

THE VOICE OF THE MEMBERSHIP

Accents

A publication of the Advocates for the American Osteopathic Association

An Attitude of Gratitude

Linda Cole
AAOA President

My theme this year is an **Attitude of Gratitude**. Gratitude is something we all too often take for granted. Like people should just *know* you appreciate something without your having to mention anything about it directly to them.

Gratitude is literally one of the few things that can measurably change people's lives. Gratitude is recognizing and acknowledging. In gratitude, we say *yes* to life. It also implies humility - recognition that we could not be who we are or where we are in life without the contributions of others. Starting to sound like the Osteopathic Associations don't you think?

Dr. Ajluni's theme this year is *Fit for Life*. The first, most essential step in any fitness program is *attitude*. It determines success or failure faster than anything you might implement to attain a life goal for health. An **attitude of gratitude** is an essential ingredient.

You always have a *choice*. Attitude is more than the facts. Would you rather be around someone with an **attitude of gratitude** or someone who is trying to get you to hear how bad they think they have it and how many problems and upheavals they have in their life? For some, negativity is their path and, rather than judge them, we can bless them and be grateful that we made gratitude *our choice*.

Attitude is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people think or say or do. It is more important than appearance, giftedness, or skill. It will make or break a company, a home or an Osteopathic Association.

We have a choice every day regarding the attitude we will embrace for that day. We can't change our pasts, we can't change the fact that people will act in a certain way. We can't

change the inevitable. The only thing we can do is play on the one string we have, and that is our attitude.

Life is 10 percent what happens to us and 90 percent how we react to it. *We are in charge of our attitudes.*

We as Advocates for the Osteopathic profession have an opportunity to demonstrate our appreciation towards ourselves and others through our willingness to give of our time and our talents. Dr. Ajluni has implemented an Adopt-a-Campus program, plugging in a different AOA Board Member for each Osteopathic Medical School. We, as advocates, are doing the same utilizing our membership. We hope to increase our own visibility in these medical schools.

We will be implementing a personal contact as a way to include the family members of our Osteopathic Medical Students. We will be present at the schools encouraging full memberships as Advocates for the families, partners, friends and significant others of these Students.

The intention is to personally welcome and embrace the entire family. We are a membership based organization and hope to show our appreciation to the families and provide the opportunity to be an immediate participant in the Osteopathic Family.

This new focus is also intended to enhance the relationships between the Student Advocates, State and National Advocates. By interacting with each other and sharing a common goal during family events at the Medical Schools, relationships are formed and friendships made.

We will be adding a **Gratitude Corner** on our website and will be posting our appreciation for the many wonderful things that are going on within our Advocate network. We invite everyone to make submissions to that site.

When you focus your attention on gratitude, more things to be grateful for arise in your life. Appreciation and self-love are the most important tools that you could ever nurture. Everything flows from your relationship with yourself. Take some time to *honor your magnificent self* and be the best reason to serve and be a part of the Osteopathic Family.

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SAA Gathering Momentum!

Debby Murphy
SAA co-Chair

There were more SAA Presidents at the AAOA House of Delegates in San Diego than at any other time in history. AAOA SAA Chair, Amy Basham, and SAA Liaison to the AAOA Board, Lacey Ross, planned a clever and fun scavenger hunt at Seaport Village. Dinner and ice cream topped off the evening. Mollie Told, AACOFPP President, Pat Molnar, AACOFPP President Elect, and Cathy Sansone, AACOFPP Executive Director, presented a check for \$150 to each SAA President or the President's designated representative.

Debby Murphy and Jim Heinrich will co-chair the National SAA Committee for 2008. Chesca Ugorji is the SAA Liaison to the AAOA Board. They are planning to continue the great momentum from 2007 by featuring one SAA chapter per month on the web site, www.advocates4dos.org, and by inviting SAA chapters to share fund-raising ideas, community service project descriptions, and program information with one another. Another focus will be to create SAA chapters at schools which currently have none, and to get as many or more SAA delegates to convention in Las Vegas in 2008.

*The AAOA Board recognizes that the Student
Advocates Associations are the life blood of the AAOA.*

They are the future.

*You have only to meet them to know that the
future is bright.*

Lincoln Memorial University - DeBusk College of Osteopathic Medicine Dedication and White Coat Ceremony

Janell Cyrus
AAOA Director

Recently, I traveled to the hills of Tennessee to represent the AAOA with AAOA Past President Shelley Weiting at the new Lincoln Memorial University - DeBusk College of Osteopathic Medicine. Shelley and her husband Michael Weiting, D.O. opened their home to me and my husband Scott, for this exciting time. We arrived on Friday afternoon and had some relaxing moments while enjoying a spectacular view of the Appalachian Mountains fall foliage color explosion. Our busy weekend started with dinner and social time at the home of Peggy & Ray Stowers, D.O., Vice President and Dean of the new Lincoln Memorial University - DeBusk College of Osteopathic

Medicine. It was a wonderful evening of renewing old friendships and meeting new Osteopathic family members. The view of the DeBusk College of Osteopathic Medicine from their porch was spectacular, as it stood boldly on the campus.

