

Family & Community

MEDICINE

Summer 2019

UNDERSTANDING & ADDRESSING DISCRIMINATION

OVAIS HASAN has not experienced discrimination in Columbia, MO, but he did have a couple episodes in Texas when he was surprised by how others treated him. He describes one of them:

“One time, this is very amusing, when I was driving to my clinic in Dallas, some guy honks at me, screams something I couldn’t understand, and then shows me a body part (the finger). I didn’t think much about it and drove onto clinic. My second patient that day just happened to be this man, and when he saw me, he apologized. I laughed. I asked if he knew who I was and he said, ‘I had no clue.’ I asked him why he did what he did and he said, ‘Honestly, doc, I don’t like brown people or people with beards.’ When I told him he had a beard, he replied, ‘Yeah, but I’m different. My beard is not the same as beards that people like you have.’ He was Caucasian.

I thought fair enough and asked how I could help him. After learning about his issues, I changed his meds and asked him to return in a month so I could re-assess his health. I never expected him to come back, but he did. And he stayed my patient until I moved. He even referred me to his family and friends.

One time at a later date, he told me, ‘You know, doc, you’re not that bad, and that’s a compliment.’ When I asked what changed his mind, he said that he’d never met anyone like me before and just believed what he saw on TV and read in the news. But after meeting me, he realized I wasn’t a bad person.

I asked him to reconsider his opinion about others like me because many are good, likable people. I asked him not to assume people are bad if he didn’t know them. He understood my view. I’m glad this happened to me. I’d like to think that I changed not only his opinion but the opinion of his family, friends, maybe his community.

The majority of the time, I don’t think people look at or think of me differently. Everyone treats people who look different a little differently; it’s human nature. We don’t know or understand their norms/cultures/language. People ask about my nationality, but that’s because they are curious, not threatened, by me. Exposure is so important. If we talk to people and experience other cultures, things will improve over time.”

OVAIS HASAN: WHAT A STAR!

Ovais Hasan's incredible experiences, wisdom, tolerance and compassion promote peace, happiness, understanding and diversity among his patients, colleagues and community!

For most people, flying is a quick and convenient way to travel, but not for Ovais Hasan. Ovais was born in Pakistan and has lived in Canada, New York, Texas and Missouri, so he’s an experienced traveler who has boarded planes in airports around the world.

“I’m used to being randomly selected for security checks every time I fly. It’s not unusual for airport security guards to laugh when they see me and warn me that I’m in for a long day,” Ovais says. “Many people have one or two black-listed names, but I have three ... Syed, Mohammed and Hasan. And I have a beard.”

Syed Mohammed Ovais Hasan, MD, is an MU Family Medicine physician who is trusted and respected by his patients, students, colleagues and people in his community. They describe him as caring, understanding, rational and calm. And Dr. Hasan is tolerant, so even though being pulled aside for secondary screenings and pat-downs every time he flies is time-consuming and inconvenient, he doesn’t complain.

“I’ve always been a firm believer that you do what you need to do to preserve the safety/security of people. And if the purpose of this process is to ensure the security of people, I can accept it,” he says.

Dr. Hasan’s concern for people’s health and safety is strong and fuels his drive to be and do his best as a family physician. After earning his MBBS (Bachelor of Medicine, Bachelor of Surgery) at Aga Khan University Medical College, Karachi, Pakistan, Dr. Hasan was sure about one thing: he didn’t want to be a surgeon. To help him decide between anesthesiology, radiology and family medicine, he com-

pleted a radiology elective and a one-year anesthesiology fellowship at the University of Toronto. Neither experience provided the human interaction Dr. Hasan enjoyed and needed as a physician. He enrolled in the Family Medicine Residency at St. Joseph’s Hospital, State University of New York (SUNY) to pursue what he defines as the charm of family medicine.

“Family physicians get to look at everything, and we get to know and build relationships with patients over time, he says. “The more you know a patient, the more you care about them. Helping human beings ... that’s the greatest act any of us can do in our lives.”

In 2009, both Dr. Hasan and his wife, Dr. Mariam Gill, whom he met during medical school and married 11 years ago in Toronto, began their residency training at SUNY ... Dr. Hasan in family medicine and Dr. Gill in pediatrics.

Residency was thoroughly enjoyable for Dr. Hasan, he says; it validated his decision to be a family doc.

OH: WHAT A STAR!

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OVAIS HASAN, MD
ASSISTANT PROFESSOR: MU FAMILY MEDICINE

CHAIR'S MESSAGE

It seems change is one of the few things we can count on with the passing of time. I think I can safely say that when we rang in 2019 neither Steve Zweig nor I anticipated the changes in our lives that transpired this spring, but now Steve is the Interim Dean of the School of Medicine and I am the Interim Chair of the Department of Family and Community Medicine. Although these changes were unanticipated, I am grateful for the opportunity to serve.

Family Medicine has changed. Some of that change is reflected in the words of our graduates in this newsletter. Not all of the change has been easy, and some of it has been and continues to be challenging. Knowledge has exploded, patients are sicker, acute care has become chronic care, expectations are higher, and we yearn to spend more time with our patients and less time with things we feel irrelevant to their health. We rise to these challenges.

Some things have not changed, and never will. There is joy in the work that we do, and much of that joy comes from the relationships we forge. These relationships are therapeutic for our patients, but are also healing for us. As Barb Levin and Josh Gettinger remind us, "One thing never changes – if you love your patients and community – they will love you back."

You are a part of "the family" of Family and Community Medicine at the University of Missouri. I am proud to be in your company.



MICHAEL LEFEVRE, MD, MSPH
PROFESSOR AND INTERIM CHAIR
FUTURE OF FAMILY MEDICINE
ENDOWED PROFESSOR

MU FAMILY AND COMMUNITY MEDICINE FACULTY FOCUS

WELCOME

ZUHAL KADHIM, MD, assistant professor, is joining our faculty and the medical team at South Providence Family Medicine. In addition to practicing outpatient family medicine, Dr. Kadhim will attend for residents in clinic and on our inpatient service.

Dr. Kadhim grew up in Canada but lived in other places during her childhood. She earned her medical degree from Saint James School of Medicine, Bonaire, and completed her family medicine residency at Mount Sinai Hospital, Chicago, this spring. She and her husband, Dr. Salim Al-Jabari, a pediatric intensivist, had their first child this year. Olive was born on February 22 in Hinsdale, IL.

When Zuhal is not working, she is with her husband and their beautiful baby princess. Her hobbies include hiking, canyoning, kayaking and cooking.



JOSH SMOTHERS, MD, assistant professor, is joining our faculty and the medical team at South Providence Family Medicine. In addition to practicing outpatient family medicine, Dr. Smothers will attend for residents in clinic and on our inpatient service.

Born and raised in Champaign, IL, Dr. Smothers graduated from Southern Illinois University (SIU) School of Medicine, and he completed residency training at SIU Family Medicine, Springfield, IL, this spring.

He met his wife, Reiana Mahan, in 2015 when she was interviewing for medical school at SIU. Josh and Reiana married on May 4th in St. Louis. Dr. Mahan is an intern in MU's Family Medicine Residency program.

In his free time, Josh enjoys craft beer, playing board games, working out and reading fantasy novels.



JOY ALEXANDER, MSW, PhD, was recruited to serve as department administrator for MU Family and Community Medicine. She replaces Mike Anderson, who accepted a role in MU Health Care Administration.

Joy, who earned her BS in psychology from the University of Iowa, Iowa City, and her MSW from the University of Iowa, Des Moines, is completing her doctorate in business administration from the University of Phoenix, AZ. Before joining MU, Joy was an assistant professor at Culver-Stockton College in Canton, MO. From 2006-17, she served as vice president of marketing and strategic growth at Crop Production Services: Golden Furrow, Eldon, IA. And from 1996-2008, Joy was vice president of the inpatient and outpatient clinics and behavioral health units for Ottumwa Regional Health Center, Ottumwa, IA.

Joy and her husband, Troy, live on a farm in Memphis, MO, with their blended family that includes five sons and one daughter. When she's not working, Joy likes to travel, head to Lake Ozark, and watch high school/college athletic events.



CONGRATS

SONAL PATIL, MD, MSPH, assistant professor, was selected to be a 2019 Health Disparities Research Institute Scholar. This institute, organized by the National Institute on Minority Health and Health Disparities, will take place August 12-16 in Bethesda, MD. The goal of this experience is to provide participants a broad overview of the leading issues facing minority health and health disparities research and to stimulate discussion of proposed research projects. Nearly 500 investigators from across the US apply for the annual institute, but only 50 candidates are selected to participate.

"I am so proud and very excited about this honor," says Dr. Patil. "And I am very thankful to my mentors (David Mehr, Robin Kruse and others) for their glowing recommendations and guidance during the application process."

Dr. Patil is a health services researcher and family physician interested in improving individual and population-level health outcomes in low-resource communities (rural/underserved). Her research focuses on building sustainable clinic-community linkage interventions that fill health service gaps and reduce health disparities, particularly related to cardiovascular disease.



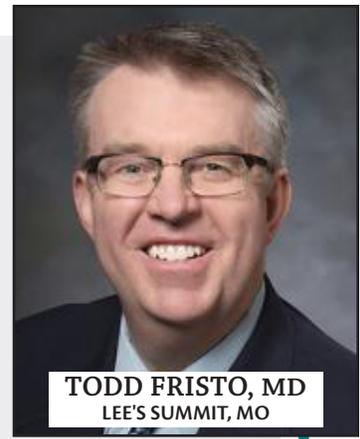
TODD FRISTO, MD

FAMILY PHYSICIAN & TEACHER

TODD FRISTO, MD, earned his medical degree from the University of Nebraska in 1988, then completed family medicine residency training at Truman Medical Center-East, Kansas City, MO. For more than 25 years, Dr. Fristo has practiced family medicine in Lee's Summit. He has also been an active member of his community – volunteering at the Kansas City Free Health Clinic and at area schools, and he precepts medical students from the University of Missouri. Dr. Fristo earns strong words of praise from the students who have worked with and learned from him:

“DR. FRISTO immediately welcomed me to his practice, letting me see patients on my own and asking my opinion on next steps, which I appreciated. He did an excellent job teaching me about the clinical application of medicine, physical exam findings, and interpretation of imaging and laboratory data. Dr. Fristo treats patients with respect and dignity, and as a result, the bond he develops with them is strong and amazing.”

