



HEART OF AMERICA CHAPTER

Military Officers Association of America

(Visit our Web Site at www.moahoa.org)

Number 10

October 2014

Dr. Gregory Ballard will discuss Joint Surgery and Sports Medicine at October 25th Meeting

Our presenter at our October 25th Meeting will be Orthopedic Surgeon Gregory Ballard. Dr Ballard started Centerpoint Orthopedics over 8 years ago.

As an orthopedic surgeon, he cares for injuries to the bone and joint, including joint replacement, fracture and trauma management.

Dr. Ballard can relate to our senior citizen membership's lifestyle, and also be prepared to address your questions about our Golden years.

He also has a special interest in sports injuries. He is affiliated with Centerpoint Medical Center as well as the hospitals of HCA Midwest Health System.

Dr. Ballard completed medical school at the University of Kansas School of Medicine, Kansas City, Kansas, and residency at the University of Kansas School of Medicine, Wichita, Kansas. He completed a fellowship at the Methodist Sports Medicine Center, Indianapolis, Indiana.

Dr. Ballard's parents are US Army retired and reside in Wichita, Kansas.

Dr. Ballard is proud to be a team physician for the Missouri Mavericks with Midwest Sports Medicine Physicians.

Urge you to attend and enjoy his presentation. Additionally, Dr. Ballard will be available to answer your questions during and after the meeting.

To get to the DAV, exit off I-435 at 87th Street (close to Bannister Mall), and drive east to Old Santa Fe Road, turn



Dr. Gregory Ballard

right for one block, or drive on Blue Ridge to 87th Street and turn west, go one block to Old Santa Fe Road, turn left and go approximately one block. The DAV is at the rear of Loma Vista Shopping Center.

Everyone must have a meal reservation by Wednesday of the week before the luncheon. Those on the permanent list need to call only if they will be absent.

Substitute meals must be made at time of reservation. Cancellations must be called in by 9:00 a.m. Saturday of the luncheon.

Reservations are imperative in order to provide meals for all who attend.

To make reservations, contact Samuel or Judy Leonard by telephone at 816-792-0744 or by e-mail at jlynn2@kc.rr.com by Wednesday before the meeting.

PLEASE -- No reservations can be accepted after 1000 on Wednesday -- especially requests for substitute meals.

Meeting Information

TOPIC: *Personal and Sports Medicine*

SPEAKER: *Gregory Ballard, MD
Orthopedic Surgeon*

Saturday, October 25, 2014

TIME: *11:30 a.m. - Auxiliary and Wives
12:15 p.m. - MOAA*

MENU: *Swiss Steak, Mashed Potatoes/Gravy,
Vegetable, Salad, Roll/Butter,
Coffee, Iced Tea, Dessert*

*(Substitute Meals of Baked Chicken Breast or
Hamburger Steak must be requested at Time of
Reservation)*

LOCATION:
*Disabled American Veterans
8787 Old Santa Fe Road
Kansas City, Missouri*

*Call Sam and Judy Leonard at 816-792-0744 for
Reservations or e-mail jlynn2@kc.rr.com*

2014 Meeting Calendar

25 October 12 December
22 November* (Holiday Party)

NOTE: All Meetings are on the 4th Saturday EXCEPT as indicated. They vary according to a holiday or available date.

*(Exec Council meets at 10:30 am)

Notes from the President



by Maj Jerry Magliano

There are three very important processes that will take place over the next three months as called for in our By-Laws.

One of them happens to be a vote by the membership to approve/disapprove the updating of the By-Laws. Copies of the revised By-Laws and a Summary were passed out at the September meeting. Copies were also emailed. I will email them one more time before the October meeting. Please take the time to look them over so you can cast an informed vote at the October meeting. A special thanks to Jim Davis for pulling the revisions together.

A second item is the annual budget which amounts to about \$11,000 in round numbers. Approximately half of the budget is funded by your dues. Dues renewal notices will be mailed out soon. Please do the best you can to send in your dues as soon as possible so we can formulate a budget based on our income.

Last, but not least, is the nomination of the six elective officers for next year. MGen. Bill Treu, Major Bill Tudor and Major Gary Fox make up the nominating committee. Let them know if you have anyone in mind you would like to nominate for these important positions. The proposed slate will be presented at the October meeting and the election will take place at the November meeting. Officers will be installed at the December meeting.

