



# Missourians for Single Payer Health Care

438 N. Skinker Blvd., St. Louis, MO 63130 ~ Ph: 314.862.5735 ~ [www.mosp.us](http://www.mosp.us)

## President's message: Keeping It Simple

My grandchildren and I recently saw *To Kill a Mockingbird* on stage at the Repertory Theater in Webster Groves. We watched spellbound as Atticus Finch gently explained his code of ethics to Scout and Jem, his children. Despite forceful opposition by members of their community, Atticus Finch staunchly advocated for his beliefs in fairness and equality. "If I didn't...I couldn't hold my head up," he told his young daughter. "It goes to the essence of a man's conscience."

It is said that "if you don't stand for something, you stand for nothing." As an advocacy organization, MoSP is committed to the principles of **fairness** and **equality** in health care. We advocate for an everybody in, nobody out, universal health program, without socioeconomic barriers to care. Everyone deserves timely access to the highest quality health services based on health care need. Better health overall is our goal.

Missourians for Single Payer must be able to explain our single payer code of ethics in the simplest way. Albert Einstein said, **"If you can't explain it to a six year old, you don't understand it yourself."** Comfort that six year old child. Tell him or her that we are going to do everything we can so every child grows up in a society that nurtures and values everyone's health from childhood to old age. Say to the child, we will care for each other and be responsible for each other by sharing.

We will share the risk as well as the funding, lower costs through a single, non-profit administration, and cut bureaucratic waste by removing the for-profit commercial insurance industry. What we cannot afford is to maintain the status quo. Single payer health care will unburden our children from one unnecessary worry.

—Mimi Signor, RN



*Health is not a consumer good but a universal right, so access to health services cannot be a privilege.*

—Pope Francis

### **MoSP newsletter staff**

*Editor-in-Chief,*

*Mimi Signor*

*Mailing Committee, Mary*

*Jane & Bob Schutzius*

*Layout editor, Anne Bader*

*~ Webmaster, Don Ford*

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## Meet our Single Payer Superheroes

Meet the superheroes of the MoSP 2017-2018 all-volunteer Board of Directors, and essential behind the scenes volunteers. These advocates deserve praise and gratitude for doing the grass-roots work necessary to build the Missouri single payer movement.

**Anne Bader**, the multitalented artist, skillfully lays out the MoSP newsletters. Since retirement, she volunteers for a number of organizations, makes quilts, and works hard on the violin.

**Terry Flowers**, RPh, from Independence is a retired pharmacist, and single payer advocate for ten years. As a practicing pharmacist Terry saw patients choosing between buying food or their medication on a daily basis. Pharmaceutical companies have been increasing their prices by astronomical amounts, resulting in millions more finding it difficult to pay for medications. Terry uses Facebook as a platform to promote a Single Payer, Medicare for All type of health care financing system such as H.R. 676. Terry looks forward to educating others on the benefits of single payer in western Missouri.

**Don Ford**, our eagle-eyed Webmaster keeps our web pages updated. Don was a networks and systems administrator and provided technical support to users of the VA's Employee Education System.

**Pamella Gronemeyer**, MD, Vice President, is a pathologist and small business owner in St. Louis, although she resides in Glen Carbon, IL. Pam is our liaison to Physicians for a National Health Program and Illinois Single Payer Coalition. Pam is Vice-President of Illinois Single Payer Coalition, co-president (southern division) of Physicians for a National Health Program-IL, and leads Southern Illinois People for Progress. Pam is our MoSP Facebook Page editor.

**Margie Sable**, DPH, from Columbia, is Director and Professor Emerita of the University of Missouri-Columbia School of Social Work where she was a

faculty member and Director of the School. She is an active member of the Maternal and Child Health Section and the Public Health Social Work Section of the American Public Health Association, and local chapter of Moms Demand Action for Gun Sense in America. She is a board member of Planned Parenthood Great Plains and a volunteer with Moms Demand Action for Gun Sense in American. She looks forward to expanding the activities of Missourians for Single Payer in mid Missouri.