“DR. FRISTO provided many opportunities for me to hone my history taking and physical exam skills, and he challenged me to propose next steps or make tentative diagnoses. This helped to considerably boost my confidence when working with patients. If I didn't know or wasn't sure about an answer, he taught me instead of embarrassing me. He has an impressive knowledge base and is adored by essentially every one of his patients. Dr. Fristo is the highest caliber of mentor – someone who has mastered the skills he is teaching, yet still remembers how to relate to his students.”



TODD FRISTO, MD
LEE'S SUMMIT, MO

Why medicine ... why family medicine?

DR. FRISTO: I grew up on a farm in western Nebraska. A personal health issue that my family experienced while I was growing up led me to consider a career in medicine. My younger brother was diagnosed with brain cancer at age 10, and during his illness, my parents made frequent trips to Denver for his treatments. By the time my brother died at age 13, I had developed an understanding about the importance of doctors and health care.

After finishing all my rotations in med school, I knew I wanted to do a little of everything so I pursued family medicine. I like knowing and caring for people of all ages, and I enjoy doing everything I can to keep them healthy.

How would you describe your practice?

DR. FRISTO: I practice outpatient medicine at Saint Luke's Primary Care Medical Group in Independence, MO. My patients include newborns through the elderly, although my pediatric practice has been decreasing in recent years. I gave up nursing home seven years ago but continue to do part-time hospital work.

Why did you start teaching?

DR. FRISTO: I believe that physicians have a responsibility to give back to medical education. As a med student and a resident, I had opportunities to learn from other physicians. I probably didn't appreciate it as much as I should have back then, but now I'm aware of the time and commitment teaching requires. I also understand the importance of helping students learn and experience patient care in the exam room, with the physician and the patient present.

Describe the doctor/student experience?

DR. FRISTO: I enjoy teaching and am grateful to learn what the students are learning in medical school. I don't have time to read every journal when it's published, so students sometimes keep me

current with EBM. However, EBM doesn't always work out here when we're doing real world things. Some of what I do is EBM, and some falls into the category of the art of medicine and doing what works best for the patient.

It's fun to work with learners from different generations. They probably have more scientific knowledge than me, so I try to teach them the non-scientific parts of medicine. Patients want a doctor who listens, cares, treats them with respect and validates their concerns. I teach students that no matter what they think about a patient's concern, they should never dismiss it.

I want them to take time to get to know and build relationships with their patients. They learn the technical stuff in school; I teach them skills they can use in the exam room.

What's the most rewarding part of your job?

DR. FRISTO: I feel fortunate for the relationships I've built during my career and grateful for the opportunities I've had to know, help and make a difference for patients and their families.

What about the challenges?

DR. FRISTO: Doctors are driven to do their best. But when we see metrics that suggest we aren't doing very well, we can feel stress instead of joy at work. In some ways, metrics don't help because we're already trying to do our best.

The influence that insurance has over what we try to do as physicians is another challenge. Requiring prior authorizations is ridiculous, time consuming and unnecessary.

What makes you want to come to work every day?

DR. FRISTO: I look forward to the daily interactions with patients ... visiting with them, finding out what's going on, and managing their medical conditions as optimally as I can.

I'm fortunate to have great colleagues, six family physicians plus a med ped specialist. My partners are all ages and get along well. We have a great staff, too! We treat each other like family.

Family/hobbies?

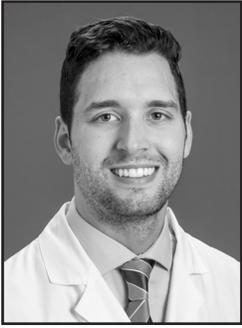
DR. FRISTO: My wife of 22 years, Patricia, and I have three children, ages 16, 18 and 20. We live on five acres in rural Jackson county. In my free time I like to swim and piddle around on our land, and in the evening we enjoy watching mystery movies.



TODD FRISTO FAMILY

CONGRATULATIONS TO OUR RESIDENCY GRADUATES

CLASS OF 2019



Nicholas Bratten, MD

Nick and his wife, Jayme, along with their children, Francis and Cora, are moving to Springfield, MO. Nick will be practicing as a hospitalist at CoxHealth South Medical Center.



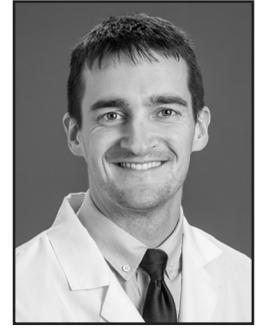
Benjamin Crary, DO

Ben, his wife, Whitney, son, Lincoln, and daughter, Harper, are moving to Butler, MO, a rural community south of KC, where Ben will practice inpatient and outpatient family medicine.



Geoffrey Dankle, MD

Geoff, his wife, Jeanna, and son, Owen, are moving to Indianola, IA, a town south of Des Moines. Geoff is joining MercyOne to practice outpatient family medicine and urgent care.



Brady Fleshman, MD

Brady and his wife, Kara, are moving to Lexington, KY. Brady will begin the year-long Primary Care Sports Medicine Fellowship program at the University of Kentucky.



John Jayroe, MD

John and his wife, Colleen, who are expecting their first children – twins – in October, are returning to Little Rock, AR, where he will practice at Little Rock Family Practice Clinic.



Kristen Killen, MD

Kristen, her husband, Tyler, and their son, Nick, are moving to Ozark, MO. Kristen will be practicing family medicine with COX at the Ferrell-Duncan Clinic in Springfield.



Parker Kohlfeld, MD

Parker is moving to Cape Girardeau, MO, with his wife, Kaley, daughter, Micah, and newborn son, Hayes, where Parker will practice outpatient medicine at Southeast Health.



welcome
new faculty member!

Kaci Larsen, MD

Kaci is staying in Columbia to join our faculty and practice at MU Fayette Family Medicine clinic. Kaci plans to pursue her MBA at Mizzou and will begin her classwork this fall.



Stephanie Lersch, MD

Stephanie and her husband, John, are moving to Clinton, MO, where Stephanie will practice outpatient family medicine at a Golden Valley Memorial Healthcare clinic.



Kaitlin Saucier, MD

Kaitlin will practice outpatient family medicine with Jefferson City Medical Group. Kaitlin and her husband, Aaron, have a daughter, Elizabeth. Their second child is due in August.



Calvin Tai, MD

Calvin is returning to Toronto to practice outpatient family medicine with his father. While Calvin is sad to leave MU, he is excited to go home and watch the Maple Leafs play.



Aaron Wood, MD

Aaron, his wife, Lindsay, and their daughter, Zoe, are excited to be moving back home to Texas. Aaron will practice family medicine with Christus Medical Group in New Braunfels.

A NEW CLASS OF FAMILY MEDICINE RESIDENTS

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

RESIDENT (LEFT TO RIGHT)

MEDICAL SCHOOL

ROW 1	Zachary Barker, DO	Lincoln Memorial University: Harrogate, TN
	Brook 'Beau' Bounous, DO	AT Still University: Kirksville, MO
	Diane Bussan, MD	University of Wisconsin: Madison
	Oyenmwun Edo-Ononba, MD	Ross University: Barbados
ROW 2	Jason Fultz, DO	VCOM-Auburn University: Auburn, AL
	Eva 'Veronika' Kiss, MD	University of Szeged: Hungary
	Cynthia 'Brea' Lombardo, MD	University of Missouri: Columbia
ROW 3	Reiana Mahan, MD	Southern Illinois University: Springfield
	Ryan Muehling, MD	University of Nebraska: Omaha
	Oluwatoke 'Toke' Omiwade, DO	Nova Southeastern University: Ft Lauderdale, FL
	Marc Propst, MD	University of Missouri: Columbia
ROW 4	Humza Quadri, MD	Ross University: Barbados
	Jacob Seevers, DO	AT Still University: Kirksville, MO
	Stephanie Zafiris, MD	Saba University: Dutch Caribbean



INTEGRATED RESIDENTS:

FOURTH-YEAR MU MEDICAL STUDENTS: (LEFT TO RIGHT)

Maggie Brennan
Dalton Lohsandt
Nicole Seddon



CONGRATULATIONS 2019 HOSPICE AND PALLIATIVE MEDICINE FELLOW

ABDUL HANNAN, MD

Dr. Hannan earned his MD from King Edward Medical University, Pakistan, and completed his internal medicine residency at East Tennessee State University, Johnson City, before starting his HPM fellowship at MU last year.

Abdul Hannan, his wife, Sadia, and their children: son, Aayan, 9, daughter, Rameen, 5, and infant daughter, Ayeza, are moving to Springfield, IL, where Abdul will begin a hematology/oncology fellowship at the Southern Illinois University Simmons Cancer Centre.

WELCOME 2020 HOSPICE AND PALLIATIVE MEDICINE FELLOWS

BENJAMIN COLLIE, MD

Dr. Collie just completed his internal medicine residency at Loyola Medicine.

MEDICAL SCHOOL:

Universidad de Montemorelos: Nuevo León, Mexico

INTERNAL MEDICINE RESIDENCY (2019):

Loyola Medicine MacNeal Hospital: Berwyn, IL

BRADLEY LABENZ, MD

Dr. Labenz is an assistant professor, University of Missouri Anesthesiology.

MEDICAL SCHOOL:

University of Missouri

ANESTHESIOLOGY RESIDENCY (2006):

University of Missouri Health





JEFF BELDEN
AND HIS WIFE SANDY

“As family physicians, we have flexibility to explore, expand and branch out to areas of interest that connect to our mission of caring for people, families and their communities. These explorations can inspire us, renew us and sustain us.

We can't know what shape our careers might take as the world around us changes (health care finance, global warming, role of water in a changing planet), so we need to use our curiosity and adaptability to face the future.”

Jeff Belden, MD
RESIDENCY CLASS OF **1979**

DR. BELDEN: “I've spent the past 12 years at the University of Missouri in Columbia, initially doing 50/50 patient care and EHR usability work. Now I'm phasing out the career, going to half-time in July, then retiring completely January 2020. I retired from patient care more than two years ago, and still working usability of the EHR (development, training, research).

Sandy (now retired) and I are enjoying more time together, balancing togetherness with solitude. We have family and friends struggling with their health, so we find ourselves supporting them lately. We're finding ways to work on racial justice in our community.

