



North Coast Physician

In This Issue:

In My Opinion, Stephen Kamelgarn, M.D.	4
"Auf Wiedersehen to 'The Whistler'"	
2022 Nominating Committee Report	5
Welcome New Members.....	8
HDN Tattler	9
Public Health Update, Ian Hoffman, M.D., MPH.....	10
ByLaw/Policies and Procedure Ballot	12
Welcome Medical Students.....	19
Hospital News, Michael Newdow, M.D.	20
Jerold Phelps Community Hospital Offers CT Imaging	
Calling All Photographers and Artists.....	20
Health Law Library	23
-eMedicine;	
-Emergency Transfer;	
-End of Life Issues'	
Rural Communities Webinar: How to Have Effective Conversations About COVID-19 Vaccines	24
DMV Emergency Driving Emblem	25
CMA Updates COVID-19 Vaccine Reimbursement Toolkit/Guide	26
CMA Publishes Guide for Patients Impacted by 2021 NorCal Wildfires	26
Continuing Medical Education/Grand Rounds Calendar.....	27
Classified Ads / Bulletin Board	28

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Cover Photo

"AUTUMN AFTERNOON"

Stephen Kamelgarn, M.D.

North Coast Physician is published monthly by the **Humboldt-Del Norte County Medical Society**, 3100 Edgewood Road, P.O. Box 6457, Eureka, CA 95502. Telephone: (707) 442-2367; FAX: (707) 442-8134; E-Mail: hdcnms@sbcglobal.net
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Auf Wiedersehen to ‘The Whistler’

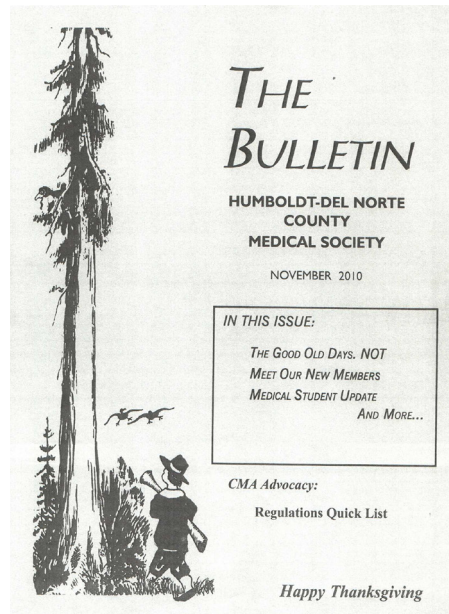
Stephen Kamelgarn, M.D.



I was somewhat surprised to recently learn that George Ingraham, MD, one of the old mainstays of our little society is planning on moving to Portland in the immediate future. Portland’s gain is our loss. George is an amazingly talented guy (you have no idea how envious of him I am).

When I first met him close to thirty years ago, I could hear him coming down the hall half-a-block away with his whistling. Over the years, my whistling skills have deteriorated, but George’s just kept getting better – he was always on key, never missed a note and was able to do all this at fairly high volume. I told him he should have been an extra for the old 1957 movie, *The Bridge on the River Kwai*, for the scene where all the POWs in the Japanese prison camp whistle “The Colonel Bogey March,” in perfect unison. Since this isn’t a “You tube” video I can’t demonstrate my lack of whistling skills or George’s mastery of the art. You’ll just have to take my word for it.

Not only can George whistle, but, at age 71, after being forced by a benign medical issue to quit the bagpipes, he took up the viola,



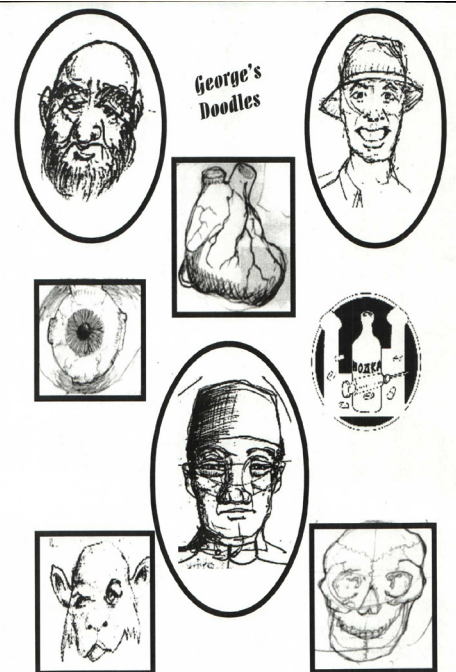
thereby becoming the butt of all the viola jokes that musicians so love to quote. He currently plays in both the All Seasons Orchestra and a string quartet. Pretty amazing for a guy who’s 84 years old.

He’s also an accomplished pen-and-ink artist and some of his caricatures have graced the pages of *North Coast Physician* over the years. Before we re-designed and renamed *The Bulletin* as *North Coast Physician* in 2011, he customized the redwood tree on the cover for each month’s publication.

He has been involved in the medical society for many years, serving as president in 1999-2000. Even after his retirement from his ophthalmology practice in 2003, he continued to be involved in the society, serving with me on the Editorial Committee. It is from us serving together on the committee that I’ve gotten to know him best. He could be really funny at Editorial Committee meetings, and always made

the meetings more enjoyable. For the past couple of years he hasn’t been attending as regularly and we most certainly miss his presence.

