

# Family & Community MEDICINE

Summer 2014

## PASSION & PRIDE

fuel the mind, body, heart, and soul of

### LAURA MORRIS

**Even before she started school, Laura Morris dreamed of being an astronaut.**

Everything about space excited her ... from the countdown and liftoff to floating weightlessly in the spaceship to walking on the moon! Laura's dream, however, was short-lived.

"I was 5 years old and at home with the chicken pox watching live TV when the Challenger disaster happened. After this experience, the thought of being an astronaut scared me," Laura says. "So doctor was the default, and from that day forward, I was working toward my goal of going to medical school."

For the next 17 years, Laura Morris, an intelligent and high performing student, focused on achieving this goal. She laughs about it now, but a bowling class nearly ruined her high school GPA. Laura is a strong and competitive athlete who earned varsity letters in soccer, basketball, and volleyball ... but knocking down bowling pins did not come easy for her. In fact, she rarely broke 100. So when she learned she needed a 120 on the final exam to ace the class, Laura headed straight to the bowling alley – determined to improve her game.

Following an intense week of practice, she bowled her personal best – a 155 – on the final.

Laura graduated from high school with a perfect GPA.

In 2003, after graduating from Missouri State University, Springfield, with

another perfect GPA, Laura Morris started medical school at the University of Missouri. Four years later, she began residency training at MU, and after that, in 2010, Laura joined the faculty, eager to practice, teach, and research family medicine at Mizzou.

Today, Assistant Professor Laura Morris, MD, MSPH, feels challenged, rewarded, and highly motivated by her career in academic medicine. Her colleagues recognize and respect Dr. Morris' incredible work ethic and *can do* attitude. MU Family Medicine Professor Dr. James Stevermer, medical director of Callaway Physicians in Fulton, met Dr. Morris when she was a 4th year medical student/integrated resident. She saw her first patient at Callaway Physicians as a medical student and continued practicing there throughout her residency. Now Dr. Morris works alongside Dr. Stevermer as a physician/faculty member at the Fulton clinic.

"Laura is a highly effective faculty member and a skilled clinician, as well as an effective teacher and mentor. It's been great to watch her grow into her potential," Dr. Stevermer says. "She's an ideal colleague, too. Having her at Callaway Physicians has been wonderful for our patients, learners, and staff."

One of these patients, Beth Feger, met Dr. Morris back in 2007 when she was a resident. Beth initially came to clinic for a toe problem; then, a few months later, she became Dr. Morris' first OB patient. Dr. Morris delivered Beth's sons Hunter (6) and Andrew (4) and continues to care for the entire Feger family.

"It's great having one doctor who knows all of us," says Beth. "Dr. Morris treats us like we're part of her family ... and that feels good!"

Knowing that she makes her patients feel good makes Dr. Morris feel

good as well.

"I feel most rewarded when I see patients upon whom I know I've had an impact – the babies I've delivered; the elderly gentleman with a terminal diagnosis; or the young woman who, after trusting me to treat her depression, now has hope and feels functional again," Dr. Morris says. She enjoys the hands-on parts of patient care, too. "Flat out, doing procedures and OB are the most fun. I like to use my hands."

Her role as teacher provides Dr. Morris different, but equally meaningful, rewards.

"I enjoy my one-on-one interactions with med students and residents

who rotate through the Fulton clinic," she says. "Being a resident advisor has so far been my most challenging and time consuming job as an attending, but the relationship I build with the resident and the impact we can have on each other make it worthwhile. I try to demonstrate for them the importance of thinking, researching, writing, and continued learning while caring for patients. I want them to value scholarship not just during residency, but throughout their careers as well."

Others outside the residency are motivated by Dr. Morris' passion for research and efforts to promote scholarly activities. She teaches *Evidence Based Medical Writing* to 4th year medical students. And since getting active in Family Physicians Inquiries Network (FPIN), she's been encouraging, mentoring, and editing evidence based scholarship for family medicine faculty.

**"As I think about my career in family medicine, it's exciting – but too early – to know exactly where I am headed. There are so many great role models in our department that I find it hard to put my nickel down on a set path."**

**– Dr. Laura Morris**



**LAURA MORRIS, MD, MSPH**  
ASSISTANT PROFESSOR

## CHAIR'S MESSAGE

**THANKS** for reading the latest issue of our MUFMC newsletter. As is true for each of these “reunion” editions, we are reminded of our many connections with each other. Our younger grads get to see what we look like 20-30 years out. I am glad to see most are still doing really good stuff! Our older grads see how young our new grads look. Several including Mark Barnett, Emily Doucette, Ashley Millham, and Amanda Shipp will be working with other MU SOM or residency grads.

There is a great story on Laura Morris who has done much to advance scholarship in our residents and junior faculty. She and her partners in Fulton have sustained the legacy of that practice – so important not only to that community but to the training of our medical students and residents as well. (PS: We would love for you to contribute to endowments named for founding Fulton attending physicians: Roger Hofmeister and Sherwood Baker: <http://fcm.missouri.edu/Fundraising.aspx>.)

Medicine is changing – and often family medicine leads the way keeping patients, communities, and learners in clear focus. There will be challenges ahead, but our commitment, innovation, compassion, and determination will help us and our colleagues see the way.

**“And that is just the point ... how the world, moist and beautiful, calls to each of us to make a new and serious response. That’s the big question, the one the world throws at you every morning. “Here you are, alive. Would you like to make a comment?”**

(Mary Oliver, 1935-)



STEVEN C. ZWEIF, MD, MSPH  
PAUL REVARE FAMILY ENDOWED  
PROFESSOR AND CHAIR

## WELCOME — — —

**BEN CRENSHAW, MD**, an assistant professor of clinical family and community medicine, recently joined our faculty and the clinic staff at Callaway Physicians. In addition to seeing patients at the Fulton clinic, Dr. Crenshaw is doing obstetrics, outpatient attending for family medicine residents, and caring for nursing home patients. Plus, he has dedicated time for scholarly efforts.

After completing his medical degree at University of Tennessee, Memphis, in 2004, and Family Medicine Residency at University of Minnesota (UMN), Minneapolis, in 2007, Dr. Crenshaw served one year on the faculty at UMN. Since 2008, he and his wife, Katie, an internal medicine and pediatrics physician, have practiced medicine at the Menominee Tribal Clinic in Keshena, WI.

Ben and Katie have two daughters, Sofia (4) and Maia (18 months). In his spare time, he likes to run, travel, and “fumble around with a guitar.”



## FAREWELL — — —

**LUKE STEPHENS, MD, MSPH**, an assistant professor of clinical family and community medicine, moved to Chicago this summer to begin a sports medicine fellowship at Advocate Lutheran General Hospital. His wife Amanda, an OB/GYN physician, is starting a maternal-fetal medicine fellowship at University of Chicago in Evanston.

A 2011 MU Family Medicine Residency graduate, Dr. Stephens completed an academic fellowship here in 2013. For the past year, he has been seeing patients and teaching residents at Callaway Physicians. Even though he is excited about this new opportunity, he is sad to leave MU Family Medicine.

“I’d like to thank everyone whom I have crossed paths with over the past seven years, as I could not think of a better environment to learn and take care of patients. The number of positive role models in this department is amazing,” says Dr. Stephens. “I’d like to especially thank the staff at the Fulton clinic. I’ll miss the atmosphere and collaboration.”

Luke and Amanda have two children, Isabelle (4) and Isaac (2).



## CONGRATS — — —

**MICHAEL LEFEVRE, MD, MSPH**, Future of Family Medicine Professor and vice chair of MU Family and Community Medicine, was appointed chair of the U.S. Preventive Services Task Force. An independent volunteer panel of 16 experts in prevention and primary care, the task force works to improve the health of all Americans by making evidence-based recommendations on clinical preventive services. Dr. LeFevre has served on the USPSTF since 2005 and previously was appointed co-vice chair in 2011.

“We are proud that one of our own has been nationally recognized through this prestigious appointment,” says Harold Williamson Jr., MD, executive vice chancellor of the MU Health System. “Mike is a dedicated clinician, researcher, author, and speaker. His commitment to evidence based medicine and experience as a task force member make him an excellent choice for this important role.”

Dr. LeFevre has served on several key national committees, task forces, and panels, and in 2011, he was elected to the Institute of Medicine of the National Academies.

