



MASSACHUSETTS  
MEDICAL SOCIETY  
ALLIANCE

# 2023 prisms

The Newsletter of the Massachusetts Medical Society Alliance

## Bonnie Dunlap — Reflections of Her Presidency (2021–2023)

The past two years as president of the Alliance have been an honor and a worthy experience. The isolation from the pandemic has finally begun to fade into the past, and Alliance members and guests can once again come together as we did at our annual meeting in May! However, the convenience and economy of using Zoom for business meetings, book club discussions, and guest speakers are the future. In many instances, Zoom saves the day, especially during our New England winter when traveling can be difficult.

The issue of maintaining and increasing our membership is one of the main priorities we have tried to address, and the work must continue. Membership is also a major issue being addressed by the AMA Alliance. Collaboration with the AMA Alliance is available to state alliances, and we can take advantage of this important resource to aid in finding a solution.



MMSA President  
Bonnie Dunlap  
(2021–2023)

I attended the annual meeting of the AMA HOD in Chicago in June and visited the AMA Alliance booth. I met with the immediate past president and new president, as well as several other AMAA members who were accompanying their physician spouses. We were visiting Chicago from six states. Our discussions focused on efforts to increase membership, fundraising projects, and staying involved with our respective medical societies through participation on committees. There are many challenges facing physicians and the delivery of health care; it is an ever-changing environment that affects all of us.

I believe that by staying involved through membership in state and national alliances, we can make contributions, offer support, and enjoy many privileges. Those privileges include educational opportunities, involvement in committee work, new friendships, and joining with the medical community to promote well-being for all.

I will continue to support our state Alliance and look forward to working with our new slate of officers for 2023–2024. — **Bonnie Dunlap**

*Read Bonnie's 2023 presidential report on page 13.*



2023 Annual Meeting

# 2023 prisms

The Newsletter of the Massachusetts Medical Society Alliance

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This issue of *Prisms* is dedicated to Bonnie Dunlap, our immediate past president. The MMSA is grateful to Bonnie for her devoted leadership, especially during the pandemic.

I would like to thank Jill Cricones for her invaluable organizational skills. —*Bonnie Dunlap*

*Prisms* is a publication of the Massachusetts Medical Society Alliance (MMSA), an organization of medical students, residents, physicians and their spouses or domestic partners, and friends committed to advancing the health and well-being of the medical family. In conjunction with the Massachusetts Medical Society (MMS), the Alliance educates and promotes good health among the citizens of the Commonwealth of Massachusetts.

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MASSACHUSETTS  
MEDICAL SOCIETY  
ALLIANCE

## MMS Alliance President Gail Gordon Sanchez, MSW, LICSW

### *Vision for 2023–2024*

I would like to start by letting you know how thrilled I am to be your next MMS Alliance President and would like to express my appreciation and confidence that the members of the Alliance have in me. What an honor to be installed by the AMA Alliance President, Jacqueline L. Nguyen, Esq., who came all the way from Nevada. She spoke to me eloquently with pearls of wisdom as I began my presidential journey.



Gail Gordon Sanchez,  
MSW, LICSW

I am looking forward to the upcoming year of important and fun social events such as Physician/Family Day and our involvement with mental health topics such as teen suicide, depression, homeless shelters, domestic violence, food insecurities, and health inequities like access to health care. In addition, opioids and gun violence will continue to be important issues for us.

There are many topics to cover, and I am open to your suggestions for social events and speakers via Zoom or at our in-person meetings, as well as books to read for our virtual book discussion every other month.

The goal is to grow our membership and to be an active network for connection, support, and friendship to all our Alliance members. I hope you will help us entice new members, including men who are married or partners of doctors, to join our Alliance. Please reach out to me or other Alliance members in your district if you know of any potential members.

In closing, I would like to thank you again for this opportunity to serve as your president. I am so grateful to have such wonderful members and staff to work with who are invaluable.

Thank you all for your involvement and participation in upcoming events. — *Gail Gordon Sanchez, MSW, LICSW*

## 2023–2024 Massachusetts Medical Society Alliance Strategic Leadership Council

The MMSA is composed of its District Alliances and focuses on three major areas: Health Promotion, legislation, and charitable contributions. The SLC (Strategic Leadership Council) is the initial decision-making and oversight body of the MMSA. Consisting of the elected officers, past state presidents, the standing committee chairs, and presidents of active districts, it meets monthly to administer all programs and special events of the MMSA. The SLC oversees the standing committees' activities (Administration, Communications, and Membership), prioritizes initiatives, and coordinates activities with MMS.

The SLC formulates the direction of the MMSA for the coming years, including how the MMSA will work with MMS to support outreach activities and further the objectives of both organizations. In addition to long-range planning, the responsibilities of the SLC include leadership development, membership recruitment and retention, and planning Interim and Annual meetings.



