



ALLIANCE NEWS

ADELE MURPHY
GLMSA President



(top left) Members enjoy Spa Night on January 21; (left) GLMS Alliance President Adele Murphy and Past President Rhonda Rhodes help collect donations for the Center for Women and Families at Kroger on February 2. With them are Marta Miranda, the center's president and CEO; Madeline Abramson; Dr. Alexandra Gerassimides, wife of Mayor Greg Fischer; Kentucky First Lady Jane Beshear; and Kroger executives; (top center, left to right) Dominique Hendren, Michelle Feger, Mimi Prendergast and Karin Sonnier at Corbett's on February 5; (top right) Chef Sarah Leopold teaches the GLMS Alliance about making hollandaise and caramel sauces.

An Old English proverb says that March comes in like a lion and goes out like a lamb. This month known for having the most changeable weather brings us hope for spring-like temperatures, even if it starts with late-season snowstorms. Like the month of March, the Greater Louisville Medical Society Alliance is changing by adding more evening events and service opportunities in response to requests from our newer members.

The GLMS Alliance enjoyed meeting together at the Murphy Pain Center on January 21, one of the coldest nights of the year, to have a Spa Night hosted by GLMSA board member Dominique Hendren and me. Our members and guests enjoyed pampering from Arbonne International and acupuncture treatments from one of our newest Alliance members, Dr. James Patrick Murphy. The day before Super Bowl Sunday, February 2, we also braved the snow and cold to team up with Kroger and Kentucky First Lady Jane Beshear to volunteer as part of the fifth annual Shop and Share benefiting the Center for Women and Families. The event raised \$3,800 in monetary donations and more than \$150,000 in donated goods locally. Statewide, more than \$500,000 worth of goods were donated to Kentucky's 15 domestic violence shelters. The GLMS Alliance is continuing to collect gently used OR scrub pants and yoga pants and new men's and ladies' underwear for the Sexual Assault Clinic. This is the GLMS Alliance's spring service project, so there is still time to "shop and share" with our local shelter.

Since many of our members are interested in cooking, we enjoyed a gourmet lunch and culinary demonstration from Chef Sarah Leopold at Corbett's: An American Place on February 5. She demonstrated how to make one of the "mother" sauces – hollandaise – and for dessert, caramel sauce. We were served these sauces along with our lunch of house made meatloaf, truffled mashed potatoes, seared salmon, haricots verts, carrot cake, chocolate brownie and vanilla ice cream. Yum!

We stayed busy in February carpooling to Frankfort on February 12 for Kentucky Medical Association Alliance Day at the Capitol. State Alliance members treated state officials and their staff to "House Calls," a friendly health fair including blood pressure screenings, health education and healthy snacks. Afterward, we lunched at Serafini restaurant.

Looking ahead, please join us for Doctors' Day on March 22 at 11:30 a.m. for lunch at Audubon Country Club as we honor Dr. David Dageforde. As president, I am busy planning more fun and service opportunities with our board members. With any luck, March will go out like a lion as well. **LM**

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