**KATHLEEN QUINN, PhD**, an adjunct assistant teaching professor at MU Family Medicine, received a 2014 University of Missouri Chancellor’s Diversity Inclusive Excellence Award for her work with Cristo Rey. Cristo Rey is a network that provides a quality, Catholic, college preparatory education to underrepresented urban youth. <http://www.cristoreynetwork.org>

Dr. Quinn, acting associate dean for rural programs and program director of the Area Health Education Center at MU, directs the MU Rural Track Pipeline. The goal of this innovative program is to address the shortage of physicians practicing in rural areas of the state.



# teacher appreciation:

## ARTHUR FREELAND, MD

is a 1982 MU School of Medicine graduate. In 1985, after finishing residency at Truman Medical Center, Kansas City, he married the love of his life and then relocated to Southern Oregon. He precepted his first MU medical student in 1986 and has been hooked on teaching since.



ARTHUR FREELAND, MD  
FAMILY MEDICINE PHYSICIAN: KIRKSVILLE, MO  
with his wife and children

### MU students have strong words of praise for Dr. Freeland ... as a teacher and a physician:

*“Dr. Freeland is a natural teacher. By allowing me to participate in the patient care process and asking my opinion about diagnoses and treatment decisions, he broadened my knowledge on many topics. Dr. Freeland is attentive to patients and students. An advocate of evidence based medicine, he incorporates the latest research into his practice.”*

*“Dr. Freeland is a fantastic preceptor and very committed to student education. Because he cares for a diverse patient population, both outpatient and inpatient, he was able to offer me ample learning opportunities. The feedback he gave was always helpful and insightful. It was a pleasure working with Dr. Freeland.”*

### Why medicine ... why family medicine?

**AF:** In the honesty vein, I was not *called* to medicine. I completed college with a chemistry degree. My father was a chemistry professor, and it was important to me that I prove to him what I was capable of. But by the time I finished college, I knew I wanted a career that involved interacting with people rather than reagents. I also knew that school was fun, and I didn't want it to end. And for those reasons, I decided to become a doctor.

When it came time to choose a specialty, I was lost. I loved just about everything I'd experienced. Finally I tumbled to a realization that if I lived in a small town, which is what I wanted to do, I'd be practicing general medicine and should train to do that right.

### Why Kirksville?

**AF:** I grew up in Kirksville, which is an amazing town. It's small, so you feel like you know just about everyone. Yet Truman State University has enough cultural and athletic events to make the community feel much larger. Every place I've picked to practice during my career has been an attempt to find a town like Kirksville. So when a position opened here in 2000, I came back home and haven't moved away since.

### Describe your practice and patient population?

**AF:** Until recently, mine has been a full service practice that included maternity care, delivery, c-sections; inpatient care of adults, children, and newborns; and ICU care. I continue to admit newborns and pediatric patients, but I let hospitalists care for my adult inpatients, and I no longer deliver babies.

My outpatient work is now under the auspices of a FQHC/Community Health Center. Our clinical staff includes me, two osteopathic family physicians, and three family nurse practitioners. We care for patients all ages – newborns to nursing home residents, including hospice and other palliative care.

### When and why did you begin teaching?

**AF:** In 1986, during my first year in practice, I received a call from Dr. Bill Allen (*he headed up MU's rural preceptorship back then*). He asked if I could take a Mizzou student for a month. That summer, David Boesch became my first student.

Before I finished my first year in practice, it seemed like many aspects of my job had become routine for me. When my work was viewed through the fresh eyes of a student, however, everything became magic again. After only one student, I was hooked on

teaching. Since then, I've averaged 5-8 students a year from three allopathic schools and two osteopathic schools. I've taught nurse practitioner students and family medicine residents and offered shadowing experiences to high school and college students.

### Describe the doctor-student relationship?

**AF:** Teaching is one of the great joys of medicine! The dynamic in the exam room is ever changing. When I teach a patient, the student also learns. When I explain something to a student, the patient learns and helps me teach as well. Patients who participate in the learning process are more satisfied with the encounter.

It is very rewarding when students not only learn medical skills, but also develop insight into their own perceptions and feelings. I'm more aware of this happening with Mizzou students because most of them live with us. The dialog we begin in the exam room often continues over dinner and sometimes into the evening.

While they are here, I expect students to teach me something new every day. Oftentimes, they will present a summary of a patient-care topic. But not everything I've learned from them has related to healthcare. One student taught my wife and me yoga, and another student helped me choose my first PC and get the initial software installed back in 1987. I feel like students have taught me as much as I have taught them over the years!

### Challenges/Rewards of life as a family physician?

**AF:** The most challenging task for me in family medicine is to provide quiet support when a patient's condition is such that there is little anyone can do to actually make them better.

Opportunities to vicariously experience the joys and triumphs of my families provide me the greatest rewards. Last week it was a patient's Eagle Court of Honor; today it was a wedding. Witnessing birth is such a privilege that it would often keep me energized for days. My patients are like a huge extended family. I share in their tribulations, as well as their immense joys.

### What makes you want to come to work every day?

**AF:** I have to confess, I'm not always excited about going to work. But no two days are the same, and every day has at least one gem that makes it all worthwhile. Recently, at a graduation party, a middle-aged man told me that I'd saved his leg eight years ago when I was covering for one of my partners. I didn't recognize him and was too embarrassed to ask the specifics. Nevertheless, it felt good knowing I was involved in such a positive outcome!

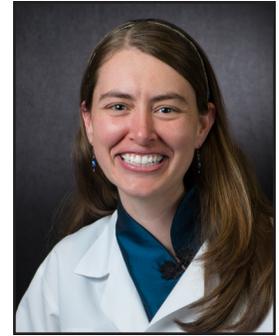
# CONGRATULATIONS TO OUR RESIDENCY GRADUATES



## Mark Barnett, MD

Mark is taking over the practice of a retiring physician – providing care for a spectrum of patients – at Mercy Clinic. This multispecialty outpatient clinic is located in Rolla, MO, home of Mark's alma mater.

# CLASS OF 2014



## Joni Bramon, DO

Joni is doing an international fellowship at University of Florida-Gainesville. She will travel between Florida and Haiti working/teaching/learning in rural clinics. Arnie, her husband, will be with her, as his schedule permits.



## Christina Crumpecker, MD

Christi is moving her four-legged family to the Kansas City area to practice, where she will combine her skills as a physician with her love of writing. She hopes to teach *Literature and Medicine* at UMKC's medical school this fall.



## Emily Doucette, MD

Emily is joining the faculty at St. Louis University Family and Community Medicine, where she'll practice at South County Health Department and pursue her MPH. Her fiancée, Jason, is an ophthalmology resident at SLU.



## Morgan Elmore, DO

Morgan is doing a hospice and palliative medicine fellowship at University of Colorado-Denver. Her husband Drew and dog Louise will stay in Columbia, but they plan to make many trips to Denver during this next year.



## Nathan Granneman, MD

Nathan is doing a sports medicine fellowship at University of Kentucky-Lexington. He, his wife Jill, and children, Landon (3) and Mason (1), will likely return to Missouri after Nathan completes his sports medicine training.



## Kim Lock, MD

Kim is doing a sports medicine fellowship at University of Kentucky-Lexington. After she completes her training, Kim plans to return to Missouri to practice sports medicine and work as a hospitalist.



## Ashley Millham, MD

Ashley, along with partner Stacey, are staying in Columbia. Ashley will be joining the staff at Columbia Family Medical Group, where she'll practice outpatient medicine with other MU alums (K.Weston, E.McQuie, J.Terrell).



## Cameron Rumsey, MD

Cameron is moving to Oklahoma with his wife Melanie and three children, Meg, Millie, and Paden, to join the Indian Health Service. Cameron will be doing outpatient family medicine at the Cherokee Nation.



## Amanda Shipp, MD

Amanda is returning to her hometown of Versailles, MO, to practice at Capital Region Clinic, along with MU alum C.Cook. Amanda, husband Ben, daughter Olivia, and son Finnegan are excited about this new adventure.

