



the

# JOURNAL

of the Pennsylvania Osteopathic Medical Association  
Winter 2023



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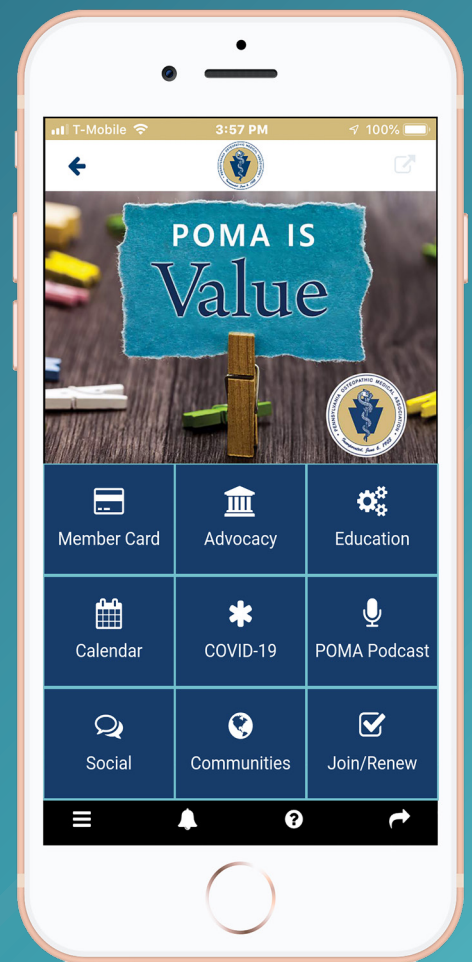


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THE

# Journal OF THE PENNSYLVANIA OSTEOPATHIC MEDICAL ASSOCIATION

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# FROM THE EDITOR'S DESK

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*Mark B. Abraham, DO, JD*



**Mark B. Abraham, DO, JD**  
*Editor-in-Chief*

Greetings and Salutations to my friends and colleagues.

It has been quite some time since I have written an editorial. There have been so many changes since 2020, that at times it has been one large blur. Whether politics, environmental issues, changes in medicine, Artificial Intelligence (AI), concerns about any other pandemics (COVID or otherwise), it seems that none of us can "catch a break." As I write this, we are nearing the end of the year, which is often a time of reflection. With that in mind, I would like to reflect upon some things and open the door to other opportunities.

No, this is not written by ChatGPT (unlike a portion of our Rabbi's sermon — intentional but ChatGPT nonetheless).

First, this past spring, John J. Kalata, DO, MS, FACOFP, was installed as the 112th President of POMA. We are appreciative of his collegiality and leadership.

Second, Duquesne University in Pittsburgh is opening their College of Osteopathic Medicine in 2024. They are in the midst of recruiting their first class which will start next August.

Third, if you are unaware, the proposed osteopathic medical school at Indiana University of Pennsylvania hired their founding dean. This is the next step in their accreditation process.

Fourth, Peter Bidey, DO, MEd, FACOFP, was named the new dean of the osteopathic medical program at PCOM. We congratulate Dr. Bidey on his new role.

Fifth, I want to introduce you to some changes we are making with the *JPOMA*:

We are transitioning away from publishing a quarterly magazine. Instead, we are planning to have two (2) issues a year. They will be available digitally as opposed to mailed print pieces. While many of us like the "hard copy", the world around us is changing. Printed newspapers and magazines are phasing out. We are not the first medical journal to become an online or E-journal. We also will not be the last.

With this change in format, you, the members, have an opportunity to submit something any time you wish. We will have the ability for "rolling submissions." While we intend to continue to have formal issues twice a year, we want you to be able to contribute as often as you like and whenever you want. If there is something on your mind or something which you want to communicate to your colleagues, you will not be limited to any set time frame or theme. These submissions and contributions do not have to be formal "Letters to the Editor." Perhaps you have a creative side and would like to submit short stories, poetry or helpful tips. You will have the ability. Perhaps you are working on some research and wish to communicate to a larger audience in the hopes of finding a colleague who can help you further that research. The possibilities are endless.

