

Dear ACP colleagues and friends,

November is almost upon us. With it comes our best opportunity to assert our influence over decisions that directly affect us all. What am I talking about?

For one, please VOTE! Take the time to fill out and send in your ballot. We are so privileged in Oregon to be able to vote in different ways. I have been voting by mail-in ballot for years as the best way to avoid missing work time and to ensure I don't miss my chance to vote. Keeping it simple - more specifically at the kitchen table - has helped me be an engaged citizen.

Voting and civic engagement are known to improve the health of people and populations.

More than 150 years ago, the 15th Amendment extended voting rights to all male citizens, including those previously enslaved. Just over a century ago, women won the right to participate by voting. The passage of the Voting Rights Act in 1965 formally protected these voting rights further from infringements by state laws. While there has been erosion of these protections, the best way to ensure our will is done remains handing in our ballots.

I think of this simple act as a celebration of what it means to be an American. Taking it further, it's the most fundamental step we can take - the culmination of all our other efforts - to advocate for, teach, and support our patients and communities. The Oregon Chapter of the American College of Physicians has been actively supporting the effort to advance firearm safety in the state; we supported the LEVO initiative effort. **This is your chance to cast a vote in support of Measure 114.**

As ACP members, there are other ways we stand up and speak up. We can participate directly in the process for developing policy that guides ACP's advocacy efforts. You are all invited to take that idea, that frustration, your own lived experience and ask College to act. The resolution process for medical societies is a grassroots process that engages members, provides opportunity for discourse that polishes and improves the nugget of an idea, and moves the will and resources of our College into action.

Twice a year, there is a call for resolutions. Oregon members have been very engaged historically. Resolutions submitted to our Health and Public Policy Committee will be reviewed, edited, and then passed on to the Chapter Council for a vote. At that point, I am privileged to submit them to the College and look for co-sponsors from other Chapters.

Resolutions from around the country are shared twice a year with our membership and member commentary and feedback is requested. I read every single one of the comments you send. You all have been relatively quiet during the pandemic years, but your feedback is extremely valuable when you give it. It guides me when I represent our state in the national discussion. My job is to share the perspective of physicians in our state and increase the visibility of the diversity of experience you offer in your feedback.

The board of governors discussion is amazing to witness. I've never been so attuned to how universal the experience of being a physician is around the country and around the world. (Note, I say around the world because ACP is an international medical society and we have governors in chapters overseas also.) Moreover, internal medicine physicians share a common commitment and dedication to patients which is inspiring and which becomes apparent quickly in these discussions. Your resolutions prompt deep examination and heartfelt affirmation of the experiences and concerns brought forward.

The deadline for bringing forward a resolution to the Chapter is November 29. Please let us know if you have a concern that fires your interest and we can help you through this process.

And please, remember to exercise your most basic civic privilege and VOTE.

I look forward to seeing and connecting with many of you when we return to our in-person Annual Meeting, November 10-12, in Salem. It's not too late to register if you haven't: [Click this link to register now!](#)

Warm greetings,
Jenny

ACP-COMM20222023-Newsletter-02-OCT2022-Silberger.docx 10-1-2022