Our sons are scattered. Stuart, 39, has been working the past five years in Hong Kong for Riot Games, maker of the computer game, *League of Legends*. He told us he'll be eligible for Hong Kong citizenship in two years (sounds permanent). Our youngest, Mark, 30, is in New York City doing video production and thriving in the city. Scott, 33, lives here in Columbia, renting Stuart's home. He's in a career transition, leaving teaching students with Autism Spectrum at Rockbridge High School. He's considering his options as I type. No grandchildren on the horizon.”



COREY EVANS

- “1. Truly enjoy your work.
- 2. Make sure you develop a good work/personal life balance.
- 3. Do not neglect your health ... eat right and exercise.”

Corey Evans, MD
RESIDENCY CLASS OF **1979**

DR. EVANS: “I am still working in family practice and also as director of CME at St. Anthony's Hospital, which is part of Bay-Care Health in St. Petersburg, FL. I also do some sports medicine and palliative care on

the side. My most fun activity is traveling with University at Sea and giving lectures to docs and mid-levels on a variety of topics. Encourage your practitioners to join us; we have a great time!”

“Family medicine offers a wide diversity of opportunity for practice. Try to find a position that is satisfying from a personal and professional perspective for both you and your family. If you can find that job, you and your family will be much happier, and your patients and peers will appreciate your attitude.”

Jim Bohan, MD
RESIDENCY CLASS OF **1979**

DR. BOHAN: “After nearly 40 years, I still do family medicine in Jacksonville, IL; a few of my patients have come to me since I started practicing. For 20 years, Memorial Health System has been a good fit for me. Although I've adapted to current standards and technology, I'm able to continue using most of the skills and training I learned at Mizzou. I truly enjoy spending time with and being part of the lives of my many wonderful patients.

Jeanine and I have been married for more than 43 years and can still recall our first trip to Columbia. Jeanine was in the FNP program and continues to practice on a part-time basis. We've been involved in various community groups and activities, but the highlight of lives has been our family. We have three children who make us proud. They were a joy to raise and watch grow, and now live in Dallas, Kansas City and New York City. We look forward to our visits with them and our four wonderful grandchildren.

Medicine has afforded me many opportunities; traveling is something Jeanine and I especially enjoy. Besides visiting our children, we take annual trips to Europe, where we experience different kinds of art and culture. We often travel with my college alumni association which has allowed us to make new friends and reconnect with old acquaintances.

The years we spent in Columbia could not have done a better job in preparing us for our future!”



JIM BOHAN
AND HIS WIFE JEANINE

“Life slips away so quickly. Looking back, it seems residency was just a few years ago. So, my advice would be to work hard, but also have a whole lot of fun!”

Kristina Erickson, MD
RESIDENCY CLASS OF **1979**

DR. ERICKSON: “I boarded in emergency medicine after several years in family medicine, and have practiced emergency medicine in Tucson, AZ, for some 30 years. I continue to work part-time and enjoy traveling more. During my spare time, I love spending time with my three adult children.”



KRISTINA ERICKSON



KIT LORENTZ

“For most of you, you won’t need to know much about practice management or the business of medicine — unless things change radically, because soon you will be an employee and others will be taking care of that aspect of your practice. And you won’t make a lot of money, so be sure this is your calling.

There’s great work to be done, and people will turn to doctors in their need: be prepared to be totally there for them and

their families (whomever that may be for them). There will continue to be constant changes to your profession: stay current IN YOUR KNOWLEDGE, but be skeptical of the latest things, particularly things pharmacological, and be conservative and patient-centered in your clinical practice.”

Christopher (Kit) Lorentz, MD
RESIDENCY CLASS OF 1979

DR. LORENTZ: “I just finished a 1.5-year job directing an ED in a small, rural community hospital in New England. I loved the patients, my ED staff, the area and the community, but found that, on the East Coast, ‘director’ now means lowest-level, track-everything, control-little agent of the corporate over-world. A big regional health care system was in the process of taking over, and our contract was terminated.

I moved back home to Maryland and decided to take a few months doing things dear to my heart. In April, I organized a concert in Charlottesville by my college a cappella choral group, and I’m currently on a two-week tour with them in Russia. After the dust settles, I’ll decide on my next professional gig.”



STEVE ROSE

“Be flexible and expect change; we all make major decisions based on flawed information.”

Steve Rose, MD
RESIDENCY CLASS OF 1979
DR. ROSE: “Currently, I am professor of clinical radiology, University of California, San Diego; member of the Vascular and Interventional Radiology Division, and the section chief, Interventional Oncology.

While serving in the National Health Service Corps in Juneau, AK, I published my first of many manuscripts: ‘Bear Maulings in Alaska.’ After an on-call 04:30 epiphany, I retooled my career with a residency in diagnostic radiology and fellowship in angiography. My scenic tour as an itinerate attending interventional radiologist took me to Duke, University of Utah, UCLA and Virginia Mason Clinic, before settling down in Nirvana at UCSD (25 years and counting).

My clinical and research focus has been on image guided locoregional treatment of liver cancers. I owe a debt of gratitude for the relevance of this field to a virus that was unknown to medicine while I was in medical school: Hepatitis C.”

“Stay true to your values and don’t be afraid to change course or add in something new to what you are doing. Don’t stop asking questions. I entered academics and got involved in research after practicing for nine years. I got into geriatrics and subsequently also palliative care, as these are neglected areas where I recognized I could make a difference for people.”

David Mehr, MD
RESIDENCY CLASS OF 1979

DR. MEHR: “I am finishing 27 years as faculty at MU Family Medicine, where I serve as a senior researcher and do some clinical work. I stopped doing primary care a few years ago; increasingly my clinical focus has moved to palliative care. I’m taking the retirement buy out offered by MU this year and will be retiring September 1.

Ann and I became grandparents a year ago and are enjoying granddaughter, Lennox. On May 20, I had my first major experience on the other side of the stethoscope, as I slipped on some unseen water and fractured my left patella. As I write this, I am recuperating from surgery.

Post-retirement, I will continue working part-time, doing mentoring, collaborative research and covering our palliative care service. Beyond that, I look forward to more traveling, reading and time on the bicycle.”



DAVID MEHR AND HIS WIFE ANN



DAVID AND LENNOX

“Despite all the ups and downs of a medical career in the era of a screwed-up health care system, this is still a great life. One thing never changes – if you love your patients and your community – they will love you back. Don’t give up your ideals, and set your expectations high.”

Josh Gettinger, MD
Barb Levin, MD
RESIDENCY CLASS OF 1979

DR. GETTINGER AND DR. LEVIN: Barb continues to focus on public health and has opened Access Medical Care of Monroe County, a practice that primarily serves an older adult population in rural East Tennessee. Meanwhile, Josh joined the faculty at Mountain Area Health Education Center, Asheville, NC, six years ago. He teaches family medicine and serves as the residency program’s Behavioral Health and Community Engagement Champion. “Teaching the new generation of family physicians has renewed my faith in the future of medicine,” says Dr. Gettinger. In addition, he serves on the North Carolina Council for Developmental Disabilities and the Mental Health Section of APHA, and he works on ACEs in his community.

Family updates: Sunny, 41, is married and works for Google in Jacksonville, FL; Becky, 39, lives independently and works for McDonalds; Ellie, 38, is married and serves as the Education Director of the Jewish Museum in Milwaukee, WI, and Joe, 31, is working on Google’s Driverless Car Project in San Francisco, CA. Josh and Barb have four grandchildren.



JOSH GETTINGER



BARB LEVIN

“Maximize freedom, minimize debt. Care for your soul. Know what you want. Change when things don't fit. There are no mistakes, just lessons. Show more curiosity, less defensiveness. Listen to your patients; they often have a good idea of what is going on with them, and sometimes they may have medicine for you. Be kind to yourself. Embrace feedback.”

Elizabeth Allemann, MD
RESIDENCY CLASS OF **1989**

DR. ALLEMANN: “I have a solo primary care practice in Columbia, where I see folks who have an internal locus of control and lots of questions. They live contrary to one or more prevailing paradigms and are willing and able to pay cash at the time of service. Acupuncture gets more rewarding the longer I do it. I stopped providing maternity care and don't know how midwives do continuity birth work past age 40!

My husband retired to make music and sawdust; my daughter is 19, and I've expanded my hours. I'm doing medication-assisted treatment/buprenorphine. Folks in recovery are strong just like people giving birth. I'm participating in an equine therapy pilot project that helps people address trauma non-verbally.

I'm helping Dr. Ellis Froeschle (FCM Res '90) with the release of oral restrictions in infants with tongue and lip ties. Ellis does amazing work. Witnessing moms and babies relax into themselves as these issues are addressed is like going to church. I'm providing prepaid health care to employees of small businesses.

I love my work and am excited to be able to do more of it. It was a joy to step into part-time work so I could embrace motherhood, homeschooling and farm-y things, but perhaps it's an even greater joy to walk back into more full-time doctoring.”

“Pursue your passion in your career and in the rest of your life. Save and plan for the future, but don't forget to smell the roses along the way! Remember that each patient interaction is a gift, and part of your job is to figure out what the gift is and to appreciate it. Make time for the things that recharge you. Cultivate the important relationships, and never stop growing or spending time with those who push you to do so, professionally and personally.”

Adam Balin, MD
RESIDENCY CLASS OF **1989**

DR. BALIN: “I've slowly divested many of my roles and responsibilities in the past few years. I practice at SSM Health in Oregon, WI, three days per week doing outpatient medicine only. I share call with so many docs that it's now only about six-seven days a year, with a weekend or two ... plus one holiday call every other year. What a change from long ago! I stopped doing inpatient work, OB and prenatal care. While I miss the intense bonding and continuity with patients these responsibilities offer, I don't miss the hours they require.

I just handed off my last role in clinic administration to a young protégé; now I'm coming to terms with what it means to relinquish responsibilities in the design of our health care delivery system. Our clinic continues to be a pilot for innovation, but I leave it to others to worry about the 'big picture' now.

In a month I'm dropping to two days of clinic per week and hoping that won't make me feel too disconnected. I still teach med students in clinic and attend ½ day/month at a University of Wisconsin residency clinic. I serve on two boards related to promulgating prolotherapy and may be handing those off soon.

Much of my free time is spent fly fishing or in other outdoor pursuits, like kayaking, camping, hiking, gardening and trying to recreate a prairie at our river valley property in the Driftless area. I love traveling, visiting with and entertaining friends and family, reading, and rebalancing life as I enter my pre-retirement phase.”



