

Dear APPNA Family,

There is no better time for APPNA membership to give back than now. If we don't take any positive steps now, our next generations have to pay the price for our inactivity and sluggishness. Our role in our communities is as vital today to reflect our sincerity and patriotism as it has never been so.

Year after year, APPNA has done many great things for its motherland and its adopted homeland. One of those great things, which should never go unnoticed, is the annual APPNA National Health Care Day. At this event, APPNA members come together and arrange health groups of providers including MDs, nurses, technicians and many other community members, to provide health screening, flu shots and other services free of cost to our local communities.

Saturday, October 12, 2019 will be the day this year. We will repeat the ongoing tradition initiated by APPNA leaders. As part of the plan we ought to involve all components of APPNA for a successful day.

I would like to request APPNA Executive Committee Members, past APPNA Presidents, all Alumni and Chapter current and past presidents, All Committees Chairs and our APPNA community at large, to come together and help with this momentous event this year as well.

How can you contribute to this great service this year 2019?

- (1) Find your friends who will be available preferably on Saturday October 12, 2019. The event can be held any day after October 12 due to logistical reasons. We prefer to hold it on the same day nationwide for better media coverage and sign of solidarity. However some areas may not be able to hold it on this day for a number of reasons and that is totally acceptable as long as it is after October 12, 2019..
- (2) Discuss where you want to arrange this event (Mosque, Community Center, Temple/Church/Synagogue, any location is fine).
- (3) You need to discuss what you want to do (APPNA office will provide flu shots and T-shirts for the sites with timely information).
- (4) You can almost do any type of activity that will suit your desire and the community needs including but not limited to seminars, meetings, flu shots, screening, and distribution of acceptable medical practices information regarding common diseases.
- (5) Media coverage locally and nationally will be one of the most effective tools to ensure our efforts are counted.

For any questions or suggestions, please email me at sohailqarni@hotmail.com

Thanks

Sohail Qarni, MD
Chair, National Health Care Day 2019