Yes, this may be one of my shorter Editorials, but may also be one of the most important as we move forward this year and into the future.



# OUT OF MY MIND

Samuel J. Garloff, DO, WGRP

## Elmer's Tune

WGRP here. Like many of you, I enjoy literature. Samuel Beckett, (*Waiting for Godot*), is always fun to conjure. "The day you die is just like any other, only shorter." I feel a connection between Beckett's writing, the lyrics of *Elmer's Tune* and the last print edition of the *JPOMA*. Let me explain.

I was a teenager when I started writing my first opinion column titled, "In Cato's Shoes." It enjoyed a loyal following of at least 10, nay, 15 people. This total of course included my family. In those days, every submission was hand typed ending with a -30- perfectly centered, several lines underneath the last line of print. Since I was a one finger typist using a L.C. Smith-Corona, weighing at least 10 pounds, I found this to be an unnecessary burden. After finishing a column, correction tape yet to be available, I was once again confronted with the intolerable task of correctly typing a perfectly centered -30- at the bottom to conclude my submission.

In a fit of pique, I brandished my PaperMate, wrote -30- at the bottom, and promptly submitted my piece to the editor. I then learned two things, editors were accomplished at handling backsides back to writers and you must learn, at times, to yield in order to succeed and survive. Not all the time, mind you, my ego is simply not so inclined. There is yielding and there is surrendering. They are not interchangeable concepts.

Recently, I participated in a Zoom conference with POMA's publication committee. Doing so, painfully demonstrated to me that I really only correctly comprehend 40% of what is said, (my audiologist was right), and my ability to smoothly convey my thoughts orally has long since passed. As an over the hill shrink, the irony is not lost on me. It comforts me that I am still able to convey my thoughts in print. Having learned when to yield decades ago has proved advantageous.

Early the next morning I was happy in the knowledge that my favorite three journals, excluding the *JPOMA*, are still delivered to me in print form. Later, after completing my morning ritual of newspaper reading (I'm down to two, front to back, occasionally perusing a third), I opened my email to discover

that one of my favorite journals will now be digital with no option to receive a print edition. Yielding to the point of collapse, I now feel one with the liver of Prometheus.

"They give birth astride of a grave, the light gleams an instant, then it's night once more" – Beckett. The journal we once knew is dead. I mourn its loss and yet I don't. I will miss it yet I am certain that it will be reborn in a usable, sensible, user-friendly format. The journal I referred to earlier, is frankly, now an abomination. This previously beautifully edited and formatted publication has managed to reduce itself to a nightmarish jungle of "clicks". It will now be the recipient of a delete click from me. So be it.

Times change. Several years ago, I was asked to join the IRB of a cancer treatment facility. I felt honored to do so. Today, not only would I refuse, I would run from the opportunity. Society is far too litigious. I was once scheduled to present original research concerning group therapy in a Residential Treatment Facility. The target audience consisted of the combined departments of psychiatry and neurology at the Medical College of Georgia and Dwight David Eisenhower Army Medical Center. Prior to my presentation, I met with a prominent researcher and author in the field of addictions. (He has since passed, I miss his wisdom.) He presented me with a pre-publication paper relevant to my research. I knew why. If I included it in my bibliography, he could bypass the time consuming peer review process and have his findings acknowledged immediately. I was happy to do so. His findings were based on sound, easily understandable and replicable statistical analysis. Would I do so today? No. Would I volunteer to be a peer reviewer today? Regardless of any liability protection assurances skillfully presented, no.

Times change. Now the journal will be digital. I count on our editor, our board, our committee and our administrators to accomplish the transition wisely. I am sure they will. I bid the print *JPOMA* a sad adieu. "His birth was the death of him" – Beckett.

"It's not the season, the reason is plain as the moon / It's just Elmer's tune".



Samuel J. Garloff, DO

# John J. Kalata, DO, Installed as 112th President of the POMA

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**John J. Kalata, DO, MS, FACOFP**  
*POMA's 112th President*

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John J. Kalata, DO, MS, FACOFP, was installed as POMA's 2023-2024 president on May 5, 2023 at Kalahari Resort in Pocono Manor, Pennsylvania.