# A NEW CLASS OF FAMILY MEDICINE RESIDENTS

WE ARE PLEASED TO PRESENT OUR FIRST-YEAR AND INTEGRATED RESIDENTS

## RESIDENTS

PICTURED LEFT TO RIGHT

## MEDICAL SCHOOL

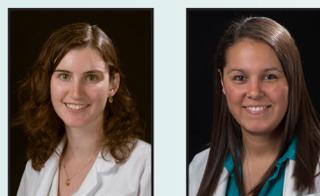
<b>ROW 1</b>	John Ballantyne, MD	American University of the Caribbean
	Andrea Bickerton, MD	Howard University
	Asa Chu, MD	Saba University
	Veronica Conaway, MD	University of Missouri
<b>ROW 2</b>	Chase Ellingsworth, MD	University of Missouri
	Erin Pearson, MD	University of Missouri
	Carlos Rubio-Reyes, MD	Universidad Autonoma de Guadalajara
	Andrea Schuster, MD	University of Missouri
<b>ROW 3</b>	Ben Stevens, MD	University of Arkansas
	Howard Tseng, MD	American University of the Caribbean
	Megan Warhol, DO	Kansas City University
	Christine Wilson, DO	AT Still University



## INTEGRATED RESIDENTS

PICTURED LEFT TO RIGHT

Krystal Foster	MU Fourth-Year Medical Student
Sarah Kapala	MU Fourth-Year Medical Student



## WELCOME NEW FELLOWS

**Ezhiludai “Nambi” Ramamoorthy, MD:**

**GERIATRIC MEDICINE FELLOW**



**MEDICAL SCHOOL:**

Kilpauk Medical College, India

**RESIDENCY:**

East Cumbria GP Training Program,  
Northern Deanery, Carlisle, United Kingdom

**Jyotsna “Jo” Reddy, MD, MPH:**

**GERIATRIC MEDICINE FELLOW**



**MEDICAL SCHOOL:**

Dr. BR Ambedkar Medical College, India

**RESIDENCY:**

Department of Internal Medicine,  
University of Missouri

## CONGRATULATIONS FELLOWSHIP GRADUATE

**Rubab Khalil, MD**



Rubab, a geriatric medicine fellow, husband Hasan Naqvi, and children Izn and Saim, are staying in Columbia. Rubab will practice outpatient family medicine with BJC Boone Hospital. Hasan will continue practicing as a hospitalist at MU.

## — ALUMNI UPDATES —

**MICHAEL BLOOD** ('84 RES) passed away in July 2013 at the age of 57. Dr. Blood practiced at Crawfordsville Family Care, Indiana, for 24 years. He is survived by his wife, June, and their four children, Megan, Kristen, Daniel, and Jason. Dr. Blood devoted his life to serving others, through his work with the Boys and Girls Club in Montgomery City, his participation in youth sports, and his medical mission trips to Haiti.

**PAUL TATUM** ('00 RES; '02 FEL) was invited by the American Academy of Hospice and Palliative Medicine to chair its State Health Policy Issues Working Group. This is a two-year leadership role.

**BRIAN MAHAFFEY** ('96 RES; '98 FEL) leads Mercy Clinic Sports Medicine, a new sports medicine practice that opened April 2014 in west St. Louis County. Before this role, Dr. Mahaffey helped launch Mercy's sports medicine program in Springfield, MO, where he served as head physician for Missouri State University athletes.



Robert Power with his daughter Erin at her recent wedding in Ireland

**“Remember that the patient is primary – put them first. It’s your job to protect them. You may need to massage the EMR to produce a picture of the person in front of you, but that will save them from becoming just another disease state. Medicine is rapidly becoming a gigantic**

**machine that grinds people up. Everyone has the best of intentions, I know, but it’s happening nonetheless. Be accurate, intelligent, and current. The science continues to expand, and it takes a lot of reading to be up to date. But keep it personal: if you love and protect them, they will love you back.”**

**ROBERT POWER, MD**  
RESIDENCY CLASS OF 1984

**DR. POWER:** “After residency, I returned to the central coast of California to reconnect with my birth family. Initially, I worked for a group of ER docs in urgent care. After that, I settled into a satisfying practice as a partner in the San Luis Medical Clinic, a 30-doctor multispecialty group that did office and hospital family medicine without OB.

After 10 years, responsibilities to my chosen family drew me back to Columbia. Boone Hospital recruited me to work at MediQuick, an urgent care clinic. After several years, I returned to family medicine doing office and hospital work without OB, this time as an employee, not owner. Not owning our practice may be less rewarding financially, but it’s also less stressful.

I’ve been in Jefferson City 17 years now. We have a small office with three docs and a great nurse practitioner. Interestingly, when I first joined, Robert Buffaloe – now at MU Family Medicine – was with the group. Our call group was five docs then, so call was not onerous. Two years ago, everyone in our group stopped doing inpatient care. Now we focus our efforts on keeping people out of the hospital.”

**“Enjoy the practice of medicine, but enjoy time away from it more. My family is the bedrock of my life. Katie and I have been married 36 years now, and that’s a wonderful thing. I don’t think your generation needs this advice because you’ve already figured it out.**

**Also, don’t expect to have the same lifestyle as your well-established associates during your first year out of residency. It takes time to maximize your income so it should take time to live like it, right? Start saving money now! Probably most of you have mega student debts. It’s possible to take a big step up in lifestyle, pay off your loans, and save five percent of your income.**

**Finally, don’t be afraid of hard work. Laugh as much as you can. Be humble ... a couple years in family medicine should help you get there!”**

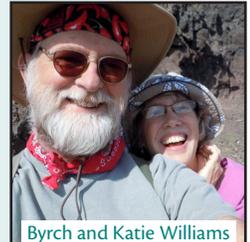
**BYRCH WILLIAMS, MD**  
RESIDENCY CLASS OF 1984

**DR. WILLIAMS:** “After residency, I worked 20 years in Raton, a town of 7,000 nestled in the Sangre de Cristo Mountains, New Mexico. I was in a family practice group that did everything!

We gave up small town life 10 years ago. It was a good change. I love the academic life here at University of New Mexico Family Medicine. And after ten years, I still love paid time off!

I like teaching med students and residents around direct patient care. I gave up OB seven years ago. The UNM Hospital was a nice place to deliver babies, but I missed the continuity of following moms before and after pregnancy and I missed caring for the babies. I work on our inpatient service and in our intermediate care nursery. I had hopes of moving residents into rural medicine but haven’t had a lot of luck with that. I do ACLS practice on a simulator with the residents – way cool. This year I started doing an introduction to point-of-care ultrasound; that’s fun, too. I still see patients in the office, but I must be looking old because people ask if I’m thinking of retiring.

My wife Katie, our three sons – Nick, Elliot, and Daniel, and our daughter Emily are doing well. So is our granddaughter (Nick’s child), Maggie, who will be three this summer.”



Byrch and Katie Williams

**“Thirty years later, I reflect back to realize how much the profession that we once knew as focused on the doctor-patient relationship has changed to one where the economics of medicine drives decisions made by employed physicians ... Remain true to the principles of the Hippocratic Oath!”**

**MICHAEL DIXON, MD**  
RESIDENCY CLASS OF 1984

**DR. DIXON:** “After completing an OB/GYN residency in Houston and reproductive medicine fellowship in Omaha, I’ve been in private practice in St. Louis since 1995.

My best decision in life, however, was to marry Kathleen Otradovec (MU SOM ‘86: Peds) 27 years ago. Our six children range in age from 11-26. Our oldest, Paul, who graduated from Dartmouth Medical School, just began OB residency in St. Louis. I am grateful for my family medicine background and use those skills daily, incorporating them in that which I do throughout my OB/GYN practice. I’ve been involved extensively in the local Catholic Medical Association, as well as in the founding of a private K-8 grade school with a classical curriculum. Personally, family activities consume my free time, in addition to a small garden and our 12 chickens.”



Michael Dixon Family



Bob Frederickson Family

**“The practice of medicine is a wonderful and honorable career choice. It is never boring and gives you countless opportunities to help people. I hope that you feel fulfilled and succeed in whatever endeavor you choose to pursue.”**

**BOB FREDERICKSON, MD**  
RESIDENCY CLASS OF 1984

**DR. FREDERICKSON:** “Classmate Stan Wilson and I continue to practice at Family Medicine Associates, the single-specialty office we established 30 years ago in Sedalia, MO. Jeff Sharp ('88 RES) joined us after he finished residency. A few years later, we recruited two other family medicine doctors, both MU medical school graduates. Today, our group includes five family physicians, and we continue to be very busy. Our patients are all ages, newborns to seniors. We gave up OB after five years in practice. We still do call and take care of our patients admitted to Bothwell Regional Hospital.

One reason I was drawn to small town family practice was the opportunity it offered me to work independently and be my own boss. Unfortunately, the days of independent practice are numbered. Practices like ours cannot afford to meet the requirements being forced upon us by the healthcare system. We're already incurring Medicare payment penalties because we don't use electronic medical records; these penalties will increase every year until they eventually put us out of business ... forcing us to either stop working or become employees of some other health entity.

I'm 61 and truly love what I do. I'm not sure what's going to happen in the future, but I know that I want to keep practicing medicine and care for my patients – young and old.

