



# American Osteopathic College of Anesthesiologists

## Quarterly **Newsletter**



**December 2020**

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## 48th Annual Mid-Year Seminar: Registration Open

Join AOCA's live streaming of the [48th Annual Mid-Year Seminar](#) on March 26-28 or watch at a time that works for you through our On-Demand program. Built for physician anesthesiologists and allied health professionals who want and need to keep up with the many changes in anesthesiology. This seminar is designed to help you stay on top of the changes, maintain your certification, and remain safe while doing so. We have adapted our format to embrace online learning and have included several networking opportunities. We would love to see you in person, and this time it's just not possible. Let's connect and share our stories with each other and learn and grow along the way.

[Register](#) by February 26th to snag the early bird rate!

## Leadership Insights



**David Ninan, DO, FAOCA**  
**President-Elect**



### AOCA's Impact

The AOCA has given me an opportunity to meet and develop long term friendships with Osteopathic anesthesiologists across the country. There have been a number of times where I have relied on this network for feedback on best practice guidelines, new policies, and a host of other questions. Recently, I have even used my AOCA family to help me develop a strategy for my own contract negotiation which was invaluable.

### To AOCA Members

Originally I became involved with the AOCA as a direct result of frustrations I had with the college. Ironically, it was my MD mentor who told me that DO's need to team up and advocate collectively. As my involvement grew I felt a sense of gratitude to those AOCA members who volunteered to give back to our community. My journey has led me to a deeper understanding of what the AOCA actually is. We are physicians bound by a common heritage, we face similar challenges, and most importantly we care about and want to support each other.



## Jennifer Hargrave, DO, FAOCA Vice President



### AOCA's Impact

First the AOCA family remains a source of support and encouragement throughout each stage of my professional development. Because of the focused size, AOCA members know each other and are able to direct each other towards opportunities. Secondly, the opportunity to participate within the committees and leadership of the AOCA provides opportunities for participation at a national level. This participation is recognized when developing your CV and pursuing additional career pathways towards promotion.

### To AOCA Members

The AOCA is an approachable organization that fights at a level above its weight class. The opportunities for professional development are achievable for those interested. Other national organizations require years applying and sponsorship just to be chosen. The AOCA allows members to have those achievements which open doors within their own hospitals, groups, other organizations. We may be fewer in number than some, but we stick together like family.

## AOCA Awards & Honors

AOCA is full of talented members. AOCA provides opportunities for members to recognize and lift up their colleagues. [Read more](#) about our different recognition and honors opportunities.

- **[Fellow of the American Osteopathic College of Anesthesiology](#)**: Earned through active participation in the College and the profession.
- **[Arnold P. Gold Humanism in Medicine Award](#)**: Recognizes a doctor that exemplified the attributes of a humanistic doctor.
- **[Timothy D. Ernst Memorial Scholarship](#)**: Recognizes up to two Resident members for their leadership and scholarship.

[Submit your nominations by March 27!](#)



## Imposter Syndrome and its Impact on Practice & Professional Development



Do you suffer from Imposter Syndrome? VAPOR speaker, Jennifer Uggen, DO from the University of Nebraska Medical Center opened eyes and minds during her Imposter Syndrome lecture during the 68th Annual Conference in September. Tune into her lecture and recognize risk factors, symptoms, short and long-term effects on your ability to rise to challenges, and how to implement effective strategies for overcoming Imposter Syndrome.

[WATCH HERE](#)

## Six Financial Best Practices for Year-End 2020

Has 2020 left you feeling like the fabled Sisyphus, forever pushing a boulder up a steep hill? Thankfully, with multiple COVID-19 vaccines in the works, there's hope the load will lighten in the new year, fast approaching. While we prepare for a fresh start, here are six financial best practices for year-end 2020 and beyond, none of which require any heavy lifting.

**1. Revisit your tax plans.** Although the Tax Cuts and Jobs Act (TCJA) is now in full swing, you're probably still following a few well-worn tax-planning paths that may no longer apply. You (with your tax planner) may want to revisit them. For example:

- Holding a mortgage is much less likely to offer the tax-deductible advantages it used to. Have you altered your payment plans accordingly?
- Ditto on charitable contributions. Have you looked at creative new strategies, like establishing a Donor Advised Fund, to continue engaging in tax-favored giving?
- Unless Congress acts to extend them, TCJA's lower individual income tax rates will expire in 2026. Have you considered how the current, lower-rate environment might impact your retirement planning? For example, performing a Roth IRA conversion with after-tax dollars may make more sense today than it used to.

**2. Give as you're able, get a little back.** What the TCJA took from charitable giving, this year's CARES Act partially gave back – at least for 2020.

- **A \$300 "Gift":** Under the TCJA, it became much harder to realize itemized tax deductions beyond what the increased standard deductions already allow. But this year, the CARES Act lets you donate up to \$300 to a qualified charity, and deduct it "above the line." In other words, even if you're taking a standard deduction, you can give a little extra, and receive an extra tax break back, without having to itemize your deductions.
- **Giving Large:** If you are itemizing deductions, the CARES Act also temporarily suspends the usual "60% of your AGI" limit on qualified cash contributions. The exception does NOT apply to Donor Advised Fund contributions, and has a few other restrictions. But if you've already been thinking about making a large donation to a favorite charity, 2020 might be an especially good year to do so – for all concerned.

**3. Revisit life's risks.** As the pandemic reminded us, life is full of surprises. That's why it's imperative to build wealth, *and* protect it against the inevitable unexpected. Is your current coverage still well-aligned with your potentially altered lifestyle? Perhaps you're driving less, with

lower coverage requirements. Or new health or career risks now warrant stronger disability insurance. Might it be time to consider additional life insurance or umbrella liability coverage? Bottom line, there's no time like the present to prepare for your future greatest risks.

[Continue Reading](#)

## AOCA Bylaws

As you know, the AOCA's Board of Governors dedicated a great deal of time to review the College's Bylaws. The changes bring the College into compliance with the requirements of the state of Illinois, in which AOCA is incorporated, is representative of our relationship with the AOA, and allows the AOCA to function better in a world where virtual meetings have become the norm. The proposed changes to the bylaws were approved by vote during the 68th Annual Conference - Vital Anesthesia Practice Optimization Review.

[Review our updated bylaws](#)

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