Speaking of the December meeting, that will be our annual Christmas Dinner which will be at 7 pm on Friday, December 12th. The Strolling Strings will once again be featured. Save the date for what promises to be a very enjoyable evening.

Thanks to Don Dawson for his years of leadership as Chapter President and over ten years for taking the monthly luncheon reservations. Thanks also to Sam Leonard who will begin taking reservations for the October meeting. Be sure you call or email Sam and not Don to place your reservation.

Dr. Ballard, who is an Orthopedic Surgeon, will be our guest speaker. As we age, knee and hip replacement is becoming more common. This will be your chance to learn from and expert what is involved.

The Chapter needs a Historian. Let me know if you are able to take over this important duty from Don Robinson.

Hope you are all enjoying good health and the cooler Fall weather. See you at our next meeting.

HEART OF AMERICA CHAPTER Military Officers Association of America



Opinions expressed herein are those of the editor or columnists and are not necessarily those of the Heart of America Chapter of the Military Officers Association of America.

2014 HEART OF AMERICA CHAPTER OFFICERS

POSITION	RANK	OFFICER	HOME
President	Maj	Jerry Magliano	913-261-9957
1st Vice President	COL	G. Bruce Eveland	609-238-6141
2nd Vice President	Capt	Charles F. Marcus	913-681-6079
Recording Secy	CAPT	Roger "Jim" Davis	816-373-1523
Membership Secy	MAJ	Keith Pechak	913-915-2131
Treasurer	Maj	Victor Christianson	816-240-8315
Immed Past Pres	Maj	Bill Tudor	816-365-6148

APPOINTMENTS:

Chaplain	LCDR	Alan Davis	816-554-9018
Personal Affairs - CG	Capt	Charles Marcus	913-681-6079
Personal Affairs - VA	LTC	Jeffrey S. Mercer	816-373-7853
Legislative Affairs	Col	John R. Hansford	816-942-4466
Scholarship	Maj	Victor Christianson	816-240-8315
Program Chairman	MAJ	Emma Toops	913-325-4774
Finance Committee	COL	G. Bruce Eveland	816-635-3577
Judge Advocate	CAPT	Charles Harvey	913-851-1008
Surgeon General	COL	Linda Crosser	913-712-8751
Placement (MOPS)	Maj	Gerald Magliano	913-541-8764
ROTC Liaison	LTC	Norman E. Sowell	816-628-5005
Social Secretary	Maj	Gary J. Fox	816-525-3592
Historian		VACANT	
Web Master		VACANT	
Newsletter Editor	LTC	Leslie C. Hobbs	816-830-5309

e-mail: leshobbs@swbell.net

2014 HEART OF AMERICA AUXILIARY OFFICERS

POSITION	OFFICER	HOME
President	Mrs. Susan Eveland	816-309-6182
1st Vice President	Mrs. Diane Christianson	816-240-8315
Secretary	Mrs. Mary Ellen Davis	816-554-9018
Treasurer	Mrs. Terrie Jo Fox	816-525-3592

Deputy Surgeon's News Update

by COL Linda Crosser

Influenza Update 2014-2015

Flu season has started, so it's a great time to get current on the latest information about prevention, spread of the disease, early symptoms, and treatment.

Vaccination is the primary method of prevention. This beats a trip to the Antarctic, or living alone on an island (without swine, or birds). We are all susceptible to this life threatening disease, and can transmit it to all we know, so GET VACCINATED!!

Currently there are 13 licensed vaccines in the U.S. The terms trivalent, quadrivalent, live virus, and inactivated virus describe different types of vaccine. All are licensed for specific age groups. In the past, we have talked about how many vaccines fail to protect older adults as well as they protect younger adults.

The New England Journal of Medicine, August 14 issue, published a research article that showed a 24% reduction in flu cases in older patients who received the Fluzone HD. This vaccine has 4 times the amount of antigen, is an inactivated trivalent vaccine, and can boost the body's immune system response more than the usual vaccine. This is thought to be the cause of decreased incidence of the disease in older adults. Fluzone HD is licensed for age groups 65 years old and older. This vaccine is not yet recommended as the "best" vaccine for older adults by the CDC. Currently the CDC recommends any vaccine available, without specifying preference.

Contraindications to Fluzone HD vaccine include: severe egg allergy, or allergic reaction to any prior flu vaccine. Side effects are rare, and most patients have none. When they occur, side effects are mild and temporary. These include local injection site reactions, headache, muscle aches, malaise, and fever.

