



**HUMBOLDT-DEL NORTE  
COUNTY MEDICAL SOCIETY**

# *North Coast Physician*

DECEMBER 2024



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2024 HDNCMS Annual Award Winners + Gala photos  
“Time to Secede?”  
2024 HUMPET update

.....*and more!*

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# North Coast Physician

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### December Cover Photo:

**Late Afternoon Dog Walk**  
*Stephen Kamelgarn, M.D.*

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# 2024 Annual HDNCMS Award Winners

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## **The Ellen Mahoney, M.D. Outstanding Contribution to the Community Award**

**Presented to: Ellen Mahoney, M.D.**



## **Outstanding Contribution to Local Medicine**

**Presented to: Huy Tran Trieu, M.D.**



## **Outstanding Contributions to Workforce Development**

**Presented to: Madeleine Ramos, M.D.**



## **Outstanding Contributions to the Humboldt-Del Norte County Medical Society**

**Presented to: Join Luh, M.D.**



# Time to Secede?

Stephen Kamelgarn, M.D.

Long ago, in 2019 and 2020, I wrote three op-ed pieces concerning the idea of California (along with Oregon and Washington) seceding from the United States.,, I based my arguments on three premises:

1. The fact that the three “Left” Coast states had filed more than one hundred lawsuits against the Federal Government for the diversion of emergency dollars from environmental protection to fund a border wall. The three states also contested the dismantling of the Affordable Care Act and the banning of transgender people from the military. Washington state also filed thirty-four lawsuits against the Trump administration, including one protesting the “gag rule” that impacted federal funding for reproductive health-care and family planning services.,,

2. In early September 2019, the Trump administration instructed the Justice Department (DOJ) to launch an anti-trust probe into the actions of four automakers: Ford, Honda, BMW and Volkswagen for agreeing to voluntarily meet California’s clean air standards; standards that were far more stringent than those of the rest of the country, yet not quite as stringent as the federal standards set by President Obama before he left office. Trump’s instruction to the DOJ was an attempt to take away the Golden State’s ability to regulate pollution generated by its 15 million cars, and, more bizarrely, the Trump administration attempted to have the Environmental Protection Agency declare that California’s homeless population constituted an environmental threat.

3. The Federal government’s incompetence, negligence and lack of will in dealing with the Covid-19 pandemic. The government mis-allocated resources to the hardest hit states, sending PPE and Covid test kits to states (with Republi-

can governors) that didn’t require them, while ignoring the most heavily hit states (governed by Democrats). Four years on, we’ve learned that Trump sent Covid test kits to Vladimir Putin while our own citizens couldn’t obtain the necessary kits.,, The US, although it represents just 4% of the world’s population, accounted for over 20% of all confirmed Covid 19 cases and deaths worldwide that took place on Trump’s watch.

Fortunately, Joe Biden won the 2020 election, and the need to secede faded, as he took Covid seriously, and tried to undo the worst excesses of the Trump years. However, with last Tuesday’s (November 5, 2024) debacle it’s time to visit the issue of secession once again.

Not only did Kamala Harris lose the election by five million votes, but the Democrats also lost three Senate seats, and at least one House seat, thereby giving Trump control over both the Executive and Legislative Branches of government. This means that Trump and his Fascist acolytes will have almost unlimited power, controlling all three branches of government (he already controls the Supreme Court).

When he says, “I’ll be a dictator on Day One,” or “We don’t need the Constitution,” or “Vote for me, and you’ll never have to vote again,” I take him at his word. When he talks about “imprisoning our internal enemies like Nancy Pelosi or Adam Schiff or Liz Cheney,” I believe him. Conceivably, he could nullify the entire US Constitution and declare himself dictator for life, and no one would stop him.

Even though he “back-tracked” on a nationwide abortion ban, I still see him bragging about having appointed three of the Supreme Court justices that were behind the Dobbs decision, gutting Roe vs Wade. When he states, “I’ll protect

women whether they want it or not,” I quake in terror.

I hear about Justice Thomas wanting to go after contraception next, and I’m even hearing talk about repealing the 19th amendment, taking away women’s right to vote, or JD Vance’s (our new Vice-President) proposal that people with children should get more votes than people without children or having “head of household” voting for the entire family. This takes our country backwards more than one-hundred twenty years, and leads us toward the land of Gilead from Margaret Atwood’s *The Handmaid’s Tale*. It is an utterly terrifying dystopian vision.

When Trump talks about Robert Kennedy Jr. being in charge of the nation’s health, I tremble in fearful anticipation. I see all vaccines being taken off the market and the rise of preventable epidemic diseases including measles, polio and Covid. I fear for the nation’s health.

Trump will be able implement Project 2025, the Right Wing initiative to severely curtail our rights and freedoms by: gutting abortion access, mass deportations, abusing warrantless surveillance, unleashing undue force on protestors, severely limiting voting access, censoring critical discussions in classrooms, rolling back trans rights, getting rid of the Department of Education, repealing the Affordable Care Act (ACA, Obamacare), slashing both Medicare and Social Security and defunding both FEMA and the The Children’s Health Insurance Program (CHIP), leading to increasing levels of poverty and poor health among the most vulnerable of us.

