



## Network of Ethnic Physician Organizations California Medical Association Foundation

Optimal Wellness and Equality in Healthcare  
for All Communities

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### NEPO Calendar Of Meetings & Events:

**NEPO Summit Planning  
Committee Conference Call  
Tuesday, December 7<sup>th</sup>  
6:00 p.m. – 7:00 p.m.**

### **Subscribe to the Obesity Prevention Project E-Newsletter**

The Obesity Prevention E-Newsletter includes events, trainings, programs, and resources on healthy eating and physical activity that are available for everyone to get involved in and much more!

*To subscribe, please contact Vanessa Saetern, Obesity Prevention Project Assistant at [vsaetern@thecmafoundation.org](mailto:vsaetern@thecmafoundation.org) or 916.779.6631.*

### NEPO Update

The NEPO Summit Planning Committee is starting early to plan for the 2011 Summit. The Committee will reconvene via conference call on December 7<sup>th</sup>, 2010 from 6PM to 7PM to discuss potential location, topics, speakers and sponsors. *Please contact Anna Gutierrez at [agutierrez@thecmafoundation.org](mailto:agutierrez@thecmafoundation.org), if you would like to join this committee.*

The NEPO HIT Committee lead by Dr. Jose Arevalo has already reconvened and working with the three California Regional Extension Centers (REC), CALHIPSO, HITEC-LA and COREC to provide outreach information to NEPO physicians. Please help us get the information to you and your EPO faster by inviting us to your next general meeting. NEPO will introduce you and your EPO to the REC representative in your area to help you navigate EHR implementation process to get to Meaningful Use. *Please contact Phoua Moua at [pmoua@thecmafoundation.org](mailto:pmoua@thecmafoundation.org) for more information.*

### Rolland C. Lowe, M.D., Receives Lifetime Achievement in Philanthropy Award



Rolland C. Lowe, M.D., past CMA President and CMA Foundation Board Chair, received the prestigious Lifetime Achievement in Philanthropy Award during the National Philanthropy Day awards luncheon held on Nov. 5, 2010 in San Francisco.

The award, given by the Association of Fundraising Professionals – Golden Gate Chapter, honors exceptional work in the nonprofit and philanthropy sectors for the past year. It recognizes individuals and organizations whose philanthropic achievements have made an impact on society, whether local, national or international.

The luncheon was jointly hosted by the Northern California Grantmakers and the Association of Fundraising Professionals – Golden Gate Chapter. Dr. Lowe has a long history of giving both financially and in-kind to the community. He has lived his values, supporting low-income community members by offering his services at minimal or no cost to those who could not afford care.

Dr. Lowe, who was the first Asian American president of CMA, has worked for decades to get physicians more involved in their communities. He has worked to provide low-income immigrants with high quality health care and advocated for better health care within the Chinese American community.



[Help us improve the health of California! Click here to donate.](#)

### **CONTACT US**

CMA Foundation  
Attn: NEPO  
3835 N. Freeway Blvd., Suite 100  
Sacramento, CA 95834  
916.779.6620 | 916.779.6658 fax  
[www.thecmafoundation.org](http://www.thecmafoundation.org)  
[www.ethnicphysicians.org](http://www.ethnicphysicians.org)

### **NEPO STAFF**

Phoua Moua, Project Coordinator  
916.779.6636  
[pmoua@thecmafoundation.org](mailto:pmoua@thecmafoundation.org)

Anna Gutiérrez, Project Assistant  
916.779.6627  
[agutierrez@thecmafoundation.org](mailto:agutierrez@thecmafoundation.org)

José Alberto Arévalo, MD  
NEPO Chair

Margaret Juarez, MD  
NEPO Co-Chair

### **CMA FOUNDATION**

Carol A. Lee, Esq.  
President & CEO  
916.779.6622  
[clee@thecmafoundation.org](mailto:clee@thecmafoundation.org)

Dexter Louie, MD, MPA, JD  
Board of Directors Chair

To unsubscribe, send email to  
[agutierrez@thecmafoundation.org](mailto:agutierrez@thecmafoundation.org)

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[agutierrez@thecmafoundation.org](mailto:agutierrez@thecmafoundation.org)

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## **Doctors Back to School (DBTS) Program with the Commission to End Health Care Disparities**

The Commission to End Health Care Disparities met in Chicago, Illinois, October 21 - 23, 2010. Dr. Arthur Fleming, Representative from NEPO and Chair of the Commission's Workforce Development Committee attended the meeting and lead a Doctors Back to School (DBTS) Program with participation by members of the Workforce Diversity Committee and other members of the Commission. The Commission members spoke to 200, 6<sup>th</sup> and 7<sup>th</sup> grade students at the Woods Academy located in the Englewood neighborhood of Chicago. Below is the highlight of Dr. Fleming's presentation to the students.

For Dr. Fleming's talk he chose to use props to make several points to the students. He started with pulling several items from his brief case; a very large empty coffee jar, golf balls, box of pebbles, and a box of glitter. Then, Dr. Fleming wordlessly started filling the jar with golf balls. After he was done, he asked the students if the jar was full. They agreed that it was.

Next, he picked up the box of pebbles and poured it into the jar. He shook the jar lightly. The pebbles rolled into the open areas between the golf balls. He then asked the students again if the jar was full. They agreed it was.

