



February 9, 2015

Dear Downstate Illinois ACP Members,

Time flies! 2015 has been a busy time so far for the ACP and your ACP Chapter—let me fill you in.

MOC Changes

Last week you probably heard from the ABIM, and also **Steven Weinberger, MD, FACP**, Executive Vice-President of the ACP, about ABIM's immediate changes to the Maintenance of Certification (MOC) Program. To say that these changes are welcome is an understatement: this is an exciting and important step forward for Internal Medicine. If you have not read the details, please take a look [here](#), from the ABIM's website. Kudos to Steve and the ACP leadership team who relentlessly pushed for reform—and thank you for providing invaluable feedback. As the process unfolds, please continue to share your thoughts.

Strategic Planning

It has been my privilege to participate in two ACP strategic planning retreats already in 2015: the ACP Board of Regents Retreat (given my role this year serving on the Executive Committee of the Board of Governors), and our own IL ACP Chapter retreat for both the Downstate and Northern Regions, which took place at Starved Rock last weekend. Many of the discussion items were strikingly similar, and centered around the theme of how do we, and should we, best serve our members? We discussed opportunities for students, residents, early career physicians, hospitalists, employed physicians...the list goes on. Thanks to our Downstate members who participated: **Susan Hingle, MD, FACP** (facilitator), **James Graumlich, MD, FACP**, **Majd Ibrahim, MD**, and **Gary Rull, MD, FACP**, and to our Executive Director, **Donna Seawards, CAE**. If you have ideas and would like to get more involved in chapter activities, or if you would like to hear more about the retreats, please contact me.

Congratulations

Congratulations to **Freddy Nguyen**, third year MD-PhD student at the University of Illinois College of Medicine in Urbana, who recently was appointed to serve on the ACP's Council of Student Members. This is a national committee, where he will work to represent student interests. Congratulations Freddy!

Webinar Spotlight

In case you missed it, ACP Regent **Carrie Horwitch, MD, FACP** from Seattle, WA, recently led a webinar for our chapter on the topic of 'Mindfulness in Medicine': you may view it [here](#). It was an interesting and

refreshing webinar—do check it out.

Save the Dates!

Every Tuesday 8:00 pm, MKSAP Live Online Study Hall, for Illinois ACP members, click [here](#) for info.

IL ACP Webinars—watch your inbox and our Chapter’s website, more are planned for this spring.

Internal Medicine 2015 Boston, Centennial Meeting, April 30-May 2, see [here](#) for details. Also, don’t forget our Illinois Chapter Reception, Thursday evening, April 30, immediately following convocation at “The Daily Catch” Seaport restaurant, 2 Northern Ave., Boston.

ACP Leadership Day, Washington DC, May 20-21. If you are interested in advocacy, and participating, please let [Donna Seawards](#) know.

Friday, October 30

Downstate Illinois ACP Student and Residents Day, Jump Center, Peoria. Save the date!

Friday & Saturday, November 13 & 14

Illinois ACP Chapter Scientific Meeting, University Club, Chicago

A terrific meeting is being planned, with opportunities to learn, catch up with colleagues, earn MOC points, and more!

Stay warm, enjoy February, and best wishes for a Happy Valentine’s Day (and for my mother...Happy Birthday today mom!).

Kind regards,

Janet

Janet A. Jokela, MD, MPH, FACP
Governor, Illinois Chapter Downstate Region
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ACP mission:

*“To enhance the quality and effectiveness of health care
by fostering excellence and professionalism in the practice of medicine.”*