MASSACHUSETTS MEDICAL  
SOCIETY ALLIANCE

### Massachusetts Medical Society Alliance Strategic Leadership Council

**Gail Gordon Sanchez**, President  
**Margaret Igne**, President-elect  
**Catherine Lew**, Secretary/Treasurer  
**Bonnie Dunlap**, Immediate Past President  
**Ulku Akyurek**, Past State President  
**Mary Kay Albert**, Past State President  
**Sophia Bogdasarian**, Past State President  
**Sandra Delgado**, Past State President  
**Paula J. Madison**, Chair Membership  
**Sandra Celona**, Co-chair of Administration  
**Mariette Young**, Co-chair of Administration  
**Margaret Igne**, President, Boston North District  
**Paula Madison**, **Usha Upadhyay**, **Francine Vakil**,  
**Maureen Zacharia**, Worcester District Board

## MAKING A DIFFERENCE

### Boston North District Alliance

The Boston District Alliance is proud of its achievements during the pandemic, and the Boston District kept its enthusiasm for the 2022–2023 presidential year.

Our mission remained the same. We continued with the MMS advocating for legislative policies on domestic violence, homelessness, healthy nutrition, equality, and encouraging people to take the COVID-19 vaccine and use protective gear to help stop the spread of the virus and end the pandemic.

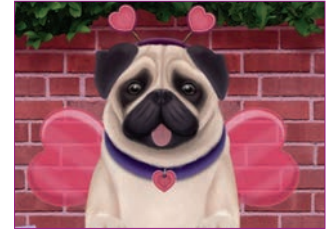
The Boston District continued working locally with projects including working with the New England Center for Veterans, partnering with the Friends of Boston's Homeless Shelter, and the Y2Y youth shelter in Cambridge.

We continue with the traditional Thanksgiving pie baking and decorating, donating the pies to the New England Center for Veterans. This year we were fortunate to have Emma McVicar and my son Jonathan bake and decorate 12 organic pies for our friends at the NECV. The event was a success as we celebrated 28 years of continuous donation during Thanksgiving. My daughter Beatrice Igne Bianchi and my son Jonathan Igne Bianchi deliver the pies every year.



In December, the District had planned an in-person holiday party celebration, but due to members exposure to COVID-19, our festivity was held virtually. Members that participated were asked to make donations to the Y2Y Shelter in Cambridge.

The district continues to support the Boston Children's Hospital on Valentine's Day making this day extra special for the kids at the hospital by sending them a virtual valentine. Our members choose one of their favorite designs, write a message and sends it off! All the cards with special messages were displayed on screens in the hospital for all children and their families to enjoy.



We continue to support the Russell Museum of Medicine and attend many events via Zoom. To name a few: *What Baby Teeth Can Tell Us About Risk for Psychiatric Illness* was presented by Erin C. Dunn, ScD, MPH, MGH, and *The Song of Our Scars: The Untold Story of Pain* was presented by MCH Writer-in-Residence Suzanne Koven, MD, MFA, in conversation with author and BWM cardiologist Haider Warraich, MD.



The Boston District of the MMSA is proud to announce the donation of brand-new eyeglasses to the Hospital University of Recife in Brazil. The eyeglasses donation is part of the project, Medical Libraries in Africa and in Developing Countries. The Brazilian government pays for lenses but not frames, which makes it difficult for people who live on a budget to afford the frames.

After a two-year pause due to the pandemic, Margaret Igne, president of the Boston District, traveled to Brazil and presented the eyeglass frames to Dr. Dayse Sena, the project liaison in Brazil.

Dr. Sena studied at MIT, receiving her MBA, and also held a position at Harvard Medical School. She has spent over 23 years in Boston. For the past 10 years, she has been a practicing physician in Brazil.

The Project is also continuing to send more medical books to the University Hospital.



## The Massachusetts Medical Society Alliance (MMSA)

*The MMSA brings physician families together. What can we do for you?*

**NETWORKING** — We offer support for physician families by recognizing needs, sharing common experiences and interests, and providing educational and social networking events. Our members understand medicine, medical issues, and the physician family at all stages of the medical practice, from training years through retirement.



**HEALTH PROMOTIONS** — Our volunteers work to promote healthy communities. The MMSA is actively engaged in campaigns to stop smoking, fight obesity, increase fitness, and prevent the spread of disease through our handwashing campaign. Alliance members support injury prevention awareness through helmet safety and seatbelt legislation.



**LEADERSHIP DEVELOPMENT** —

There are opportunities to maximize your development in your professional and personal lives through training, leadership conferences, mentoring, and more.



**PHYSICIAN FAMILY SUPPORT** —

Support for the physician family and shared concerns for the health of our communities unite our members. Your membership impacts the health of America and the future of medicine.