And finally, Trump and his cronies believe that Global Climate change is a hoax, despite the evidence of record heat, global wildfires and the most recent

**“Secede”, Continued on Pg 6**

## “Secede”, Continued from pg. 5

hurricanes that devastated Florida and other Southern states. As violent weather increases and FEMA is defunded I see more and more human suffering.

Every one of these proposals is completely antithetical to the climate of acceptance, expansion of rights and progressive programs that California has attempted to foster during the past fifty years. We take climate change seriously, and yet, if the past is harbinger of the future, we will be stymied by the Feds at every turn while those of us who know about global climate change attempt to combat it.

I cannot see any legal way that sane people will be able to derail this authoritarian, anti-human speeding train, and our descent into Fascism.

However, I am impressed with California’s Democratic Gov. Gavin Newsom, a fierce critic of former President Donald Trump, who called for lawmakers to convene a special session ahead of another Trump presidency to safeguard the state’s progressive policies. Meanwhile, attorneys general in blue states across the country announced they were also gearing up for a legal fight. But I’m afraid it may be a case of “too little, too late” as the courts will be packed against any progressive legislation.

During the last Trump administration, California was singled out as a Trump enemy. Why must we go through four more years of lawsuit after lawsuit, dis after dis and erosion of our Constitutional Rights? Why must we be forced to fight yet more delaying actions when an out naturally presents itself?

The United States has gotten so large and so polarized that it may be time to break up the country into smaller, more manageable political units. One natural unit is our three states.

We feed more money into the federal coffers than we’ll ever get in return. We’re subsidizing states like Alabama, Florida and Kansas who are the beneficiaries of our largesse. Yet these states continue to

pass ever restrictively strict legislation – rollback of abortion and reproductive rights, voter restrictions, etc. I feel my federal tax dollars are being fed down a rat hole to subsidize everything I’m against. I ask, why don’t we cut the apron strings tying us to a dysfunctional government in Washington DC, and go it alone?

We are well-positioned to become a self-governing nation, free from the craziness coming out of Washington DC. California alone has the fifth largest economy in the world, and when added to Oregon and Washington I suspect we would raise to the fourth largest economy. Our three economies are well balanced between agriculture, aerospace, bio-medical, high-tech and other industries. Of the six largest university research institutions in the United States, four of them are in California (Stanford, UC Berkeley, UCLA and UC San Diego).

Somehow, there must be a mechanism for California, Oregon and Washington to negotiate a “divorce” from the United States. I’m sure Trump would be thrilled if we left, three fewer thorns in his side trying to derail his authoritarian agenda.

Richard Kreitner, author of *Break It Up: Secession, Division, and the Secret History of America’s Imperfect Union*, stated in an interview with Rebecca Onion in *Slate*, the internet politics and arts journal:

“I think it’s [secession is] not only an American tradition but actually a patriotic position. I think questioning the value of the union is arguably the most patriotic thing we could do. The whole point of the country when it was founded was to be the means to some kind of ends—to serve a purpose. The best American tradition continues to treat the union as a means to those ends, and I think those are in the Declaration of Independence—‘life, liberty, and the pursuit of happiness.’ . . .

I think there’s always been a tradition, a radical one but definitely patriotic one, that holds the country to high standards and says, We should hold this thing together, but only as long as it’s going to serve some purpose.”

I feel that the “purpose” in our Union has been completely undone by the authoritarian impulses of Trump and the Republican-led Congress, backed up by a compliant, rigidly “Christian” Supreme Court, reprehensibly defying the age-old doctrine of “Church-State separation;” witness the majority reasoning behind the *Dobbs* or *Hobby Lobby* decision, among others. Life, Liberty & the pursuit of Happiness will exist only for the “White Male Christian Patriarchy” with the bulk of us being only “consumer, consuming widgets” supporting the ultra-wealthy – Amazon, Walmart and Elon Musk. There have been no programs proposed by Trump or his allies that will actually benefit those of us making less than \$250,000 per year, but Jeff Bezos, the Walton family and Elon Musk will do just fine, thank you very much.

I realize that my proposal has about a zero-percent chance of passing, but I think we should at least treat the subject as a thought experiment and explore the mechanisms for secession. Who knows, as the country continues down the road to fascism and “strong-man rule,” we may actually need to look at this more seriously, if only for the maintenance of my own sanity. §

# HUMPET Update

Caroline Connor, M.D., MPH

**H**umboldt Del Norte Premedical Education Task Force (otherwise known as HUMPET) has one goal: to increase the pipeline of doctors to our area and try to do it from within our own community. But let me share what we are up against.

According to new projections published by the AAMC (Association of American Medical Colleges), the United States will face a physician shortage of up to 86,000 physicians by 2036. The new study, *The Complexities of Physician Supply and Demand: Projections From 2021 to 2036*, was conducted for the AAMC by Global Data Plc.

