The physicians pictured above were elected to the Board by the TCMS membership. Appointed Board members who are not pictured include: OU Students, James Brigance, MSIII, and James Fenska, MSIII, OSU Students, Katrina Lin, MSIII, and Moeez Qureshi, MSII, OSU Resident, Tucker Harrison, D.O., Dean of OU School of Community Medicine, James Herman, M.D. and Dean of OSU-COM, Kayse Shrum, D.O.
PRESIDENT’S LETTER

Michael Weisz, M.D.

I want to thank all of you for the trust you’ve shown by selecting me as this year’s president of TCMS. For those of you who don’t know me well, I am a native Tulsan and was a pharmacist at Hillcrest for 7 years before going to medical school at OU. I am a general internist and have been a faculty member at the OU School of Community Medicine since 1991. Susan and I have been married 42 years and have 3 great kids and two grandchildren.

Vince Lombardi, the legendary coach of the Green Bay Packers, said “People who work together will win, whether it be against complex football defenses, or the problems of modern society.” My vision for our organization is to grow stronger by working together. Below are some of my thoughts about how we can individually and collectively achieve this goal.

Make a commitment. To encourage our colleagues to be part of leadership medicine by joining our organizations. Our impact locally, statewide and nationally is driven by the extent to which we represent the practice of medicine, our patients and healthcare (membership currently represents about 50% of the practicing physicians in Tulsa County). We have a powerful voice when we speak as ONE.

Membership matters. Whether you have time or choose to “participate” or not, your membership supports our colleagues who work on our behalf. All physicians, members and non-members, benefit from advocacy. An example of that is tort reform and preserving reimbursement (no Medicaid cuts in 2016). When you promote membership please let your colleagues know it does not require a time commitment unless they so choose.

Serve as a mentor to a student or resident. Under the leadership of Dr. Pete Aran, Tulsa County Medical Society initiated a mentorship program last year. As we think back (some of us more than a few years ago) about our time in medical school and post-graduate training and recall the physicians who guided us we know that in many cases their counsel and support were powerful influences in our future career in medicine. As physicians this should be our priority for “paying it forward”. I am fortunate to have the opportunity to work with students and residents every day. As a member of the faculty of the OU School of Community Medicine, I teach students...I learn from students. Having student and resident representatives on the TCMS Board of Directors has been a very positive experience for our organization. They are the future of medicine. We have heard many times that our state and national legislators want to hear from medical students and residents. They, as we, understand that as the practice of medicine changes so goes policies, regulations and statutes that govern our healthcare.

Scholarships for medical students. My first experience with the Tulsa County Medical Society was when I was awarded a scholarship during my first year of medical school at OU. This was a godsend for my family. Now I have the opportunity, as do you, to contribute to this important initiative to support medical students and secure perpetuity of the fund.

Community Public Health Initiatives. TCMS is an avenue for physicians to support our underserved neighbors. Project TCMS provides donated non-emergent specialty care and the Tulsa County Medication Recycling Program provides donated prescription medication. Your membership sustains these important programs and allows our physician community to take the lead on improving access to care/quality of life for in-need Tulsa County residents.

Social Engagement. Visiting and networking with my colleagues is on my list of favorite things. My wife Susan has also established many friendships in our medical community so she also enjoys socializing at TCMS and OSMA events. This year I would like to increase the attendance at our activities. As noted in this newsletter we will have our annual Legislative Update on Tuesday, January 31st. Peter Aran, M.D. will also present a program on MACRA. He is serving on a national committee addressing the transition to MACRA. I hope you will attend the meeting and bring your spouse. My Inaugural is scheduled on Friday, March 3rd. I am excited that my friend and colleague, Karl Hoskison, M.D. is the guest speaker.

Kevin Taubman, M.D. will be inaugurated as the OSMA President on Saturday, April 22nd, during the OSMA Annual Meeting which will be held in Tulsa at the Hyatt Regency. Dr. Taubman is a Tulsan and an exceptional leader. I would urge all TCMS members to attend his Inaugural in honor of the work he has done on our behalf.

Thank you to Peter Aran, 2016 TCMS President, Rollie Rhodes, TCMS Foundation Chair and all the physicians who serve on the Board of both organizations for your work in addressing issues that impact our practice and our patients. Special thanks to Mona Whitmire, our Executive Director, who is the glue that holds our organization together.

I look forward to my year as President of TCMS and encourage you to call me anytime to share your thoughts on how we can engage and serve our members.
OSMA TO SPONSOR TCMS/TOMS 2017 LEGISLATIVE FORECAST AND MACRA UPDATE, JANUARY 31, 6:00 P.M.

