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December 23, 2020

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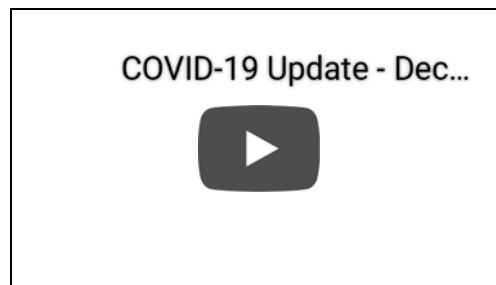
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On Friday, December 18, 2020, Arizona Department of Health Services (ADHS) Director Dr. Cara Christ released a video sharing the latest information on COVID-19 in Arizona. Dr. Christ discussed the importance of getting the vaccine when it's available to you, health and safety mitigation measures during the holidays, connecting with loved responsibly, and more. Watch Dr. Christ's message on [YouTube](#).



For ways to stay safe and healthy during the holiday season, visit azhealth.gov/winterholidays.

COVID-19 updates and information about health precautions can be found on the ADHS website [here](#).

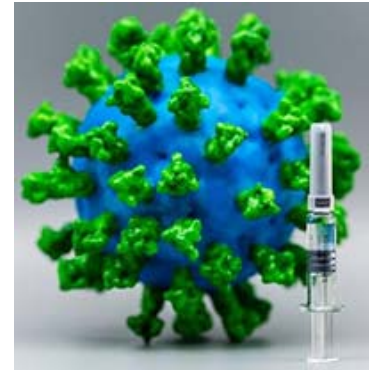
AOMA continues to work with other statewide healthcare organizations to monitor the data from the CDC and ADHS and advocate for mitigation measures to help slow the spread of coronavirus in the middle of this current surge. The Association does not align itself politically, rather we do our best to focus on the guidance from ADHS and the CDC to promote overall community health for all Arizonan

[FDA Panel Recommends Use of Moderna COVID-19 Vaccine](#)

On Friday, December 18, 2020 the U.S. Food and Drug Administration (FDA) issued an emergency use authorization (EUA) for the second vaccine for the prevention of coronavirus disease 2019 (COVID-19) caused by severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2). The emergency use authorization allows the Moderna COVID-19 Vaccine to be distributed in the U.S. for use in individuals 18 years of age and older.

The first shipments of the vaccine were dispatched on Friday immediately following the EUA announcement.

Two vaccines - Pfizer/BioNTech and Moderna - are currently being administered in the U.S. in Phase 1a of the vaccination plan to health care workers and long term care facility residents.



Phase 1b include people 75 and older and front-line essential workers. Approximately 30 million people are among these groups:

- First responders such as firefighters, police
- Teachers, support staff, day care workers
- Food and agriculture workers
- Manufacturing workers
- Correction workers
- U.S. Postal Service workers
- Public transit workers
- Grocery store workers

Because vaccine supplies are initially limited, Phase 1b isn't expected to begin until February.

For specific information about vaccine distribution in your area, please refer to your county public health department.

[ADHS Vaccine Distribution Plan](#)

[Cochise County](#)

[Gila County](#)

[Greenlee County](#)

[Maricopa County](#)

[Navajo County](#)

[Pinal County](#)

[Yavapai County](#)

[Apache County](#)

[Coconino County](#)

[Graham County](#)

[La Paz County](#)

[Mohave County](#)

[Pima County](#)

[Santa Cruz County](#)

[Yuma County](#)

[Dr. Tracy Middleton Elected to NBOME Board](#)

Congratulations to AOMA member Tracy O. Middleton, DO, FACOFP, recently elected to the National Board of Osteopathic Medical Examiners (NBOME) Board of Directors. NBOME is an independent, not-for-profit organization that provides competency assessments for osteopathic medical licensure and related health care professions. Dr. Middleton was elected at the annual NBOME Board Meeting (virtual) held in December, 2020.



Dr. Tracy Middleton is an educator, mentor and leader in osteopathic family medicine. She is board certified in Family Medicine and osteopathic manipulative medicine, with experience in private practice, as a residency attending physician, and as an academic physician.

As Chair and Clinical Professor of Osteopathic Community and Family Medicine at Midwestern University, Arizona College of Osteopathic Medicine, she is devoted to the enhancement of osteopathic medical education, curricular reform and developing new learning experiences, and enjoys mentoring students and faculty.

Arizona is well-represented on the NBOME Board. Dr. Middleton joins AOMA Past President Lori Kemper, DO, MS, FACOFP, the current Secretary-Treasurer of the Board.

[Share Your COVID-19 Immunizations on Social Media!](#)

With the COVID-19 vaccination administration underway, the Arizona Osteopathic Medical Association (AOMA) needs your help in promoting awareness for the COVID-19 vaccine and combatting vaccine hesitancy. Through the power of social media, sharing your experience receiving the vaccine will pave the way for the new year and help instill confidence in the public about the importance of the COVID-19 vaccine.



Below are ideas for social media posts, hashtags, and captions. These are suggestions to make the process easier, but we want to hear your experience and think your story will be most impactful.