Finally, he picked up the box of glitter and poured it into the jar. He asked once more if the jar was full. The students responded with a unanimous 'yes.'

Dr. Fleming then stated, "I want you to recognize that this jar represents your life." The golf balls are the important things. He asked the students what they thought the golf balls stood for. One by one, he pulled the answers from the sixth graders: "God, parents, brothers and sisters, relatives, eventually children, friends, mentors education, health and most importantly, their favorite passion – what they wanted to become in life."

He then remarked that "these are things that if everything else was lost and only they remained, their life would still be full."

The pebbles represent things that hopefully can wait until you finish college and professional school, or at least until they become adults. The pebbles represent your job, house, and car. The glitter (sand) is everything else – TV, radios, games, movies, playing, etc – the small stuff.

Dr. Fleming reminded the students that 'If you put the glitter into the jar first, there is less room for the pebbles or the golf balls.' The same goes for life. If you spend all your time and energy on the small stuff, you will never have room for the things that are important to you. So...Pay attention to the things that are critical to your happiness. No one can take your education from you. Likewise, your favorite passion in life is yours and yours alone. 'Take care of the golf balls first – The things that really matter. As an adult, you will need to take care of the pebbles. Set your priorities. 'Appreciate what is just glitter.'

As each of our colleagues in NEPO come in contact with underrepresented minority students who might potentially be interested in the health professions, please consider serving as a mentor. Feel free to use the "concept of golf balls – pebbles - glitter to drive home the concept of obtaining a solid education.

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## Clinicians Wanted

The Diabetes Quality Improvement Project is looking for clinicians to participate in updating of the Diabetes and Cardiovascular Disease Provider Reference Guide 2011 (PRG).

The target date for release of the PRG is April 2011, this allows us approximately 4 months to complete our updates and produce a tool kit that has quality resources and materials with the most up to date information. Your expertise and experience is necessary in order to achieve these goals.

The PRG will be divided into sections we ask that you assist with the particular section that you see most fit for your specialty. The majority of the correspondences will be by e-mail and teleconferencing.

Each section will be reviewed for content, organization of content, updates of guidelines, and look at ways in which we can improve sections of the guide. The following chapters are in need of review: Diabetes as a Cardiovascular Disease Overview, Screening and Diagnoses of Type 2 Diabetes, Clinical Management of Diabetes, Management of Diabetes Related Cardiovascular Disease, Preventing and Managing Complications, Clinical Resources for Health Care Providers

**If you are interested in assisting with this PRG, have any questions or comments please contact Senely Navarrete, MPH, Director at 916.779.6638 or email: [snavarrete@thecmafoundation.org](mailto:snavarrete@thecmafoundation.org).**

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## Media Coverage on 2010 NEPO Summit

We got some great media coverage for the 2010 NEPO Summit. For those of you who may have missed it, here's another opportunity to read the article, *Health Reform Could Bridge Ethnic Healthcare Gap* by New America Media: <http://newamericamedia.org/2010/10/health-reform-could-bridge-ethnic-health-care-gap.php>.

**This article has also been picked up by the Latino Times and San Francisco Medical Society.**



***A training program to encourage those at the master's level to consider a doctorate – And how to do it***

**For minority students in a master's level health program or master's trained professionals consisting of: a 5-day Summer Institute, Paid Internships, Doctoral Application Support Awards**

The 13th Annual Careers in Cancer Control Research Summer Institute will be held on June 9<sup>th</sup> – 13<sup>th</sup>, 2011. The purpose of this program is to encourage minority master's students and master's level professionals to pursue a doctoral degree and a career in cancer control research. **The deadline for the application is on February 18th, 2011.**

**For more information, please contact...**

**If you're in Northern California, Amy Pradhan, MPH, CHES, 415-514-9409, email:**

**[apradhan@ucsf.edu](mailto:apradhan@ucsf.edu), website: <http://cc.ucsf.edu/mtppccr/>**

**If you're in Southern California, Sherry C. Kidd, M.Ed., 310-794-7314,**

**email: [mtppccr@ph.ucla.edu](mailto:mtppccr@ph.ucla.edu), website: <http://www.ph.ucla.edu/mtppccr>**

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## **The Role of Healthcare Professionals in California Obesity Prevention Project Survey**



Please take the time to participate in this quick survey to let us know what you are doing in your community to advocate for healthy lifestyles and how the CMA Foundation can continue to support your efforts. Your participation in this survey will help the CMA Foundation ensure that we focus on the issues that important to California Healthcare Champions as we continue to support your efforts as a healthcare professional to reduce the prevalence of overweight and obesity in children and their families.

This survey should take less than 10 minutes to complete. All responses will be kept confidential.

Participants will be given an opportunity to enter a drawing for a chance to win a \$100 WALGREENS gift card at the end of the survey.

**Please click the link below to take the survey before the deadline, December 22:**

**<http://www.zoomerang.com/Survey/WEB22AZYHZJWE7>**

**If you have any questions, please contact Vanessa Saetern, Obesity Prevention Project Assistant at [vsuertn@thecmafoundation.org](mailto:vsuertn@thecmafoundation.org) or 916.779.6631.**

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