ADAM BALIN IN A ZEN PLACE



GENA GARDINER

“Always remember your worth to the profession and our patients. I believe that big corporate systems will continue to try to overwork and undervalue us and that we have to speak up about what is important to us. Keep your colleagues close as you are always more effective in numbers. Don't lose sight of the 'why' of medicine.”

Gena Mathews Gardiner, MD
RESIDENCY CLASS OF **1989**

DR. GARDINER: “I'm currently working

for a large medical group in St. Louis. My career started in Oklahoma City where I married my husband, Bob, and had two sons, Eugene and Ryan. We then moved to Germany where I was a civilian physician for the Army. About 10 years ago, we moved back to the US and landed in St. Louis. (My sister lives here, and my Missouri license was still current!) I've been practicing here since then. My husband has retired and is the family chef and woodworker.”

“Learn to recognize the seeds of what brings you joy and happiness, and nourish them every day.”

George Solomon, MD
RESIDENCY CLASS OF **1989**

DR. SOLOMON: “I retired from my Columbia, MO, family practice in 2016, after my diagnosis of prostate cancer. I decided to see what life was like without time pressure. Now, every day is Saturday!”



GEORGE SOLOMON AND HIS GRANDCHILD



JILL MURPHEY
AND HER DAUGHTER COREY

“Medicine is changing with a saturation of mid-levels and increased supervisory requirements of practicing providers. Be the best you can be, but also be aware bad things happen that might be out of your control. Life is short; your family and friends are important and at the end of the day, you must find peace with yourself. Push yourself to capture data analysis and IT skills. Remind administrators that as a physician you bring a skill and art to medicine, coupled with an intrinsic understanding of human sickness that cannot be captured in a mid-level’s education. Remind physician directors that it’s important they have their physicians’ backs. I hope that your medical director lives up to the same standards as Dr. Randy Mueller (FCM Res ’87). They make no finer friend, medical director and ER/FP mentor. My best to the class of 2020!”

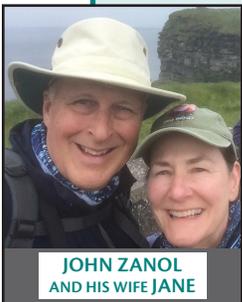
Jill Murphey, MD
RESIDENCY CLASS OF **1989**

DR. MURPHEY: “I remain where I started, still doing ER work at Boone Hospital in Columbia, MO, but physically, I live near Boulder, CO, and travel to Columbia twice a month to work. I’ve learned that beautiful places are bad math when trying to balance the life-work equation. My place is drop-dead beautiful, but my house costs more and the physical pay is less in this area.

Life is busy. My daughter has added a puppy to our fold of three Golden Retrievers, and my father has also joined our flock. In Colorado, I do wound care at Front Range Homecare Services, and urgent care in Boulder – where life is chill, turmeric is king, and probiotics and wellness are global queens, which helps a grumpy old ER doctor reprocess wellness into kind topical karma.

My daughter, Corey, 29, is a mechanical engineer and works for a company in Hudson, CO, that recycles waste tires in an attempt to use them for industrial/commercial applications.

I send hugs to my classmates and hope life is good for all.”



JOHN ZANOL
AND HIS WIFE JANE

“Don’t allow your lifestyle to dictate the terms of your professional life.”

John Zanol, MD
RESIDENCY CLASS OF **1989**

DR. ZANOL: “I’m fully retired from practice. I moved back to my hometown, Wenatchee, WA, in 2010, worked part-time for a couple of years, then finished in 2013.

Now I hike most days, ride my bikes, paddle my kayak and look at birds. My only organized

activity is volunteering on our local land trust board. We’ve been preserving salmon habitat in the riparian areas of local watersheds, and are now starting to work with agricultural easements to preserve family farms and drylands habitat. Cool stuff!

My wife, Jane, has made the transition from English professor to mountain girl. We’re having a great time. My father died a few weeks ago, age 91, in bed. My mom, 90, is active and healthy. I am very glad I moved back to have these years with them.”

“ 1. I hope you learned as much as you could during residency. There’s no way to predict which skills you’ll need in the future. Family medicine changes over time. You must, too.

2. Be good and true to yourself. Try new things; love your family; play as hard as you work. If you are not healthy, your family, patients and colleagues may suffer.

3. Consider using your expertise/skills in a rural setting. It is frightening, rewarding and empowering; and you won’t find a better lifestyle. You will be needed, respected and cherished.

4. Be involved in the preservation of your profession through advocacy for your patients and your colleagues. Every year unenlightened bureaucrats attempt to destroy the relationship that develops between us and our patients. Be active in your State Medical Society, your state chapter of AAFP, and the national AAFP. Medicine is not a spectator sport. If you blow it, we old gals and guys will hunt you down!”

Keith Ratcliff, MD
RESIDENCY CLASS OF **1989**

DR. RATCLIFF: “After residency I moved to St. Louis and practiced emergency medicine at the trauma center where I met my wife, Judy. A few years later, we moved to Washington, MO, where I continued to do rural emergency medicine but eventually joined the practice of three other MU Family Medicine alumni: Tim Long (FCM Res ’81), Jim Turner (FCM Res ’78) and Kim Colter (FCM Res ’81). We were known as Tim, Jim, Kim and Him until five years later, when Tom Davis (FCM Res ’94) joined us; we called him ‘Slim.’ Our group hired two other MU grads: Kelly Bain (FCM Res ’94) and Andy Valleroy (FCM Res ’16). We were blessed to be able to do full-scope FM while our practice and community grew rapidly.

We merged with an internal medicine practice in 1998 to form Patients First Health Care. During the next decade, our multispecialty practice grew to 65 physicians in 14 sites, and we developed a digital imaging center, urgent care, cardiology center, surgery center, cancer center and professional liability insurance company. In 2012, we merged with Mercy Health. Judy and I worked on a direct primary care model practice several years, and since 2018, I’ve been enjoying family medicine at Mercy Clinic in New Haven.

Judy and I have lived in Washington since 1991 on an 80-acre tick farm complete with native weeds, wild critters, a truck, tractor, brush hog, barn, air compressor, assorted tools and other dangerous objects. We have two ponds with catfish, perch and bass; pasture and woods; a shooting range; soybeans, and a few gullies.

In 1997, we traveled to St. Petersburg, Russia, and adopted Anastasia and Michail. Two years later we took a trip to Minsk Belarus and adopted Elona and Nicholas. We decided not to travel abroad any more; the souvenirs we come home with are a lot of work! Ana graduated from Colorado State with a master’s degree in public health, and Elona graduates from Missouri State’s theater program in 2020. Michail attends community college, and Nicholas works full-time. Judy retired from nursing in 2018, and I still work so that we can all have health insurance!”



KEITH RATCLIFF FAMILY



ANNE FITZSIMMONS

“Be thorough, your patients are depending on it. Work smarter, not longer, and figure out how to streamline your work. Laugh every day. Exercise. Be sure to respect the people you work with, particularly your nurse; you are a team and sometimes you will perform duties that you didn’t expect to be doing when you were in residency. Always carve out time for yourself, friends and family.”

Anne Fitzsimmons, MD
RESIDENCY CLASS OF **1989**

DR. FITZSIMMONS: “I’ve been practicing/working in our beloved Department of Family and Community Medicine as faculty since 1992! I see patients at our gorgeous South Providence building that opened in 2015. Much of my time is in administration as the medical director for our outpatient family medicine and HyVee Quick Cares clinics. In that role, I get to use the quality improvement tools I learned and love. We want our clinics to run like well-oiled machines; I oversee and work with all of our clinic medical directors and managers to achieve that goal. I occasionally attend for residents in clinic, and I have some institutional roles, but most of those are boring.

My son (Dan, 28) is married; Ellen got married in June, and the third (Mary Jane) is working in Detroit! I’m in the process of downsizing and will be moving next door soon.”

“Be flexible. Family medicine gives you tons of options regarding career path. Try one. Try another. Read ‘Arrowsmith’ by Sinclair Lewis. You can work in student health, urgent care, family medicine, research, politics, health insurance, administration, business or emergency medicine. You can choose the number of hours you want to work. You can focus on geriatrics in nursing homes, wellness, weight management or pain management. You are trained to do so many things; you should never feel trapped.

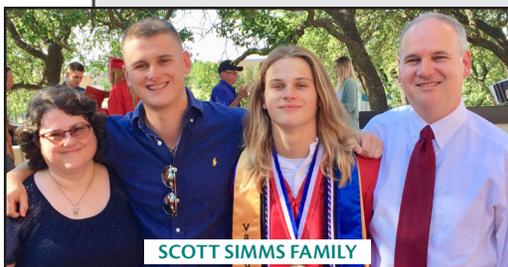


LORI SMITH

You will always be next to pediatrics at the bottom of the pay scale, but you’ll also be next to the angels in the eyes of your patients. It’s a privilege to be a physician; Buddy Murphy (FCM Res ’89) taught me that. People are precious, even the hurt/hurting ones. Relationships matter most. Never take for granted the gifts and education you have. Bear in mind that residency is just the beginning of your education. The goal line keeps moving, so circle back and be flexible. It will always be standard of care to care, and to let people know that you do.”

Lori Smith, MD
RESIDENCY CLASS OF **1989**

DR. SMITH: “I’m a family physician working full-time for Phelps Health in my hometown of Rolla, MO. Taking care of people I have known and loved since childhood is rewarding in a way I could never have predicted and cannot describe. It is humbling and a real honor.”



SCOTT SIMMS FAMILY

“Try to attend FMX, AAFP’s annual conference. You’ll have opportunities to learn new things, see old classmates and visit a different city every year. Also, get back to Columbia for

the annual Family Medicine Update; it’s always good to see Mizzou friends and learn from our esteemed faculty.

Be sure to make time for EXERCISE and for hobbies. It’s true that you need balance in your own life if you want to take the best care of patients and families!”

Scott Simms, MD
RESIDENCY CLASS OF **1999**

DR. SIMMS: “I’m doing office-based family medicine in Denton, TX, the college town I grew up in. I take care of a diverse group of people, including three- and four-generation families, college students, babies and 100-year-olds. I still find this rewarding, especially the relationships. I’m part of the Texas Health system but get to practice in a converted old house built in 1948.

Misti, my wife of 23 years, stays busy doing billing for a local doc, going on church mission trips and doing projects at our house. Jed, 21, is an aerospace engineering major at Texas A&M and plays trumpet in the Fightin’ Texas Aggie Band. Wes, 19, is majoring in radio, TV and film at University of Texas-Austin. Misti and I enjoy visiting Columbia as often as we can, and getting together with residency friends!”



