

What's going on with the Kane County Medical Society?
Check the newsletter below for pertinent information.



September 2016

KCMS E-Newsletter

Kane County Medical Society
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www.kcmsdocs.org

KCMS Featured Members

The Kane County Medical Society physician members are
making a difference in medicine.

[Click here](#) and visit our website to see our featured members for September.

REGISTRATION IS NOW OPEN



Physicians' Wellness Retreat

"Being of Sound Mind and Body"

***Learning practical and relevant strategies that you can use in your
practices right away!***

(3AMA PRA Category 1 Credits™)

Saturday, October 22nd

8:30 am - 12:30 pm

***Location: The Q-Center at 1405 N 5th Ave., (Rt. 25) in St. Charles
Retreat for all physicians, their significant others and hospital administrators***

Guest Speakers:

[Catherine Chia-Yi Cheng, MD FACP,](#)

Internist Northwestern Medical Group at Northwestern Memorial Hospital

[Sean Greenhalgh, MD FACP,](#) *Internal Medicine Hospitalist, Loyola University Medical Center*

[Leonard Lempa,](#) *Presence St Joseph Hospital, Elgin, Behavioral Health Intake Coordinator*

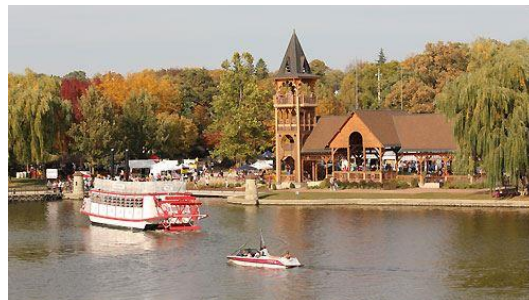
Desired Learning Outcomes:

- *Recognize early symptoms and signs of burnout in themselves and colleagues.*
 - *Distinguish the differences between depression, stress and burnout.*
 - *Identify burnout through stories of personal journeys and academic research.*
 - *Acquire three to four impactful stress relief tools.*
 - *Apply what is learned to help in work/life balance situations.*
- *Identify ways to create prevention activities to promote and address burnout among physicians whether employed or independent.*

**Use the link below for Early Bird Registration for the
Physician's Wellness Retreat:**

[**REGISTER ON THE WEBSITE NOW**](#)

We would like to thank **ISMIE** and the **NORTHWESTERN DELNOR HOSPITAL MEDICAL STAFF** and the **PRESENCE ST. JOSEPH HOSPITAL MEDICAL STAFF** for the unrestricted educational grants they provided for this CME activity.



Make it a fun weekend getaway. Stay at one of [St. Charles' quaint hotels](#) and enjoy the rest of the day in downtown St. Charles. Dine at one of [St. Charles' unique restaurants](#), stop in one of the many [antique shops](#) or visit some of [St. Charles' local attractions](#). Relax with a walk on one of the many paths on the Fox River.

President's Message

Where is the Calm?

by Dr. Andrew Ward



Dear Members,

The month of September comes with some excitement and some alarm. It's time for our kids and grandkids to go back to school and that can bring a bit of relief and calm for the moment. Yet all too soon the routines start again; visits to college, homework after dinner or soccer matches at the stadium. I don't even want to think about the arrival of the cold weather. And just like that, all those calming thoughts go out the window. September at home.

For some of us, September may bring the calm to our offices after the frenzy of school physicals and crazy outdoor accidents that summer can bring. Then before you know it, we're hit with the soccer injuries, the concussion protocols or the sinus infections. I don't even want to talk about Medicare, MACRA or the ACA. Those moments of calm are too few and too short, especially for physicians.

The Kane and McHenry Medical Societies understand your frustration with stress and burnout. It affects your work life and it affects your personal life. Join us for a few hours of calm at our Physician Wellness Retreat: Being of Sound Mind and Body on Saturday, October 22nd. Not only will you enjoy the quiet of being away from your home or office, but you will learn techniques for stress relief, recognize if you or someone you know has signs or symptoms of burnout, or just come and talk with other physicians about work/life balance situations. You will learn strategies that you can bring back to your home and office. Your significant other is welcome to join you, as well as any of your practices' allied health professionals, so they too can learn about stress relief. Here's another calming note, you will receive 3 AMA PRA Category 1 Credits.

There is no need to travel far from home for continuing education credits and an excellent program including outstanding medical speakers. The Q Center in St. Charles offers a tranquil setting for finding a few hours away from your hectic schedule. Be sure to head to town afterwards for a delicious lunch at one of many fine restaurants or take a leisurely walk along the river. You can register right now by clicking on www.kcmsdocs.org. I hope you will join me and our fellow colleagues for some well-deserved calm. It will be just what the doctor ordered.

Sincerely,

Andrew Ward, MD

A Physician-First Approach to Patient-Centered Care

ISMIE Mutual's Inaugural
Risk Management Symposium


- | Features 10 industry thought leaders and health care innovators.
- | Concurrent breakout sessions allow you to choose the topics most relevant to your needs.
- | Insights and ideas on ways physicians can improve patient safety, quality and health IT – and reduce burnout and diagnostic error.
- | Eligible attendees may earn *AMA PRA Category 1 Credits™*.
- | All ISMIE Mutual Insurance Co. policyholders are welcome to attend free of charge (**a \$499 value**).
- | ISMIE Associates (ISMS members and employed staff of policyholders) **save \$300** at registration.
- | Other physicians, clinicians, practice administrators and risk managers also are invited to attend.

Space is Limited! Don't Miss Out

Register Today

at www.ISMIErms.com

Questions? Contact ISMIE Mutual's Risk Management team at riskmanagement@ismie.com.

Follow us on  @ISMIEMutual, and join the conversation at this year's symposium using the hashtag #ISMIERMS2016.

