


You want me to do WHAT?

Keitt Mobile, MS, CMD, RT(R)(T)
President AAMD




Disclosure

- I am an employee of .decimal
- This talk will have nothing to do with .decimal
- I am President of the AAMD (for the second time! Yes I am nuts!)
- This talk will have lots to do with the AAMD! (Yes I am passionate about the AAMD)



How large do you think the AAMD office building is?

- ▶ 1. 19,000 sq ft
- ▶ 2. 10,000 sq ft
- ▶ 3. 5,000 sq ft
- ▶ 4. 400 sq ft
- ▶ 5. Stacey's house




How many people does the AAMD employ?


- ▶ 1. 15
- ▶ 2. 10
- ▶ 3. 5
- ▶ 4. 3

Our Staff




What my Husband thinks about me and the AAMD!





About me and my journey to volunteerism

- Started in X-ray 1986
- Started in Radiation Therapy in 1988
- Started in Medical Dosimetry in 1993
- Became CMD in 2002
- Joined the AAMD in 2001
- Helped at the Sturgeon Bay meeting in ?
- I saw some things I did not like (Good old boys club)
- Realized I could either complain or be part of the solution
- Was then contacted by Jennifer Buskerud as she was not going to run again for Region III Director and asked if I would run




My journey in the AAMD

- Surprise- I won!
- Did that for 3 years- (2008-2011)
- I also served as Nominations and Volunteer Co-Chair, Served on Annual Conference Committee during this time
- After this I ran and served the Presidential cycle- President-elect, President, Past President (2011-2014)
- I then stepped back and served as the Secretary, Junior Co-Chair and Senior Co-Chair of the Annual Conference Committee (2014-2016)
- I am now serving my second Presidential (and last!) cycle
- I will finish July 31, 2019




Very Brief History of AAMD

- Founded 9/12/1975
- Wide variety of backgrounds and training
- Entirely volunteer organization
- First “gathering” held March, 1976 in Denver
- Second Annual Meeting also held in Denver in February 1977
- First exam was offered in 1985 by AAMD Certification Committee
- In 1988 the MDCB was “created/incorporated” as separate from the AAMD
- All this was done by volunteers



So why should you volunteer?





Volunteer


- ▀ Definition
 - ▀ Noun
 - ▀ A person who freely offers to take part in an enterprise or undertake a task
 - ▀ “each volunteer was tested three times”
 - ▀ Verb
 - ▀ Freely offer to do something
 - ▀ “he volunteered for the job”



Volunteering


- ▀ In 2015 one in four adults volunteered
- ▀ 62.6 million Americans volunteered 7.8 billion hours
- ▀ Over the past 14 years Americans have volunteered 113 billion hours

[Corporation for National & Community Service](#)



Basic Statistics on Volunteering

- According to a 2015 study done by the BLS
 - 21.8% of men volunteer
 - 27.8% of women volunteer
 - The age groups of 35-44 and 45-54 are most likely to volunteer (28.9% & 28% respectively)
 - The age group of 20-24 is least likely to volunteer- 18.4%
 - Volunteers spend a median of 52 hours annually on volunteer activities



Value of Volunteers Nationally

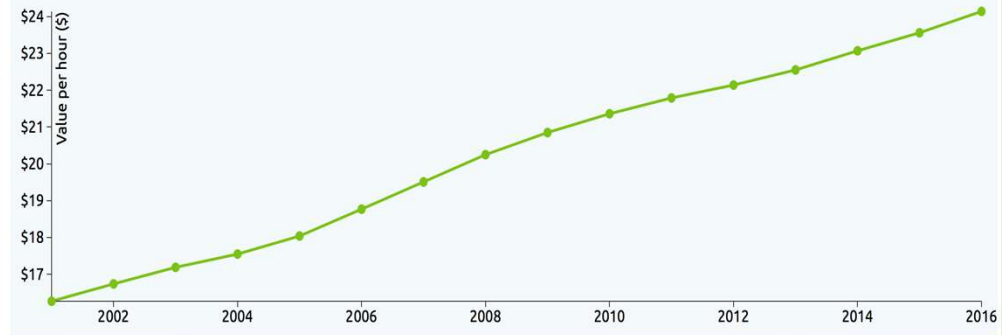
\$24.14 per hour

Estimated Value of Volunteer Time for 2016¹

Independent Sector

The Value of Volunteers have gone up


Historic Dollar Value of a Volunteer Hour: 2002-2016



Independent Sector

Value to you as members


- At any given time we have 100+ active volunteers
- According to Networkforgood.org the average volunteer puts in 3.5 hours per week
- That is a savings of \$439,530 done just by work done volunteers (and that is being VERY conservative!!)