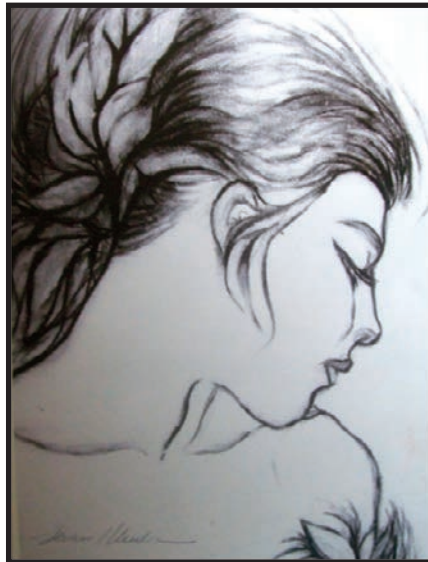


**MEMBER PUBLICATIONS** — Members receive *Prisms*, featuring Alliance events, community initiatives, the quarterly electronic newsletter *Alliance News in Brief*, and more.



**LEGISLATION** — The MMSA increases awareness of legislative issues affecting health care through frequent online updates and alerts, advocacy training, and educational workshops.





## Worcester District Alliance

In recognition of National Nurses Day on May 6, 2022, our members were asked to donate to the WDMSA BSN Scholarship Fund. This was an opportunity to show appreciation to a nurse who has made a difference in caring for us or family members during the pandemic.

Annually, an endowment is received from the *Raymond Trust Fund*, which was established in 1969 by past Alliance member Gertrude J. Raymond. In 2022, we were pleased to announce a generous contribution from the Passey Family given to our Nursing Scholarship Fund as an endowment. These additional funds have given our district alliance the capability to award the WDMSA Nursing Scholarship at the virtual WDMS Fall District Meeting. Catherine Jones, a BSN student at Assumption University, was our recipient of this award. She was noted to be a passionate and hard-working student with excellent grades. The WDMSA has awarded over 160 nursing scholarships since 1959.

The WDMSA held a virtual yet very engaging book club in February. The selected book was *Lessons in Chemistry* by Bonnie Garmus.

In early May, we engaged our members in a social gathering at the home of Neena Patwardhan to renew our friendships and discuss the book, *The Heart of Caring*, by Mark Vonnegut, MD, a pediatrician and author.

On May 24, 2023, we collaborated with UMass Chan, Lamar Soutter Library, and WDMS to bring back the Meet the Author series at UMASS with Dr. Mark Vonnegut as the speaker. Sheila Massarelli, an Alliance member and friend of Dr. Vonnegut, was instrumental in this collaboration.

Over the past two years, some Alliance members have been archiving and sorting our Alliance's records and photographs, which will then be stored with the WDMS. This work is ongoing, and volunteers are welcome.



Sevim Under

It is with great sadness that we report the loss of our member, Sevim Under, on January 15, 2021. She was a past president of our Worcester District Alliance and was a lifelong accomplished artist. Sevim generously donated her paintings to the Massachusetts Medical Society & Alliance Charitable Foundation's annual silent auction fundraising event.

*Shown above are samples of Sevim Under's inspired artwork.*

## ALLIANCE LIAISONS TO MMS COMMITTEES

Our Alliance is fortunate in that the Massachusetts Medical Society provides regular Alliance members with the opportunity to serve as a primary or alternate liaison to many of the Society's standing and special committees.

### Arts, History, Humanism & Culture

Ulku Akyurek, MD

### Communications

Margaret Igne

### Diversity in Medicine

Margaret Igne

Bonnie Dunlap

### Geriatric Medicine

Mariette Young

### Global Health

Margaret Igne

### Legislation

Vanessa Kenealy

### LGBTQ Matters

Margaret Igne

### Membership

Paula Madison

### Mental Health Substance Use

Gail Gordon Sanchez

### Nutrition & Physical Activity

Margaret Igne

Gail Gordon Sanchez

### Oral Health

Mariette Young

Harriet Kantrowitz

### Preparedness

Catherine Lew

### Public Health

Catherine Lew

Sophia Bogdasarian

### Senior Physicians

Sophia Bogdasarian

Gail Gordon Sanchez

### Student Health Sports Medicine

Paula Madison

### Violence Intervention & Prevention

Harriet Kantrowitz

Margaret Igne





## Massachusetts Medical Society and Alliance Charitable Foundation

The Massachusetts Medical Society & Alliance Charitable Foundation has awarded grants to health-focused organizations across the state.

*The Foundation awarded a total of \$141,700 in grants to 12 organizations.*

### Behavioral Health

- ▶ **Adolescent Consultation Services** in Cambridge received \$10,000 to expand mental health prevention and intervention services to high-risk children and their families.
- ▶ **Boys and Girls Clubs of Dorchester** received \$15,000 to expand access to behavioral health services for at-risk children and families through the services of an on-site clinician.
- ▶ **Boys and Girls Clubs of Stoneham and Wakefield** received \$10,000 to expand mental health and substance abuse prevention programming for youth, with a special focus on at-risk populations such as LGBTQIA2S+ youth.
- ▶ **Interfaith Social Services** in Quincy received \$10,000 to support the New Directions Counseling Center, which provides mental health services to impoverished people without health insurance or with inadequate coverage.