The following day began with the impressive White Coat Ceremony, as 160 students from across the nation received their first white coat. The AOA President, Peter Ajluni, D.O. offered the key note address to a crowd of dignitaries, family member and friends. Dr. Nancy Moody, President of Lincoln Memorial University (LMU), Dr. Pete DeBusk, Initiator of the DeBusk College of Osteopathic Medicine and Chairmen of the

LMU Board of Trustees, Dr Ray Stowers, Vice President and Dean of the DeBusk College of Osteopathic Medicine and John Crosby, Executive Director of the AOA all watched the newest Osteopathic medical students began their osteopathic medical journey. With the completion of the White Coat Ceremony fresh on our minds, we moved to the Dedication and Ribbon cutting ceremony of the DeBusk College of Osteopathic Medicine (DCOM). The event took place on the steps of the building with the Cumberland Gap in the background. Tennessee legislators joined the long list of dignitaries to dedicate this state of the art medical school facility. The Student Advocate Association (SAA) of DCOM is up

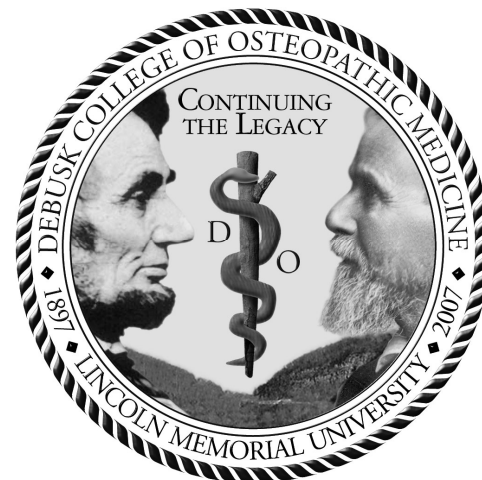
and running. Shelley Weiting has been very busy and her work has paid off as the SAA is strong and thriving. Thanks to hard work of Shelley, the DCOM SAA was in attendance for the past AOA National Convention in San Diego.

As the day moved right along, a luncheon was hosted by Dr. Nancy Moody, on the beautiful grounds of the President's home. We all raised our glasses to toast the new Osteopathic College, the founder Pete DeBusk and the many people that made DCOM a reality. Afterwards, Dr. Stowers provided a personal tour DCOM. This high tech building has classroom that will hold over

200 students, anatomy labs with flat screen TVs, and the capability to record and playback all lectures for the student's learning. This amazing school is fully integrated with cameras, simulations labs and a plexiglass osteopathic manipulation teaching table so the students can better view manipulation medicine techniques.

The day's events concluded with a barbeque and live music on the DCOM grounds. Everyone had an amazing day and enjoyed the celebration to the last. Dean Stowers and Peggy opened their home once again for a reception with friends and family. The beautiful hills of Tennessee provide a wonderful

backdrop to the DeBusk College of Osteopathic Medicine and as the celebration drew to a close, we were assured the newest Osteopathic College was in the great hands and we look forward to the graduation celebration in four years.



Educational Endowment Fund

The Educational Endowment Fund allows the AAOA to fund public health and osteopathic education related activities. Many people have learned about osteopathic medicine through the utilization of these funds. Thank you for supporting this important fund through your donations. If you would like to make a donation to the Educational Endowment Fund please contact aaoa@osteopathic.org.



The AAOA is continuing to expand our cell phone and ink jet recycling program. It allows us to be create a revenue stream for the AAOA as well as be good stewards for our environment. The prepaid mailers are available through the AAOA office and also from Shelley Wieting, past president of the AAOA. She can be reached at wietingss@earthlink.net and she would be happy to send you any you need. The mailers are coded for the AAOA so you just have to drop them in the mail. If you have any questions, please notify Shelley or the AAOA office.

Cell Phone & Inkjet Recycling

Reminder: AAOA Special Projects

It is not too early to start developing your special projects. Each year the AAOA helps to fund various projects related to osteopathic medicine and/or public health. If your group is thinking about a project please watch for application information or contact aaoa@osteopathic.org to make sure you are on the email or mailing list. More information about special projects will be posted in the next issue of *Accents*.

2007-2008 Board of Directors

Linda Cole	President	Trina Elwell	Treasurer & Secretary
Linda Adams	President-Elect	Chesca Ugorji	SAA Liaison
Heidi Couch	1st Vice President	Shirley Bayles	Appointed Officer
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Remembering...



For once you have tasted flight, you will walk the earth with your eyes turned skywards, for there you have been and there you will

long to return
~Leonardo da Vinci

On December 6, 2007, Robert Hart Reynolds, the father of Linda Cole, AAOA President, "slipped the surly bonds of earth...and touched the face of God" (Magee's "High Flight"). Bob, a genuinely modest man, was a certified member of "The Greatest Generation."

Linda, your Advocate family wishes to pass on our deepest sympathies for your loss. We want you to know that we're here for you, each and every one of us.

2007 Convention Highlights



AAOA Fore You Golf Tournament



Presidential Installation



Welcome to Las Vegas!

The American Osteopathic Association annual convention will be held at the Venetian Resort Hotel from October 26 – October 30, 2008. The Advocates for the American Osteopathic Association will hold its Annual Business Meeting on Monday October 27th and Tuesday October 28th. The annual golf tournament will be held on Sunday, October 26, 2008. Moving the convention site to the Venetian Hotel will provide a central convention floor to the hotel, centralize meeting rooms and offices and provide luxury suites. The Venetian Resort Hotel is the largest hotel in Las Vegas with 7000 suites!

This year the Convention Committee hopes to provide you with a great Las Vegas/AAOA experience. Look for the latest in convention news on our website and your upcoming Accents.