Sedalia has been a great place to raise a family. I have two children, both MU grads. Jenna, 30, is a CPA in Prairieville, KS, and Ben, 24, is a sports journalist for Knoxville Sentinel News, TN. I like carpentry and motorcycles. I run (12-14 miles each week), ride my bike, and do other activities to stay fit.”

**“Things change, that's the only constant in life. Be flexible, be open, but remain focused on what's important to you. A favorite quote:**

*‘Watch your thoughts, they become your words. Watch your words, they become your actions. Watch your actions, they become your habits. Watch your habits, they become your destiny.’”*

**CHRIS TEGTMEYER, MD**  
RESIDENCY CLASS OF 1984

**DR. TEGTMEYER:** “After residency we moved to Lebanon, MO, where I joined a family medicine group. I continue to work there, so obviously it was a good fit. Over the years my practice has evolved from traditional family medicine including OB, to a practice that is more internal medicine with urgent care. Despite all the changes, medicine is still very rewarding, and I have no plans to retire.

Sally and I have two children. Christopher, 31, is a physician assistant for a neurology group in New York City. His wife is a veterinary oncologist. Our daughter Nikki, 29, is a system analyst for Mercy Health System; she lives in Lebanon. Sally and I live on a large farm. We like to travel and garden, and we are active in Quail Forever as well as our own prairie restoration project.”

**“The challenges we face in healthcare are not small. As leaders in our profession and our communities, we have opportunities to make things better – not only for our patients but for our world as well. You've trained at one of the best family medicine residency programs in the nation, a nation that now more than ever needs a strong primary care foundation. Strive to help build that foundation wherever you are.**

**The question ‘are leaders born or developed?’ has long been debated. Each of you, even if you don't work in administration, will be an informal leader. Concrete tools and methods exist that can help you develop your ability to influence others, create a learning environment, and lead the change necessary for the future. By pursuing opportunities to learn these things, you and your community will be richly rewarded.”**

**KEN WILSON, MD, MS**  
RESIDENCY CLASS OF 1984

**DR. WILSON:** “I've been a full-time administrative physician with Norton Healthcare, Louisville, KY, for 10 years. Currently I serve as System VP for Clinical Effectiveness and Quality, but before this, my roles have focused on inpatient quality, safety and performance improvement, and the integration of physician champions into the service line structure. I led our initial work in accountable care, which started as a pilot in 2010. It continues today through organizational efforts designed to enable the transition from fee-for-service to population-based payment and risk. I also lead the Norton Physician Leadership Academy, which teaches providers the non-technical aspects of managing a healthcare organization. I'm working with leaders at Norton Medical Group to redesign care to build an advanced primary care capability.

Pam and I have been married 35 years. Last year, she retired from her clinical social work practice. Our oldest son Damon, his wife Debbie, and our grandsons, Curtis and Cameron, live in Nashville. Our younger son Caleb is a graphic designer in Louisville. Pam and I have traveled internationally on medical mission trips, thus far serving Crimea, Afghanistan, Myanmar, and Rwanda. Currently we work with Teach to Transform (teachtotransform.org/).”



Ken and Pam Wilson



Chris Tegtmeier Family



Mary Michener with husband Chris

**“New physicians need to recognize the exponential speed of change in health-care.”**

**MARY MICHENER, MD**  
RESIDENCY CLASS OF 1994

**DR. MICHENER:** “I moved to Winona, MN, in 1995 and began working for Winona Clinic, a multispecialty group practice. About seven years ago, our practice merged with the local hospital. Today, we have a community-based health system

with outreach from nearby referral centers. We are well supported by Gundersen Lutheran Health Systems in Lacrosse, WI, and the Mayo Clinic in Rochester, MN.

My job is 0.6 FTE; I've enjoyed working part-time and think it has kept me sane. I practice primarily in the outpatient clinic setting but also care for patients in local nursing homes, do hospitalist work, provide routine newborn care, and take call. I love caring for multiple generations of people in the same family. Learning to manipulate the electronic medical record has required more time and energy than I ever imagined it would.

Chris and I have four children, ages 15-23. Together, our family has embraced this beautiful area and its climate. We love to cross-country ski, and through the years, I've learned a lot about zone four perennials!”



Jackie Ruplinger

**“Strive to not lose yourself in your work!”**

**JACKIE RUPLINGER, MD**  
RESIDENCY CLASS OF 1994

**DR. RUPLINGER:** “I've been an MU faculty member since residency. My non-clinical responsibilities have varied through the years, but my patient care duties have been constant and continue to be the most rewarding part of my work. I stopped inpatient attending four years ago, but I continue to do OB

and direct the department's OB service. My passion for delivering babies is as strong today as it was when I began my career. In fact, I'm close to becoming a *grand doctor*, and that excites me!

I'm medical director for the Blue Team of Green Meadows Clinic, which is the department's oldest and largest family medicine clinic in Columbia. A new and much larger clinic, South Providence Medical Building, is currently under construction and will replace our Green Meadows and Woodrail Clinics. I am happy to be participating in the planning and design process of this new patient-centered clinic, which is scheduled to open spring 2015. And I look forward to seeing my first patient there!

On a personal note, I've graduated from pop up, to pull behind, to fifth wheel, to motor home! Today, we camp in our *condo on wheels*. I love the outdoors and live on 10 acres of land in south Columbia. Jill, my partner of nearly 30 years, and I continue to take our annual two-week vacation to Hawaii, and in the fall, we'll be going on the STFM-sponsored trip to Italy.”



Ruanne Stamps Family

**“In my role at Algoa Correctional Center, I've found fulfillment in developing chronic pain protocols, presenting to my colleagues, and learning about managerial issues. I urge MU to continue teaching residents to coordinate the care of their patients, especially those they refer to specialists. I encourage residents to explore correctional medicine by doing a rotation in this fascinating field of medicine.”**

**RUANNE STAMPS, MD**  
RESIDENCY CLASS OF 1994

**DR. STAMPS:** “As medical director at Algoa Correctional Center in Jefferson City, MO, I feel I've met my life's calling in correctional medicine. I work with inmates – many of them have never had healthcare. It's very rewarding to educate and care for this population. Family Medicine at MU prepared me well for my job! I've been able to use the clinical skills I learned in residency to provide primary care for a large variety of issues, including many uncommon disease processes. I know the importance of taking a good history, doing a thorough physical exam, and keeping up to date on the healthcare literature ... all valuable lessons I learned from faculty at MU Family Medicine.

Terrell Stamps and I, married 29 years, live in Columbia and have three children. Ransom, 20, is a metallurgical engineering student at Missouri University of Science and Technology; Marilise, 16, is a high school sophomore and track/cross country star; and Britton, 14, is an 8th grader and plays competitive soccer.”

**“Don't listen to the old farts regarding bygone days of the practice of medicine. Simply be thankful and enjoy the most interesting profession and the opportunity you have to live in interesting times.”**

**SCOTT MUSINSKI, MD**  
RESIDENCY CLASS OF 1994

**DR. MUSINSKI:** “After finishing my family medicine training at MU, I did an OB fellowship in Memphis, TN, taught for two years there, and then entered an OB/GYN residency. I've been in solo practice since 2003. At present, I practice at Allcoast Gynecology and Obstetrics, Encinitas, CA, and have been department chair of OB/GYN at Scripps Encinitas for the past four years.

I have two daughters, both of whom I delivered by C-section. Catherine (12) plays the oboe and Amanda (11) the bassoon. I still do vasectomies and provide primary care to a few patients, but mostly I suppress my training so I don't compete with my referral base. My wife practices law with her sister.”



Scott Musinski Family



Sharon Colton with husband Bob

**“Take care of yourself and that which feeds your spirit so you can then care for your family and patients. The trust patients give you is sacred and awesome; stay grounded. Don’t spend less time with your patients than they need. Family docs are clinicians, psychologists, parents, and friends; they cannot be**

**rushed. Invite students to come and learn with you. Pass on what’s been given to you, and let students energize you with their enthusiasm. Best of luck to all.”**

**SHARON COLTON, MD**  
 RESIDENCY CLASS OF 1994

**DR. COLTON:** “Twenty years, hard to imagine. I continue to practice in a small, rural health clinic in the hills of Kentucky. We have two family docs and three PAs. (*By the way, we really need another doctor so if anyone is interested, give me a call.*) It is difficult and rewarding work, made somewhat easier lately with the expansion of Medicaid in Kentucky. Uninsured care has always been a major challenge. Twenty years in practice is plenty of time to have babies who are now grown up, four-generation families to care for, and enough experience to be able to take a quick look at a patient and say, ‘Oh yes, I know what that is.’