### Health Promotion

- ▶ **Martin Luther King Jr. Family Services** in Springfield, in collaboration with medical students from the University of Massachusetts, received \$700 to put on a twice-annual food justice fair where attendees can connect with local resources offering services and nutritional education.

### Improved Access to Health Care

- ▶ **FriendshipWorks** in Boston received \$7,500 to support the Medical Escort Program, which removes barriers to health care access for isolated older adults by recruiting, training, and assigning volunteer Medical Escorts to accompany them from their homes to medical appointments.
- ▶ **Father Bill's & MainSpring** in Quincy and Brockton received \$20,000 to support the Outreach Project, which connects people living outdoors across the region to health care and services, to help improve their health and exit homelessness.
- ▶ **Victory Programs** in Jamaica Plain received \$10,000 to support the Mobile Prevention Team, which provides harm reduction services to homeless individuals throughout Boston at risk for overdose and infectious disease.

### Addressing Social Determinants of Health

- ▶ **South Community Food Pantry** in Pittsfield received \$15,000 to increase the amount of fresh produce available.

### Quality Health Care Services for the Un- and Underinsured

- ▶ **Gratis Healthcare** in Framingham received \$18,500 to expand services and capacity to provide medical care to uninsured children, women, and men in the MetroWest region.
- ▶ **Metrowest Free Medical Program** received \$10,000 to expand services at their new location in Marlborough to improve access for uninsured and inadequately insured patients.
- ▶ **Volunteers in Medicine Berkshire** received \$15,000 to expand their services to an additional location in Pittsfield to meet the growing need for health care services for the uninsured.



### International Health Studies Grants

The following five medical students and seven resident physicians received grants totaling \$15,000 to offset travel and lodging expenses for study in another country.

- ▶ **Clemence Cuillerot** — 1st year medical student, Boston University School of Medicine
- ▶ **Andrew Chang** — 3rd year medical student, Harvard Medical School
- ▶ **Jacob Rha** — 4th year medical student, Tufts University School of Medicine  
Colleen Witty — 4th year medical student, Tufts University School of Medicine
- ▶ **Emily Chin** — 4th year medical student, UMass Chan Medical School
- ▶ **Ya Haddy Sallah** — Internal Medicine, Mass General Hospital
- ▶ **Ramya Ramadas** — Pediatrics, Boston Children's Hospital/Boston Medical Center
- ▶ **Sonia Taneja** — Pediatrics, Boston Children's Hospital/  
Boston Medical Center  
Celestine Warren, Orthopedic Surgery, University of Massachusetts
- ▶ **Mihoko Tanabe** — Family Medicine, Boston Medical Center  
Bijan Ghaffari, Family Medicine/Psychiatry, Boston Medical Center
- ▶ **Miranda Ravicz** — Internal Medicine, Mass General Hospital

The Massachusetts Medical Society & Alliance Foundation is a supporting organization of the Massachusetts Medical Society, the statewide association of physicians, and the MMS Alliance, the organization of physicians' spouses, physicians, medical students, partners, and friends committed to advancing the health and well-being of the family of medicine. The foundation's mission is to support the charitable and educational activities of the Society and Alliance and address issues affecting the health, benefit, and welfare of the community.

More information on the MMS and Alliance Charitable Foundation may be found at [www.mmsfoundation.org](http://www.mmsfoundation.org).

### The following Alliance members have donated to the Massachusetts Medical Society & Alliance Charitable Foundation in 2022 through our Holiday Sharing Card:

- Ann Aghababian
- Anonymous Donor
- Jonathan Igne Bianchi
- Sophia and Dr. John Bogdasarian  
*in loving memory of Dr. Richard Aghababian*
- Gerrilu and Dr. Svend Bruun
- Bonnie and Dr. Ron Dunlap  
*in memory of Dr. Bernard Levy*
- Nancy Ghareeb  
*in honor of Jill Cricones*
- Patricia Herrin  
*in memory of Dr. John Herrin*
- Harriet and Dr. Warren Kantrowitz
- Vanessa and Dr. James Kenealy
- Paula and Dr. Mark Madison  
*in honor of Bonnie Dunlap*
- Sheila Massarelli
- Neena Patwardhan
- Iris and Dr. Eric Reines
- Carolyn and Dr. Sahdev Passey
- Dr. Arnold Robbins
- Francine and Dr. Rohit Vakil  
*in honor of Carolyn and Dr. Sahdev Passey*
- Gail and Dr. Luis Sanchez
- Maureen and Dr. Peter Zacharia

## Healing Art of Music

Dr. Lisa Wong is a noted pediatrician, musician, and author dedicated to the healing arts of music and medicine. She is a violinist, violist, and pianist and served as president of the Longwood Symphony Orchestra from 1991 to 2012. Inspired by the work of musician/physician Dr. Albert Schweitzer, she designed the LSO's signature "Healing Art of Music" program, which raises awareness and funds for medical nonprofits. In April 2012, she published *Scales to Scalpels: Doctors Who Practice the Healing Arts of Music and Medicine* in collaboration with writer Robert Viagas.