Volunteering makes you Healthier and Happier

- A report done by the Corporation for National and Community Services titled “The Health Benefits of Volunteering: A Review of Recent Research” found that those who volunteered had:
 - Lower mortality rates
 - Greater functional ability
 - Lower rates of depression later in life
 - Those that volunteer 100+ hours show the greatest benefit



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“Volunteering has not only professionally allowed me to grow but is also personally rewarding. The best feeling is when my kids want to volunteer on their own with me. Building a strong foundation for either my employees or children is important to keep the team engaged in what you are trying to accomplish”

Karline Peal, MBA, RT(T)
Director of Operations,
Cancer Services North Market,
Northwestern Medicine





I am a big advocate for volunteering. Helping others reminds us that we are part of larger community. It is very easy to feel isolated in our work and personal life. Volunteering expands our experiences and reminds me that we are all part of something bigger. That is why I also encourage my patients to volunteer. Many cannot work during treatment or their work situation changes and they find themselves home alone. Volunteering reminds us that we have more to offer than just our money or resources. It provides perspective that other people face challenges and we all can help in one way or another. Plus, you always meet the most interesting people when you volunteer. You never know where those connections will take you!

Noelle Mack, MSSW, LCSW, ACM-SW, OSW-C, ACHP-SW
Oncology Social Worker/Outreach Coordinator
NM Grayslake Cancer Center



The Obvious- To Help People

- Helping others in an industry we care about
- Contributing to an industry we care about
- Furthering a mission we care about



To me there were countless-
..... Self-satisfaction of helping others or an organization. You want things to be better or improve or you want to see your profession grow. So volunteering your time allows you to feel as if you have been part of that change/improvement. It's great to see how your participation has impacted others such as other members in the organization.


Nishele Lenards Ph.D., CMD, R.T.(R)(T), FAAMD
Director, Medical Dosimetry Program
Clinical Associate Professor
University of Wisconsin – La Crosse



“As for giving back to the professional community, volunteering for the Medical Dosimetrist Certification Board (MDCB) was a way that I could give back to a community that at one point in the start of my career, believed in me, gave me a chance and mentored me into who I am today. Being part of an organized professional society like MDCB, the chair of the advisory committee to Bellevue College's Medical Dosimetry Program and a clinical preceptor gives me a chance to believe in people who are pursuing a career in the radiologic technology field like my previous clinical mentors. Volunteering is also full of self-enrichment, a way to further a person's professional development, and feel beautiful about life in general.”


Bobby Inshetski, BS, CMD, RT(R)(T)





Make Business Connections or Friends in the Industry


- One of the best ways to become “connected” in industry is to become professionally connected through professional organization. Volunteering is a quick and easy way to meet new people
- If you are having an issue with a plan or question on how to treat a patient you have a wealth of knowledge at your finger tips



I have made lifelong friends and have so met so many dosimetrists, physicists, and doctors from all over the world. If I am stuck on a plan, at a moment's notice, I can contact at least 100 other dosimetrists (that I actually know personally) and get their feedback and ideas. I no longer feel like I'm lost in the "Wonderful World of Dosimetry" If I could give some advice to my fellow colleagues who are not involved in the organization it would be to "Get off of the sidelines and get in the game" Quit being an armchair quarterback. Quit complaining about things and actually do something to get things changed.


Kristi Smith CMD





Where do I start?? Besides meeting great people who motivate me to be the best I can be I would have to say I volunteer because it gives me the opportunity to learn more about my field and from people who know a lot more than I do. ***I didn't realize that I would also make lifelong friends in the process.*** Volunteering with medical dosimetrists for medical dosimetrists is the perfect way to give back to your profession. You are not only helping yourself but you are also helping others in the process. That's a win-win situation. I like those. I hope to keep getting myself into these win-win situations. I will volunteer for the AAMD for as long as the AAMD will have me

Rick Scherer CMD



Be a Part of Something Bigger

- Associations are known for not only in their industries but in the world at large. They are part of local, national and international movements.
- We can help make make public policy about our profession
- We can make a powerful impact
- Be a voice for the professional community
 - Don't be part of the problem
 - Be part of the solution



If you're not at the table voicing the desires and views of your membership, then someone else is ... and then it usually isn't in your best interest!

Personally, the value in volunteering far outweighs the time and effort that goes into the work. The contacts become necessary to you and some (like you!) become amazing friends. Friends = those people that you can count on, that share a common view, that provide encouragement and strength when it's needed most. As you've heard me say, everyone wants to be accepted. That's what volunteering can offer to you. The deterrent to taking the risk of "putting yourself out there" is that you open your self up to ridicule. So, how do you accept others without fear of ridicule to them? Volunteer and I'll guarantee you'll figure that out!

Chris Gainer CMD RT(R)(T)




Networking-Friendships-Be the voice YOU matter

My voice- I believe its so important to be involved in professional organizations. Your voice becomes bigger than yourself because you are not only representing your day to day work in the clinic but you are representing your whole professional community. Why stand on the sidelines when you can be the voice and make a difference?