Suggested content for your social media posts:

- Social media outlets promote and highlight posts that share personal experiences through picture and video. Whether you choose to record the experience with a video or snap a photo, either will be helpful in amplifying your message.
- Consider adding personal comments either by talking during the video or in the caption of your post on why getting vaccinated is important to you.
- Please be cautious to not share any identifying personal information or information pertaining to the specific vaccine you are receiving.
- Share your video/photo on your own social media accounts and utilize the hashtag **#VaxUpAZ**. Other hashtags that would be helpful to include are **#COVID19** and **#AOMA**
- **Be sure to tag AOMA** in your post and use the hashtag suggestions so we can like and/or share your photo or video

Save the Date for DO Day on the Hill 2021

The AOA is pleased to announce that a revamped DO Day will take place on March 7-8, 2021! DO Day 2021 will be a virtual event, allowing students, postdoctoral trainees, practicing physicians, and affiliate leaders to engage with lawmakers and take advantage of several other exciting updates.

DO Day 2021 will also include a full day advocacy and health policy conference that will be held on Sunday, March 7th. Virtual Congressional meetings will be scheduled for participants throughout the day on Monday, March 8th. To read more about DO Day 2021, [visit the AOA website](#).



The advertisement features a red background with a white SoFi logo in the top right corner. The main text reads: "Feeling stuck with your current private student loans?". Below this, it states: "Members receive a 0.25% rate discount when refinancing with SoFi". A blue button labeled "Learn More" is positioned at the bottom left. The background image shows a laptop on a desk with a coffee cup, displaying a website with financial data.

Save the Dates! AOMA 99th Annual Convention

The AOMA 99th Annual Convention - the largest annual medical conference in Arizona - will be a livestreaming virtual event on April 7-10, 2021.

The theme of the Convention is **100 Years of Healing**. The AOMA designates this activity for a maximum 37 hours of Category 1-A credit and has been approved for *AMA PRA Category 1 creditsTM*.

**1921-
2021** **AOMA**
100 Years of Healing

Two price options are available for the Convention: Full 4-day Registration offering the maximum number of 37 credits and a Two Day Registration offering 20 hours of CME. Both options include on demand playback of the lectures for 30 days post live event.

Registration is open at www.az-osteo.org/2021Convention

[Top Doc Voting Now Open](#)

For more than 25 years, Phoenix Magazine has published its **Top Doctors** list. Chosen by Valley physicians in the annual voting, this is your opportunity to recognize your peers for their professional, expertise, and patient care. The expanded 2021 ballot includes 62 practice areas.

To access the [survey](#), simply enter your medical license number and fill out the appropriate fields. You may not have nominations in some practice areas. Please include your nominees' full first and last names in the survey. The list will be published in the April issue of Phoenix Magazine. Deadline to vote is January 11, 2020.

<https://www.phoenixmag.com/2021-top-doctors-survey>



[VOTE NOW](#)

[Need CME Before 12-31-2020? Check out DOCME.org](#)

Does your Arizona license renew at the end of the year? Still need CME hours? Earn CME at your convenience! The DOCME on-demand program is built so that you can access CME whenever and wherever you like. DOCME offers all categories of AOA CME credit, including 1-A! DOCME boasts a catalog of more than 250 different lectures in a wide variety of specialties. New content is added regularly.

Go to www.docme.org to view the entire catalog of on demand offerings.



[AOA CME Self-Reporting Update: Faxes No Longer Accepted After December 31, 2020](#)

The American Osteopathic Association now offers new online tools for easier self-reporting of AOA Category 1 and 2 CME activities hosted by non-AOA-accredited CME sponsors. Please note, while emailed self-reported submissions are still being accepted, the AOA will no longer accept fax and mail submissions after December 31, 2020. [Learn more](#) about this new member benefit.

Help Arizona Osteopathic Charities Reach Its Goal!

You can help make Arizona Osteopathic Charities a big bucks winner by making a pledge in the [Birdies for Charity](#) campaign at the 2021 Waste Management Phoenix Open. Arizona Osteopathic Charities will receive every penny of collected pledges.

We Want Your 2 Cents - Literally!

Simply pledge two cents or more for every birdie made by the PGA Tour players, Thursday - Sunday, at the 2021 Waste Management Phoenix Open and you will be supporting Arizona Osteopathic Charities. It's estimated that between 1,300 and 1,800 birdies will be made. To make a pledge online go to birdiesforcharityaz.com and click on "Donate Now".

Contact Sharon Daggett for more information at charities@azosteo.org.



Happy Holidays

In this time of peace and joy, we wish you the happiest of holidays. Your AOMA staff is honored to serve all osteopathic physicians and students in Arizona.

As we celebrate the season, the AOMA office will be closed Thursday, December 24, 2020 through Friday, January 1, 2021. The office will reopen on Monday, January 4, 2021.



Patients are Looking
for YOU!



Update Your Profile!

One of the benefits of AOMA membership is the **Find a Physician** public directory search. Make sure your practice information is up to date by logging in to your member profile on the AOMA website. When you do, prospective patients and potential referring physicians will be able to find you.

Join AOMA

Not an AOMA Member?

Join today and be a part of the 99-year tradition of the Arizona Osteopathic Medical Association!

Membership in AOMA is an affordable vehicle to keep abreast of national and local issues, protect your professional practice, enhance your specialized skills, further your career, and be a part of the future of osteopathic medicine in Arizona.

Refer a new AOMA member and receive at \$100 credit. Go to www.az-oste.org/Recruit

COVID-19 Tracking
Resources



www.covidactnow.org

<https://91-divoc.com>

AOMA Calendar of Events- www.az-oste.org

AOMA Board of Trustees Meeting - February 6, 2021

AOMA 99th Annual Convention - Virtual Streaming - April 7-10, 2021

In case you missed a past issue of the AOMA Dispatch, visit the Archives [here](#).



The AOMA Dispatch is published twice monthly. Direct your questions and comments to AOMA at communications@azoste.org

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WE'VE MOVED!

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