Lisa Wong, MD

Dr. Wong is a founding member of the Committee for Arts and Humanities at Harvard Medical School and the Boston Arts Consortium for Health. She is a board member of the Mass. Cultural Council and Conservatory Lab Charter School and advisor to the BPS Arts Expansion Initiative, the Lesley University Institute for Arts and Health, and the Program in Education, Afterschool and Resiliency (PEAR).

In her presentation, Dr. Wong brought to light the beauty and importance of music and its ability to provide hope, a sense of connectedness, and healing to the human spirit. She provided several examples of how music was used as a source of strength, resiliency, and renewal for the patient, caregiver, and community. A few of the highlights of her presentation are provided here.

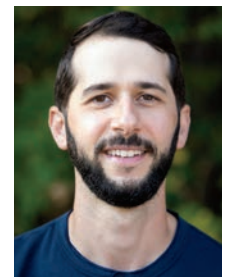
During the COVID-19 pandemic, it became clear that patients needed more than medical care to heal. The New England Conservatory of Music Community Performances and Partnership Program worked with Dr. Wong and others to bring music to health care settings. Their patient and community outreach included partnering with Boston Hope Hospital and MGH so patients could hear virtual concerts at their bedsides, providing virtual concerts to shut-ins, and performing at immunization clinics. The NEC musicians also collaborated with health care workers as part of the Boston Hope Music Teaching Project to provide virtual musical instrument lessons and voice lessons for them as a means of providing much-needed care for the caregivers. The Boston Hope Music Project has provided socially distanced performances at Fenway Park, Reggie

Lewis Athletic Center, and COVID immunization clinics. The talents of the medical musicians and NEC musicians were shared in concert at the historic Ether Dome at MGH.

Another noteworthy use of music in healing is the work of Dr. Hirshberg, the Chief Medical Officer, musician, and rehab specialist at Boston Hope COVID Hospital. He helped inspire the "Hope Music Healing Program" for patients in collaboration with the musicians at the NEC. Together they formulated a music program that provided creative pauses in the day timed to focus on energy, engagement, and evening calm. Each session provided a specially composed 30-minute playlist, which patients could play on their bedside tablets. Dr. Wong has kindly shared the following link to music: Longwood Chorus performing Simon and Garfunkel's "Bridge over Troubled Water" <https://bit.ly/452GaJx>.

## Interim Meetings 2021 and 2022

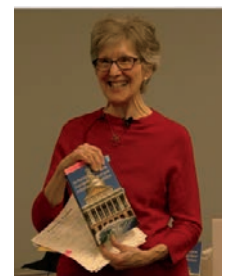
Alex Tzelnic was the guest speaker following the interim business meeting held on December 2, 2019. The topic of his presentation was "Understanding Mindfulness and Exercises to Weave Mindfulness into Daily Living." It was followed by interactive exercises.



Alex Tzelnic

Alex Tzelnic is a Physical Education teacher, Zen practitioner, and writer living in Cambridge, MA. He has an MA in Mindfulness Studies from Lesley University and is passionate about the intersection of mindfulness and education. You can find his musings on mindfulness in *Tricycle*, where he is a frequent contributor.

Kathleen Teahan was the guest speaker following the business meeting held on December 2, 2022. Kathleen is the author of *For the People, Against the Tide*, and a ten-year member of the Massachusetts Joint Committee on Healthcare (1997–2007). Here she discusses her work to improve oral health and her status as one of the only 221 women ever to serve in the Massachusetts Legislature.



Kathleen Teahan

## Physician Family Day

*In appreciation for our physicians' dedication and commitment, the Massachusetts Medical Society Alliance invited physicians, residents, and their families to join in for a "backyard" barbecue along with some fun activities at Kimball's Farm.*



## MMS Alliance Supports Local Food Pantries

Demand for food assistance across the state has increased by approximately 30% since the onset of the pandemic. Out-of-control inflation and the increased cost of groceries have put a strain on food pantries, and more people than ever are struggling to make ends meet, with upwards of 1.5 million facing food insecurity in Massachusetts. Home energy bills are expected to increase by up to 60% this winter, and many of our neighbors are making impossible choices between staying warm in winter and staying fed, and between the food they need for their health and the food they can afford. **The MMS Alliance** is proud to lend a helping hand and most recently made contributions to the following food pantries: Cape & Islands Veterans' Outreach Center; Veterans, Inc.; Our Fathers Table; New England Center of Veterans; Friends of Boston's Homeless; and the Multicultural Bridge. Additionally, your Foundation has supported the grocery delivery program at **Amherst Survival Center's** food pantry and

**Lovin' Spoonfuls** food rescue and hunger relief operation in Worcester County. Learn more about the **Foundation** and **donate** today.