BART GIESSEL

“Your training at Mizzou is top notch, trust in this when you’re feeling incompetent. And know it’s normal to feel that way from time to time. Finish your notes immediately after each visit and feel comfortable limiting your scope of practice to what you feel comfortable with as much as you can – these two habits go a long way in preventing burnout IMHO. Last

but not least, listen to the Grateful Dead every day.”

Bart Giessel, MD
RESIDENCY CLASS OF **1999**

DR. GIESSEL: “I’m working in a rural, mountain town in an underserved, but beautiful area of southern Colorado. I work outpatient mostly, covering the hospital some.

In my spare time I ski, hike, cook and play the guitar with my lovely wife, Jamie.”



AMY GRELLE FAMILY

“Take a deep breath, walk into each exam room, shut the door, and enjoy the relationships with your patients. Also, put your family first. Take off to put your kid on the bus the first day of school and to be present at other important events; chart at home so you are there for dinner, and try to leave the stress of the office at work. Enjoy the moment. It will be an amazing ride.”

Amy Grelle, MD
RESIDENCY CLASS OF 1999

DR. GRELLE: “I’m still at the same job that I started after residency in my hometown, Cross Plains, WI, but I stopped doing OB in 2009 and stopped hospital medicine in 2016. I focus on my 2,000 patients who feel like family at this point, as burn-out is a challenge. EMR, corporate medicine and other policies seem to be pulling the focus away from patient relationships.

Rick is keeping busy at home. Our youngest, Kevin, will start Rockhurst University, Kansas City, in the fall, playing lacrosse and studying business. Erick is a junior at the University of Wisconsin-La Crosse, studying physics and competing on the UW swim team. Rick and I celebrated our 25th wedding anniversary this year and are trying to figure out what empty nesting will be like. We started a bucket list and plan to travel more. After I visit two more states this year, I’ll have reached my goal of traveling to all 50 states before I turn 50. Both Rick and I have a set of aging parents near us, so they may be keeping us busy, too.”



GREG STAMPFLI FAMILY

“Practice the widest scope of medicine you can/want after leaving residency training. It’s more difficult adding back skills and areas of practice down the road. Make time for family/friends and adventures along the way. Go the extra

step to help a patient. Many of them are intimidated by the health care system, and they will love and appreciate your help!”

Greg Stampfli, MD
RESIDENCY CLASS OF 1999

DR. STAMPFLI: “I am in Cheyenne, WY, at the same private practice that I joined after residency in 1999. The group has ranged from 2-4 providers. I stopped doing OB four years ago, and inpatient medicine three years ago.”

“Be open to new or unexpected experiences. I would never have envisioned myself as a wound care specialist. But the work has been rewarding and provided for a better quality of life for me and my family, with better work hours. I rarely work a weekend or a holiday, and although I occasionally go see a patient when I wasn’t scheduled to be at the hospital, I’m not technically on call – ever. The increased income has made it possible for me to work less hours and have more time to spend with family and do other activities.”

Jennifer Jiang, MD
RESIDENCY CLASS OF 1999

DR. JIANG: “Professionally, I’ve been working as a wound care specialist in Cape Girardeau, MO, for seven years – ever since the hospital where I was working recruited me into wound care. At first I hesitated to accept their offer, but now I find the work to be rewarding for two reasons: 1) I have a lot of time to get to know most of my patients, while I’m providing care for their wounds/performing wound debridements, and 2) I have a very high success rate in closing most of the wounds that I see. This is rewarding because it greatly improves the quality of life for many of my patients, particularly when I’m able to save a limb or allow a patient to return to a higher level of functioning.

Personally, I’m making the most of my time with my family, particularly our daughter, Eleanor, who still likes doing things with her mother ... whether we’re horseback riding, reading books together, going for a walk, or playing board games with her friends and her father, Peter. Peter still works as an infectious disease specialist.”



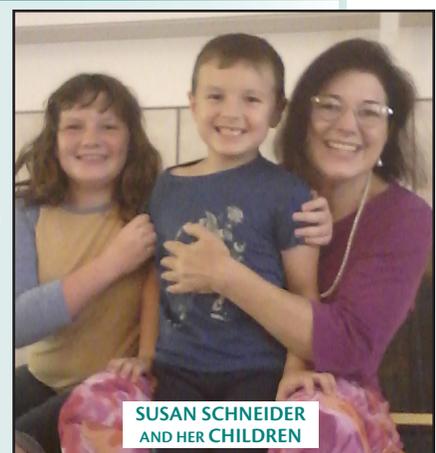
JENNIFER JIANG

“Find a mentor willing to review and edit your correspondence - remain neutral and appropriate.”

Susan Griffith Schneider, MD
RESIDENCY CLASS OF 1999

DR. SCHNEIDER: “I am currently teaching geriatric medicine at the University of Florida in Gainesville. I serve as program director of the Geriatric Medicine Fellowship and medical director of the Senior Care Clinic. I am a coordinator for our Women In Medicine Support Group.

I enjoy staying busy with my children, attending scouts and martial arts, and building Legos. I am active in my church with Bible study and children’s religious education. My hobbies include scuba diving and paddling the springs and caverns in north Florida.”



SUSAN SCHNEIDER AND HER CHILDREN



PHIL MITCHELL AND HIS WIFE SHEILA
AND THEIR SON GRAYSON

“As you finish residency, I encourage you to be open to the changes that occur in our field. We have opportunities to improve the lives of people in one-on-one relationships, as well as population health and administrative fields. Family doctors’ wide range of expertise make us logical choices to help transform health care.”

Phil Mitchell, MD
RESIDENCY CLASS OF **1999**

DR. MITCHELL: “After residency I joined Mercy Clinic in Lebanon, MO, where I continue to have a full-time outpatient practice. The relationships I have with my patients continue to be my favorite part of family medicine. I’ve taken care of many families for four generations, and several for five generations now. Knowing the trust that these generational families place in me is humbling and keeps my head from getting too big.

My work with Mercy also has a significant administrative component. As the I-44 North Regional Section Chair, I provide administrative support to multispecialty physicians and advanced practice clinicians in Lebanon and surrounding communities. Serving on Mercy Clinic Springfield Communities Clinic and System Boards has allowed me to see the full range of medicine.

In 2009, I earned a master’s degree in health administration through MU’s Executive Program and would recommend this to others with an interest in our health system. I enjoy participating in medical education; Lebanon has been an AHEC site since 2010. In 2013, I was selected for three awards by MU: Faculty Excellence in Teaching Award; Outstanding Community Faculty Preceptor, and Faculty Excellence in Teaching Citation of Merit.

When I came to Columbia for medical school, I brought my wife, Sheila, and our children, Chelsea, Chase and Christian. Chelsea is now an attorney in Columbia; Chase is pursuing a medical degree, and Christian is a senior at the University of Central Missouri. We had all of our children, except one, during med school and residency. Grayson came to us in September 2016. Now three years old and fully ours, we spend our free time at a dead run. It was much easier raising small children when we were in our 20s than it is in our 50s. He is such a blessing to the entire family.”



SARAH PHILLIPS FAMILY

“Be eternally grateful for the education you have received. You were taught by some of the best. Say thank you often because life goes by really fast. You will be pushed and pulled in many directions so remember why you started this journey, and don’t forget the ones you love who are waiting for you at home.

I want to take this opportunity to thank the whole department. But I also want to say a special thanks to those who helped me in ways they may or may not remember. Forgive the nostalgia, but emptying the nest does it to you. Thanks to Dr. Schoephoerster, who is a wonderful doctor but also someone I respected most for being such a kind and decent human. Thanks to Dr. Beckmann, for taking Phil and me on during the externship and teaching us rural medicine. Thanks to Dr. Blake, for being inspirational and always a wonder to me. Thanks to Dr. LeFevre, for his empathy after a personal loss. I’ve long since recovered but have never forgotten his kind words during OB rounds. Finally, thanks to Rob and Lisa Pierce, for giving me my first real world opportunity. They are both excellent physicians, and I appreciate all they did for my family and me. Class of 2019, I wish you the best as you make your own way.”

Sarah Phillips, MD
RESIDENCY CLASS OF **1999**

DR. PHILLIPS: “I’m still working in urgent care with a large multispecialty group in Chapin, SC. It’s busy and challenging and rewarding, as medicine is for all of us.

Parke, born during my residency, is 21 and will be a senior at Brown University. He’s studying economics and playing baseball for Brown. Ben, 18, will be attending the University of California-San Diego this fall. Roy and I live in Lexington, SC, and are still happily married. Roy continues to practice pathology. It will be odd, to say the least, having an empty nest, but I’m at the point in parenting where, “What did I just say?” is either a threat or a genuine question, so it’s probably time. That’s not my joke ... I got it from my sister who got it from the internet I’m sure.”

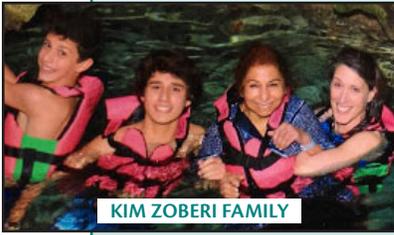
“Stay flexible and follow your bliss.”

Ken Ogawa, MD
RESIDENCY CLASS OF **1999**

DR. OGAWA: “I have entered my 20th year with the University of Missouri Student Health Center here in Columbia. It’s been a real pleasure to care for students who come from all around the world to attend Mizzou.”



KEN OGAWA FAMILY



KIM ZOBERI FAMILY

“Remember to put your family first. Also, stay physically, mentally and spiritually fit.”

Kim Schiel Zoberi, MD
RESIDENCY CLASS OF **1999**

DR. ZOBERI: “Professionally, I’m clerkship director for Saint Louis University Family Medicine

Clerkship. I never thought I’d become ‘the new Betsy Garrett.’

I still live in St. Louis and am the proud mom of two teenage boys who are involved in all the usual sports, academics and other high school trials and triumphs. I have pursued my personal interests in outdoor activities and can usually be found hiking, biking, kayaking, camping or birdwatching.”

“1. Don’t stress out when patients disagree with you. Educate, and if that fails, document, and try again next time.

2. Be humble and accept criticism. Don’t be afraid to ask questions, even if it makes you look stupid.

3. Live like a resident during your first year in practice. Get your financial house in order first (6-12 months’ worth of living expenses in a savings account, life/disability insurance and a maxed-out 401k). After that, you can be financially creative and adventurous.