Dr. Kalata has been a member of the association for 36 years. Prior to being elected president, Dr. Kalata served as chair of POMA's District 7 and as a member of the Executive Committee, Curriculum Committee and the Committee on Young Physicians-West Region. He also represents POMA as a delegate to the American Osteopathic Association House of Delegates.

Board certified in family medicine, Dr. Kalata is a physician with Medical Associates of Erie, is program director of the family medicine and transitional year residencies at Millcreek Community Hospital. He also serves as assistant designated institutional official and treasurer of the medical staff for Millcreek Community Hospital.

Dr. Kalata is a graduate of the University of Notre Dame in Indiana, and a 1986 graduate of the Philadelphia College of Osteopathic Medicine. He completed an osteopathic internship at Doctors Osteopathic Hospital in Erie. A fellow of the American College of Osteopathic Family Physicians, he is a member of the American Osteopathic Association, the Association of Osteopathic Directors and Medical Educators and the Pennsylvania Osteopathic Family Physicians Society.

Transcripts of Dr. Kalata's presidential speech follows:

## **Inaugural Address to Colleagues at the POMA House of Delegates Meeting**

To the Delegates assembled here in our House, thank you all for making the trip to this beautiful, new, family-friendly venue, and for everything each of you does for the Pennsylvania Osteopathic Medical Association.

I would like to take a few minutes to expand on my written report as your President-Elect, and share some thoughts on the coming year for our association.

First, I want to thank our President and my friend, Dr. Lisa Witherite-Rieg, for her outstanding leadership. Her insight, fairness, and tireless energy leave our association poised to thrive in the years ahead. She has left her mark on our Association, and I hope I can make her proud. Please join me in recognizing Lisa for all her work on your behalf.

Lisa and I were joined every other Tuesday night by two outstanding leaders, who comprise the rest of the "4Ps," Dr. Joe Zawisza, our immediate past president, and

Dr. Bill Swallow, our vice president, and last year, by Dr. Gene Battistella. Although each of us have unique styles, Lisa, Joe, Gene and Bill all share a fierce passion for our profession and for our association; I am deeply grateful for their work and for the education they have provided me.

Joe's theme of keeping POMA "on the move," and Lisa's message of collaboration that "together, we can DO more" reflect their commitment to our organization's growth. I hope I can continue this momentum under the theme of "POMA — forward TOGETHER."

Under Lisa's leadership, we have completed nearly all of the goals within the pillars of our strategic plan started by past president Pam Goldman, and continued by Presidents Gene Battistella and Joe Zawisza.

Within the Communication Pillar, we have seen the POMA podcast series take off. Every two weeks, POMA events, issues, and people are highlighted on all the major platforms. Our newsletters and the POMA

journal, continue to keep our members informed.

Our advocacy efforts have resulted in increased visibility at the State Capitol, and our voices are being heard on issues critical to each of our practices. We continue to fight against scope of practice creep by nurse practitioners and others who threaten the sanctity of the physician-patient relationship. We stay active in fighting the unfair venue rule that threatens to make our state less physician friendly. We support those who advocate for osteopathic medicine and for the patients in our care.

Exceptional, timely and relevant osteopathic CME is the hallmark of our Education Pillar. All one has to do is to look at the program for this Clinical Assembly to see the fruits of our efforts. Several of our podcasts are available for CME credit. Ongoing AOA and ACCME accreditation allows for osteopathic or allopathic boarded physicians to get the credits needed for licensure and certification, all through the efforts of your Association.

The Community Pillar has been a major focus of my last couple of years in leadership. Our membership committee continues to work to grow our membership. The Wellness Committee has completed virtual wellness activities such as a Tea and Mindfulness Workshop, which was spearheaded by our student members. The morning walk here at the Clinical Assembly have been designed by the wellness committee. The Mentor Committee has begun a webinar series focusing on our physicians as they approach retirement. The Task Force on Postgraduate Engagement continues to explore ways to connect with our osteopathic residents and fellows throughout the state. We continue our virtual meetings every month with student leaders at PCOM, LECOM-Erie and LECOM-Seton Hill to further engage our physicians in training.

