



# ACMS News

VOLUME 5, ISSUE 37

Winter, 2011

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## WELCOME NEW MEMBERS

Erica Anderson, M.D.  
Bridgett Casadaban, M.D.  
Jonathan Gibbons, M.D.  
Negar Golesorkhi, M.D.  
Humera Malik, M.D.

## **2011 OFFICERS**

President

William Furlong, M.D.

President- Elect

Andrea Giacometti, M.D.

Vice President

Carl Waldman, M.D.

Treasurer

Terri Remy, M.D.

Secretary

Michelle Rivera, M.D.

## WELBURN AWARD

At the ACMS Annual Meeting, Dr. Paula Bergamini presented the Welburn Award to Dr. John Mueller for his outstanding work in the Arlington community and at Virginia Hospital Center. Dr. Bergamini stated that Dr. Mueller is a wonderful role model for physicians.



## ACMSA ANNUAL LUNCHEON

The Arlington County Medical Society Alliance annual Luncheon will be held Thursday, April 7, 2011 at the Westin Gateway. There will be a Boutique that will donate 25% of their proceeds to local charities that will be featured at the event. For more information call Jo Ann Allen at 703-528-0888.

## GENERAL MEMBERSHIP MEETING

WEDNESDAY, MARCH 23, 2011

MYLO'S GRILL 6:30 P.M.

6238 OLD DOMINION DRIVE

## SPEAKER:

Clark Gaither, MD Goldsboro Family Physicians, P.A.  
Wayne Memorial Hospital  
Understanding Nicotine Addiction & Treating Smoking  
Cessation

## PRESIDENT'S CORNER

We all work hard as physicians to develop our skills as diagnosticians and in carrying our therapy in a precise, yet empathetic manner. We combine our pledge to "first do no harm" with the need to remain current in terms of the most effective and efficient treatment strategies available.

The present emphasis on cost-cutting looms large as budgets are under tremendous pressure at all levels of society. In addition, there has been an acceleration of requirements on physicians' practices that increase cost, paperwork/electronic work and the never-ending "pre-authorization" work that extends hours, but does not increase compensation.

We must diligently and steadfastly pursue excellence and maintain the highest standards for health care in the United States. We need to remain at the cutting edge of newer technology, techniques and medications, as well as continue to provide humane care.

In light of the present cost-cutting at national, state and local levels, and reductions in fees paid to physicians by payors, the present order of the day seems to be, "Do more with Less".

William Furlong, M.D.  
President

## 2011 ACMS OFFICERS

Incoming ACMS President, Dr. William Furlong thanks Dr. Paula Bergamini for her excellent job as ACMS President for 2010. Other officers are:

President Elect	Andrea Giacometti, M.D.
Vice President	Carl Waldman, M.D.
Treasurer	Terri Remi, M.D.
Secretary	Michelle Rivera, M.D.



Thank you to the following Vendors who participated in the Vendor Exhibit prior to the Annual Meeting:

Ameriprise, BEI, Cerner, Doctor's Company, Josh Newfield & Ass., Leros, McCandlish & Lillard, McKesson, Medbizonics, Medical Society of Virginia Insurance Agency, NextGen, ProShred, Pulse, Realty Direct, Sandy Spring Bank.

Thank you to the following who gave a Door Prize:

ASIAN KITCHEN-\$5.00 OFF COUPONS  
 BARCELONA BOUTIQUE-SWEATER COAT  
 BLANCA'S BRIDAL BOUTIQUE & FLORIST-HOLIDAY BASKET  
 CAROUSEL CHOCOLATES  
 DISTRICT TACO-\$50.00 GIFT CERTIFICATE  
 DUANGRAT'S-\$25.00 GIFT CERTIFICATE  
 HAIR GALLERY  
 HILTON GARDEN INN-ONE NIGHT GET AWAY  
 JOHN LONG, M.D.-ROLLER PEN  
 LA BETTOL ITALIANO-GIFT CARD  
 METRO DINER-\$50.00 GIFT CERTIFICATE  
 MY FITNESS COACH-2 FREE FITNESS CLASSES OR 1 FREE TRAINING SESSION  
 NAILS FOR YOU-MANICURE & PEDICURE  
 ORIENTAL GOURMET-\$25.00 GIFT CERTIFICATE  
 PEKING GOURMET INN-\$50.00 GIFT CERTIFICATE  
 PRESENT RESTAURANT-\$50.00 GIFT CARD  
 PRESENT RESTAURANT-\$50.00 GIFT CARD  
 RAAGA-\$40.00 GIFT CERTIFICATE  
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 SERENDIPITY-SURPRISE GIFT  
 SUNTRUST:\$100.00 GIFT CARD  
 3 BAR & GRILL-\$25.00 GIFT CERTIFICATE  
 TAQUERIA EL POBLANO-\$25.00 GIFT CERTIFICATE  
 TEAL CENTER-MASSAGE  
 WASHINGTON WINE ACADEMY-3 PAIRS OF TICKETS TO WINE CLASS  
 WESTIN-GET AWAY  
 WHITLOW'S ON WILSON-\$25.00 GIFT CERTIFICATE

## ARLINGTON COUNTY PRACTICE MANAGERS' ASSOCIATION MEETING

BEI (see below) will host the March 24, 2011 ACPMA meeting at 12:30 in the Community Classroom at 1701 N. George Mason Drive (follow signs to the Cancer center). Lunch will be provided so please RSVP by Monday, March 21 to Jo Ann at 703-528-0888. If you are a member of Arlington County Practice Manager's Association, there is no charge; if not, Registration for this meeting is \$15.00. Physicians are welcome! Please send me the requested information below.

## EHR Funding and Meaningful Use – March 24, 2011

If you have not installed an EHR yet, you're probably weighing the possibility. If you already have an EHR, you can still be eligible for Government payments. The HITECH Act offers tens of thousands of dollars for EHR implementation, but simply purchasing and installing a certified EHR is not enough to qualify for HITECH funds. Physicians must also use their certified systems in a "meaningful" way.

In this presentation Jonathan Krasner of BEI will review the HITECH government funding programs and explain what it will take to achieve Meaningful Use.

For those planning to attend it would be helpful to know the following:

- Type and size of practice (specialty and number of physicians)
- Practice Management System
- Using an EHR? If so, which one?
- If not, are you planning to install one? If so, when?

## About BEI:

BEI has been serving clients through Metro D.C. since 1987. We focus on healthcare and work closely with the EHR vendors who serve the healthcare market. All of our engineers are required to hold Microsoft certifications and many have training and experience working with various healthcare software applications. In short, we know Healthcare IT.

We are actively involved in the local healthcare community, providing expertise and education to physician offices. Some of our healthcare initiatives include:

- We have years of experience providing IT support and services to both small and large ambulatory practices. We can support any vendor's Practice Management or Electronic Health Records system and have extensive experience working with these vendors to install their systems.
- We have been certified by the Maryland Health Care Commission as an MSO (Managed Services Organization) to provide EHR and Meaningful Use advice to Maryland physicians.
- We are active in a number of medical organizations including the Arlington County Medical Society, Virginia MGMA, Montgomery County Medical Society, Northern Virginia PMA, and HIMSS.
- We have implemented an internal HIPAA compliance program that is consistent with the recent updated requirements in the HITECH Act.
- We are an authorized reseller of Dragon Medical voice recognition software.
- We offer free educational seminars to the local medical community covering topics of interest in Healthcare IT.