4. And finally, who you were as a resident will not reflect who you will be as an attending. Don’t let any negative inner (or external) voices you heard during residency affect your confidence now, because you will evolve. You were trained well, but be aware that you still don’t know everything. Accept that as a future attending you will not always make the best decisions either ... adapt, learn, grow and move on.”

Lloyd Licuanan, MD
RESIDENCY CLASS OF **2009**

DR. LICUANAN: “After graduation, I moved to Chicago, where I took care of the underserved in the city’s rough west side. Three years later, I took a year-long sabbatical and completed an OB fellowship at West Suburban Medical Center.

After five years in Chicago, I took a faculty position at the family medicine residency program of Montefiore Medical Center in New York City. There I continued doing underserved medicine, while managing the OB component of the residents’ education. I loved my job there, but economics (and wanderlust) pushed me to Annette Island in southern Alaska for a brief locum tenens stint; then finally to San Francisco, where I now work for Kaiser Permanente. At Kaiser, I provide primary care to a very ethnically and economically diverse population in the Napa-Solano region. I spend 75 percent of my work time in outpatient family medicine and the rest in our labor and delivery unit.

In my spare time, I stay physically active, travel a lot, and try as many cuisines as my palate can muster. I’m a loving uncle to two adorable nephews, and I’m still enjoying the gay dating scene.”



LLOYD LICUANAN



JON HAFFNER AND HIS WIFE SERENA

“Enjoy your practice but be efficient so you can go home early every day. Be an important part of your community outside of being a physician. Volunteer with community organizations, boards and churches; you are a valuable asset to your town. And most importantly, take lots of vacations! Life is too short to work all the time.”

Jon Haffner, MD
RESIDENCY CLASS OF **2009**

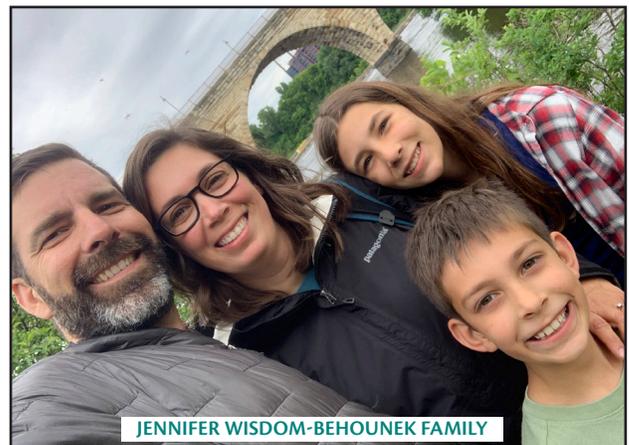
DR. HAFFNER: “I continue to practice in my home town of Carthage, MO, surrounded by family and friends. Our local hospital was purchased by Mercy a few years back, and I’m learning that corporate medicine certainly has its pros and cons. I still teach medical students and PA students from time to time. My wife just finished her 20th year of teaching elementary school, and her eyes are focused on retirement in a few years.

We still enjoy spending time outdoors, getting together with family, and traveling. A few years ago, I got my private pilot license. Now we are able to take weekend trips in our plane to places that would otherwise be too far to travel by car.”

“Don’t be afraid to take an atypical path in your career and life. Ask for what you want. If you don’t ask, the answer is always no. Know your worth, and follow what really interests you, even if you have to design your own life and career. And lastly, pursue Whole Food Plant Based Nutrition education for yourself and your patients. It is extremely evidence based, and in practice, it really works!”

Jennifer Wisdom-Behounek, MD
RESIDENCY CLASS OF **2009**

DR. WISDOM-BEHOUNEK: “Currently I’m taking a two-year sabbatical away from clinical practice. I’m traveling the US with my family, living full-time in our Airstream trailer. We’re having awesome adventures and doing lots of hiking, mountain biking, rock climbing and sightseeing. I love the opportunities I’m getting to see the country, spend time with my family and do more writing.”



JENNIFER WISDOM-BEHOUNEK FAMILY



ROLA SAAB
AND HER THREE SONS

“Be mindful of the present moment. Live NOW and let the positive attitude guide your way. Live a life of service and compassion. Love who you are and what you do.”

Rola Saab, MD
RESIDENCY CLASS OF 2009

DR. SAAB: “It’s been a beautiful journey from the American University of Beirut, in Lebanon, to University of Missouri, and then to Massachusetts where I now reside. Every stride marked by perseverance, dedication and lots of lessons learned.

When I finished residency at MU, I had the privilege to join the department’s faculty for three years; then I moved to Massachusetts. Now I practice at the Family Health Center of Worcester where I serve people from different cultures; most of them have experienced traumatic events in their lives.

As a family physician, I am humbled by my patients who let me into their lives and allow me to learn from them. Recently I became interested in quality improvement and pursued further training through the Quality Scholars program and Lean trainings at UMass as well as at IHI. Now I serve as associate director of quality and feel fortunate to work alongside family practitioners, staff and community members devoted to making life healthier for the population of Worcester.

Our health care system continues to grow in complexity. Meeting the requirements of the Accountable Care Organizations while trying to improve quality of care, patient satisfaction, and provider/staff joy in practice is an ongoing challenge.

Personally, I am the very proud mom of three amazing boys who make my life utterly blissful: Ryyan, 10, Adam, 8, and Daniel, 5.

Two years ago I was diagnosed with stage 2 breast cancer and learned that I had BRCA1 mutation. I spent a lot of time in the hospital, this time as a patient. As difficult as this disease is, cancer offered me a unique opportunity to reflect on life and my person. I felt incredible support from my family and my community as I emerged a more compassionate and present person able to connect with patients at a new level.”

“Hopefully you learned as much as you could during residency training. Now that you’ve graduated, your skill set should be strong. Direct your skills and knowledge to the specific area that interests you; always strive for a work life balance.”

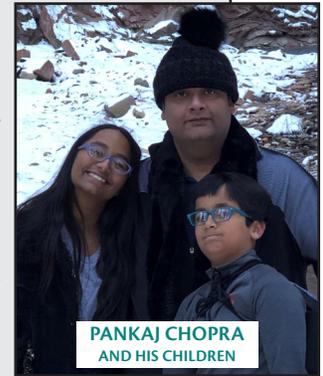
Pankaj Chopra, MD
RESIDENCY CLASS OF 2009

DR. CHOPRA: “It’s been an interesting ride since residency. I’ve been a hospitalist in Arizona for 10 years. However, in the past five years, I have expanded my role and now own and manage two clinic practices, providing post-acute care as well as primary care. Overall the experience has been rewarding, and I do feel that our residency prepared us well for the continuum of medical care.

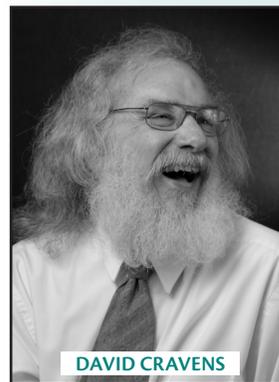
My wife, Neha Maheshwari (FCM Res ’08), and I live in Gilbert, AZ, and have two well-behaved children, Priya, 13, and Jai, 11. They are our pride and joy. Lately our children have started to form opinions of their own, so now we’re having some interesting discussions during family dinners.”



PANKAJ CHOPRA
AND HIS WIFE NEHA MAHESHWARI



PANKAJ CHOPRA
AND HIS CHILDREN



DAVID CRAVENS

“No matter how bad things might seem, remember it could always be worse, so enjoy where you are / what you are doing. And if you learn there is a part of family medicine you enjoy the most, then do a lot of that and make it your focus.”

David Cravens, MD, MSPH
FELLOWSHIP CLASS OF 1999

DR. CRAVENS: “As an associate professor of clinical family and community medicine at MU, I work

full-time seeing patients in post-acute care and long-term care, where I round with three different groups of residents and fellows monthly.

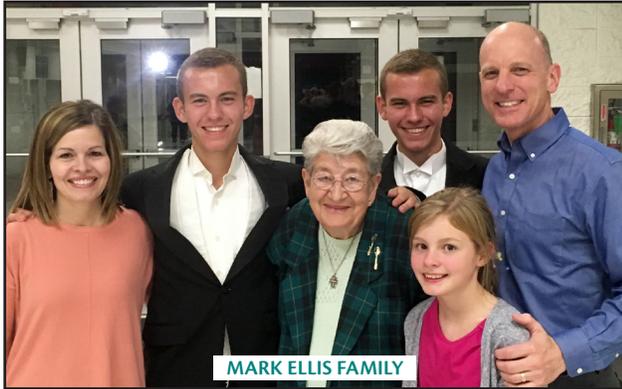
Personally, I enjoy growing things in my backyard – mostly prairie wildflowers and other plants and flowers. I enjoy long walks for relaxation / clearing the mind / helping stay in shape.”

“My advice is the same every time I am asked, based on the reminder my wife frequently gives me: ‘Remember that if you can help even one of the people who comes your way on a given day, you’ve had a good day.’”

Mark Ellis, MD, MSPH
FELLOWSHIP CLASS OF 1999

DR. ELLIS: “For the first six years post-fellowship, I served as a faculty member at the Cox Family Residency in Springfield, MO. Since that time, I have been in full-time private practice, also with Cox. I’m also in my fourth year of co-directing the MU Family Medicine Clerkship at the Springfield Clinical Campus.

My wife, Marcia, and I continue to enjoy the blessings and challenges of raising our children (Ryan and Garrett, now 16; Kate, now 11). I enjoy gardening (my wife has talent; I work the spade), outdoor activities including hiking/camping/travel; church activities; writing poetry and prose, and running.”



MARK ELLIS FAMILY

“My advice is to do your best ... when you work, when you see patients, when you are taking care of your family. Find your purpose and live by it. I live by 1 Corinthians 10:31 ‘Whether you eat or drink, or whatever you do, do it for the glory of God.’

Also remember that our life on earth is fleeting, so we need to focus on what is most important and what will make the most difference in eternity. Psalm 90:12 ‘Teach us to number our days that we may gain a heart of wisdom.’”

Janice Legaspi-Zamuco, MD
FELLOWSHIP CLASS OF 2009

DR. LEGASPI: “After MU and practicing a few years in Quincy, MA, in a federally qualified health center, we decided to go back to the Philippines (our home country) in 2012. Today, I am practicing part-time. I see geriatric patients by appointment in a few private clinics, and I do home visits and nursing home rounds. Occasionally I see inpatients.