Through the work of the POMA Foundation, we have provided merit based scholarships to our osteopathic students and residents. We have funded wellness activities to residency programs for our osteopathic residents across the state (with 33 individual grants in the last grant cycle). Our Foundation provides white coats and

stethoscopes to incoming first year DO students throughout all three campuses. The Foundation provides Bright Idea grants for community initiatives.

Our organization is thriving, vibrant, responsive, and most importantly, member-driven.

Our work would be impossible without a group of outstanding, hard-working professionals who are invested heart and soul in our profession, our POMA Team. Led by Ms. Diana Ewert, our CEO, these individuals bring our ideas to life. Exceptional education, advocacy where it matters most, bringing our osteopathic community together again, and telling our story would be impossible without our Team. Diana, Andy, Brenda, Jason, Margaret, Tammy, Deb, and Susan, please stand and be recognized. You are the best!

But there is always work to do. As we move POMA forward, TOGETHER, I will be asking for your help.

We are embarking on the third strategic plan, in which we will identify and prioritize our Association's goals as we move forward in the next several years. As we develop the strategic plan, we will be deploying a comprehensive survey to our membership. Please respond thoughtfully when you see this strategic survey in your emails. We are counting on your participation.

We have started the search for a new CEO as Ms. Ewert transitions into her retirement next year. The Search Committee has a monumental task ahead as we look to build on Diana's outstanding leadership. I am confident that their diligence will produce a leader worthy of our Association.

As an organization we need to stay engaged, nimble, and forward thinking as the pace of healthcare accelerates. Dr. Witherite-Rieg has commissioned the Governance Review Task Force to make recommendations on how our organization will be governed in the future. The process will take several years and we expect that the task force will ask the critical questions that need to be answered to move our association forward. During the upcoming year, we will keep you informed as this Task Force begins its work.

It will be a focus of my presidential year



to enhance the community of osteopathic physicians in the state, with the theme of "POMA—FORWARD, TOGETHER." We will work on membership initiatives this year. We hope to reconnect with residency training programs throughout the state, bringing POMA's message in a personal way to our young physicians. Using the Mentor Committee, we hope to offer meaningful support to physicians in their senior years. Recognizing the sacrifices of DO's who serve our country, I will be commissioning a Task Force on Military and Veteran Physicians, to identify and meet their needs, and importantly, drawing on their invaluable experience.

In the advocacy realm, POMA has to remain vigilant and politically active to protect our patients as other non-physician groups seek full, unsupervised practice privileges. We will work with other physician organizations when our interests align, for the benefit of osteopathic physicians and our patients.

We will look to build on our outstanding educational offerings to keep them relevant to our colleagues throughout their careers. We intend to examine our educational strategies to best meet the needs of all of our members as we move FORWARD as an association.

I look forward to a busy and productive year, and with your help, we will continue to move POMA forward, TOGETHER.

I am grateful for this great honor to serve as your president. Thank you all for your commitment to your patients, to our great profession, and to our exceptional Association.

### **Inaugural Address to Attendees at the POMA Installation Gathering**

Good evening. Thank you all for being here tonight, and thank you for all you do for the Pennsylvania Osteopathic Medical Association. I am deeply grateful for the honor of being able to serve you and our great association as your 112th President.

On Wednesday at the House of Delegates, I spoke about the opportunities that we hope to address in the coming year, and I shared a few of the initiatives we have in store. But tonight, I would like to share some more personal reflections.

The great philosopher from Pascagoula, Mississippi, Jimmy Buffett, wrote "With a

little love and luck, you will get by. With a little love and luck, we'll take the sky." Please indulge me as I express my gratitude for the love and the luck that surrounds us here tonight.