FYI FROM SENATOR WEBB

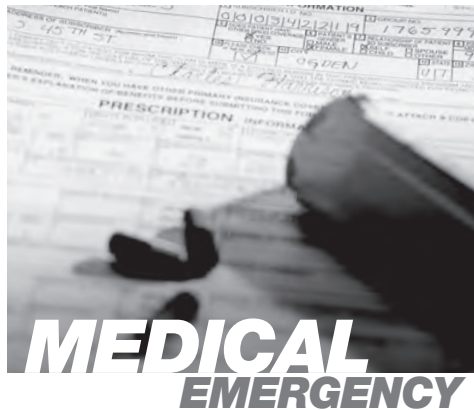
For regular updates and to find out more information on this and other issues of interest to you, please visit my website at [www.webb.senate.gov](http://www.webb.senate.gov). **Cutting Red Tape for Small Businesses**

Yesterday, I voted to pass an amendment to eliminate a 1099 tax form reporting requirement that was enacted under the federal health care reform law last year. I was an original cosponsor of the amendment, which the U.S. Chamber of Commerce announced it "strongly supports."

I have now voted four times to eliminate this unfair burden. Yesterday's vote demonstrates that Congress is willing to resolve concerns about the health care reform law in a bipartisan way.

A 1099 form is used to report to the IRS income other than salaries, tips, and wages. The amendment, introduced by Senator Debbie Stabenow of Michigan, repeals a provision that requires businesses to file a 1099 form with the Internal Revenue Service for each vendor with whom they have at least \$600 in transactions. Small businesses have expressed concerns about the potential burden posed by the added reporting requirements.

For regular updates and to find out more information on this and other issues of interest to you, please visit my website at [www.webb.senate.gov](http://www.webb.senate.gov).



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email: [DianeWagner@cox.net](mailto:DianeWagner@cox.net)



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Synergy HomeCare is recognized as the most trusted name in non-medical home care in Arlington County. And collaboration between physicians and home care providers is what Synergy HomeCare is all about. By working together with the patient we can dramatically increase quality of care and thus quality of life.

Our highly trained and attentive Caregivers assist with personal care and all of the activities of daily living (ambulation, dressing, grooming, bathing, toileting, transferring, and eating/drinking). Equally as important, our Caregivers can ensure that your patient complies with your care plan, whether it relates to medications, diet, exercise, infection control, physical therapy, etc. It is a fact that our services help prevent re-hospitalizations and increase the independence and quality of life of our patients.

Think of Synergy HomeCare as being able to help when you have a patient in one of these situations:

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- Cognitive decline due to Alzheimer’s or other types of dementia
- Stroke rehabilitation
- Parkinson’s care
- Chronic disease care such as CHF, diabetes, etc.
- End of life care under the supervision of Hospice Services

Our compassionate Home Health Aides and Certified Nurse Assistants provide these types of care in the home on an hourly basis – 24 hours a day/7 days a week/365 days a year – we are always available. In addition to the hands-on care with ADLs, our Caregivers can help with light housekeeping, laundry, running errands and transporting clients to appointments, meal preparation, etc.

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## VIRGINIA HIT

Virginia HIT Regional Extension Center has been created to assist and guide physicians through the challenges associated with transitioning to electronic health record (HER) and integrating it into the patient care process. Through funding from the U.S. Department of Health and Human Services, Office of the National Coordinator for Health Information Technology, we offer participating physicians discounts on HER systems and provide a wide-range of valuable consulting services that improve clinical performance and efficiency.

The “priority primary care practitioners” to be served by Virginia HIT are as follows: licensed doctors or medicine or osteopathy in family practice, obstetrics and gynecology, general internal or pediatric medicine, as well as physician assistants and nurse practitioners in these specialties. To qualify, practitioners also must treat patients in individual and small group practices (10 providers or less) that are focused on primary care.

