



If you would prefer NOT to receive this update, PLEASE DON'T UNSUBSCRIBE. Instead, please e-mail [ksmith@delamed.org](mailto:ksmith@delamed.org) and we will remove you from the newsletter subscription list.

## TimTalk



In speaking about 2020, and looking forward to 2021, Charles Dickens said it far better than I ever could, and so I quote him from the opening paragraph of *A Tale of Two Cities*:

*It was the best of times, it was the worst of times, it was the age of wisdom, it was the age of foolishness, it was the epoch of belief, it was the epoch of incredulity, it was the season of Light, it was the season of Darkness, it was the spring of hope, it was the winter of despair, we had everything before us, we had nothing before us, we were all going direct to Heaven, we were all going direct the other way ...*

For the Academy/DPHA, what we thought would be a 90<sup>th</sup> year celebration of our work in the community transformed to something far more meaningful – a year of hard work, by board and staff alike, addressing COVID-19 in a number of ways large and small.

- Distributing hand sanitizer and maintaining a steady flow of social media messaging and information around COVID-19;
- Pivoting all of our programs online (welcome to the world of Zoom!);
- Aiding the American Public Health Association in refocusing National Public Health Week to include a COVID-19 informed program;
- Working on a new regional partnership with fellow associations in Pennsylvania and Maryland;
- Furthering our relationship with the Delaware Chapter of the American Planning Association and conducting a conference with them;
- An unprecedented partnership with our colleagues at the Medical Society of Delaware across a range of issues; and
- Delving deeply into healthcare workforce data to better understand future trends and opportunities for improvement to bring, and retain, the best possible professionals to Delaware.

The Delaware Journal of Public Health pivoted in April from our scheduled issues to bring our readership a two-volume issue on Research and COVID-19. This year also saw an essential issue on Racism and Health, along with issues on Public Libraries and Public Health, and Health Sciences Education. The Journal was also accepted for indexing in Elsevier's Scopus Service, and we completed the indexing of our over 400 articles in CrossRef.

Last, but certainly not least, the Academy/DPHA was recognized nationally by the American Public Health Association as their "Affiliate of the Year."

We don't rest on our laurels (public health and medicine never do!) and we look forward to sustained growth and new accomplishments in 2021. It will start with our inaugural regional conference with the Mid-Atlantic Public Health Partnership, supported by ChristianaCare and Highmark Delaware, and featuring presenters from the three States (Delaware, Maryland, and Pennsylvania), area hospitals, our own membership, and the Delaware Chapter of the American Planning Association. There are three tracks:

- Addressing Equity in Health

- Tracking the Social Determinants of Health
- The Future of Health Policy

You can learn more about the conference and register at <https://midlantic.org>. This day-and-a-half long conference has a maximum cost of \$50 (or \$40 if you are a member of the Academy/DPHA, and \$10 if you are a student). If you didn't, or couldn't, join the American Public Health Association Conference in October, please consider this as a lite version. The full agenda is available on the website.

In closing, we've all been tested and pushed to our limits, and the marathon is not over yet – but there is light at the end of the tunnel. Get vaccinated when it is your turn; keep up your essential primary care medical and dental appointments; continue the handwashing/mask wearing/social distancing; and be mindful of your own mental and emotional wellbeing, as well as that of others.

Stay well, and welcome to 2021!

*Tim Gibbs, MPH*  
*Executive Director, Delaware Academy of Medicine /*  
*Delaware Public Health Association*  
[tgibbs@delamed.org](mailto:tgibbs@delamed.org)

## An Open Letter From President-Elect Biden

Dear Colleagues,

It continues to be an eventful 2021. In keeping with the character of 2020, it promises to hold significant challenges and yet even greater opportunities. Whether through practice, policy or research, medicine and public health are inextricably linked to the mechanisms of government and associated institutions. As with our own Academy's elected officials, we look forward to our duly-elected officials at the national level carrying out a range of responsibilities pertinent to our well-being and health.