**Linda Sanders**, from Jackson, is a volunteer for AARP, giving senior citizens current information about scams and fraud, care giving, grand parenting, etc. Linda is the President of Cape County Democratic Women; Secretary of Cape County Central Committee; Vice President of her local AARP Chapter as well as new member committee. She helps the Eagles Club with fundraising. Linda is an active member of American Legion. Linda looks forward to single payer advocacy in southeast Missouri.

**Bob Schutzius**, PhD, who mails our newsletters and sends our email alerts and program announcements Bob retired after serving 27 years as a University Administrator at SIUE.

**Mary Jane Schutzius**, Treasurer, from Florissant, MO, MoSP member from its inception, is a valuable source of information on our history and Bylaws. Mary Jane is a member of Women's International League for Peace and Freedom, and edits their local newsletter. In the 1960s she lived in Mexico and Bolivia, where she met her husband, Bob, whom she married in 1969.

**Mimi Signor**, RN, MSN, President, and newsletter editor, is from University City.



“It is necessary to form people for ‘a new humanism of work’ in which man, and not profit, is at the center; in which the economy serves man, and does not simply make use of him” —Pope Francis



Don Ford



Terry Flowers



Margie Sable



Linda Sanders



Mimi Signor



Anne Bader



Bob Schutzius



Mary Jane Schutzius



Pamella Gronemeyer



# Meet Carol Paris!



*Carol Paris*

Dr. Carol Paris is the newly elected president of Physicians for a National Health Program. Dr. Paris is a recently retired psychiatrist who worked for more than 25 years in private practice, community mental health, prison psychiatry, and academia.

In the course of her experience, much of which was in Maryland, she became an outspoken critic of the private-insurance-based U.S. health care system.

In May 2009, she and seven others stood up, one by one, at a U.S. Senate Finance Committee hearing on health care reform chaired by Sen. Max Baucus to ask why there wasn't a single advocate for single-payer health care on the 41-member panel. In an action that received national media attention, Baucus had all eight peaceful protesters, including Dr. Paris, (known as "The Baucus Eight") arrested, handcuffed and jailed.

In 2010, Dr. Paris was arrested again with Dr. Margaret Flowers, a pediatrician, for holding up a sign saying "Letting You Know: Medicare for All" on hotel property while President Obama was speaking inside. The sign was in response to President Obama's request from his State of the Union speech that he wanted to hear from people with a better approach to health care reform that will "bring down premiums, bring down the deficit, cover the uninsured, strengthen Medicare for seniors and stop insurance company abuses." The doctors were questioned by the Secret Service, charged with trespassing and released. "Every time they said - if you just go across the street, everything will be fine," Dr. Paris said. "And we would respond - that is the problem. We are always asked to go across the street.

And nothing changes. This is putting into practice what Howard Zinn taught us. Go where you are not supposed to be. And say what you are not supposed to say. And that's what we were doing."

Dr. Paris subsequently toured the country as part of the "Mad as Hell Doctors" campaign for single payer, and spent a year as a consultant psychiatrist in New Zealand, where she experienced a single-payer system firsthand. She currently resides in Nashville, Tenn., where her primary interests include strategic activism, recruiting and mentoring medical students and early career physicians for leadership positions within PNHP, and building coalitions to strengthen the single-payer movement's impact on the national health care debate.