MMS adopted policy in December 2020 supporting food as medicine interventions that consist of healthy foods that are nutritionally tailored to meet the specific needs of patients living with or at risk for serious health conditions affected by diet and/or food insecurity. MMS has been a key partner in developing a **Massachusetts Food is Medicine State Plan**, is a member of the multi-stakeholder Food is Medicine Massachusetts (FIMMA) Coalition, and is the inaugural leader of FIMMA's Provider Nutrition Education and Referral Task Force. Clinicians recognize that food insecurity plays a significant part in overall patient health, and we know more must be done to support providers and encourage routine food insecurity screening. **The Food is Medicine Inventory** is a tool for health care providers to refer patients to medically tailored meals and other essential nutrition services in the state.



## 2023 MMS Alliance Annual Meeting President's Report

It has been an honor to serve as president of the Alliance over the past two years.

With ever-present guidance from Jill Cricones, our staff advisor, the Alliance has continued to do some good work.

At the onset of pandemic restrictions, members joined in several Book Club discussions via Zoom. In addition, the Strategic Leadership Council met regularly, also on Zoom.

In May of 2022, we held our annual meeting and officer installation in person at Longfellow's Wayside Inn in Sudbury. Our guest speaker, Dr. Ronald Dunlap, spoke on the Potential for the Use of Technology in Decreasing Health Care Disparities. Then, in June, the Alliance invited our physicians, residents, and medical student members and their families for a day of fun and a cookout at Kimball Farm in Westford. We had good participation. At our interim meeting in December, Kathleen Teahan, a former state representative, spoke about a statewide effort she conducted several years ago to promote and improve oral health for children.

Our Holiday Sharing Card donations for the MMS Charitable Foundation exceeded \$2100. The Charitable Foundation funds programs throughout the state to



improve access to health and wellness. The Alliance also donated money to help support food pantries and shelters in each of the state districts.

I look forward to remaining an active member of the Alliance in the years to come. — *Bonnie Dunlap*



## 2023 MMS Alliance Annual Meeting

The seventy-fifth Annual Meeting of the Massachusetts Medical Society Alliance was held on May 13, 2023, at the Waltham Westin Hotel. Bonnie Dunlap, president, officially called the Annual Meeting to order at 11:00 a.m. Following the official order of business, Committee and District Alliance reports were given. The AMA Alliance President, Jacqueline Nguyen, Esq., installed the 2023–2024 officers. Christopher Palmer, MD, was the guest speaker at the Alliance Annual Meeting.

Jacqueline Nguyen is an attorney and longtime health care community advocate and philanthropist in Las Vegas, Nevada. She is barred in California, Texas, and Nevada and has a legal emphasis on corporate and transactional law.



Jacqueline Nguyen, Esq.

Jacqueline is the President of the American Medical Association Alliance, an affiliate of the American Medical Association. Established in 1922, the AMA Alliance is the nation's largest organization representing the physician family and a direct affiliate of the American Medical Association. Jacqueline is the first Nevadan and the first South East Asian to serve as President in the AMA Alliance's 100-year history.

Jacqueline is extensively involved in her community, having served on the boards or committees for the Nevada MEDPAC, Southern Nevada Opioid Advisory Council, Touro Medical School, the Springs Preserve, Nevada Physician Wellness Coalition, St. Jude Children's Hospital, and many others. She is certified by UNLV in Non-Profit Management and Non-Profit Fundraising. Her areas of expertise include strategic organizational growth, operational efficiency, and leadership development.

She has been honored for her work by receiving the Russell J. DeRemer Award from Whitman College, the Athena Minority Lifetime Achievement Award from the Women's Chamber of Commerce, and recognized for her philanthropy by the National Association for Women Business Owners Southern Nevada.

Apart from her legal background and her leadership and philanthropic focus, Jacqueline is also a longtime legislative advocate. In 2018, she was the campaign manager for Senator Joe Hardy, MD, who was newly elected as Boulder City Mayor. She has served as legislative chair and PAC Board member representing medicine for the past decade. She is currently the Development Chair for the Nevada MEDPAC and works with physicians statewide to protect patient rights and access to quality health care.