By 2036, the U.S. population is projected to grow by 8.4%. Additionally, the population aged 65 and older is projected to grow by 34.1%, with an increase of 54.7% in the size of the population aged 75 and older

A large portion of the physician workforce is nearing the traditional retirement age. Physicians aged 65 or older are 20% of the clinical physician workforce, and those between age 55 and 64 are 22% of the clinical physician workforce.

In addition, the AAMC examined and found that if communities underserved by the nation's health care system could obtain care at the same rate as populations with better access to care, the nation would have needed approximately 202,800 more physicians as of 2021. This is more than five times the magnitude of current shortfall estimates based on current utilization.

So what are we involved in and what are our connections in the community to bring back the short supply of available doctors. Well, I believe that everything is about relationships. The more we connect at every level of education with students, the more they are likely to return to their own established community.

Lets start in the high schools:

Bio and Community Health Classes in High Schools: Arcata, Fortuna, and Del-Norte all have pre-med clubs and those same high schools and McKinleyville High all have Bio and Community health courses where we meet students.

a) In Oct, my husband, Alan Fischel and I gave a 1 and ½ hour talk and question session to a group of 70 college bound students from through the amazing Bio and Community Health teacher, Sara Dixon. We discussed our paths to medical school and gave a summary of what we know colleges and medical schools are looking for in prospective candidates. We also explained what is out there for students wanting to stay in Humboldt and go to CR and Cal Poly in terms of programs. I will be elaborating on all of these through the talk.

b) Last April, I also gave a talk to the AP Bio and Pre-med class at Fortuna High School about my path to medicine. The questions showed real emotional intelligence for 15–18-year-olds. They didn't want to know about classes to take or anything about MCATs. Instead, they asked personal questions: if I was happy in my career, what was the most difficult situation I have ever encountered, and how Alan and I balanced our two medical careers. I was really intrigued.

2) Another program for high schoolers during the summer is called HESI (the Health and Environmental Science Institute) through HCOE provides a week-long course where students are exposed to all kinds of medical careers like nursing, radiology tech, surgical tech, OT/PT etc. This is a competitive program and these are exceptional students. After the week they give presentations to the community about what they have learned at a big conference at the Sequoia Conference Center. They have doubled their enrollment this year.

3) Two years ago, the state of California gave a lot of money for grants to further medical education. One of those grants is the K-12 Initiative. This initiative bridges the middle school-to high school to CR to Cal Poly connection including programs offering dual enrollments between high schools and CR.

4) Another grant, that has been developed through money from the State of California, is the Ave M grant. This is a community college to medical school pathway program collaboration between College of the Redwoods, Cal Poly and UC Davis Medical School that aims to reduce entry barriers to medical and other healthcare careers. These students will be directly admitted from CR to Cal Poly and prioritized for admission to UC Davis Medical School if they do well. Dr. Charlene Green from UC Davis Office of Medical School Admissions is looking for help in mentoring, teaching, and shadowing positions. I believe they also have a \$500 stipend for doctors who mentor. The first two students entered Cal Poly this fall.

Pre-med College Level

5) Cal Poly's Pre-med society is back on track. They have biweekly meetings where doctors come to talk. A few of our own doctors have already given talks this year.

a. Dr. Maya Zwerdling, Open Door Family Medicine

b. Dr. Tracy Rydel, Stanford Family Medicine

c. Gabriel Lored, UCLA SOM Pathways

d. Dr. Kusum Stokes talked about GI cases

6) Another Cal Poly initiative and one that we collaborate on is Dr. Zhong's Biology 482 class where students in one semester learn appropriate behavior and HIPPA guidelines so the next semester they can

***"HUMPET", Continued on Pg 8***

**“HUMPET”, Continued from Pg 7**

observe doctors for a certain number of prescribed hours. So far, for the Spring 2025 we have externships organized with:

- a. Dr Trieu in General Surgery,
- b. Dr Join Luh in Rad Oncology,
- c. Dr Erik McGoldrik in Orthopedic Surgery,
- d. Dr. Chia Chen and Dr. Alison Palacios, at the Cal Poly Student Health Center,
- e. Dr. Tony Anagnostou in General Surgery Providence Medical Group
- f. Dr. DK Stokes in OBGYN Providence Medical Group
- g. Dr. Kusum Stokes in GI Providence Medical Group

7) The same money that came down from the state allowed Dr. Zhong and HUMPET to create a Paid Summer Internship Class. This will be the third annual Paid Summer Internship where 10 students from Cal Poly and CR are chosen specifically for their disadvantaged status: in ways that usually hinders students from persevering in medical careers like being first generation college students in their families, LG-BTQ students, Hispanic, Black or Native American students, or disabled students where we help them navigate setting up internships. Last summer, over 50 health care providers in our county participated. We are so grateful to them!