The Oklahoma State Medical Association will sponsor the Tulsa County Medical Society and Tulsa Osteopathic Medical Society Annual Legislative Forecast on Tuesday, January 31st at the TCMS office located at 5315 S Lewis Ave. The meeting will begin at 6:00 p.m. and dinner will be provided. Our lobbyists, Pat Hall and Jim Dunlap, will review some of the key issues for the 2017 legislative session, including, 1) the State budget, 2) Medicaid reform and reimbursement and 3) the tobacco tax.

In addition to the Legislative Forecast, Peter Aran, M.D., TCMS Past-President, who is serving on a national task force addressing the transition to MACRA, will present, “MACRA/MIPS: Fundamentally Changing Physician Practices”.

1 AMA PRA Category 1 Credit™
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The Oklahoma State Medical Association (OSMA) is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

The OSMA 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 OSMA CME Manager has reviewed all speaker information and has resolved all conflicts of interest if applicable.

The Faculty/CME Planning Committee/Reviewer/Moderator have no relevant financial relationships to disclose.

“The Oklahoma State Medical Association has been surveyed by the Accreditation Council for Continuing Medical Education (ACCME) and awarded Accreditation with Commendation for six years as a provider of continuing medical education for physicians.

The ACCME accreditation seeks to assure the medical community and the public that the Oklahoma State Medical Association provides physicians with relevant, effective, practice-based continuing medical education that supports US health care quality improvements.

The ACCME employs a rigorous, multilevel process for evaluating institutions’ continuing medical education programs according to the high accreditation standards adopted by all seven ACCME member organizations. These organizations of medicine in the US are the American Board of Medical Specialties, the American College of Healthcare Executives, the Association of American Medical Colleges, the Council of Medical Specialty Societies, and the Federation of State Medical Boards of the US, Inc.”

Members are welcome to invite colleagues or bring their spouse and/or office manager. To RSVP please email tcms@tcmsok.org or call TCMS at 918.743.6184.

WELCOME BACK

LISA M. BALDWIN, M.D.

MICHAEL S. GEBETSBERGER, M.D.

MATTHEW L. SWENSON, M.D.

WILLIAM G. WATSON, M.D.

NEW MEMBERS

M. BYRON JENNINGS, M.D.

ALEX S. MIRAKIAN, M.D.
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With extensive experience in creating and managing retirement strategies for individuals, families and organizations, we know how to make your dreams become reality. At Trust Company of Oklahoma, we are committed to taking on the responsibility to help your employees prepare for retirement. Our retirement plans provide investment options with competitive performance and reasonable fees to ensure the future well-being of your valued employees.
There Is a Reason Why It’s Called a Retirement Plan

When it’s time to get serious about retirement planning and financial well-being, retirees would be wise to educate themselves about their personal spending.

Admittedly, understanding your spending needs is often intimidating. But, it is the only aspect of your retirement plan where you have total control and the single piece where uncertainty can be removed.

Now is a great time to go back to school and get your “master’s” degree in your own cash flows. It’s an educational pursuit that pays for itself through clarity and peace of mind. And, it should be followed by all – retiree or not.

Whether you plan to stop working or slowly reduce your workload, your income will likely change in retirement. You may start collecting Social Security, your paychecks will be replaced with investment income, and perhaps you will receive income from other sources as well.

One of the bigger adjustments doctors often have in retirement is adapting from income created by a dependable salary to income generated through varied income sources. To do well with this change, know your spending needs. What is discretionary and what is not?

Your spending may not drop much, especially when you first retire. Discretionary items such as travel may actually increase for a few years, while your fixed cash needs such as a mortgage, taxes, or health insurance may only shift slightly.

How do you determine your outgoing cash flows?

The bucket approach is a great way to master this. To start, take six month’s worth of spending and place all of it into the following three buckets:

1. Required
2. Planned Discretionary
3. Emergencies

Master one bucket at a time. Can you convert a required cash need to discretionary? What discretionary items are low priority? Can these be easily discarded, especially when markets turn south? Was that house repair truly unforeseen? Could a reserve fund for repairs started now cover these types of expenses – without taking them out of the required bucket?

Mastering your personal cash flows involves not only understanding, but taking control. Control will set you free…or at least, make retirement much more affordable. And, an affordable retirement is an enjoyable retirement.

Learn how we can help you at TrustOk.com or call us at (918) 744-0553 to discuss your specific needs.

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