My greatest joy is my marriage 13 years ago to Bob who actually was an old friend. He came with a daughter who then blessed us with a grandson. Bob and I love music. He plays banjo, guitar, and dulcimer; I play some guitar, too, mostly for church. We live in a beautiful corner of Harlan County, and NO, I do not usually watch *Justified*. However, I did care for the very real bootlegger on whom the character Maggs Bennett was based ... real life is much better than fiction!”



Aimo Berger Ice Fishing in Northern Saskatchewan at -31F

**“Now that you’ve graduated and are out in the real world, try not to get into the habit of working all the time. Choose the one thing you’ve always wanted to do or learn and DO IT! Taking a class at your local college or learning to play the saxophone might end up being more rewarding than you think. Carpe Diem!”**

**AIMO BERGER, MD**  
 RESIDENCY CLASS OF 2004

**DR. BERGER:** “Hello from the far north! It’s hard to believe that 10 years have passed already. I’m currently practicing community family medicine in Saskatoon, Saskatchewan, a city of about 200,000. We have a busy, 12-doctor clinic that offers urgent as well as ongoing primary care. We also provide family medicine residency training, and we prepare international graduates for their rural medical work.

Otherwise I’m enjoying the richness and beauty the Canadian North has to offer. I still consider Germany my home and continue to spend valuable time abroad on a regular basis.”

**“Get involved in your community. Attend the weddings, wakes, and births of your patients. Learn one new thing every day. As physician, you are vital to the success of your clinic, but you’re also part of a care team. Encourage and reward your nurses and other clinic staff, and they will return the favor. Celebrate the ordinary things, for that is substance of a well-lived life.”**

**KELLY BAIN, MD**  
 RESIDENCY CLASS OF 1994

**DR. BAIN:** “I practice in Washington, MO, with a multispecialty group that merged with Mercy in 2012. My job is .5 FTE administration, .5 FTE clinical. I serve as primary care medical director for Four Rivers Community of Mercy and lead our community accountable care organization team. In addition, I just finished my first semester of Mercy’s Executive Masters of Health Administration program at Missouri State University, Springfield.

Personally, Ron and I celebrated our 31st wedding anniversary this summer. Last year was our first of empty nesting. Stacy, a graduate student studying criminology at Arizona State, loves the desert southwest and hiking. Ryan is pursuing a mechanical engineering degree at Missouri University of Science and Technology, Rolla. Outside of work, I enjoy road and mountain biking, hiking, a good book, and cooking for friends.”



Kelly Bain Family

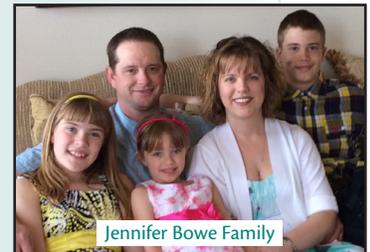
**“Don’t be afraid to do something different than you originally planned. We all start our careers with a plan, but sometimes new opportunities lead us in a different direction. Medicine offers many options to explore and enjoy. Trust in the Lord to guide you, and remember: It’s OK to have a life outside of medicine.”**

**JENNIFER BOWE, MD**  
 RESIDENCY CLASS OF 2004

**DR. BOWE:** “I’ve practiced in my hometown, Trenton, MO, for 10 years. Initially, I returned to work under a local doctor, but within six months, he approached me about purchasing his practice. After much debate, discussion, and prayer, my husband and I agreed to purchase Green Hills Medical Clinic.

Since 2005, I’ve been taking care of patients and co-managing the clinic with my husband. While owning this practice has been an incredible opportunity, it’s also a time-consuming responsibility, which is one reason we decided to sell it and join Wright Memorial Hospital, the community hospital located in Trenton. I’ve been on staff at Wright since moving here 10 years ago. Now that we no longer own the practice, I can focus solely on patient care, and my husband can focus on farming.

Casey and I have been married 18 years, and we have three children, Cayden (14), Hannah (10½), and Catelin (5).”



Jennifer Bowe Family



Mary Beth Chitwood Family

**“Never forget why you went into medicine and chose to be a family physician. Healthcare is changing, but the need for good family physicians is a constant. Do not let medicine be all there is to your life. Have hobbies. Find time for friends and family. Every day we see how precious life is; don’t forget to live**

**yours while helping others get the most out of theirs!”**

**MARY BETH CHITWOOD, MD**  
RESIDENCY CLASS OF 2004

**DR. CHITWOOD:** “I work part-time, doing outpatient medicine only, in a multiphysician practice in Arnold, MO. When I’m not at the office, I’m enjoying time with my family. My husband Bryan Chitwood, a veterinarian, and I married last summer, and together we have six kids, ages 5-13. In my free time, I like pursuing hobbies that include gardening, hiking, and biking.”



Kory Jackson Family

**“Push yourself: The best way to ensure you can play hard is to work hard early in your career. Learn new procedures. During your first couple years of CME, shore up any areas you need to strengthen. Continue doing the things you**

**were trained to do rather than sending them to specialists. Once you turn over a skill, you’ll never do it again.**

**Find the right staff. It’s important that the people who work with you compliment you and your style. Don’t become too attached until you know they are right for you.**

**Understand your finances. How hard you have to work may depend greatly on how efficiently you bill and how your compensation is calculated. Be involved in financial decisions as much as possible.”**

**KORY JACKSON, MD**  
RESIDENCY CLASS OF 2004

**DR. JACKSON:** “I practice in Hutchinson, KS, with the same physician-owned multispecialty group that I joined after residency. I spend most of my time in clinic. But because we don’t have hospitalists, I start many mornings at the hospital caring for patients. Our department is large, so we aren’t on call often. However, it’s very busy when we are. I don’t do deliveries but have a large pediatric practice. I’m involved in other professional activities and serve on various boards and committees.

The action certainly doesn’t stop when I get home. Amanda and I have four children, Will (11), Libby (9), Kate (6), and Luke (3). My favorite part of the day is the whirlwind of activity and fun that occurs every evening. Our family, especially the kids, love to travel. I try to play golf regularly and continue to dominate several of my residency classmates in Fantasy Football.”



Cari Worley-Henry Family

**“Don’t be afraid to think outside the box when it comes to your career. When I look back on my training at MU, the aspect of medicine I loved most was educating others about their health – physical and psychological. My current career path fits me better than anything I could have ever imagined. Plus it allows me to work irregular hours, so I’m able to attend every game, recital, poetry reading, and preschool mothers’ day tea. I even have time to organize a full schedule of activities for our elementary school’s annual Science Day. I wouldn’t miss this stuff for anything in the world.”**

**CARI WORLEY-HENRY, MD**  
RESIDENCY CLASS OF 2004

**DR. WORLEY-HENRY:** “After residency, my husband Steve and I moved to San Antonio first, then to Taiwan. Two years later, when he finished his training, we settled down in my favorite city, Austin, TX. We live less than a mile from my mom, who has been a tremendous support. However, even with her help, it was very difficult for me to be in clinical practice and still do everything I wanted to do with our three kids, Pierce (8), Rhett (6), and Evyn (3). So I decided to stay home and now develop patient educational curriculums. Designed for particular audiences, such as those with infertility, the curriculums address the physical, psychological, and spiritual aspects of a patient’s care – promoting health by complementing a clinical practice.”

**“Focus on three areas as you start your career:**

**1: Be nimble to embrace and adjust to the ever-changing landscape of medicine. This takes planning but increases the likelihood of success with any new environment.**

**2: Continue to grow in your ability to resolve conflicts. The best physicians I’ve ever worked with were able to find mutual wins in almost any situation.**

**3: Seek life balance every day. The practice of medicine is rich in non-monetary rewards. However, these rewards are best enjoyed when built upon the foundation of being a good spouse and parent.**

**Being good in any of these will help you succeed in the others. Best of luck. Your MU training will serve you well!”**

**RAY WEICK, MD**  
RESIDENCY CLASS OF 2004

**DR. WEICK:** “For the past ten years, I’ve practiced at Mercy Clinic – Wildwood, MO. In addition to patient care, I’ve served Mercy by being physician champion for their patient portal and medical home efforts. My latest administrative challenge is to develop a medical group for the city of Festus.

My wife and I live in St. Louis County with our blended family of five children. I stay grounded by chasing my kids, enjoying Cardinal baseball, and running half marathons.”