Jacqueline is married to Dr. Michael Lee, an orthopaedic hand surgeon, and they are proud parents of 12-year-old twin daughters and a 6-year-old son. She is an avid poker player and cook. Her recent passion is participating in the National Charity League with her daughters and starting them on their own journey of servant leadership and impactful change in their community.



Dr. Palmer leads McLean Hospital's Department of Postgraduate and Continuing Education. In this role, he has developed hundreds of educational conferences, workshops, Grand Rounds, and other professional educational activities, most of them under the aegis of Harvard Medical School. His leadership has transformed the department from a small, subsidized department of the hospital into a flourishing educational program that is now leading mental health education for professionals nationwide.



Christopher Palmer, MD

He has held numerous leadership positions in the continuing education field beyond McLean Hospital's program, including serving on leadership, advisory, and strategic planning committees of Harvard Medical School, Partners Healthcare, the Massachusetts Medical Society, and the Accreditation Council for Continuing Medical Education (ACCME).

Dr. Palmer's clinical practice has focused on helping people suffering from treatment-resistant mental illnesses, including mood disorders, psychotic disorders, and personality disorders. His treatment approach has been comprehensive and has included psychopharmacology, psychotherapy, and complementary and alternative treatments. However, he has always been looking for better treatments and outcomes because far too many people do not get better with our current approaches.

Dr. Palmer has been involved in psychiatric research for over 23 years. He has served as a research physician in the Behavioral Psychopharmacology Research Laboratory and the Sleep Research Laboratory, both at McLean Hospital, where he worked with teams pursuing wide-ranging research in the areas of addiction and sleep.

Most recently, his research interests have turned to the areas of metabolism, metabolic disorders, and their connection to mental disorders. Interestingly, the connections are widespread and span numerous mental and metabolic disorders. He is focused on combining and understanding epidemiological data, basic science research, and clinical studies in order to better understand the role metabolism plays in mental illness.

Dr. Palmer has been pioneering the use of the ketogenic diet and its applications in psychiatry. The ketogenic diet is an evidence-based treatment for epilepsy and can work in treatment-resistant cases, even after numerous medications and even surgery fail to control seizures. It doesn't work for everyone, but it does work for a significant percentage of people. It turns out that many anti-epileptic treatments are used routinely in psychiatry, so this dietary intervention should at least be considered in the treatment of mental disorders. Interestingly, the ketogenic diet is a metabolic intervention that has been shown to have profound effects on brain metabolism. These changes may correct some of the metabolic abnormalities found in people with mental disorders. Dr. Palmer has published case studies and pilot clinical trials and is actively conducting research in this area. He is also working with researchers from around the world to further explore this treatment in clinical populations as well as pursuing more basic science research.

### *The Brain Energy Theory of Mental Illness*

In November 2022, Dr. Palmer published the groundbreaking book *Brain Energy*, in which he argues that mental disorders are metabolic disorders of the brain. Based on decades of clinical, epidemiological, neuroscience, genetic, psychological, social, and metabolic research, this unifying theory integrates the mental health field with the rest of the medical field. The Brain Energy Theory challenges the current diagnostic categorization of mental disorders (DSM-5-TR), provides long-elusive answers to questions that have plagued the mental health field, and details numerous lines of evidence connecting mental illness with disorders linked to metabolism, such as diabetes, heart attacks, strokes, pain disorders, obesity, Alzheimer's disease, and epilepsy. This theory offers new treatment options, ones that come with the hope of long-term healing as opposed to just symptom reduction. *Brain Energy* has been endorsed by leading psychiatrists, neuroscientists, and other physicians and holds the potential to transform the mental health field.



### Uniting & Empowering Physician Families Since 1922

With over 100 years of history, the AMA Alliance has evolved from a female-driven social and advocacy group to a diverse membership organization that includes male and female spouses and partners of physicians and medical students, as well as physicians and medical students themselves. The AMA Alliance is proud of its rich legacy and is committed to honoring its past by building on the core principles on which it was founded: to support and provide resources for physician families and advocate for healthier communities in partnership with the American Medical Association.

As an affiliate of the AMA, the AMA Alliance brings unique understanding and perspective to the significant challenges faced by today's physician families. The AMA Alliance continues to build a thriving, growing, and fiscally strong organization that connects physician families for healthier communities. Our goal is to be a recognized leader in community health education resources and advocacy. The result is an engaged organization that helps each other and the communities in which we live.

To learn more about the AMA Alliance visit their website at <https://amaalliance.org> or email [amaallianceinfo.org](mailto:amaallianceinfo.org).



### Visiting the AMA Alliance

The AMA HOD annual meeting convened in Chicago on June 7th. The AMA Alliance held its annual meeting in Nashville, TN, June 2–4. Representatives from our state's alliance were unable to attend the Nashville meeting. Since my husband, Dr. Ronald Dunlap, an MMS Delegate to the AMA House of Delegates, and I were in Chicago, I had the opportunity to visit the exhibit hall. There was a booth filled with pamphlets, promotional items, and a wonderful display with four large posters outlining the history of the Alliance with several posters, captions, and a timeline.