8. Center for Regenerative Medicine-We also have a collaborative grant with the Center for Regenerative Medicine otherwise known as CIRM where students, after spending a post graduate year doing research in a stem cell lab, at Stanford, UCLA, or Davis, for example, they return to spend a day with the residents and then discuss their research.

Cal Poly Humboldt has also begun on the CIRM Shared Resource Laboratory for Human Stem Cell-Based Modeling (SRL-hSC): This will be a collaborative laboratory for researchers and scholars that will open in Fall 2026. The California Institute for Regenerative Medicine (CIRM) awarded Cal Poly Humboldt \$4.4 million to establish a Shared Resources Lab (SRL) on campus, providing

the facilities and equipment for regional researchers to utilize stem cell models for biomedical research and education.

9. From many of these programs, the acceptance to medical schools has increased:

- a) Oh Byung, (Dr Korenstein, Dr. Luh and Dr. Macdonald) so far, has been accepted by two DO schools: ICOM and Pacific Northwest University.
- b) Annie Jensen: (Dr. Ramos and Dr. Pirzad) two D.O. schools in West Virginia (WVSOM) and Arkansas (ARCOM)
- c) Amanda Ratcliff: (Dr. Jaime Messege) Creighton Med school and had an interview at UC Davis Medical School
- d) Josh Nelson ( Dr Mastroni, Dr. Hunter, Dr. Honda, Dr. DK Stokes and Dr. Sayles Croy) enrolled at Pacific Northwest Medical School this year.
- e) Hannah Cornwell is in her second year at Pacific Northwest Medical School
- f) Madelyne Green just graduated from the same school Pacific Northwest Medical School
- g) Raquel Selcer MD (parents Cindy Anders and Dr. Uzi Selcer) is at the Brigham and Women’s Hospital in Boston doing a Med-Peds residency.
- h) Anna Norquist (shadowed Dr. Martinez and Dr. Mahoney) is doing a surgical residency at OHSU general surgery.
- i) Jenna Rydz (parents, Dr. Sue Rydz and Dr. Tom Rydz) is doing a GI fellowship.

Medical School collaborators  
1 Stanford: I know many of you have Stanford medical students for a month. We thank you for that.

2 We now have 4 medical students from The Idaho College of Osteopathic Medicine (ICOM) who are rotating through Humboldt. This is a brand-new collaboration between Providence-Open Door and ICOM where students from California do internships here and the ICOM prioritizes our Cal Poly Students for interviews.

They are also offering some monetary stipends for your work with internships here. Current students:

Eamon Kalafchi is currently completing his Family Medicine Specialty rotation and is working alongside the St Joseph's

Family Medicine Residency Program within Open-door.

Nika Magnani-Convertino is entering her Psych Specialty Pediatric Psychiatry specifically.

Jessica Payne, will be working with the Dr. Lewis, Dr. Zazueta and Dr. Han within St. Joseph's for her Internal Medicine rotation

Daniel Tahsini is excited to begin his Women's Health rotation with providers like Dr. Emma Hackett, Siverly, and Micks within Open-door health.

ICOM list of preceptors:

- Norman Bell, MD
- Lorraine Byrd, DO
- Sung Jae Choi, MD – resident
- Pippa Coulter, MD
- Benjamin Cramer, MD
- Sean Creegan, MD
- Emily Dalton, MD
- Emily Davis, MD
- Leslie Fittinghoff, MD
- Curtis Flaherty, MD
- Emma Hackett, MD
- Adam Hall, MD -resident
- Lei Han, MD
- Judith Hennessey, MD
- Kevin Henry, MD
- Alison Higgins, MD
- Minh Huynh, MD – resident
- Katy Kellogg, MD
- Manny Lewis, MD
- Sarah McGraw, MD
- Elizabeth Micks, MD
- Luiza Mnatsakanyan, MD – resident
- Timothy Moore, MD – Resident
- Amanda Munkres McDonald, MD – resident
- Jordan Rode, MD
- Prastuti Shrestha, MD – resident
- Paul Simon, MD – resident
- Simon Stampe, MD
- Brian Stone, MD -resident
- Karthik Thenkondar, MD – resident
- Savanna Thompson, MD – resident
- Yener Tuz, MD – resident
- Maya Urva, MD – resident
- Kelvin Vu, MD
- Casey Weiser, MD

**“HUMPET”, Continued on Pg 10**



# Compassionate Growth: Expanding Capacity at the Ida Emmerson Hospice House

John Nelson, M.D. Hospice of Humboldt Medical Director

The Ida Emmerson Hospice House holds a special place in our community, providing comfort, care, and dignity to patients and their families during life's most challenging moments. As the Medical Director of Hospice of Humboldt, I am proud to share our exciting Compassionate Growth initiative, which aims to double our capacity to serve patients at the Hospice House—from six patients at a time to twelve. This expansion will significantly enhance our ability to provide end-of-life care to those who need it most.