Practices participating with Virginia HIT Regional Extension Center will receive:

- Expert technical assistance to select, implement and meaningfully use a certified HER
- Volume discounts on EHR software and steeply discounted technical assistance services
- Education on effective strategies and practices for maximizing HER functionality
- Sharing of best practices across physicians and organizations participating with Virginia HIT

By participating in the program, you will be

- Reaping the benefits of HER by increasing patient safety and improving quality of care
- Positioning your practice to qualify for the Medicaid and Medicare payment incentives associated with meaningful use of HER systems
- Preparing your practice to qualify for pay-for-performance programs

ACMS MEMBERS WILL RECEIVE A DISCOUNTED RATE THROUGH MARCH 31, 2011.

## CMS UPDATE

Colleagues—

Over the last few weeks, we’ve received a handful of inquires from partners and providers about the availability of these e-News messages online, so as to be able to refer others to content that’s of interest.

Well, there’s good news. The content of all the Provider e-News messages (dating back over years, when these messages went by other titles as well) is archived on the CMS website, and new content is usually available within a day or two of being mailed to e-News subscribers. You can find (and direct others to) the archive at <http://www.CMS.gov/FFSProvPartProg/EmailArchive>.

And in the future, if you’re looking for the archive and don’t have it bookmarked, you’ll always be able to find the URL in the shell of these e-News messages, at the bottom right, below “[More Helpful Links](#).” Go ahead, take a look...

As always, let us know if you have any other questions. We’re always available at [FFSPProviderRelations@cms.hhs.gov](mailto:FFSPProviderRelations@cms.hhs.gov).