I loved it when it was his turn to write the month’s editor’s page. His articles were a joy to edit and read. His writing is succinct, to the point, grammatically correct, and



(most importantly) witty and funny. Here’s an excerpt from an article he wrote for Senior News in May, 2020:

Being quarantined need not mean that one cannot enjoy a delightful gourmet diet, even those of us living alone who lack kitchen skills . or much of a kitchen.

This week's recipes are easily prepared, simple, nutritious and satisfying.

Continued on Pg. 24

Rural Communities Webinar: How to Have Effective Conversations About COVID-19 Vaccines

The California Department of Public Health (CDPH) recently hosted a webinar with **Skye Heston, M.D.**, and Jasmeet Bains, M.D., on how to effectively communicate with your patients about COVID-19 vaccines in rural communities. This 45-minute webinar is now available for on-demand viewing.

This training covers:

The latest data and insights on COVID-19 vaccination rates in rural communities.

Key messages addressing common rural patient concerns about the COVID-19 vaccine.

Communication tips for individuals in rural communities.

CDPH also recently hosted a webinar with CDPH Director Tomás Aragón, M.D., and other health care experts on how to have proactive conversations with patients about COVID-19 vaccines. This webinar is also available for [on-demand viewing](#).

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=PECQP7WrUDY](https://www.youtube.com/watch?v=PECQP7WrUDY)

MONDAY *The Four-Poster: Creamy Jif layered upon a slice of white bread, joined with a slice adorned with Smucker's blackberry jam. Cut into quarters; impale each with a toothpick crowned with a single luscious grape. Serve with chilled Pepsi Cola. On special occasions, small candles may be substituted for the grapes. . .*

Or how about this one from the July, 2019 issue of *North Coast Physician*:

In the 1970s, I was at a meeting at St. Joseph Hospital with some local doctors and insurance folks from San Francisco. We knew they were big city business types: they had flared trousers and wall-to-wall neckties, and said “prioritizing our options” instead of “deciding what to do first. . .”

This is true wit, and my hat’s off to you, George.

What else is left to say?

I know that you’re off to greener pastures, to be closer to your family: your daughter, two grandchildren, and three great grandchildren, and we wish you all the best.

You, your wit and your whistling will be missed. §



Humboldt-Del Norte Future Physician Scholarship Fund

The Medical Society is committed to programs that help develop pipelines for future physicians interested in living and working in our beautiful area. We are hoping to build this fund into an endowment to make it sustainable for the future. This fund was created as another way physicians and our community can be involved in helping to recruit and retain physicians here on the North Coast.

Make a tax deductible donation today through the [Humboldt Area Foundation](https://www.hafoundation.org/Giving/Make-a-Gift-Today/Give-Now?fn+Humboldt-Del+Norte+County+Medical+Society+Future+Physicians+Scholarship+Fund): (<https://www.hafoundation.org/Giving/Make-a-Gift-Today/Give-Now?fn+Humboldt-Del+Norte+County+Medical+Society+Future+Physicians+Scholarship+Fund>) OR a “link” is listed under Physician Recruitment on the Medical Society’s website: www.hdncms.org. Consider suggesting the fund as option for memorial contributions .

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PRACTICE OPPORTUNITIES



Refer to Practice Opportunities on our website for a list of Practice Opportunities for Physicians. Separate listing for Advanced Practice Clinicians is also posted. Recruitment Brochure; Links to Local Recreation; Links to Loan Repayment Programs; Norcal Medical Partners Facebook, and more....
www.hdncms.org

The Editorial and Publications Committee encourages our member's comments for publication. Please submit electronically prior to the 15th of the month preceding publication. hdncms@sbcglobal.net

CMA CAREER CENTER

<https://careers.cmadocs.org/>

PHYSICIANS NEEDED

MEDICAL DIRECTOR needed - K:Ima:W Medical Center. Contact hr.kmc@kimaw.org.

OFFICE EQUIPMENT FOR SALE

OFFICE FURNITURE FOR SALE. Large desk, lamps (table & floor), black 2-drawer file cabinets, Cannon printers (3), etc. Contact: Niki Moore, Soper Family Psychiatry. (707) 798-0145.

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go to www.cmadocs.org - sign into members-only website and go to the Member Dashboard to subscribe
<https://www.cmadocs.org/profile-update/gt/tabSubscriptions>

*Members wishing to place a classified ad
(Business- free to members for first 6 mos. /
Personal 1/2 price)
contact Medical Society office.*

Calendar of Education, Physician Meetings & Socials

http://www.hdncms.org/Physician_Educational_Calendar.html

Display Advertising Rate Schedule

<u>SIZE</u>	<u>MONTHLY</u>	<u>SIZE</u>
1/4 Page	\$140.00	8.00 (w) x 2.50 (h)
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1/3 Page Vertical	\$150.00	3.00 (w) x 10.50 (h)
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Business Card Ad	\$65.00	Copy Ready 3.50 (w) X 2.00 (h)
Classified Ads	\$5.25 per line	

DEADLINE: 15th day of the preceding month to be published