**Meeting a Growing Need:** The decision to expand our capacity stems from a deep understanding of our community's needs. End-of-life care is a crucial support for families navigating this emotional time, and the demand for our services continues to grow. By increasing the number of patients we can serve at any given time, we ensure that more individuals receive the compassionate, specialized care they deserve.

**A Holistic Approach to Care:** At Hospice of Humboldt, our approach is deeply rooted in holistic care. The Ida Emmerson Hospice House not only provides medical and palliative services but also offers emotional, spiritual, and social support to patients and their families. Expanding our capacity means that more families can experience the peace and comfort that the Hospice House offers, even in the most challenging of circumstances.

**Investing in Our Team:** To make this vision a reality, we are actively recruiting talented, compassionate professionals to join our team. This includes Registered Nurses (RNs), Licensed Vocational

Nurses (LVNs), and Certified Nursing Assistants (CNAs). Our staff is the heart of what we do, and we are committed to ensuring that our team members have the resources and support they need to deliver the exceptional care that Hospice of Humboldt is known for.

**Looking Ahead:** We anticipate being fully prepared to accommodate twelve patients at a time by spring. This timeline reflects not only our commitment to careful planning but also our dedication to maintaining the highest standards of care. Expanding capacity is about more than just numbers—it's about ensuring that every patient and family who walks through our doors feels supported, cared for, and valued.

**Come for a Visit:** We are proud to invite members of our community to tour the Ida Emmerson Hospice House and our beautiful campus. These visits provide an opportunity to see firsthand the serene, comforting environment where patients and families receive care. We believe that experiencing the space is the best way to understand the profound impact of the work we do.

**Join Us in Our Mission:** If you or someone you know is a healthcare professional looking to make a meaningful difference in the lives of others, I encourage you to consider joining our team. Together, we can bring the vision of fully utilizing the Ida Emmerson Hospice House to life, providing compassionate care to more patients and families in our community.

For more information about the Compassionate Growth initiative or career opportunities at Hospice of Humboldt, please contact us at [info@hospiceofhumboldt.org](mailto:info@hospiceofhumboldt.org) or (707) 445-8443.

[hospiceofhumboldt.org](http://hospiceofhumboldt.org) or (707) 445-8443.

By working together, we can ensure that every individual facing the end of life does so with dignity, comfort, and peace. Thank you for supporting Hospice of Humboldt in this vital work. §

# 2025 HDNCMS Officers

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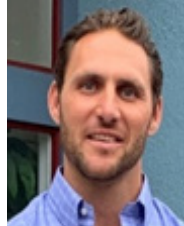
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Secretary/Treasurer: Skye Heston, M.D.



Immediate Past President: May Hong, M.D.



## ***“HUMPET”, Continued from Pg 8***

Melissa Wilcox, MD

Ka Xiong, MD - resident

Frank Zazueta, MD

12) UC Davis Medical School. For years, students have rotated working at UIHS with Dr. Martinez in the Prime Program. Along with the Prime Program, and Ave M, a new Tribal Health Post Baccalaureate Program with UC Davis started this year targeting Native American students where they will spend a year after graduation working on getting into medical school. Again, in hopes that they return to their local communities to practice after residency.

Other collaborations:

13) Dr. Jeff Ribordy and I are on the Cal Poly Humboldt Health Science working group discussing with educators to create a new Health Science BS degree. They are also starting a Speech and Language Pathology Masters, a Nursing Master's, and maybe a community health degree.  
14) West Coast University. WCU and Cal Poly Humboldt signed an agreement that will help Humboldt graduates to be considered for admission at WCU's PharmD program. One of the ideas we discussed for potential further collaboration was seeking clinical placements in our area.

I am simply humbled by the participation of doctors and allied health professionals who have worked with these students.

Please be part of HUMPET or agree to give a lecture, talk about your career, have students observe or shadow you or even become a mentor. These students are so appreciative and maybe they'll come back one day! §

# 2024 Annual Membership Gala



# **HDN Tattler**

## **HAPPY BIRTHDAY WISHES IN DECEMBER TO:**

**DOCTORS: Doctors: Alston, Baker, Biteman, Bloch, Brinckhaus, Burkenbine-Yamaguch, Cataldo, Choi, Christie, Douglas, Ellis, Green, Grossman, Guccione, Hovorka, Humphrey, Jackson, Kummerling, McGoldrick, Messegee, Ratcliffe, Rydz, Shahabuddin, Simon, Stockton, Thenkondar, Torres, Trieu, Van Speybroeck, Yost**

## **Annual Membership Resource Directory:**

It is that time of year where we are updating our annual directory!

Please reach out to the office if there are any staffing, or contact information changes for your practice. As a reminder, each member physician will receive one copy of the directory free of charge. Additional copies may be ordered as well.

Please use the link below to either order more copies OR opt out of your free copy of the directory.

[LINK TO ORDER/OPT-OUT HERE](#)

We are excited to announce that we are working towards an online version of the directory. We will not be doing away with the hard copy version, but will provide this as an additional member resource.