Ray Weick Family



Herman Damek Family

“I’ve come to realize that family medicine can be frustrating. Guidelines come and go – making your advice seem like sand washed away by the tide. Completing all the paperwork required for insurance, PCMH certification, JACO, and Medicare

takes away time for patient care. And alas, the American consumer mentality can lead to interesting talks on antibiotics and pain meds. But at the end of the day, getting a heartfelt thanks or handshake of respect from a patient puts things in perspective. Every job has frustrations but not many jobs can be as rewarding. So go forth waving the Family Medicine banner proudly. Try every day to be a better doc than you were the day before and you’ll be just fine. Good luck!”

**HERMAN DAMEK, MD**  
RESIDENCY CLASS OF 2004

**DR. DAMEK:** “After graduation, I did outpatient family medicine for Cox Health – Aurora, MO. I enjoyed rural life and the people there. In 2010, we moved to Niwot, CO. I work for Boulder Community Hospital in a similar practice setting, except now I pass mountains on my drive to work, not cows and hay fields.

We have three kids, Austin, Emily, and Kaitlin, who keep ReAnna and me quite busy. Before our first child was born, I remember classmate Larry Dybedock laughing when I said that kids wouldn’t affect my time or hobbies. Well after three kids, I’ll admit that Dybedock was spot on. When I do have free time, I find ways to enjoy the outdoors. I camp, ski, and run 10K races with the kids, but I do the big climbs, snowshoe, and fly fish on my own. Occasionally, I’ll enjoy the tranquility of watching the garden grow or snow fall while drinking a cold Colorado craft beer. Cheers!”

“Follow your heart. Find meaning in what you do. Don’t let the little stuff worry or prevent you from finding that meaning. Be patient. Be resolute. Don’t give up. Don’t take too much advice from others!”

**STEVE ZWEIG, MD, MSPH**  
FELLOWSHIP CLASS OF 1984

**DR. ZWEIG:** “It’s always an honor, mostly a joy, and regularly a challenge to serve as department chair here at MU. We’re a great group of faculty, residents, and staff with the combined mission to promote health through caring for patients, training tomorrow’s physicians (*especially family physicians*), and advancing knowledge to guide both. We’ve had the opportunity to help lead our institution in many ways and work with others across the country to support the future of family medicine – so vital to the care of our population. We still have a lot of work to do!

I feel very fortunate to have a wonderful wife, Susan Even, and two great sons, Ben, who lives in Oakland, CA, and is a film editor, and Alex, who is in Portland, OR, just starting his intern year of family medicine residency training. Our dog Ginger likes our place, which is located on the edge of town and has a pond, beautiful gardens, and lots of room to roam.”



Steve Zweig

“As your patients’ advocate, it’s important to build strong relationships with your referral base so you can communicate with them effectively about your patients’ needs.

Be compassionate ... treat every patient you see like he or she is the only one you are caring for that day.

When your patients come to clinic, treat them like they’re special. Focus on them, the way they focus on you, while you’re with them in the exam room.

Develop a habit, maybe weekly, of calling a patient – who is dealing with a recent problem, loss, or family issue – just to see how he/she is doing. Patients don’t expect this and will appreciate your time, concern, and thoughtfulness.

If you decide to practice and live in a small community, be prepared for the interactions you’ll have with patients outside clinic. This can be a negative or positive aspect of rural practice, depending on your own needs or lifestyle preferences.”

**LARRY DYBEDOCK, MD**  
RESIDENCY CLASS OF 2004

**DR. DYBEDOCK:** “For the past 10 years, I’ve practiced at Cox Health – Mount Vernon, a farm community of 4,000 located in southwest Missouri, between Joplin and Springfield. Our clinic includes three providers: a nurse practitioner, a gynecologist, and me. I practice outpatient family medicine 10 hours a day, four days a week; no OB and no hospital care.

My wife Traci and I live in Nixa, which is a 10-minute drive from Springfield.”



Larry Dybedock

“Keep the words of Fred Rogers (*yes, Mr. Rogers*) close by. He really wasn’t speaking of family doctors, but he could certainly have been speaking of our work.

*‘At the center of the universe is a loving heart that continues to beat and that wants the best for every person. Anything we can do to help foster the intellect and spirit and emotional growth of our fellow human beings, that is our job. Those of us who have this particular vision must continue against all odds. Life is for service.’*”

**MIKE LEFEVRE, MD, MSPH**  
FELLOWSHIP CLASS OF 1984

**DR. LEFEVRE:** “I remain in Columbia currently serving as vice chair of the department. I continue to enjoy the full spectrum of family medicine, though I finally gave up OB after about 32 years of middle-of-the-night trips to the delivery room. My academic life is stimulating, and I will finish 10 years on the U.S. Preventive Services Task Force – with a year as chair – ending next March. Never a dull moment in a spotlight I could not have imagined when I said yes 10 years ago.

Judy retired from public schools and entered the volunteer world this year. All three children are married, two are in medicine and one in the arts. Two grandsons light up our lives.”



Mike Lefevre



Jerry Kruse Family

**“ADDITO SALIS GRANO! Take everything that LeFevre, Zweig, and Garrett tell you with a grain of salt ... (LOE = 5)!”**

**JERRY KRUSE, MD, MSPH**  
FELLOWSHIP CLASS OF 1984

**DR. KRUSE:** “Lois and I spend time visiting our daughters, sons-in-law, and grandkids. Emily Carr is a poet and poetry residency program director at Oregon State University-Cascades. Julie Vahle, elementary teacher and curriculum director in Columbia, SC, is the mother of Samuel (4) and Adelaide (10 months), and Anna Austin, recent bride and MPH grad, is a geographic information specialist and behavioral risk researcher for the North Carolina State Department of Public Health, Raleigh.

The rest of my time I spend being executive associate dean of SIU School of Medicine, CEO of SIU HealthCare, and STFM representative to the Implementation Board of Directors for *Family Medicine for America's Health – Future of Family Medicine 2.0.*”



Lisa and Robert Pierce

**ROBERT PIERCE, MD, MSPH**  
FELLOWSHIP CLASS OF 1994

**DR. PIERCE:** “I’m still in private practice in Fulton, MO, with my wife Lisa, but I’ve cut back on my patient time. From 2011-12, I was medical director and product manager for McKesson, where I did EHR software design. I became part-time medical director at PDS Cortex last year. Today I spend half my

time seeing patients, and the other half doing software design, usability testing, and clinical content.

Lisa and I are empty nesters now. Allie is a sophomore at Mizzou majoring in journalism and political science; Jake is a premed junior at Hendrix College and still playing soccer; Adam graduated last year from Purdue and works for Harris Corp in Melbourne, FL. In our free time, we travel, grow oddities in the greenhouse, and dabble in wine making.”

**“Be open to opportunities for personal growth and happiness. Take time to think about your personal mission and vision as you plan your career and family activities. And lastly, remember to be grateful for what you have.”**

**MINDY FUCHS-LOKSHIN, MD, MSPH**  
FELLOWSHIP CLASS OF 1994

**DR. FUCHS-LOKSHIN:** “I live in Reno, NV, and currently work as a professional life coach, helping people with life transitions, work/life balance, and parenting.”



Mindy Fuchs-Lokshin

**“ 1) Pay attention to your interests and build bridges that enable you to do this work.**

**2) Cultivate friendships with colleagues whom you can call to share complex work, patient, or life situations.**

**3) Enjoy your patients for their quirks – medical and psychosocial, and let this be a source of grounding if you get overwhelmed by the work and sometimes heartache of caring for others.**

**4) Treasure the pauses in your work life (between jobs, responsibilities, etc). They are gifts that don’t come often.**

**5) Life continues to be busy, so take time to reflect and find the deeper meaning in your work.”**

**WENDY MADIGOSKY, MD, MSPH**  
FELLOWSHIP CLASS OF 2004

**DR. MADIGOSKY:** “After MU, I returned to University of Colorado School of Medicine. Since 2006, I’ve directed the Foundations of Doctoring Curriculum, which involves classroom-based learning of communication, physical exam, and professional development skills as well as a longitudinal preceptorship. Nearly 500 students and 500 faculty participate in this at any one time. I represent the med school to our campus Interprofessional Education Council. I’m the faculty network advisor for the Institute for Healthcare Improvement Open School and have served two years as a Macy Faculty Scholar. This has enabled me to develop an interprofessional safety/QI curriculum and foster relationships between our clinical and educational enterprises to support learner QI activities. I see patients in our residency clinic.

Personally, I am delighting in being a parent of school-aged children. This fall, Isaac will be in 2nd grade, and Sarah will be in kindergarten. My husband, Craig Sirkin, started an internet hardware technical consulting company two years ago, and business is going well for him!”