Dr. Paris was MoSP's Health Care Sunday keynote speaker in 2012 speaking about "**Private Insurance-Induced Stress Disorder**" or PIISD, a condition she saw daily in her practice. Her unofficial diagnosis for the disorder is a creation of her wry humor. "The idea for PIISD came to me as I prepared for a Washington rally held in Malcolm X Park in July of 2009 by people who are uninsured or underinsured," she said. The rally came immediately after a U.S. Senate hearing in which only for-profit insurers were allowed to debate the shape of the health care reform bill. The PIISD acronym lives on, and has been published in at least one professional journal. "It was amazingly easy to adapt the Post Traumatic Stress Disorder - PTSD - criteria to describe the symptoms in trying to deal with the bureaucracy of private health insurance - or to cope with



*Carol Paris and Margaret Flowers*

being sick and uninsured,” Dr. Paris said. “Each day I see patients whose financial stress and fragmented health care is causing them mental and physical problems,” she said.

Dr. Carol Paris returned to St. Louis in 2014 to give us a program, cohosted with the Missouri chapter of Physicians for a National Health Program (PNHP-MO), entitled *Uniquely American: What the US Can Learn from New Zealand’s Single Payer System*. practiced psychia-

try in New Zealand for a year to see what health care is like in a single payer system. She developed a more clear vision of how the United States health care system can not only catch up with the rest of the modern world, but actually begin to lead again. She encouraged us to learn from the strengths and challenges of how single payer operates in New Zealand, and build a uniquely American solution that would be a beacon for all other nations.



*How many policemen does it take to arrest a lady psychiatrist?*



*Dr. Paris loaded onto the paddy wagon*

**Got PIISD?**  
 (Private Insurance Induced Stress Disorder)  
**GET THE CURE...**   
**Improved Medicare for All**  
[www.healthcare-now.org](http://www.healthcare-now.org)

*PIISD image created by Carol Paris*



*Carol Paris and the 2012 MoSP Board, Suzanne Hagan, Mary Jane, Stephany Brot, Carol Paris, Pam, Mimi*

## Reflections on the Women's March in DC



What surprised me most about the Women's March on January 22 was how many of the people there were marching for the first time. The march really started for me with the ride to the airport with friends and the flight to DC. Before I took my seat, a flight attendant asked how many of us were going to the Women's March? The passengers erupted in cheers. The flight attendants thanked us for marching and for being strong. As we deplaned, the flight attendants thanked us again, saying they wished they could join us. More cheers. We wore our pink hats to Michael's for supplies to make signs. The store was filled with people buying supplies and sharing stories. One woman who came from New York on the train said that the conductor was wearing a pink hat. Another, who drove from Maine, talked about the camaraderie at the gas stations. Excitement and anticipation was in the air everywhere we went in DC.

The morning of the march we walked, signs in hand, to the metro stop. On the way we passed an SUV of people with signs and hats. They told us the metro station was too crowded to get on. They got an Uber and asked us to join them. The driver dropped us off near the Iwo Jima statue. We walked past Arlington Cemetery and across the Memorial Bridge into DC with hundreds of other marchers. This was a wonderful way to approach the march as we walked past the Lincoln Memorial and reflecting pool (reflecting on other marches), the World War II memorial, and the Washington Monument on our way to the rally. The

extraordinary crowds made it impossible to meet up with our friends. We only got as far as 9<sup>th</sup> St. on Independence Avenue by pushing our way through. We could hear and watch the speakers on the screens set up at several locations, but never saw the stage.

To say that the march was inspirational is an understatement. The marchers came from all walks of life and orientations, and ranged from older people in wheelchairs to children on their parents' shoulders. The signs that people carried were serious, humorous, and profound. Many expressed support for the Affordable Care Act.

Celebrities like Michael Moore and Cecile Richards got the crowd cheering. All of the speakers and performers energized us. One of the most moving moments came well after the march was to have started. Janelle Monae brought to the stage the mothers of Trayvon Martin, Eric Garner and other young black men who had been killed and led a song to which we responded in chorus, "Say his name."

One speaker asked, "How many of you have never been to a march before?" A very large portion of the crowd responded in cheers. This encouraged me. Continued actions across the country and in Missouri gives me hope. It was not just a moment. After the march, some friends from Columbia met up at my cousin's house in Arlington, VA for snacks and conversation. They were first-time marchers, and were all inspired to commit to working for change. One of them, I'm happy to say, said she wants to make single-payer health care her issue.