ANNUAL MEETING



Drs. Celeste Szewczyk, John Mueller & Brian Boland



Drs. Suzanne Lashgari & Andrea Giacometti



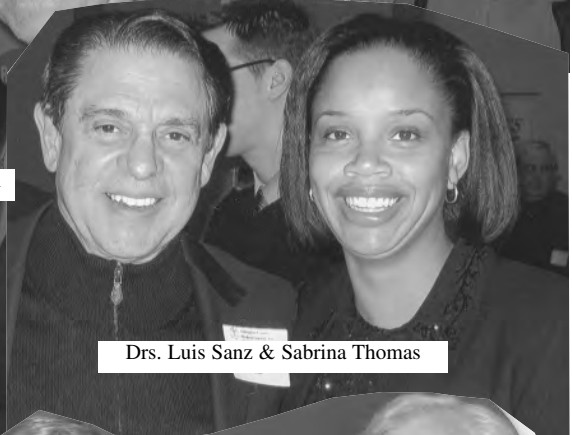
Drs. Tom Butler & Terri Remy



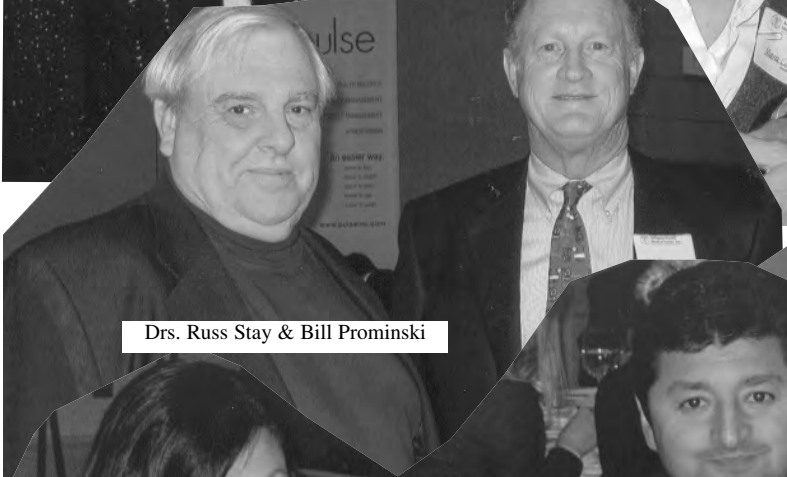
Drs. Angele Seiler & Anthony Rimicci



Drs. Maria Canter & Talal Munasifi



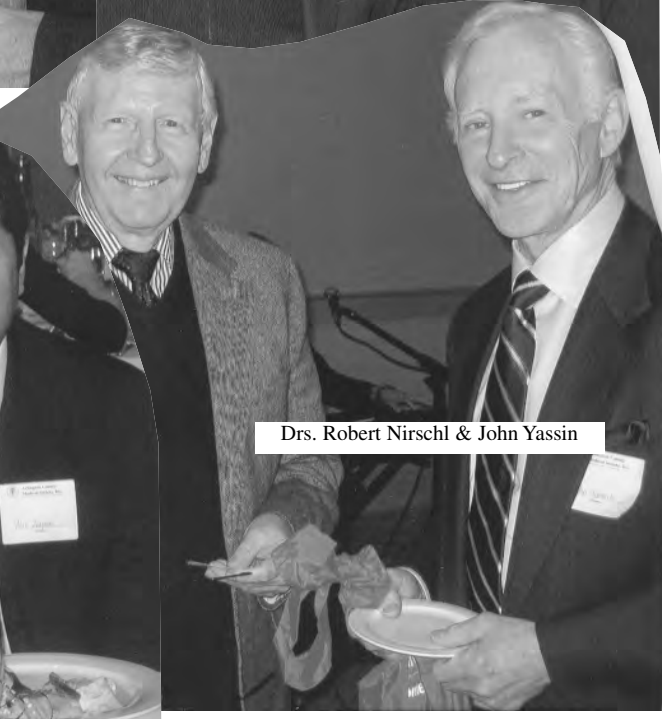
Drs. Luis Sanz & Sabrina Thomas



Drs. Russ Stay & Bill Prominski



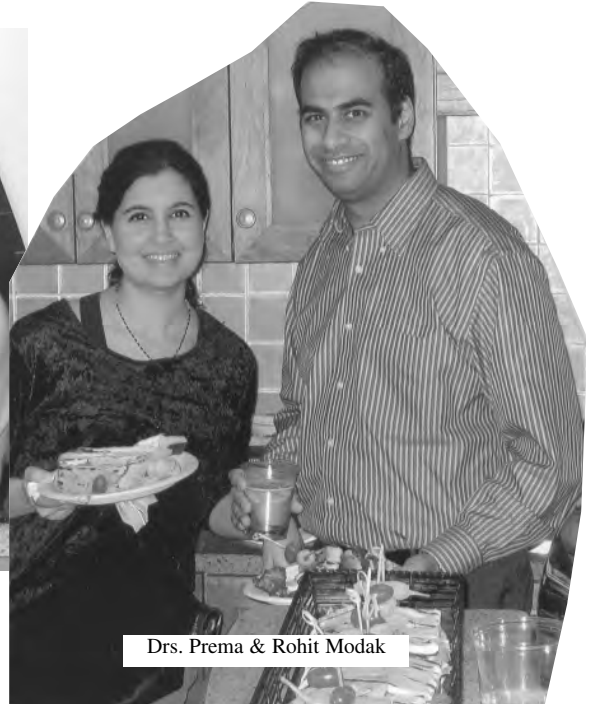
Drs. Michelle Nguyen & Wali Ziayee



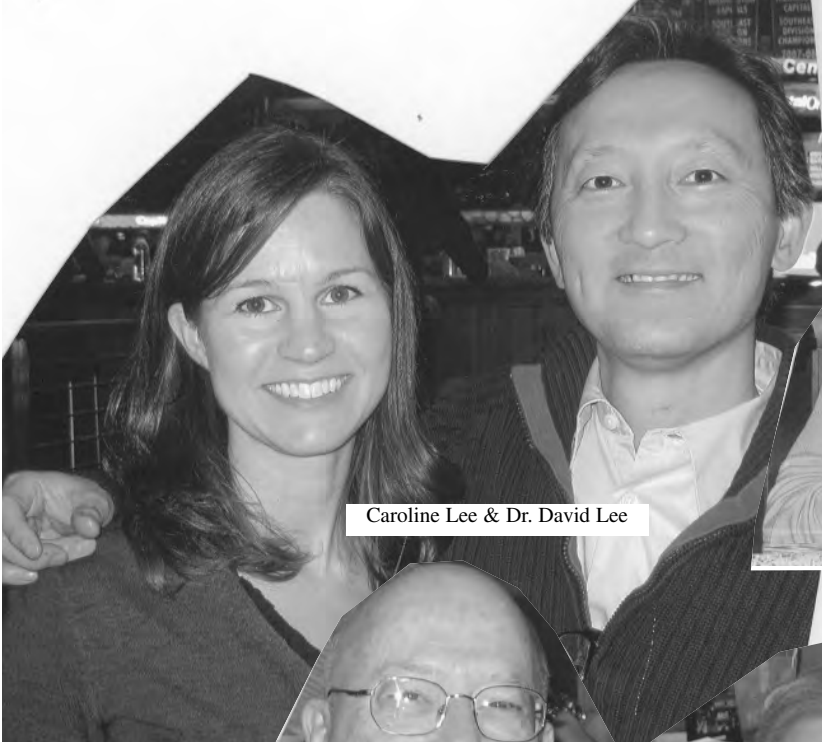
Drs. Robert Nirschl & John Yassin



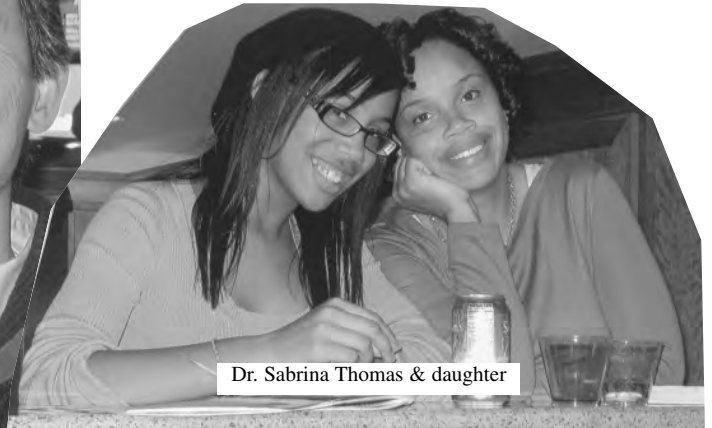
Drs. Maureen O'Regan & Lillibeth Boruchow



Drs. Prema & Rohit Modak



Caroline Lee & Dr. David Lee



Dr. Sabrina Thomas & daughter

FUN AT THE WIZARDS GAME IN THE SUNTRUST BOX



Dr. & Mrs. Ed Koch

## NUTRITION GUIDELINES

Did you know about the New 2010 Dietary Guidelines for Americans released on Jan. 31? The focus is on balancing calories with physical activity, and encouraging Americans to consume more healthy foods like vegetables, fruits, whole grains, fat-free and low-fat dairy products, and seafood, and to consume less sodium, saturated and Trans fats, added sugars, and refined grains. There are also 23 key recommendations for the general population and six additional key recommendations for specific population groups, such as women who are pregnant. These and other evidenced based nutrition recommendations are often hard to keep up with and translate into practical choices that are meaningful to your patients.

Lise Gloede is a Registered Dietitian and Certified Diabetes Educator here in Arlington available to consult with your patients. Whether it is for individual Medical Nutrition Therapy sessions, helping to normalize eating habits or providing real life eating strategies to tackle the world of food and eating, she can help. Sessions include learning about what is in our food, portion control, eating out, how food affects the body and your patient's condition so that better eating becomes a reality. For the past ten years, Lise has successfully helped many people understand and implement normalized eating habits to lose weight, control their blood sugars, lower their cholesterol and more. She has worked at the Virginia Hospital Center and her private practice is now located on Lee Highway in Arlington. Nutrition Consultations are available for:

- ✓ Weight Management
- ✓ Diabetes – Type 1, Type 2, Gestational and Pre-diabetes
- ✓ High Cholesterol/Triglycerides
- ✓ High Blood Pressure
- ✓ Celiac Disease and gastrointestinal conditions
- ✓ PCOS
- ✓ Pregnancy Nutrition
- ✓ Vegetarianism
- ✓ Healthy Eating for individuals & families.

