

American College of Emergency Physicians
Exploring Retirement Section Meeting
ACEP23
October 11, 2023
MINUTES

THESE MINUTES WERE APPROVED BY THE SECTION CHAIR AND ARE PENDING APPROVAL BY THE EXPLORING RETIREMENT SECTION AT THE ACEP24 MEETING. ANY CHANGES WILL APPEAR IN THE MINUTES OF THAT MEETING.

Participants

Section members participating for all or part of the meeting included: Stephen Anderson, MD, FACEP, chair; Fred Dennis, MD, MBA, FACEP, vice chair; Hope Allen, DO; Jeff Bettinger, MD, FACEP; John Bibb, MD, FACEP; Brooks Bock, MD, FACEP; Ken Gramyk, MD, FACEP; Audrey Grant, MD, FACEP; Rachelle Greenman, MD, FACEP; Paul Hope, MD, FACEP; Jay Kaplan, MD, FACEP; Guy David Leveaux, MD; Mark Meredith, MD, FACEP; Mark Rosenberg, DO, FACEP.

Others participating for all or part of the meeting included: Andrew Chang, MD, FACEP; Ted Christopher, MD, FACEP; David John, MD, FACEP; Colleen Kelley, MD, FACEP; John Moorhead, MD, FACEP; Charles Pattavina, MD, FACEP; Gabe Kelen, MD, FACEP, Board liaison; Sandra M. Schneider, MD, FACEP, ACEP staff liaison; Julie Wassom, ACEP staff.

Agenda

- Welcome & Introductions- “What keeps me RELEVANT?”
- Leadership Reports:
 - Board Liaison - Gabe Kelen, MD, FACEP
 - Staff Liaison - Sandy Schneider MD, FACEP
 - Section Chair - Stephen H. Anderson MD, FACEP
- Review of Operational Guidelines & Council Resolutions
- Affinity Group Reports & Panels:
 - Alternative Employment Group - Discussion of Group ”Glidepaths to Retirement”
 - Wellness Group - Panel Discussion of “When you or your spouse’s health forces a change in practice”
 - Financial Group - Six Financial Considerations At Retirement (and 65 years of age)
 - Mentorship and Coaching Group - Outreach to Chapters and other Sections
 - Social Group - Future Zoom fun, and stay for reception
 - Other Affinity Groups (Legal, etc.), and call for participation/succession
- EMF & Wiegenstein Society
- Call for Newsletter Contributions and Membership Drive

Major Points Discussed

Dr. Anderson welcomed everyone to the meeting and asked each person attending to introduce themselves and share what kept them relevant.

Following the introductions, some announcements were given. The section operational guidelines, which were approved by the section during its September call, were approved by the Board of Directors at its recent meeting. Steve Anderson will continue as chair, Fred Dennis will be vice chair, Pam Bensen will

continue as secretary/ newsletter editor. Next year, there will be elections for two year terms for the chair, vice chair, and secretary/newsletter editor, as well as a one year term for councilor and alternate councilor.

There was discussion of this year's Council resolutions.

The panel on wellness discussed issues dealing with severe illness in the spouse or in yourself. Major points made included:

- Take one day at a time
- There is the need to be a patient advocate for your loved one
- You will find most clinicians and providers are burned out. It helps to put a personal touch on your request. Help them see your patient as a person.
- Power of attorney and other documents are critical
- Don't take relationships for granted
- You often will feel so alone. You are not.
- Keep busy. Use support groups
- It doesn't matter what you plan, it is what happens and how you deal with it.

The alternative employment affinity group presented its "glidepath" toward retirement, which included the following:

- Reduce nightshifts
- Reduce/avoid solo shifts when possible
- Work in areas of decreased acuity and liability
- Increase mentoring and supervision
- Alternative reimbursement
- Consider that you might have to pay for tail coverage when leaving this employment

The financial planning for over the age of 60 group was unable to present, due to time constraints; however, their slides were reviewed. Take home points from financial planning included:

- Get professional help
- Start planning/saving in residency; however, there are many decisions as your approach retirement
- Retirement accelerator vs. pension. Bottom line - put away as much as you can

Giving to the [Emergency Medicine Foundation](#) through a bequest in your will is a great way to pay back your specialty and to support EM research in the future.

Due to a miscommunication with the convention center, the highly desired networking reception was cancelled at the last minute. ACEP apologizes to all.

Please contribute to the newsletter.

Ideas for zoom meet ups over the next year are welcome.

With no more business to discuss, the meeting was adjourned.