None of us can talk about love without reflecting on our families. It all starts there. My Dad, John C. Kalata, DO, Kansas City College of Osteopathic Medicine Class of 1959, my hero. Son of Polish Immigrants, scholar, teacher, World War II veteran, Prisoner of War. He practiced osteopathic family medicine in the same neighborhood on the Lower East Side of Erie, for 43 years. He never turned a patient away, and had a commitment in his heart for immigrants and the underprivileged. But, he never missed an anniversary, or one of our recitals or games. He "lived each day as an example of what an osteopathic physician should be." Our mom, Mercedes. Nurse, mother, grandmother, volunteer. "The straw that stirs the drink." The woman who woke us up for church, drove us to practice, and bought me my first compendium of poetry (actually, they were limericks!!). Mom and Dad, I am forever grateful for you for setting the standard. I miss you both.

Kathy, Dave, and Amy, my brother and sisters, my niece Victoria, who are here with me tonight, and Mike, my brother who couldn't be here. You are the best people I know. Thank you for keeping me grounded no matter where I wandered.

Our children, Chris, Andrew and Krista, and Jenn. You are the joys of our lives, and it has been a privilege being your Dad. To Johnny, our grandson, I hope you remember some of this night, and always remember that you can write your own story. You have choices in your life (well, you can choose one of our three osteopathic colleges) — I hope I get to hood you when you graduate someday.

To my wife Roberta, your support and love throughout my career has helped push me forward. Thank you for your patience with me through my adventures (and my misadventures!). You have the biggest heart and unbelievable toughness, and your strength inspires me every day. Don't give up. Don't ever give up.

To my dearest friends and classmates from the PCOM Class of 1986, Mike Kondash

and Lisa, Nick Pennings and Carol, and to my other classmates here today, thank for your friendship and for the example you have always given me in your practice and in your life. Who would have predicted when we were solving the world's problems at Murphy's Tavern or having cheesesteaks at Delassandro's that we would someday get the chance to make a real difference?

None of us here tonight could get through their days without the support of their colleagues and staff. I know I would be lost without them. All of us know that when patients come in for a visit, they often come to see our staff as much as to see us. To Robin Cassano, Tiana Petty, Pam Cassano, and all the staff in my office, and to those who I have worked with in the past, and to my coordinators in my residency program, I am grateful for what you do.

I know there are several graduates of my residency program here tonight. To you and to all the students present, thank you all for the honor of being part of your training.

To my members of my District 7, you have always supported me and you are tremendous examples of how to truly care for patients, for our students, and each other. Eric Milie, Pat Leary, Frank Tursi, Sarah Breon, Regan Shabloski, Dr. John Ferretti, Dr. Silvia Ferretti, your leadership and heart inspires us every day.

Love, though, is more than the embrace we share with our families, and the hugs we give each other as DO's. That's one way to think about love. But a deeper definition of love is SELFLESSNESS. As I look around this room, and throughout our Association, selflessness is what I see: Physicians who share their time, talents and treasure in support of our profession. Physicians whose commitment to our patients has no time limit; not only from 9 to 5, or 7 to 7, but at night, on weekends, and on holidays. Osteopathic physicians whose selfless sharing of our knowledge and skills with our students and with our residents ensure the future of our profession. Selfless dedication of our POMA staff to our organization and to its mission. And last, but never least, spouses, friends, and families that sacrifice so that each of us can thrive in the work that we do. SELFLESSNESS embodies who we are as

osteopathic physicians, and, I believe, will continue to moves us forward, together, as an Association.

So enough, for now, about love. I'd like to reflect on how lucky we are. For me, I feel forever fortunate to have been trained by the Vincentian Fathers at St. John Kanty Prep in Erie. At Notre Dame, professors like Dr. Paul Rathburn, Shakespeare scholar, and Dr. Emil Hofman who taught freshman chemistry. Emil would start every chemistry class with the Lord's Prayer! At PCOM, mentors like Drs. Bob Meals, Nick Nicholas, Bill Henwood, Joe Bell, Henry Street, Silvia Ferretti, Carol Henwood. Thank you for challenging me, and us, to push myself beyond our comfort zone.

We are truly lucky, each of us, to have been influenced by mentors. When you see one of your mentors tonight, make sure you connect with them.