Insurances taken include: Aetna, Cigna, United network and Medicare.

Lise Gloede, RD, CDE  
 5275 Lee Highway, Suite #101  
 Arlington, VA 22207  
 Phone (703) 516-4973  
 Website: [www.nutritioncoachlise.com](http://www.nutritioncoachlise.com)  
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WHITE COAT DAY

A group of physicians from ACMS went to Richmond on January 19, 2011 to visit with our State Delagates and Senators. Issues of concern this year are:

- Successful passage of legislation codifying the agreement between MSV and Virginia Trial Lawyers Association to increase Virginia’s current \$2 million cap by \$50,000 annually beginning July 1, 2012 through June 30, 2032
- Address workforce capacity issues without eliminating medical direction and supervision of certain health care providers
- Ensure that deeper cuts to Medicaid are not enacted
- Finding solutions to drive down Medicaid costs while recognizing that cutting provider payments may only exacerbate the difficulty many vulnerable patients(children, expectant mothers, elderly) have in finding providers who accept Medicaid



1st Row: Drs. John Marshall, Luis Sanz; 2nd Row: Dr. Paula Bergamini; 3rd Row: Amelia Friedman & Dr. Patricia Rodriguez.

Drs. Ed Koch & Patricia Rodriguez



Drs. Terri Remy, Ed Koch, Mrs. Kathy Koch, Amelia Friedman, Dr. Patricia Rodriguez, Dr. Marie Schum-Brady with Delegate Patrick Hope



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Quarterly newsletter for ACMS members

Editor, William Furlong, M.D.  
President  
Managing Editor, Jo Ann Allen  
Executive Director

### ARLINGTON COUNTY MEDICAL SOCIETY FOUNDATION BOARD

President, Edward Koch, M.D.  
William Furlong, M.D.  
Paula Bergamini, M.D.

- Free tool explains how health reform impacts insurance
- As a service to Virginia's physicians and their practice staff, the Medical Society of Virginia Insurance Agency (MSVIA) has launched a free webinar explaining how the Patient Protection and Affordable Care Act impacts health insurance.  
September 23, 2010 marked the six-month anniversary of the legislation's enactment into law and was the date that many important provisions of the legislation that relate to health insurance were required to take effect. It is important for physicians to understand how these provisions can affect insuring themselves, their families and their employees.

The free webinar is available at [www.msvia.org/webinars](http://www.msvia.org/webinars) and is on-demand which means you can watch at your convenience.

For more information about the webinar or any insurance-related issues, contact [customerservice@msvia.org](mailto:customerservice@msvia.org)

## DATES TO REMEMBER

February 24, 2011	ACPMA Meeting, Community Classroom
March 2, 2011	Executive Board Meeting
March 23, 2011	GENERAL MEMBERSHIP MEETING
March 24, 2011	ACPMA Meeting, Community Classroom
March 25, 2011	Career Day
March 30, 2011	DOCTOR'S DAY
March 31, 2011	Greenbrier Learning Center Fundraiser, Arlington Art Center
April 6, 2011	Executive Board Meeting
April 7, 2011	ACMSA Luncheon
April 10, 2011	SMG BREAST HEALTH FUND GALA
April 28, 2011	ACPMA Meeting, Community Classroom
May 4, 2011	Executive Board Meeting
May 25, 2011	GENERAL MEMBERSHIP MEETING
May 26, 2011	ACPMA Meeting, Community Classroom