I also met with other alliance members who were attending the HOD with their physician spouses. There was an opportunity to socialize and to join in promoting the importance of becoming a member of the states' Alliances and the AMAA to anyone who stopped to inquire at the booth. — *Bonnie Dunlap*





## MMS Alliance Dues

*Join us and let your voice be heard*

- \$100 annually — Physician/Physician Spouse or Partner *(includes national, state, and district dues)*
- \$35 annually — Physician/Physician Spouse or Partner *(includes state and district dues)*
- \$35 annually — Friend of the Alliance *(includes state and district dues)*
- \$25 annually — Residents/Fellow/Spouse or Partner *(includes national, state, and district dues)*
- \$10 annually — Residents/Fellow/Medical Student/Spouse or Partner *(includes state and district dues)*

Every member has the opportunity to learn about current health issues when serving as a liaison to an MMS committee. Every member may attend MMS educational programs at free or reduced rates. Check out the MMS Alliance website and Facebook page for regular updates and the latest posts sharing information about our district and state events and posts on health issues. The AMA Alliance has posted links to all of the county and state websites on the AMA Alliance web page.

***Join today!***

**FOR MORE INFORMATION VISIT [WWW.MMSALLIANCE.ORG](http://WWW.MMSALLIANCE.ORG) OR FIND US ON FACEBOOK**



**MASSACHUSETTS MEDICAL  
SOCIETY ALLIANCE***Making a Difference*

Dear Alliance Members,

The 2023–2024 membership year for your district and the Massachusetts Medical Society Alliance (MMSA) has begun. We hope you will renew your membership, as our organization adds value to your life. Your \$35 dues give you access to the programs of the Massachusetts Medical Society, our quarterly meetings, and networking with your peers—something that we all need. Please go online now, using our secure site, [mmsalliance.org](https://mmsalliance.org), to renew your membership.

I also encourage you to join the National AMA Alliance at [Membership Options — AMA Alliance](#) by paying \$65 for national dues.

We look forward to seeing one another at future meetings and events. Please take a moment to **renew your membership today** and remain part of this vital organization.

I look forward to connecting with you.

Sincerely,

Gail Gordon Sanchez  
President  
Massachusetts Medical Society Alliance

For more information, call the Alliance office at (800) 322-2302, ext. 7372, or email [alliance@mms.org](mailto:alliance@mms.org). You can also visit our website: [www.mmsalliance.org](https://www.mmsalliance.org).



## Massachusetts Medical Society Alliance Past State Presidents

Harriet Johnson — 1948–49	Jane T. Condon — 1979–80
Elizabeth Ayers — 1949–50	Dorothea S. Rodkey — 1980–82
Hester Root — 1950–51	Claire B. Gordon — 1982–83
Abigail Lebrecht — 1951–52	Vi Meeker — 1983–85
Kathryn McCabe — 1952–53	Anna A. Ferguson — 1985–86
Frances Ward — 1953–54	Sharyn Dingman — 1986–87
Marie Campbell — 1954–55	Patricia L. Boyd — 1987–88
Florence Angley — 1955–56	Veronica A. Gregg — 1988–90
Elizabeth Cheney — 1956–57	Sandra Celona — 1990–92
Ethel Chatigny — 1957–58	Mary Firth Corcoran — 1992–94
Mary Wheeler — 1958–59	Jeanne K. Gaz — 1994–96
Elizabeth Ross — 1959–60	Mariette A. Young — 1996–98
Katherine Hines — 1960–61	Bonnie B. Lavoie — 1998–99
Mary Morrin — 1961–62	Gerrilu H. Bruun — 1999–2000
Rose S. Rappeport — 1962–63	Beverly A. George — 2000–01
Alberta Holden — 1963–64	Nancy B. Ghareeb — 2001–03
Ruth Michelson — 1964–65	Vanessa P. Kenealy — 2003–05
Margaret Butts — 1965–66	Margaret Igne Bianchi — 2005–07
Evelyn Fierman — 1966–67	Mary Kay Albert — 2007–09
Margaret Dias — 1967–68	Marie-Christine Reti — 2009–11
Marise Zellman — 1968–69	Gladys Chan — 2011–13
Claire Bagenstose — 1969–70	Paula J. Madison — 2013–15
Gretchen Kraus — 1971–72	Ulku Akyurek, MD, MBA — 2015–17
Mary Terzian Killelea — 1972–73	Sandra Delgado, BSN, MHA — 2017–19
Peggy La Vigne — 1973–75	Sophia X. Bogdasarian, RN — 2019–21
Catherine G. Matzilevich — 1975–77	Bonnie G. Dunlap, RN — 2021–23
Ann Bouras — 1977–79	



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