More to come on that soon!

## **Health Awareness Calendar**

### **December:**

December 1-7 National Handwashing Awareness Week

December 1-7 National Influenza Vaccination Week

December 1: World AIDS Day

December 3: International Day of Persons with Disability



*Best Wishes  
& Joy  
this holiday season  
from*

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The following information/links are posted to the Medical Society website - [www.hdncms.org](http://www.hdncms.org) , under “For Physicians”: *(Be sure to let your Managers know also\*)*

- ▶ CMA Reimbursement Assistance
- ▶ Practice Management Tools / Payer Profiles
- ▶ Legal Assistance / Legal Resources
- ▶ RX Safe Humboldt
- ▶ CMA Confidential Line
- ▶ Physician Support Committee Brochure
- ▶ Aces Aware
- ▶ Consortium for CME



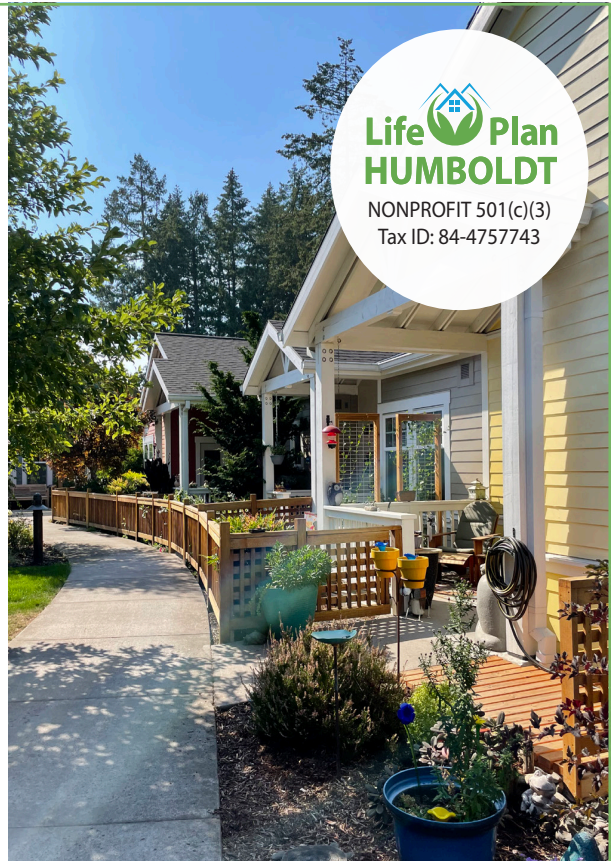
**ECONOMIC  
ADVOCACY CMA  
REIMBURSEMENT HOTLINE:  
(888) 401-5911**

People wanted another option for senior living in Humboldt, so ... with community support, *we're building it!*

**NOW IN DESIGN AND DEVELOPMENT:**

Up to 144 independent living apartments and cottages, assisted living and memory care,

Plus 50 Affordable Senior Homes in the McKinleyville Town Center.



**Life Plan  
HUMBOLDT**  
NONPROFIT 501(c)(3)  
Tax ID: 84-4757743

**LEARN MORE**

Visit [www.lifeplanhumboldt.org](http://www.lifeplanhumboldt.org) • Sign up for updates • Complete the "Move-In Survey"

**SIGN UP TO HOST FRIDAY PM ROUNDS IN 2025  
FIRST FRIDAY OF MONTH 6-8 P.M.**

Please Contact the Medical Society office at [hdcms@gmail.com](mailto:hdcms@gmail.com) if you are interested in hosting in 2025.



# HEALTH LAW LIBRARY

The California Medical Association's (CMA) health law library is the most comprehensive health law and medical practice resource for California physicians.

The library contains nearly 5,000 pages of up-to-date information on a variety of subjects of importance to practicing physicians. It includes content from the

California Physician's Legal Handbook, as well as more specialized information on peer review, payor contracting and other topics. **Access is free to CMA members - [www.cmadoes.org](http://www.cmadoes.org)**

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## MEDICAL STAFFS:

- 5101 Disruptive Behavior Involving Medical Staff Members
- 5102 Exclusive Contracts
- 5103 Economic Credentialing and Exclusive Contracts
- 5104 The Evolving Role of Medical Staff
- 5105 Legal Counsel for the Medical Staff
- 5106 Medical Staff Self-Governance: Policy and Law
- 5107 Medical Staff Relationship with Hospital Board (Governing Body)
- 5108 Hospital Accreditation Organization Standards
- 5109 Ten Strategies to Protect Quality through Med Staff Self-Governance
- 5110 Medical Staff Bylaws: A Binding Agreement to Protect Patient Care
- 5111 Sexual Harassment in the Medical Staff Context
- 5177 Physician Well-Being Committee: Guidelines