Early recognition of flu symptoms is important. Symptoms may include fever (not everyone gets a fever), cough, sore throat, runny nose, chills, muscle/body aches, headache, and excess fatigue. Vomiting and diarrhea may occur in children, but not usually adults.

The flu is spread by coughing, sneezing, and talking, through spreading droplets to other people. Less disease is spread by contact. Patients are contagious 1 day before they ever get symptoms, and at least through day 5-7 or longer after getting sick.

Treatment is recommended to help minimize symptoms, and shorten the duration of illness, and ideally should be started within 2 days of the onset of illness. Don't wait until Monday to call your doctor! Treatment can make the difference between being hospitalized, or dying. The 2 recommended antiviral drugs licensed in the U.S. are Tamiflu and Relenza. Treatment lasts for 5 days, maybe longer in hospitalized patients.

CGSC Foundation

by MAJ Emma Toops

The CGSC Foundation is a non-profit educational foundation that supports the U.S. Army Command and General Staff College (CGSC) at Fort Leavenworth, Kansas.

The mission of the CGSC Foundation is to:

- Enrich the College's academic environment
- Foster a strong relationship between the military and the private sector
- Enhance the institution's research activities
- Promote leader development
- Encourage excellence in the faculty and student body
- Maintain contact with alumni

The links below give more detailed information regarding the CGSC Foundation as well as the CGSC itself.

<http://www.cgscfoundation.org/>

<http://www.cgscfoundation.org/about/the-foundation/>

<http://www.cgscfoundation.org/about/the-college/>

Even though MOAA is comprised of military officers from all branches of the service, only those of us who served in the ARMY are likely to be familiar with CGSC. CGSC is a premier educational institution for producing top-notch leaders who serve in the US Military Services, International Military Services, and US Governmental Agencies and is located only 40 miles north of Kansas City Metro at Fort Leavenworth, KS.

I met Doug Tystad (CEO of the CGSC Foundation) at last week's monthly AUSA Breakfast. He sent me an email with the following statements:

"I am serious that I would like to get groups of folks up here to visit the College and learn about their mission and how they do business. I can take groups of up to 20 and can put together a half day or full day program based on your desires. The purpose of the event is to highlight the important work that is being done here at the College and frankly showcase the excellence of our faculty, students, facilities, and the Fort. I need at least a month to set something up and I will negotiate what you want done, when, and how. It will be a great visit, I can assure you of that. So, the welcome mat is out, up to you now to decide if and how you want to use it to further your business or as an outreach opportunity."

I think this offer to learn more about the CGSC and its programs is a great learning opportunity. I was a CGSC Student in 2010 so am rather familiar with their current programs and facilities; however, for those who have personal understanding of CGSC, the programs and facilities are likely much different from when they were a student. For our members who did not serve in the ARMY - this would be a great opportunity to see how ARMY Majors, pre-BN and BDE Commanders, and SAMS Planners receive their education.

Auxiliary News

Finally, some fall colors!

We missed so many of you last month. I think everyone will enjoy the speaker for the October luncheon, Dr. Gregory Ballard, orthopedic surgeon. Many of us are reaching the age when unfortunately the bones just do not cooperate as they once did in those younger years. This will give you the opportunity to hear what new advances are being made to help us all live a longer, active life.

Our new bylaws were given to those at our September meeting, if you did not receive a copy please ask for one at our October meeting. Our hostess for the October meeting is Judy Leonard, November hostess is Tina Dawson.

The nominating committee will present the slate of names for Officers for the 2015 year. Plans for our December Christmas Banquet are underway, please clear your calendar for a wonderful evening on December 12, 2014.

Looking forward to seeing everyone October 25th!

Susan Eveland
President
Cell: 816-309-6182

E-Mail Safety and Protocol

By 1st Lt Donald Robinson

As a matter of courtesy to others, and to lessen the possibility of spam to yourself and others, it is important to use the Bcc line for addresses when you send an email to multiple individuals.

Viruses and spam-bots are now designed to go through mail files and address books looking for potential addresses. Sending a single message individually addressed to a large list of people increases the chances that they all will be spammed or sent a virus should any one of them get infected.

If you wish to forward an email that includes one or more email addresses other than yours, it is necessary to remove those names before hitting the "Send" button. These names cannot be removed until you start the "Forward" process. Once you have done that, highlight the names that are to be deleted and use the delete key to remove them from the message.