The rest of my time is spent home-schooling our sons (Kael, 9, and Lean, 4). My husband, Eric, is our full-time artist-in-residence.”



JANICE LEGASPI AND HER SONS



JANICE LEGASPI AND HER HUSBAND ERIC

MU FAMILY MEDICINE GRADUATES:
Alums not included in our 2019 ASK FOR ADVICE (pgs 6-15)

Alan Jones, MD.....1979 RESIDENT
Victoria Maizes, MD.....1989 RESIDENT
Myra Strother, MD1989 RESIDENT
Cynthia Tolbert, MD1989 RESIDENT
Peter Sultana, MD.....1999 RESIDENT
Patricia Van Slyke, MD1999 RESIDENT
Mark Beard, MD2009 RESIDENT
Sarah Calhoun, MD2009 RESIDENT
Todd Cooper, MD.....2009 RESIDENT

Jack Galbraith, MD2009 RESIDENT
Tracy Gutman, MD2009 RESIDENT
Melissa Smith Kalaher, MD.....2009 RESIDENT
Greg Miller, MD2009 RESIDENT
Randy Mueller, MD, MSPH1989 FELLOW
Cameron Williams, MD, MSPH1989 FELLOW
Steven Heim, MD, MSPH.....1999 FELLOW
Beth Sjoblom, MD.....2009 FELLOW

Celebrating and Appreciating MU Family Medicine Faculty Retirees

DAVID MEHR, MD, MS, professor, earned his medical degree from the University of California-San Francisco, and after finishing his family medicine residency at MU in 1979, he completed a geriatric fellowship and earned his MS at the University of Michigan-Ann Arbor.

He joined our faculty in 1992, and as a family medicine physician, geriatrician and health services researcher, Dr. Mehr has an extensive history of funded research with a focus on improving care of older adults. He has received four major federal grants and several foundation grants, and he has been a co-investigator on numerous other projects.

Dr. Mehr's major studies have included projects on outcomes of lower respiratory infections in nursing home residents, pneumonia as a terminal event in dementia, and using health information technology innovations at MU to improve ambulatory chronic illness care. He was awarded a \$4.5 million R24 grant from the Agency for Healthcare Research and Quality (AHRQ) in Sep-

tember 2013 to develop infrastructure to support patient-centered outcomes research.

Dr. Mehr has more than 100 publications; serves as a standing member on AHRQ and National Institutes of Health study sections; and has been a reviewer for the Patient-Centered Outcomes Research Institute (PCORI).

Today, Dr. Mehr is a senior researcher and continues to do some clinical work. He stopped doing primary care a few years ago; increasingly, his clinical focus has moved to palliative care.

After he retires, Dr. Mehr will continue working part-time, doing mentoring, some collaborative research and a few weeks of covering MU's palliative care service. Beyond that, he looks forward to having more time to travel, read and bike. Dr. Mehr and his wife, Ann, became grandparents last year. He looks forward to having more time to enjoy his granddaughter, Lennox, too!



DEBRA HOWENSTINE, MD, associate professor, earned her medical degree, completed her family medicine residency at MU, then joined our faculty in 1991.

The focus of Dr. Howenstine's career has been working with underserved populations. In addition to serving as medical director of the Columbia/Boone County Health Department since 1991, she has served as medical director of the Boone County Jail clinic, medical evaluator in the SAFE (Sexual Assault Forensic Examination) Network and member of the governor-appointed Child Abuse and Neglect Review Board.

Dr. Howenstine's teaching activities have paralleled her activities in clinic and the community. Within the medical school, she has led efforts to develop curricula on child abuse, intimate partner violence, culturally effective care, barriers to accessing health care, and cross cultural communication/interpreter services.

Dr. Howenstine is a co-founder and faculty advisor of the Med-Zou Community Health Clinic, a volunteer student-run clinic that provides free primary care to uninsured and underserved mid-Missourians. She also works with resident physicians at the Family Health Center, a federally qualified community health center, and she coordinates the community health training experience for MU's Family Medicine Residency program.

Additionally, Dr. Howenstine has been an institutional champion for diversity, inclusion and equity, and she has participated in community efforts to address health disparities. She serves on MU Health's Diversity Advisory Council and chairs the Family Medicine Diversity Committee.

Medical students recently nominated Dr. Howenstine for AAMC's Arnold P. Gold Humanism in Medicine Award. She has received the Martin Luther King, Jr. Community Award for outstanding service and making a difference in the community, as well as the MU SOM Alumni Distinguished Service Award. As a faculty member, Dr. Howenstine has earned the Student Advocacy Award, Distinguished Faculty Award and Jane Hickman Teaching Award – the highest teaching award conferred by the medical school.

Dr. Howenstine is continuing her work in several areas. She will train the new medical director of the City/County Health Department and participate in efforts related to diversity and inclusion within MU Family Medicine and the School of Medicine. When not working, Dr. Howenstine looks forward to having more time with family and friends, including her husband, Bart; daughters, Corey and Emelyn, and her parents who live in northern Illinois.



ROBIN KRUSE, PhD, MSPH, research professor, came to MU in 1992 to complete an academic fellowship and earn her MSPH. She received her PhD in Environmental and Forest Biology from the State University of New York in 1990.

As a health services researcher, she's focused on gerontological issues and studied how the delivery of health care affects patient outcomes. Early in her career, she investigated outcomes of lower respiratory infections in nursing home residents, pneumonia outcomes in residents with dementia, and the effects of acute hospitalizations on activities of daily living of nursing home residents.

From 2013-18, she served as a core director and co-investigator of MU's Center for Patient-Centered Outcomes Research, a \$4.5 million project funded by the Agency for Healthcare Research and Quality. Dr. Kruse is a co-investigator for two grants designed to improve health and shared decision making for cancer patients

and their caregivers; one is funded by the NIH National Cancer Institute, and the other is funded by the National Institute on Aging.

Dr. Kruse has presented workshops on data management and analysis, and since 1992, she has published more than 115 papers and earned several research awards from the Society of Teachers of Family Medicine. In addition to research, she teaches in MU's online master of science in academic medicine degree program.

As a retiree, Dr. Kruse looks forward to spending more time with family – son, David, and his family in St. Louis and daughter, Anne, in Boca Raton, FL; do more sewing and woodworking; and traveling with her husband, Mike. She will be working part-time and assisting with several MU Family Medicine research projects.



MU FAMILY MEDICINE RESIDENT gains understanding, knowledge and skills from GLOBAL HEALTH EXPERIENCES

JONATHAN HOSKINS, MD, participated in MU School of Medicine’s annual mission trip to Jamaica last spring. He talks about his trip and why he took it, and he shares his perspective on the rewards and values of global health training:



JONATHAN HOSKINS, MD
third year family medicine resident



“I worked at the Falmouth Clinic, an outpatient facility staffed year-round by US primary care physicians and dentists. My health care team, which included three medical students, and MU faculty members, Dr. Hanna Gov-Ari (family medicine) and Dr. Rochelle Parker (clinical medicine), provided care for 20 to 40 patients daily. We started early and stayed busy until late afternoon. Every day was fast paced but very rewarding. When we were finished with clinic, our group walked around town square, exercised on the beach and ate dinner together. In the evenings, we attended lectures before turning in for bed.

I was privileged to be part of an outreach team that traveled to Duanville, a small village at the foot of the hills in Cockpit Country. After seeing nearly 30 patients on my own that day, I played soccer with some of the local children who were amused when I ripped my scrubs while scrimmaging.”



why: “The opportunity to practice medicine in a bare bones environment really interested me. Even though there are incredible benefits to learning and delivering patient care at an academic center like Mizzou, I saw value in honing my skills without access to labs, imaging and ancillary services. I believed that if I could become competent using only

my history and physical exam skills, I'd be a better clinician for my patients, regardless where I practice.

Another reason I decided to take this global health trip is a personal one. I grew up in Florida and went to school and worked with many people of Jamaican heritage. Their culture is amazing; their cuisine is delicious and the Jamaican people are warm and friendly. My mother has spent a lot of time on the island, and since retiring 12 years ago, she has lived on her sailboat cruising the Caribbean. She loves Jamaica so much and wants to live there permanently when her sailing days end. I hope to take a trip there to visit her and service a clinic every year after residency.”

value: “The culture of health care around the world is a particular interest of mine. I have had the pleasure of learning about diverse populations and how they care for their loved

ones during my short career. The similarities and differences of how health care is delivered and administered in the areas I have visited and experienced fascinates me. I truly believe that being exposed to different cultures and customs not only makes me a better doctor, but a more interesting person and citizen of the world. I plan on returning to Jamaica next year and hopefully every year once I begin my career.”



rewards: “The people in Falmouth were incredibly grateful for the care they received. Many of my patients stopped me on the street after our clinic closed, just to thank me and tell me how much better they were feeling since seeing me.

One reason I chose to do my residency at MU was to learn and practice family medicine in a rural community. My continuity clinic is in Fayette, where many people drive long distances to receive health care. The patients we serve in Fayette are similarly grateful for the care we provide and often express their appreciation when we meet them outside clinic – at local restaurants or community events. Knowing patients appreciate the care I provide is extremely rewarding. After residency, I plan to practice outpatient family medicine and urgent care in my wife’s hometown in Clinton County, IL, where the population is less than 3,000. I look forward to being a small town family physician and making a difference for this community and the people who live there.”

jamaica



MU Medical School Health Care Team: (left to right): Jonathan Hoskins, MD; Breanne Lombardo, MD; Hanna Gov-Ari, MD; Aundrea Eoff, MD; Rachel Plate, MD, and Rochelle Parker, MD

Every year, one or more MU Family Medicine Residents take a medical mission trip that is funded in part by our **GLOBAL HEALTH TRAINING FOR FAMILY MEDICINE RESIDENTS FUND.**

Donations to this fund sustain our commitment to providing global health training opportunities to residents. For more information or to make an online donation, please visit: fcm.missouri.edu/giving

Ovais and Marium completed their residencies in 2012, then moved to Dallas, TX, where Dr. Gill began a three-year fellowship in pediatric pulmonology at UT Southwestern, and Dr. Hasan established an outpatient clinic, Prime Family Medicine.

"I truly love taking care of patients," says Dr. Hasan. "When I started my practice, I wasn't busy so I was able to do everything for my patients. I saw patients in clinic, hospitals and nursing homes. But my practice exploded within six months, and eventually I was managing three clinics. It was extremely difficult to juggle the demands of my schedule. I was on call 24-7 and rarely home longer than two hours at a time."