Wendy Madigosky Family

**“I’ve worked at the same residency program since I left Missouri ten years ago, but with all the changes from the ACGME, it hardly seems like the same place. Change is constant. Your job, your family, and you yourself will not look the same one year from now, much less 10 years from now. Embrace it. Enjoy it. Lead it. The more you can lead the change, the easier it is to swallow.”**

**JENNI BUESCHER, MD, MSPH**  
FELLOWSHIP CLASS OF 2004

**DR. BUESCHER:** “I recently became program director at Clarkson Family Medicine – a community based residency program in Omaha, NE. I married Mark Lane in 2007, and he runs his own business building furniture in our basement.”



Jenni Buescher



Ahmad Tarakji Family

**“ Think deep.  
 Have a clear vision and a dream.  
 Plan very well.  
 Move one time.  
 Life is full of options ...  
 so take advantage of them.”**

**AHMAD TARAKJI, MD, MSPH  
 FELLOWSHIP CLASS OF 2004**

**DR. TARAKJI:** “After finishing my geriatric medicine fellowship, I joined a rural hospital in Yarmouth, Nova Scotia, Canada, as a consultant internist and solo nephrologist. In 2007, I was certified in internal medicine and nephrology by the Royal College of Physicians of Canada, and in 2011, Dalhousie University in Halifax, Nova Scotia, recruited me to serve as assistant professor in the Department of Medicine. I finished my coursework through distance learning and earned an MSPH from MU in 2011.

In the summer of 2013, I relocated to Saudi Arabia and joined King Saud University as an assistant professor and consultant internist and nephrologist. I also serve as medical director of the Kidney Home Unit, and I chair the Medicine Quality Care Committee. I’ve renewed my ABIM certifications in internal medicine and nephrology, and I plan to take the maintenance of certification (MOC) exam for geriatric medicine later this year.

I married Reem (BA in Info Tech) in 2006, and we’ve been blessed with two beautiful boys, Omar, 7, and Anas, 5.”



Scott and Shea Kinkade

**“Don’t underestimate your ability to teach; you have much to offer as medical student and resident preceptors. Clinically, some confidence is good, but you’ll experience humbling moments once you’re on your own. When they occur, just apologize and try not to make the same mistake again. After twice sending a patient with a chronic cough to an ENT doctor – only to have the ENT tell the patient to stop using the ACE inhibitor – I haven’t made that mistake again.”**

**SCOTT KINKADE, MD, MSPH  
 FELLOWSHIP CLASS OF 2004**

**DR. KINKADE:** “Before returning to MU five years ago, I directed the medical student clerkship and electives at UT Southwestern, Dallas. I don’t miss the traffic, heat, or flat landscape.

Today, I direct the hospital medicine service for MU Family Medicine and spend a lot of time attending on our inpatient service. I enjoy working with residents and watching them develop into the strong, capable doctors our program is known for. I also run a PBL block for 2nd year medical students, see patients at Woodrail Clinic, and teach residents an ECG elective.

My wife Shea and I enjoy the beauty, and the occasional snow, of Columbia. For fun, we take frequent trips to St. Louis and Kansas City. We have two children, a son Seth (15) and a daughter Kassie (18).”

**“Find a job that you love. You’ve spent a lot of time getting to where you are now, so don’t settle or take a job for the wrong reason. Enjoy every aspect of your life.”**

**MATT THORNBURG, MD, MSPH  
 FELLOWSHIP CLASS OF 2004**

**DR. THORNBURG:** “I continue to practice sports medicine at Columbia Orthopaedic Group. I help take care of University of Missouri athletes, as well as athletes from William Woods University, Westminster, Columbia College, Central Methodist University, and Tolton Catholic High School.

My wife, Susie Early, is a private practice ears, nose, and throat physician, and we have three boys, Jake, 10, Mac, 7, and Baker, 5. I spend a lot of time with my family, and I coach numerous sports.”



Matt Thornburg Family



Scott Shannon Family

**SCOTT SHANNON, MD, MSPH  
 FELLOWSHIP CLASS OF 2004**

**DR. SHANNON:** “My wife, Shermeen Chan, MD, whom I married in 2008, and I are in the midst of transferring a small family medicine practice to another physician as we prepare to move our family from Hamilton, Ontario, Canada, to Kinshasa, Democratic Republic of the Congo (DRC), Africa, this summer. In addition to helping my wife with her practice, I have been spending a couple half days each week in a sports medicine clinic. When there has been time, I’ve also done some teaching at McMaster University School of Medicine, Hamilton, Ontario.

We have intentionally kept the workload light while here in Hamilton to give us time and energy to raise the three children we’ve had in the last four years: Celeste (4), Joshua (2), Eleanor (1). That will change significantly for me as we move to DRC, where I will help manage numerous large health programs that involve basic healthcare system development, primary healthcare delivery, gender-based violence programs, and malaria and HIV control. If all goes well with work and family, we may be there for some time.”

In 2012, MU Family Medicine Chair Dr. Steve Zweig nominated Dr. Morris to represent the department on the FPIN board of directors. This leadership role intimidated her at first, she says.

“Most of the other board members are department chairs or residency directors – people of stature in national organizations,” Dr. Morris explains. “I’ve never been shy so I decided to pretend I belonged there and forced myself to speak up, ask questions, and voice my opinions. Now, a few years later, I feel much more comfortable representing the interests of our department and the FPIN organization.”

Since joining the department, Dr. Morris has proven herself to be a go-to person who always delivers. In addition to her patient care, teaching, and attending responsibilities, she serves on hospital and department committees, chairs the Family Medicine CME conference, and coordinates scholarly-related

educational projects for the residency program. Eager to learn, grow, and contribute, she is willing to consider every new work opportunity that comes her way. Dr. Morris knows, however, that she can’t do it all.

“I actually try not to say yes to everything! Right after graduation, there were so many opportunities to contribute to the residency and medical school – I enjoyed trying on different hats and seeing what fits. But there have been things that I’ve turned down,” Dr. Morris explains. “I am honestly motivated by an internal sense of pride and a desire to do my best. Not doing something well has never been OK with me, whether that was school, sports, or just baking a dessert. I know I’ve taken too much on if I miss a deadline (*or come close to doing so*) because being late is just not me!”

You can depend on Dr. Morris; patients, learners, colleagues, family, and friends know and appreciate that about her. They also appreciate her honesty and humility, which become obvious in the words she uses to describe herself:

“I am driven, hard-working, funny with a dry and sarcastic sense of humor, fair and open-minded, direct, outspoken and to the point,” she responds. “I bake a mean apple pie and love to shop for presents for others.”

But more than anything else, Dr. Morris loves family. She and her husband Adam, who works for Commerce Bank, have three children: Ethan (7), Lila (5), and Luke, who just turned one.

“Adam and I met in middle school and started dating when we were high school seniors. He’s been supportive of my academic and career goals from the beginning. I feel blessed to have found someone who challenges me, appreciates my sense of humor, and pushes me to achieve things personally and professionally. I can’t give him enough credit for being the glue that keeps our family together, and the engine that keeps it running. He doesn’t help me out,

he runs the show and I step in to help when I can.”

Her busy work schedule can limit family time; this was especially true for Dr. Morris during residency training.

“I missed a lot of the older kids’ *firsts* because I was a resident then and required to work long hours. So now I make it a point to leave work at work *when I can* and be fully present with my family when I’m at home,” she says.

Adam understands the demands of Laura’s job and is quick to credit her for all she does as wife and mother.

“Laura puts her whole heart into her work and family. She is tenacious at everything she invests in, yet has a kind, thoughtful, and considerate spirit. She’s the smartest and most humble person I’ve ever known,” he says. “She makes me laugh, makes me better, and inspires me to be a good father and teacher. I’m fortunate to have her in my life.”

Ethan and Lila feel safe, happy, and loved when they’re with their mom.

“My mom really cares for everybody. *I mean, everybody.* She always knows what to do. She’s smart and someone you can trust,” says Ethan. Lila adds, “If I get hurt, mom makes me feel better. When I get scared, she tells me there’s nothing to worry about and makes me feel safe. If I lose my blanket, she always finds it and gives me hugs to tell me she loves me.”

Putting family first is and always will be a priority for Dr. Morris. But more time for family usually means less time for sleep. Does she ever get tired?

“Oh, yeah <yawn>, sure I do,” she responds.” But there’s a difference between lack of sleep and tiredness of the soul. My life is so full of joy from my family, and I love going to work – someday I will sleep more.”

