, call the CME office at (903) 877-7251

Community Updates



GO LOCAL

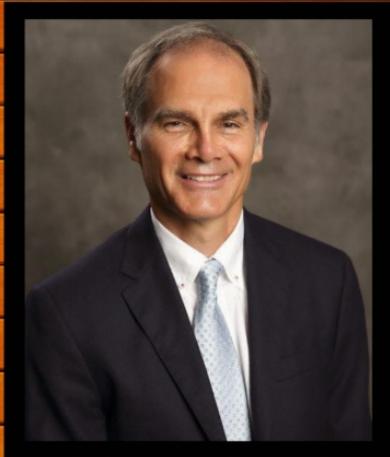
Things To Do In & Around Tyler

East Texas comes alive with peak color typically occurring mid-November. Take the opportunity to enjoy the natural beauty of the region during this seasonal

transition. Get off the beaten path this autumn! Take any farm-to-market road in East Texas for prime fall foliage viewing and a real Texas experience. Here's a quick list of suggested routes: MyEastTexas.com.

Or, treat yourself to some of the best wines the Lone Star State has to offer as you sip and savor along the Thirsty Pines Tour, a self-guided tasting adventure throughout the region. Travel through Longview, Tyler, Lindale, and surrounding areas savoring craft beer, wineries, liquor, coffee, and more along the way. For more information, including discounts, check out [Thirsty Pines Tour](#). (Please don't drink and drive, drink responsibly!)

Congratulations!



**2020 "DOC" BALLARD AWARD FOR
EXCELLENCE IN PUBLIC HEALTH WINNERS**

***Northeast Texas Public Health District
Honors SCMS Members***

The Northeast Texas Public Health District recognized [Dr. Bruce Carter](#) and [Dr. Jeffrey Levin](#) as recipients of the 2020 W. T. "Doc" Ballard Award for Excellence in Public Health. The award recognizes individuals exemplifying the concept of public health and distinguished by his/her dedication to the goal of protecting and promoting the health of the community.

The awards were presented to both recipients in late July. We congratulate these cherished members of our medical society on this distinguished award.

Health & Wellness



SO OFTEN PEOPLE SAY THAT TIME IS
OUR MOST VALUABLE RESOURCE.
IT'S ACTUALLY OUR ATTENTION.
BY MARINA SHERIDAN

YOUR HEALTH MATTERS

Physician, heal thyself?

We've all heard from the flight attendant: 'Put on your own oxygen mask before trying to help others', a simple form of self care. But why is self-care so difficult to achieve and what does it mean? Simply put, it means being mindful-of and tending-to your *own* needs - so you are better able to respond to the needs of others.

Self-care comes in a variety of forms and doesn't require an elaborate plan. It can be as simple as taking a deep breath when your stress level rises or as elaborate as attending an extended stay wellness retreat.

One popular trend is to practice 'mindfulness' as a form of self care and to relieve stress. This practice is supported by thousands of peer reviewed studies. Mindfulness Meditation expert, Dr. Shauna Shapiro, discusses and demonstrates how mindfulness can help us make positive changes in our brains and our lives in the TEDx talk, [The Power of Mindfulness](#). Check it out!

Announcements

IMPORTANT DATES:

Birthdays and More...

November Birthdays:

Billy G. Dodge, MD - 11/1

H. Robert Gaddy, III, MD - 11/1

George A. Hurst, MD - 11/3

S. Edwin Duncan, MD - 11/4

Molly M. Bankhead, MD - 11/7

David L. Dalton, MD - 11/14

Ronald J. Pinkenburg, MD - 11/25

John H. Chalmers, MD - 11/30



Each month we will highlight our member's birthdays, retirements, and happenings. Please reach out to our office to share any announcements you would like included. smithcms@smithcomed.org



SCMS IS ON FACEBOOK!

Stay up to date on happenings and events by liking us on Facebook!