Everything changed for Ovais and Marium on April 22, 2015, the day their son, Daniyal, was born. As new parents, they wanted more time to be at home, with each other and their son. Their search for jobs with flexible and less demanding schedules ended when MU invited them to join the School of Medicine faculty. By June, Marium and Ovais were on their way to Columbia, MO, where Dr. Gill would be a pediatric pulmonologist at MU's Womens and Children Hospital, and Dr. Hasan a physician at MU's Department of Family and Community Medicine.

"I had family in St. Louis and wanted to be close to them. Plus Columbia is a small town and great place to raise children," Dr. Hasan says. "Leaving Dallas, my patients and the practice I built was a tough decision, but it was the best thing I could do for my family."

The move went smoothly for Marium. She flew direct from Dallas to Columbia. But Hasan's relocation experience was quite the opposite. It took him nearly four months to get to Columbia after leaving Dallas in June. It was a very hard time filled with uncertainty, Dr. Hasan says.

He explains what happened:

"Neither my wife nor I are US citizens; we are here on H-1B Visas that have to be renewed every three years.

When we left Texas in June 2015, my wife went to Missouri, but I had to leave the country first to renew my Visa. I went home to my family in Toronto. Generally Visa renewal is a pretty straightforward process. You schedule an interview with the US consulate, and after that interview, you pick up your passport with a Visa stamp later that day. But this time, things did not go so smoothly. After my morning interview, I was told everything looked great and to come back at 5 to pick up my passport. But when I returned that afternoon, they did not have my passport.

I asked, 'What does that mean?' I had booked a flight back to Dallas that next morning. I was closing down my practice and had patients scheduled to see me that day. I was told that they decided to do a security check on me, so I asked, 'How will that affect when I get my passport? I have a newborn and wife alone in a town where they knew no one ... Columbia, MO.' I just wanted some kind of time line. They told me they didn't know. It could take a day, week, year, maybe two years, and there was nothing I could do.

They can't help or tell you anything about this process, and you can't travel without your passport. They advised me to go back home and wait for an e-mail from their office. I went home and called my attorney at the University of Missouri who said, 'It is out of all of our hands for now. Sometimes security checks on people are random, but most are not. Could be your background, your name, your religion, your ethnicity. We don't know how long this will take. In my experience, this could take a week or two, or more than a year.'

I stayed with my family in Canada for nearly four months. My wife was alone, just starting a new job. I was super concerned and worried about her. My mom, who's been my saving grace throughout my life, went to Missouri to help my wife and son during this time.

While waiting for the e-mail, I could access a web site that included my name with the status of my Visa application and ongoing security check. I checked my status twice a day and every time it said 'pending' until finally, nearly four months later, 'pending' changed to 'processing.' By then it was October.

I was elated and immediately e-mailed my attorney at Mizzou. Once I knew this process was over, I was able to truly enjoy spending time with my family in Canada. One day later my passport was ready. I picked it up and flew to Columbia, MO, as soon as I could.

I'll always wonder why this happened. My attorney's best guess was that my name was a red flag to immigration services. Several of my names could be on the terrorist black list: Syed, Mohammed and Hasan. Plus, my religion is Muslim.

I do not feel resentful about what happened to me. If the purpose of this experience was to ensure the security of people, I can accept it. My only problem with the process was that they did not tell me how long it would take. They could have given me a time line or an explanation, or they could have given me a passport so I could travel and they could track where I went. I was completely in the dark throughout the process, and that was extremely stressful for me and my family. I try not to think about this period of my life."

Instead, Dr. Hasan focuses on his life in Columbia and couldn't be happier about his roles as husband, father, physician and teacher.

"Outpatient is my passion. I have a very busy practice at Keene Family Medicine where I see patients every day. When I came to MU, I made a conscious decision to not try to do everything. But in spite of that, many of my days feel long and challenging, explains Dr. Hasan.

CHERI LAU, Certified Medical Assistant, Keene Family Medicine Clinic:

"Patients absolutely LOVE Dr. Hasan! He takes time to listen to the issues/problems they are having and then goes above and beyond to find out what's going on and then make sure they get the care/tests they need to get better. In the two years that I've worked with him, I've never seen him raise his voice to anyone. He is very patient, kind, understanding and passionate about his patients."

OH: WHAT A STAR! CONTINUED FROM PAGE 18

"As family physicians, our job is never over and continues even after clinic closes. But our work is worthwhile and rewarding, and I consider it a privilege to help patients in every way I can," he adds. "Fifty percent of my patients are elderly; 35 percent are young adults. The rest are children. My patient population is large and continues to grow, partly because there's an increasing demand for primary care in our community and partly because of word of mouth."

Patients really love Dr. Hasan, explains Kelsey Alexander, service coordinator at the Keene Family Medicine Clinic.

"Many wait to see him, even if they can see another provider sooner. And a lot of his patients recommend him to their family and friends," says Kelsey. "Dr. Hasan is a great listener; he's caring, calm and always professional. He's fun to work with and has a great rapport with staff. And he's an excellent role model for students."

Dr. Hasan has teaching responsibilities in the classroom and in clinic. "I thoroughly enjoy mentoring students in clinic," he says. "We all have to learn, and I believe that it's my responsibility as a physician to help students develop patient care skills, knowledge and experience. It's fun to see their excitement when we're together; they remind me of myself when I was a student."

Medical students demonstrated how much they respect Dr. Hasan and value their time with him by naming him the Outstanding Clinical Educator this year.



Dr. Ovais Hasan with his wife, Dr. Marium Gill, and their son, Daniyal

"I was surprised when I first heard I'd won this award and thought it might be a mistake," he says. "But once I realized it was true, I was honored and truly humbled."

Dr. Hasan loves his job and shares his enthusiasm and positive attitude with everyone at Keene Family Medicine.

"I look forward to going to clinic, knowing that I'll have opportunities to make a difference and improve the life and health of my patients," he explains. "Family physicians have the largest and most meaningful impact on a community. It's incredibly sat-

isfying to see a fellow human being benefit from me and the care I provide."

Family medicine is a good fit for Dr. Hasan; so is Columbia. Initially he thought he might return to Canada, but he and his wife have applied for US citizenship.

"Columbia has become our home. It's a diverse community and offers a lifestyle that helps us balance work and personal lives," says Ovais. "Marium is pregnant and currently taking time off from her job to have our second son in October. We have so much to celebrate."

DIANE SIMMS, 73, Dr. Hasan's patient at Keene Family Medicine Clinic:

"I have chronic asthma, and no doctor I saw could manage my condition until I started seeing Dr. Hasan four years ago. I get tears in my eyes whenever I think about all the times he saved my life. He is compassionate and caring, and all the friends I've recommended him to agree! He is smart and determined to figure out a treatment plan for every health problem his patients have. And he is humble. Dr. Hasan is not just a phenomenal doctor, but a phenomenal person as well."

MEDICAL STUDENTS, comments from letter nominating Dr. Hasan for the Outstanding Clinical Educator award:

"Dr. Hasan constantly asks questions and pushes students to improve their understanding and expand their knowledge of medicine."

"His consistent feedback, strong evidence-based knowledge and commitment to education make Dr. Hasan an excellent physician and effective preceptor."

"Dr. Hasan's teaching efforts align well and promote the educational mission of our medical school. MU is really lucky to have him."

MARIUM GILL, Dr. Hasan's wife:

"For me and our son, Daniyal, Ovais is a provider, protector, leader and teacher. Being a physician myself, I understand how hard it is to leave work at the workplace because patients aren't 'work,' they are people whom we care and think about even on our times off. Ovais, however, manages to juggle both roles seamlessly. He is able to provide for his family not only financially, but emotionally and spiritually as well. He guards my self-esteem and our family values. When we have problems, Ovais always takes the lead. Lastly, he sets high standards by being an excellent role model to our four-year-old toddler. We are truly blessed to have him lead our family!"



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One Hospital Drive
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Interim Chair:

Michael LeFevre, MD, MSPH

Vice Chair, Research & Faculty Affairs:

Richelle Koopman, MD, MS

Vice Chair, Clinical Affairs:

James Stevermer, MD, MSPH

Department Administrator:

Joy Alexander, PhD

Questions and comments about this
newsletter should be directed to:

Kathy Boeckmann, MA

573-884-7916

boeckmannk@missouri.edu

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SALUTING OUR NEW LEADERS

When Family and Community Medicine Chair **STEVE ZWEIG, MD, MSPH**, was asked to serve as interim dean for the MU School of Medicine, after former Dean Patrice Delafontaine stepped down to take a position at another institution, Dr. Zweig said yes and welcomed the responsibilities, challenges and opportunities of this new role. Steve Zweig graduated from medical school, completed residency and academic fellowship training, and earned his Masters of Science in Public Health (MSPH) degree at MU. He joined the faculty in 1984 and was named chair in 2008, so the decision to leave the department was not an easy one.

"When I started my residency in this department in 1979, I had no idea I would spend my career as a member of MU Family and Community Medicine. Now looking back, I could be no prouder of my association with this department. As I begin my new role in the medical school, I know the department is in good hands," says Dr. Zweig. "Family and Community Medicine Vice Chair **MIKE LEFEVRE, MD, MSPH**, has agreed to serve as interim department chair. We could not hope to find anyone more experienced, more committed or more capable for the job."

Dr. LeFevre and Dr. Zweig have been colleagues since they were medical students in the late '70s. Like Dr. Zweig, Dr. LeFevre completed residency and fellowship training at MU Family Medicine, and after earning his MSPH in 1984, he joined the faculty.

"I am humbled to accept the responsibility to help lead our mission forward. We have had only three chairs, two of whom took on the role of interim dean, and one the vice chancellor. I walk in the shadows of great leaders, but also can see forward by standing on their shoulders," says Dr. LeFevre. "There's a sense of shared values, a sense of community, compassion and commitment that make our department a great place to work. I promise to give my best to keep us at our best. I'm pleased to announce that two faculty members have agreed to serve as vice chairs for our department: **RICHELLE KOOPMAN, MD, MS**, Professor and Research Director, is Vice Chair for Research and Faculty Affairs. **JAMES STEVERMER, MD, MSPH**, Professor and Director of Medical Student Education, is Vice Chair for Clinical Affairs."



Dr. Steven Zweig



Dr. Michael LeFevre



Dr. Richelle Koopman



Dr. James Stevermer