**“DR. MORRIS is terrific! I can’t say enough good things about her. I trust her with my life and won’t go to another doctor now that I’ve found her!”**

**– John White**

PATIENT AT CALLAWAY PHYSICIANS

**“I truly enjoy working with DR. MORRIS; so does everyone else here in Fulton. She is upfront, straightforward, and respectful. Dr. Morris pours her heart and soul into her job, and it shows. She connects with patients, and they connect with her.”**

**– Shelby Stephan, LPN**

NURSE AT CALLAWAY PHYSICIANS

**“DR. MORRIS was an exceptional advisor who provided me important support throughout my residency. She encouraged not only me, but all residents, to seek out educational opportunities and projects to further our academic and professional development.**

**She’s also a fabulous patient-centered physician and role model for balancing work and family. She treated me as a colleague and a friend; we shared stories about children, cloth diapering, and the challenges of being a physician parent.”**

**– Amanda Shipp, MD**

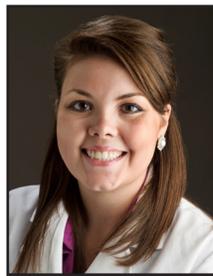
2014 FAMILY MEDICINE RESIDENT



**LAURA MORRIS**  
WITH HER HUSBAND AND CHILDREN

# GLOBAL HEALTH EXPERIENCE

**THREE MU FAMILY MEDICINE RESIDENTS: Kristina Anderson, Emily Doucette & Ashley Millham** traveled to Jamaica in March to learn and experience international medicine. The trip was incredibly valuable, they agree. “We’d highly recommend it to others,” says Dr. Doucette. “And if we had the opportunity, we’d go again!”



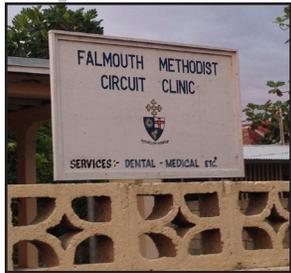
**kristina ANDERSON, MD**



**emily DOUCETTE, MD**



**ashley MILLHAM, MD**



Motivated by their passion to learn, serve, and care for patients living in an underserved community, three Family Medicine Residents participated in the School of Medicine’s annual mission trip to Jamaica. The MU group, which also included Internal Medicine Residents and medical students, worked at Falmouth Clinic, a sustainable outpatient

clinic staffed year-round by US healthcare providers. **Gordon Christensen, MD**, an infectious disease and tropical medicine specialist from the Department of Internal Medicine, served as faculty sponsor for the MU group.

“Dr. Christensen has extensive experience and fellowship training,” says Dr. Anderson. “Our goal was to learn the fundamentals of international medicine from him so we’d be prepared to practice internationally on our own in the future.”



With an attending physician there to supervise their work, the MU residents and medical students cared for 50-100 people a day at the Falmouth primary care clinic.

“We saw dermatological conditions, STIs, infectious diseases, and musculoskeletal conditions that we don’t routinely see in primary care here in the US,” says Dr. Millham. “We learned to evaluate and

treat these problems using our clinical skills.”

“In Jamaica, medications and access to diagnostic tests are extremely limited, so we learned to improvise work up and treatment plans,” says Dr. Doucette. “That was a major challenge in our efforts to provide meaningful and efficient care to patients.”

In spite of limited resources and sometimes difficult working conditions, Drs. Anderson, Doucette, and Millham appreciated the opportunity to learn international medicine. “Providing care to the ill is a privilege in any culture,” says Dr. Anderson.

“The insight we gained is incredibly important and will make us better family physicians – regardless where we practice,” says Dr. Millham.

“We believe that cross cultural competency and service learning are key parts of residency training,” says Dr. Doucette. “We are grateful for this opportunity and would encourage other Family Medicine Residents to pursue global health experiences in the future.”



This trip was supported in part with money from our **GLOBAL HEALTH TRAINING FOR FAMILY MEDICINE RESIDENTS FUND**.

The purpose of this fund is to equip residents with the knowledge, skills, and attitudes needed to deliver healthcare to diverse populations.

If you would like to make a donation to this fund, please see: <http://fcm.missouri.edu/Fundraising.aspx>

teacher appreciation: **ARTHUR FREELAND, MD**: CONTINUED FROM PAGE 3

## What about life outside of family medicine?

**AF:** Other than dedication to career, family has been my main focus. If I could claim a hobby, it has been staying active in organized family medicine and in the leadership of several non-profit organizations. Son Lucas earned a physics degree at Truman State University, then picked a new direction and is a police officer in Raytown. Our daughter Maureen, who earned an athletic training degree from Truman, works in a family physician’s sports medicine clinic in Independence. Allison, our youngest, just graduated from high school and will attend UCM in Warrensburg this fall.

My wife of nearly 30 years, Kelly, is a family nurse practitioner. Occasionally I can help her with a clinical conundrum, and through the years, Kelly has taught me to be a better patient advocate. Our children roll their eyes when the conversation turns clinical at the dinner table.

**ARTHUR FREELAND, MD** talks about the small town family medicine experience he provides students:

*“I can imagine more lucrative jobs, but I can’t imagine a career that’s more fulfilling in the things that really matter. When Mizzou students come to Kirksville and stay with us, they live the life of a small town family physician. Over the years their experiences have included helping with middle-of-the-night deliveries; working on the sideline at football games; and attending hospital meetings, Boy Scout meetings, and board meetings at our local maternity home. They’ve watched me interact with patients outside clinic and heard them provide me health updates while I’m at church, a basketball game, or the grocery store.*

*I hope that no matter what specialty my students choose to practice, they will strive to build that same sense of community wherever they land.”*





UNIVERSITY OF MISSOURI  
**FAMILY & COMMUNITY MEDICINE**  
 M224 Medical Sciences Bldg, DC032.00  
 Columbia, MO 65212

**DELIVER TO:**



**NEW FAMILY MEDICINE CHAIRS WORKSHOP**

Together with leadership from the Association of Departments of Family Medicine (ADFM), MU held the 2014 New Chairs Workshop in Columbia this June. Hosts included MU Family and Community Medicine faculty members: **Steven Zweig, MD**, Chair; **Jack Colwill, MD**, Professor Emeritus/Former Chair; and **Michael Hosokawa, EdD**, Director of Faculty Development. Special guests included **Thomas Norris, MD**, ADFM Representative and Chair of Family Medicine at University of Washington; and **Ardis Davis, MSW**, ADFM Executive Director. Three new chairs participated in this year's workshop: **Deborah Clements, MD**: Northwestern University, Chicago, IL; **Thomas Golemon, MD**: University of Illinois-Peoria; and **Diane Harper, MD**: University of Louisville, KY.

**UNIVERSITY OF MISSOURI**

Curtis W. & Ann H. Long

**Family & Community MEDICINE**

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*Vice Chair:*

Michael L. LeFevre, MD, MSPH

*Administrative Manager:*

Lori A. Johnson, MHA

*Questions and comments about this newsletter should be directed to:*

Kathy Boeckmann, MA  
 573-884-7916

boeckmannk@health.missouri.edu

To make an online donation to MU Family and Community Medicine:

<http://fcm.missouri.edu/Fundraising.aspx>

**family medicine graduates**

These alums were not included in our 2014 ASK FOR ADVICE project (pgs 6-13).

MIKE BLOOD, MD

1984 RESIDENT: Deceased 2013

YOLANDA BACON GREEN, MD

1984 RESIDENT: Weston FL

WESLEY LEE, MD

1984 RESIDENT: Deceased 1994

KEN WESTON, MD

1984 RESIDENT: Columbia, MO

DANE WICKS, MD

1984 RESIDENT: Albuquerque, NM

STAN WILSON, MD

1984 RESIDENT: Sedalia, MO

THOM DAVIS, MD

1994 RESIDENT: New Haven, MO

JACK DODSON, MD

1994 RESIDENT: Jefferson City, MO

MARK FRETER, MD

1994 RESIDENT: Deceased 2013

JUSTIN JONES, MD

1994 RESIDENT: Columbia, MO

JENNY FRAZIER, MD

2004 RESIDENT: Rowlett, TX

SETH MILLER, MD

2004 RESIDENT: Rowlett, TX

WARREN STARK, DO

1994 FELLOW: Kansas City, MO

BRENT ALLMON, MD

2004 FELLOW: Woodlands, TX

**University of Missouri Recognized for Building the Family Medicine Workforce**



For the second year in a row, MU was chosen by the American Academy of Family Physicians (AAFP) to receive the **AAFP Top Ten Award**. This award recognizes medical schools that – during a consecutive three-year period – graduated the greatest percentage of students choosing family medicine residency positions. For the years 2011-13, MU ranked fourth in the nation in number of graduates pursuing family medicine. The **AAFP Top Ten Award** was presented at the 2014 STFM conference.