Madison Fletcher, BS CMD RT (T)





Build out their Resumé (or step outside your box and try something new)

- Volunteering is a great way to gain experience and to take on a leadership role
 - Hiring managers want candidates who know what they're doing
- Task group leaders
- Committee Chairs
- Board positions



In a 2013 study done by the Corporation for National & Community Service volunteering is associated with 27% higher odds of employment than not having volunteering on resume'

[Corporation for National & Community Service](#)

For me personally, I am in a position with NO GROWTH professionally. I felt very 'trapped' in a way and felt I was hitting my head on the ceiling at work. The AAMD gave me even more than I ever imagined!!! It gave me personal and professional growth and satisfaction. Also, a sense of 'community' if you will. Growing up in a town of 650 people and graduating with 21 kids from High School does not start you out with a high level of confidence.

I never had aspirations of being on the board of directors. I felt that was reserved for the dosimetrists that were at major universities and bigger facilities . . . not some solo dosimetrist from podunk South Dakota!! But here I am . . . on the board of directors actually feeling like I am contributing to our profession.

So volunteering with the AAMD has given me so much personal and professional growth and satisfaction it is hard to put into words.

Lori Kasuske CMD RT (R)(T)




For myself, one of the biggest things I have gotten back from volunteering is a sense of belonging to the profession of Medical Dosimetry. I have gained so much knowledge of how to do things better, how to improve upon things that were already doing well. On a personal level, being a volunteer has increased my confidence and made me step outside the box and think more strategically. I have learned to become a better leader by leading important projects. Both of those items has helped me be more successful at my job and my role as a manager.

There is no end to what being a volunteer can do or accomplish. The opportunities abound, you start slow, learn the ropes and the next thing you know you can be President of the AAMD.


Cara Sullivan, BS CMD RT (R)(T)





Become the Teacher you never thought you could be


- Bring new ideas to the organization
- Explore old ideas and how to revitalize them
- Share your expertise with others
- With a career as unique as ours attend job fairs



I have had the opportunity to speak with students in an informal setting about medical dosimetry. Most of the students had not had any exposure to radiation therapy let alone medical dosimetry. To help educate students to maybe take a look into the radiation therapy field as a possible future can be gratifying. Some, like I was, knew the medical field was a great opportunity to be in, but didn't have a direction within the health care field.


Mary Ann Hagio BS CMD





Challenges your thinking

- Do you ever wonder why an association/organization does something a particular way?
- Learn to read contracts
- Why there is no bacon at breakfast at the annual meeting
- Bylaws
- Volunteering helps you meet new people and breaks down barriers of misunderstanding, mistrust and fear
- We want to hear from membership



I learn when I have to answer questions from others about things I have not yet encountered.

I get to validate or challenge my beliefs and assumptions in a variety of situations.

Dr. Lois Jordan
Transformation Technologies





One of the most unexpected answers

.....*Most of all I have gotten over my fear of flying. I have seen and experienced so many things all because I have been willing to sacrifice a little of my time.*

Cory Neill MS CMD RT (R)(T)



Now that I have told you all the benefits.....





AAMD & MDCB Volunteering

- AAMD Board of Directors
 - Three (3) year terms (except Regional Director is two year term)
 - Must be an AAMD member in good standing
 - Must be a CMD
 - Must be an active practicing CMD
 - Meet twice a year
 - Monthly calls



AAMD & MDCB Volunteering

- AAMD Regional Representative
 - Six Regions
 - Three (3) year terms
 - Must be an AAMD member in good standing
 - Must be a CMD
 - Must be an active practicing CMD
 - Must agree to host a Regional meeting during their three year term



AAMD & MDCB Volunteering

- Journal Editors
- Task Groups
- Eight standing committees for the AAMD
 - Annual Conference Committee
 - Career Services Committee
 - Communications Committee
 - Continuing Education Committee
 - Directed Journal Readings Committee
 - Formal Education Committee
 - Membership Committee
 - Nominations & Volunteers Committee



AAMD & MDCB Volunteering

- MDCB Board of Directors
 - Be a CMD for a minimum of three (3) years
 - Have a minimum of a BS degree
 - Be a current practicing dosimetrist
 - Board terms are five (5) years
 - Meets for two days three times a year
 - Each member serves on one or more committees
 - Must submit three exam items for each board meeting



Want to Thank Some Volunteers

- Anna Zurek, MS CMD RT (R)(T), Regional Director, AAMD Board of Directors
- Cory Neill MS CMD RT (R)(T), MDCB Board of Directors, Journal Editor- Medical Dosimetry Journal
- Leslie Poteet, CMD RT (R)(T), Region II Representative



Any Questions, Comments, Thoughts, Ideas?