As an organization, we are just as fortunate.

Many of us assembled here tonight trace our professional roots to 48th and Spruce, or City Line Avenue, or West Grandview Boulevard, or the campus of Seton Hill. We are incredibly fortunate to have been given the chance to serve, thanks to PCOM and LECOM and to our other osteopathic colleges. Dr. Veit, Dr. John Ferretti, Dr. Silvia Ferretti, thank you for giving us our roots... and our wings!

POMA been blessed with physician leaders who were fearless, visionary, and fiercely devoted to osteopathic medicine. We wouldn't be the association we are today without their devotion. I would like any POMA Past President here to stand and be recognized.

Over the last three years, I have had the great fortune to work with President Lisa Witherite-Rieg, Vice President Bill Swallow, Immediate Past President Joe Zawisza, and last year, Past President Gene Battistella. Their passion for success has set our Association on a course forward. Thank you for your consistent leadership, friendship, and support.

We have a POMA Staff that works tirelessly for our organization. Ms Ewert leads a team whose selfless dedication to our mission puts our ideas into action. Diana, Andy,

Brenda, Jason, Tammy, Margaret, Susan, Deb. We are lucky to work with you. You are the best.

But luck, you know, doesn't happen on its own. Sometimes, we have to make our own luck. It has been said that "luck favors the brave."

Let us, together, bravely embrace the opportunities in the year ahead.

Our POMA is the only organization that advocates solely for osteopathic physicians across our state, and we have to stay focused and purposeful. We are embarking on the third strategic plan, to propel our organization forward into the future. We will look to our members for input as we develop our plan. We have started the search for a new CEO as Diana transitions into her retirement in a year. We will be looking critically at the governance of our organization, to achieve a

board that is engaged, nimble, and forward thinking as the pace of healthcare changes. We need to reach out in the most consistent way to engage and retain students and residents as members and leaders in our organization. We hope to embark on a critical examination of our educational strategies so that we can continue to offer CME that is relevant for all of our members. We will commission a task force on military and veteran physicians, to identify and to meet their needs and to draw on their experience.

We have plenty of work to do, and I look forward to the year ahead. I know I can count on you as we move POMA FORWARD, TOGETHER.

Thank you all for your love and your selfless dedication to our association. We are truly lucky, and I am the luckiest.

May God bless you all.

## 2024 Key Events

### January

18-21 POMA District VIII 37th Annual Educational Winter Seminar  
In-person at Seven Springs Mountain Resort, Seven Springs, PA • On-Demand Available  
Up to 24 Category 1A or AMA PRA Category 1 Credits Available

### January - March

Local District Events for Business Meetings & Elections - watch your email  
Call for Volunteers Open

### May

1-4 POMA 116th Annual Clinical Assembly & Scientific Seminar  
In-person at Kalahari Resorts & Conventions, Pocono Manor, PA • On-Demand Available  
Up to 34 Category 1A or AMA PRA Category 1 Credits Available

1-2 POMA House of Delegates Meeting  
In-person at Kalahari Resort, Pocono Manor, PA

### July

19-21 AOA House of Delegates Meeting  
In-person at Chicago Marriott Downtown Magnificent Mile

### October

31 Pennsylvania Osteopathic Medical Licensure Cycle Ends



# 2024 POMA CLINICAL ASSEMBLY DIGITAL POSTER SESSION

**MAY 1-4, 2024**

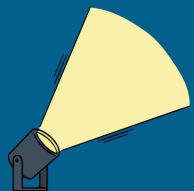
## ATTENTION MEDICAL STUDENTS & RESIDENTS!



Have an interesting case report or research project?



Want to share your research with colleagues across the state?



Present it at POMA's Annual Clinical Assembly in May!

## DEADLINE

Abstracts must be emailed no later than **February 16, 2024** to [melanieke@pcom.edu](mailto:melanieke@pcom.edu)

## QUESTIONS?

Contact Melanie LaPenta, PCOM GME Office, [melanieke@pcom.edu](mailto:melanieke@pcom.edu).

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