## MEDICARE AND MEDI-CAL

- 7200 Resource Guide on Medicare/Medi-Cal
- 7201 Medi-Cal Audits
- 7203 Denials under Medicare Managed Care
- 7204 Billing Limitations and Private Pay Agreements with Medi-Cal Patients
- 7205 Medicare Audits
- 7206 Medicare Managed Care (Medicare Advantage)
- 7207 Reasonable and Necessary Services under Medicare Program
- 7208 Medicare: Reassignment Rules
- 7209 Medicare Participation (and Non-Participation) Options
- 7210 MACRA: Overview
- 7211 Treating Medi-Cal Patients

Legal Information Line  
 CMA Staff is ready to provide  
 information about laws related to the practice of medicine. Call the Legal  
 Information Line at (800) 786-4262



# Get the facts on blood donor eligibility.

Many believe they are ineligible to donate blood when in reality they could be making a lifesaving difference today. A single donation can save multiple lives. Don't let myths deter you – get the facts about blood donor eligibility! Check with your local community blood center to learn more.



## **Myth: "I can't donate blood because I'm on medication."**

Fact: Most medications do not disqualify you from donating.

## **Myth: "I have a tattoo, so I can't donate blood."**

Fact: You can donate blood if your tattoo was done at a state-regulated tattoo shop. If your tattoo was done in a state that does not regulate tattoo facilities, then you must wait three months after it was applied to donate.

## **Myth: "LGBTQ individuals cannot donate blood."**

Fact: With the FDA's updated guidelines, sexual orientation is no longer a factor in blood donation eligibility.

## **Myth: "I have a history of cancer so I can't donate blood."**

Fact: In many cases, individuals with a history of cancer can donate blood if they have been cancer-free for a specified period and meet other eligibility guidelines.

## **Myth: "I am too old or young to donate blood."**

Fact: There is no upper age limit for blood donation. The minimum age in most states is 16, with parental consent.

## **Myth: "Diabetics on insulin can't donate blood."**

Fact: Diabetics on insulin can donate blood as long as their condition is well-managed.

## **Myth: "I traveled out of the country recently, so I can't donate blood."**

Fact: Traveling does not automatically make you ineligible to donate blood. Guidelines vary, so be sure to check with your local community blood center to learn more.

2524 Harrison Ave • 707-443-8004 • [nccbb.org](http://nccbb.org)





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# WOMEN IN MEDICINE JOURNAL CLUB

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Please join us for a Women in Medicine Journal Club with presenter, Dr. Holly Haight, a local orthopedic surgeon. This event is CME accredited through the HDN Consortium for CME and is open to all female physicians and APP's.

*December 3, 2024*

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**6:00 -7:30 PM  
DR. MAHONEY'S OFFICE  
636 HARRIS ST.  
EUREKA, CA**

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Please contact [hdncms@gmail.com](mailto:hdncms@gmail.com) to  
RSVP or with questions.  
RSVP not required, but is appreciated.





# CMA WEBINARS SCHEDULED

<https://www.cmadoocs.org/events>

**LOG INTO MEMBERS-ONLY SECTION.** Be sure to set up your CMA Web account if you have not already. There are many links to resources that are for “Members only”. If you need assistance with this, please reach out to the Medical Society.

[12/5/24 Webinar: Documentation and Discoverability](#)

[1/14/25 CME: Virtual Grand Rounds: January](#)

**CLICK ON THE LINKS ABOVE OR GO TO: <https://www.cmadoocs.org/events> to register**

## ON DEMAND PRE-RECORDED WEBINARS

Browse CMA’s extensive library of pre-recorded webinars, covering a wide range of medical practice and public health topics. <https://www.cmadoocs.org/webinars>

## Calendar of Local Education, Physician Meetings & Socials

(This includes recordings of all past CME grand rounds)

[http://www.hdncms.org/Physician\\_Educational\\_Calendar.html](http://www.hdncms.org/Physician_Educational_Calendar.html)

### PHYSICIAN SUPPORT COMMITTEE

*(aka: Physician Well Being Committee)*

**\*CONFIDENTIAL ASSISTANCE\***

*Physician-to-Physician*

Dr. Soper: 498-4291 \* Dr. Bayan: 834-8188 \* Dr. Chavez: 502-5360

Dr. Douglass: 786-4028 \* Dr. Frugoni: 845-0242 \* Dr. Heidmann: 362-6704

Dr. Hunter: 498-0607 \*Dr. Newdow: (916) 201-6078 \* Dr. Talbot: (707) 464-8813

**Confidential E-Mail: [hdnpwbc@gmail.com](mailto:hdnpwbc@gmail.com)**

Or contact a physician through CMA’s Physician Confidential Line at 213-383-2691

[Link to Physician Support Committee Informational-Brochure](#)

## ARE YOU A CONSORTIUM MEMBER?

Medical Society Members - \$150.00  
Non-Medical Society Members - \$250.00

A self-supporting committee of the HDN Medical Society, our Consortium for Continuing Medical Education is accredited by the CMA Institute for Medical Quality to plan and accredit local programs to meet the needs of our physicians. Credit is provided for Grand Rounds, Tumor Board, Cardiac Cath Lab, UCSF Case Conference, Neo-Natal Resuscitation, etc. In addition to coordinating programs based on the feedback we get from the membership, we also work with the Humboldt IPA, Hospice, Public Health and other local agencies in coordinating CME credit for physicians.