— Margie Sable, DPH



Margie Sable and friend model the latest fashion in hats



## Bring the US up to the world's health care standards



*Alan Ranford*

The United States is unique among the nations of the industrial world. We are the only one who has not provided all of its citizens with universal health care. Obamacare was a step in the right

direction but is not the solution to our health care problems. Other industrialized nations have recognized that health care is a basic right for their people. Getting sick is not an option. Are we a democracy or a plutocracy where only the rich can afford adequate health care? It is high time that we bring this country up to the health care standards of the rest of the industrialized world.

The World Health Organization has ranked us 37<sup>th</sup> out of the 191 nations surveyed for overall performance. The Commonwealth Fund, an independent research organization, found that of 19 wealthiest nations studied, France and Japan provided their citizens with the best health care. The United States ranked 15<sup>th</sup> at a cost of about \$9,000 per patient, \$3,000 more than the next highest, Norway. All the nations surveyed had universal health care. We did rank first in one category, bankruptcies due to medical costs. 700,000 per year compared to near zero for the other countries.

There has been much criticism of the Canadian Single Payer system, which they call Medicare and from which our Medicare system was modelled. If you ask Canadians, they will tell you that they would not be without it, notwithstanding the long waiting periods for some optional treatments. Let us become a first-class nation. Extend our Medicare for seniors to cover everyone now.

— Alan Ranford,  
*letter published in the St. Louis Post-Dispatch Jan. 7*

## MoSP Winter-Spring Calendar

6:30 pm, Hanke Room,

Ethical Society of St. Louis, 8001 Clayton Road  
March 16: **Independent Transportation Network; Freewheeling Seniors** discussion by Margie Diekemper, Certified Public Health Nurse, Certified Medicare Counselor, past Chair of the University City Senior Commission.

April 20: **Addiction Medicine in the 21<sup>st</sup> Century** discussion by Fred Rottnek, MD, MAHCM, Director of Community Medicine in the Department of Family and Community Medicine at Saint Louis University, and member of the corporate board of the Criminal Justice Ministry.

May 18: **Unionized Nurses: Patient Advocates at the Bedside and in the Board Room** discussion by unionized registered nurses from National Nurses United at St. Louis University Hospital.

## Insurance-Written Affordable Care Act

Aetna, stymied in its effort to take over Humana by federal regulators and judges, is considering leaving the exchanges set up by the Affordable Care Act. Aetna “says it lost \$450 million last year on ACA-compliant coverage, while the company booked an overall profit of \$2.27 billion. Its loss on ACA-compliant business was \$100 million more than it expected.” —St. Louis Post-Dispatch Business, 2/15/17

Somebody got scammed, overpaid premiums, and didn't get the care they needed. Has Aetna no shame?

And congratulations to those who received the care they needed by buying Aetna in the exchange. Hope you can get as good a deal next time. Maybe single payer, improved Medicare for All!

—Mary Jane Schutzzius

If you shop on Amazon through their Smile program, Amazon will make a charitable donation to Missourians for Single Payer Health Care, a non profit advocacy organization. When you shop on Amazon at <http://smile.amazon.com/ch/43-1661372> Amazon will donate to MoSP.

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## Membership Form

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### Categories

\_\_\_\_\_ Individual, \$20      I will contribute \$ \_\_\_\_\_ towards \_\_\_\_\_

\_\_\_\_\_ Family, \$30      \_\_\_\_\_

(specific programming and expenses)

\_\_\_\_\_ Organization, \$50

\_\_\_\_\_ Other \$ \_\_\_\_\_

\_\_\_\_\_ I'm unable to pay dues at this time, but I will support and promote MoSP among relatives, friends, colleagues, acquaintances, however I can. Please continue to send me the newsletter. Please call on me for volunteer help.