This year's Presidential/Vice-Presidential election is particularly special for us: we welcome the first Delawarean (and Corvette enthusiast!) to be elected the office of President of the United States of America, Joseph R. Biden, Jr. We also laud the selection of VP-elect Kamala D. Harris as the first woman and first person of color to be elected to that high office.

No other office has a greater global impact on health and well-being than the US presidency. In a science-based administration, we look forward to bold ideas on addressing the determinants of local and global health, including climate change, housing, racism, and employment; on improving access to care, through mechanisms of universal health care; and on placing a greater priority on our health sciences research infrastructure.

President-elect Biden recently penned a few important thoughts to the citizens of the First State. We obtained special permission to bring these to you. President-elect Biden makes several important points pertinent to our readership and our work.

He emphasizes how Delaware is a microcosm of America. This is true, and is reflected demographically and scientifically; it is one of the reasons the National Institutes of Health provides important funding to our work, since findings from Delaware to improve the health of our neighbors can be scaled up to apply to much of the country.

He mentions compassion, unity, and a sense of belonging. In the midst of a pandemic, these are important determinants of health, and ones we have addressed in the pages of our own Delaware Journal of Public Health (read all the issues for free here: [www.djph.org](http://www.djph.org)).

Perhaps most importantly, these thoughts are aspirational, and attempt to draw on our best selves. So does the work of the Academy/DPHA. We do not endorse candidates or

political parties; we work with our many partners - including elected officials - to advance not an agenda, but the pursuit of health, of well-being, of joy: at an aspirational stretch, of life, liberty and the pursuit of happiness.

We welcome a new year, and on Jan 20, 2021, welcome President Joe Biden and Dr. Jill Biden, as Delaware's own, on loan to the rest of the world (and if the President wants to drop off his '67 Vette for safekeeping, we'd be happy to help!).

Omar Khan, MD, MHS, FAAFP  
President  
Delaware Academy of Medicine/Delaware Public Health Association  
[okhan@delamed.org](mailto:okhan@delamed.org)

---

*The following letter and image have been reprinted, with permission, from the Delaware News Journal, November 13, 2020.*

---

**My fellow Delawareans:**  
**An open letter from President-elect Joe Biden to the First State**  
Delaware News Journal

*Editor's note: Delaware Online/The News Journal asked President-elect Joe Biden to write a letter to Delawareans about what becoming the 46th president of the United States means to him, and how the state has shaped him.*



My fellow Delawareans,

From the bottom of my heart, thank you.

Last Saturday night, Jill and I stood on a stage in Wilmington – the city where our story began – and accepted the honor of becoming your next President and First Lady of the United States.

It was one of the proudest moments of my life.

This election was won by bringing Americans from all walks of life together. It was won because of the hard work and faith of so many people across this country. It was won with a promise to restore the soul of this nation and build back better than ever. However, we never could have done it without you – without Delaware.

This state made me the man I am today. It's the place my father brought us to rebuild after work in Scranton dried up. It's where I met the woman who has my heart – even after 43 years – and where I came home from Washington, DC, every evening, to tuck my kids in bed. This is the state where I saw again and again that there is nothing Americans cannot achieve when we put our hearts and minds to the task.

All those years ago, you trusted a young Senator to fight for your family. You grieved with me when I lost Neilia and Naomi. You embraced Jill with open arms and helped her find her voice. You gave our son Beau the chance to represent you. You carried us through the darkest moments of our lives with love, compassion, and generosity.

Working for this state has been an honor, and I am proud of the seven Senate campaigns we ran – with my sister Valerie at the helm, and my brothers, Jimmy and Frank, there by my side. I'm proud of how my kids had the chance to grow up knocking on your doors and traveling town to town to listen to your stories. I'm proud of my work to make Dover Air Force Base one of the world's finest; to grow our universities into national leaders; and to protect our waterways and wetlands, from the Delaware River down to our world-class beaches.

Delaware is a true microcosm of America – cities and farms, north and south, White and Black and Latino, conservative and liberal – and a model for a nation badly in need of



healing.