**HELP IDENTIFY LOCAL EDUCATIONAL NEEDS**

**HELP SUPPORT LOCAL EDUCATION - BE A CONSORTIUM MEMBER**

*NOTE: Consortium for CME is recognized as the “Education Committee” of the Hospital Medical Staffs.*

## THANK YOU TO OUR ADVERTISERS!

Broadway Medical  
UC Davis  
Life Plan Humboldt

North Coast Physician



**CME CALENDAR**  
**GRAND ROUNDS / CASE CONFERENCE CALENDAR**  
**DECEMBER 2024- JANUARY 2025**

**DECEMBER**

12/19 (Thurs) "ANGER MANAGEMENT"  
Speaker: Todd Zorick, MD, Ph.D Zoom: 12-1 PM

**JANUARY**

1/16(Thurs) Grand Rounds TBD Zoom 12-1PM

**TUMOR BOARD**

Tumor Board meetings will be by virtual format via Microsoft Teams. To join "Teams" meeting, email Jennifer Hooven at [Jennifer.Hooven@stjoe.org](mailto:Jennifer.Hooven@stjoe.org). Meetings beyond this time will continue to be re-assessed and either resume in-person participation or extend the virtual attendance via Teams. 12:00 - 1:00 p.m.

**DECEMBER**

12/4 (Wed) TUMOR BOARD PSJH  
12/11 (Wed) TUMOR BOARD PSJH  
12/18 (Wed) TUMOR BOARD PSJH

**JANUARY**

1/8 (Wed) TUMOR BOARD PSJH  
1/15 (Wed) TUMOR BOARD PSJH  
1/22 (Wed) TUMOR BOARD PSJH  
1/29 (Wed) TUMOR BOARD PSJH

- The target audience are Physicians in Humboldt and Del Norte Counties. Advanced Practice Clinicians, RN's, RD'S, and
- Pharmacists are also invited to attend. Please contact Jenika Shamp, CME Coordinator at (707) 442-2353 or
- [hdncme@gmail.com](mailto:hdncme@gmail.com) if you have any questions.

Please contact the office if you have not received a statement for your 2024 CME dues and would like to join or renew your CME membership for 2024. [hdncme@gmail.com](mailto:hdncme@gmail.com)  
**YOU MUST BE MEMBER OF THE CONSORTIUM FOR CME TO CLAIM CREDIT**

**PLEASE HELP IN IDENTIFYING LOCAL EDUCATIONAL GAPS**  
**Suggestions for strengthening our local CME Program are always welcome -**  
**We encourage you to get involved. Sign up to give a lecture.**



The Humboldt-Del Norte Consortium for Continuing Medical Education is accredited by the California Medical Association and ACCME to provide continuing medical education for physicians.

The Humboldt-Del Norte Consortium for Continuing Medical Education designates this live activity for a maximum of 1.0 hour of AMA PRA Category 1 CME Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

# CLASSIFIEDS + ANNOUNCEMENTS

## CLASSIFIEDS:

Members wishing to place a classified ad :  
 Please contact the medical society office at  
[hdcms@gmail.com](mailto:hdcms@gmail.com).  
 Free to members for first 6 months



## ANNOUNCEMENTS

### DID YOU KNOW.....

The Medical Society receives many calls from your offices and the public looking to find copies of medical records from physicians who have retired, moved out of the area, etc.

The Medical Society tries to keep a list of where to refer for those records.

Physicians relocating out of the area or retiring, please let us know.

### DID YOU KNOW.....

Are you a consortium for CME member? Now is the time to think about membership! Current members will receive an invoice in the coming months. Please reach out to [hdcme@gmail.com](mailto:hdcme@gmail.com) with any questions about your membership.

"We at NCP are always happy to receive photos of local scenery by our member physicians who would like to have their art displayed on the cover of the North Coast Physician. However, we have certain requirements before we print. At a minimum, please send you photos as a JPEG with minimal compression (level 8 or higher). Also please size the photo to 6 inches on the "short" side at a screen resolution of 125 dpi. If you're looking for total file size for email submission we would like something of at least 0.25 MB (250 KB) up to 2.5 MB. This gives the best screen resolution plus it provides adequate resolution for anyone who wishes to print out the cover. We will also accept TIFF or PSD files, although we prefer JPEG. If you need assistance, please let us know and the editor will be more than happy to work with you in obtaining the appropriate resolution."

## 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)
1/2 Page	\$160.00	8.00 (w) x 5.25 (h)
1/3 Page Vertical	\$150.00	3.00 (w) x 10.50 (h)
Full Page	\$200.00	8.50 (w) x 11.00 (h)
Full Page/Special Placement	\$275.00	8.50 (w) x 11.00 (h)
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*