We believe in respecting one another – because we know we'll run into each other at the grocery store or church or little league game. We see one another as whole people, bigger than politics, each just trying to build a better life for our kids. We don't forget: we're in this together. It is the Delaware way.

Our country has never needed the values I learned here in Delaware more. That's why, although I am a proud Democrat, I promise you, I will be an American President, and work as hard for those who didn't vote for me, as those who did.

America is a nation of hope, not fear. Unity, not division. Science, not fiction. We know that there is nothing – nothing – we cannot do when we come together with faith, compassion, and courage.

Throughout the years, in triumph and loss, Delaware has been my North Star and home base – compassionate, persevering, full of grit. The Irish writer James Joyce once said: "When I die, Dublin will be written on my heart." Delaware will be written on mine.

Thank you, Delaware, for always keeping the faith – in me, in each other, and in this nation that we love so much.

— Joe



## COVID-19 Vaccination

### Enroll Now!

Delaware is currently in Phase 1a of its [Coronavirus Vaccine Release Timeline](#). Phase 1A includes healthcare personnel, emergency medical services agencies, and long-term care staff and residents.

To order or administer the COVID-19 vaccines, **providers must complete enrollment with the Delaware Immunization Program**. An administration site will not be able to order or administer vaccine in Delaware without completing the enrollment process - it is critical for the DPH to track every dose administered. [Enroll here](#) to become a vaccine provider.

Contact the Immunization Program with questions: 1-800-282-8672 or



**DELAWARE HEALTH  
AND SOCIAL SERVICES**  
Division of Public Health

## Upcoming Events

**Learn more and register here:**  
<https://delamed.org/upcoming-events/>

**Mid-Atlantic Regional Conference**  
January 14-15, 2021  
<https://midlantic.org/>

## National News

### Health Equity

[Creating the Healthiest Nation: Health & Housing Equity](#) (pdf) examines how structural racism and discriminatory policies led to housing and health inequality in America for low-income communities and people of color.



To equip public health professionals with the tools to address these inequities in their communities, the report outlines numerous ways to advance equitable change in housing equity through policy and advocacy, cross-sector partnerships and community engagement and education.

---

### Healthy People 2030



Healthy People 2030 sets data-driven [national objectives](#) to improve health and well-being over the next decade. It includes 355 measurable objectives, as well as developmental and research objectives.

[Learn More](#)

---

### January is...

Cervical Health Awareness Month  
National Birth Defects Prevention Month  
National Glaucoma Awareness Month  
Thyroid Awareness Month

[And Much More!](#)

---

### Additional Resources

Delaware Division of Public Health: [The DPH Bulletin](#)  
Trust for America's Health: Wellness and Prevention Digest - [Subscribe](#)

# The Delaware Academy of Medicine / Delaware Public Health Association

## Academy of Medicine 2018 - 2020 Board of Directors

**President:** Omar A. Khan, MD, MHS

**President Elect:** S. John Swanson, MD

**Secretary:** Lynn Jones, FACHE

**Treasurer:** David M. Bercaw, MD

**Immediate Past President:** Daniel J. Meara, MD, DMD

**Executive Director:** Timothy E. Gibbs, MPH

### Directors

Stephen C. Eppes, MD

Eric T. Johnson, MD

Joseph F. Kestner, Jr, MD

Rita Landgraf

Brian W. Little, MD, PhD

Arun V. Malhotra, MD

John P. Piper, MD

### Emeritus

Robert B. Flinn, MD

Barry S. Kayne, DDS

## DPHA Advisory Council

**President:** Omar Khan, MD, MPH

**Executive Director:** Timothy E. Gibbs, MPH

### Members

Louis E. Bartoshesky, MD, MPH

Gerard Gallucci, MD, MSH

Richard E. Killingsworth, MPH

Erin K. Knight, PhD, MPH

Melissa K. Melby, PhD

Mia A. Papas, PhD

Karyl T. Rattay, MD, MS

William Swiatek, MA, AICP

The Delaware Academy of Medicine / Delaware Public Health Association  
302-733-3952 | Fax 302-733-3949 | [delamed.org](http://delamed.org)

STAY CONNECTED

