

# Family & Community MEDICINE

Summer 2024

MEET

## **RICHELLE KOOPMAN, MD, MS** FAMILY PHYSICIAN & RESEARCHER & DEPARTMENT CHAIR

**RICHELLE KOOPMAN, MD, MS**, joined our faculty in 2007 after completing an academic fellowship, Master's degree in clinical research and her early faculty research work at Medical University of South Carolina. Prior to her fellowship, she and her husband, Dr. Peter Koopman, practiced for five years in a town of 2000 people in the rural Florida panhandle. She is a graduate of the University of Pennsylvania, the University of Pittsburgh School of Medicine and the St. Margaret-UPMC Family Medicine Residency in Pittsburgh, PA.

Dr. Koopman has a passion and life-long interest in research. In 2017, she was named Research Director of MU Family Medicine. Thus far in her career, her federal funding as a principal investigator has totaled more than \$7 million, with over \$30 million as a co-investigator. She has served on the board of directors for the North American Primary Care Research Group (NAPCRG) and for Annals of Family Medicine, Inc, and is the current NAPCRG President. She has contributed to the national research landscape by serving on numerous federal grant review panels including study sections for the Agency for Healthcare Research and Quality's Health Information Technology Research and the Veteran's Administration's Health Services Research and Development Mentored Research.

Dr. Koopman was founder and past chair of the School of Medicine's Women in Medicine and Medical Sciences group. In 2018, she completed the prestigious Hedwig van Ameringen Executive Leadership in Academic Medicine Fellowship, and in 2023, she was named Chair of MU's Department of Family and Community Medicine.



**RICHELLE KOOPMAN, MD, MS**  
CHAIR AND PROFESSOR  
MU FAMILY AND COMMUNITY MEDICINE

**In a recent interview, Dr. Richelle Koopman discussed her career and perspectives on leading one of the strongest Family Medicine departments in the nation.**

### **Congratulations ... How does it feel to be the first woman Chair of Family Medicine at MU?**

**DR. KOOPMAN:** Leading this department is an honor, a privilege, and a great responsibility. I am preceded by four amazing Chairs – Jack, Hal, Steve, Mike – who have set a great example, and I am fortunate to have been mentored by all of them. I'd like to think I carry all of their visions forward with me.

Since you ask about being a woman in leadership, I think that women leaders have an opportunity to explore new ways of leading, and to normalize those approaches to our work.

### **You've served six months as Chair ... has anything you've experienced or learned thus far surprised you?**

**DR. KOOPMAN:** How my schedule fills up with meetings! Otherwise, not too many surprises. I've learned what to expect from five years serving as Vice Chair, mentoring by our former Chairs, a Chair development fellowship with the Association of Departments of Family Medicine, my ELAM fellowship, and the MU Provost's Leadership Program. I've been preparing for this role for years!

### **What is happening in the department that excites you ... as a clinician, researcher, educator?**

**DR. KOOPMAN:** I'm always excited by the talents of our people. It is my love for my colleagues and my admiration for their dedication to excellence that inspires me to do my best for them. Talented people exceed your expectations and constantly create exciting innovations.

### **Research has been a primary focus of your career ... you've provided leadership and service locally and internationally; you've written an impressive list of peer-reviewed publications, and you've secured more than \$40 million in federal funding. How will these experiences make you a stronger, more effective Chair?**

**DR. KOOPMAN:** Despite the successes you describe, critical feedback and rejection are frequent experiences in research. Research is about persistence in spite of setbacks – 1% inspiration, 99% perspiration. I can see how that might come in handy for any Chair of Family and Community Medicine. Beyond that, having some type of national reputation helps you gain the respect of other Chairs and Departments at MU SOM, and helps our department's national reputation.

### **Collaboration between clinicians and researchers: benefits ... barriers?**

**DR. KOOPMAN:** Ah, the elusive harmonization of the missions of clinical care and research. Nationally, less than 50 departments of family medicine have any NIH funding. Even fewer have the type of research enterprise that we have. Putting them together, and having them feed each other? That is rare indeed – maybe one or two departments in US accomplish this. Nevertheless, that is our goal. When our collected clinical expertise and our research expertise feed each other, what happens next will be magical. I have no idea what that will be, but it will be a game-changer, hopefully many game-changers.

# CHAIR'S MESSAGE

## A STRONG FOUNDATION FOR SUCCESS

When I came to Mizzou in 2007, I learned of FCM's Mission, Vision and Values. I was particularly glad to be joining a department that had **HUMOR** as one of its values, which I was told largely resulted from the actions of our long-time visionary, Dr. Betsy Garrett. In 2018, I took a page out of Betsy's book and compelled then-Chair Dr. Steve Zweig to add **JOY** as one of our values; Steve approved since he also wanted to promote **Joy in Practice**.

Steve, who's always been a strong mentor to me, advised me that when he faced tough decisions, he would consult the Mission, Vision, and Values, and act in the way he thought most concordant with them. In the spirit of that great philosophy, I wanted to share them with you:

### OUR MISSION:

*To advance health and primary care through leadership in patient care, education, scholarship, and service, including a commitment to rural and underserved populations.*

### OUR VISION:

*To be inspirational leaders in Family and Community Medicine for Missouri and the nation.*

### OUR VALUES:

*LEAD THE WAY: Innovation/ Excellence/ Integrity/ Growth*

*BRING PEOPLE TOGETHER: Collaboration/ Respect/ Diversity/ Inclusion*

*BE OUR BEST SELVES: Compassion/ Humor/ Joy/ Learning*

Recently, we have been hotly pursuing **Joy in Practice** and I am pleased to report that we are making good progress. I like to say that you don't have to know everything about a leader to know what they are going to do or decide, you just need to understand their principles. **JOY** in work is an important principle for me. Whether you are a current employee, alumnus, or a friend of FCM, please let us know if you want to help contribute to our success — because I've shared the blueprint.



**RICHELLE KOOPMAN, MD, MS**  
CHAIR AND PROFESSOR  
JACK AND WINIFRED COLWILL CHAIR

# MU FAMILY & COMMUNITY MEDICINE FCM FAMILY UPDATES

• **NICOLE FORMHALS, MD**, assistant professor, joined the FCM faculty this summer and is doing outpatient family medicine at our South Providence clinic, Columbia. She also attends for family medicine residents and teaches medical students.

After earning her MD from the University of Missouri in 2021, Dr. Formhals enrolled in MU's Family Medicine Residency. She completed her training in June.

During her free time, Dr. Formhals likes to garden, cook, walk her dog, Huxley, do water sports with her husband, Kendrick, and cheer for the MU Tigers.



• **ADAM LAREY, MD**, assistant professor, joined the FCM faculty this summer and is doing outpatient family medicine and attending for residents at our South Providence clinic, Columbia.

After earning his MD from the University of Arkansas-Little Rock in 2021, Dr. Larey enrolled in MU's Family Medicine Residency. He completed his training in June.

Dr. Larey lives in Columbia with his partner, who works at the Missouri Department of Conservation. Dr. Larey loves the outdoors, and in his free time, he enjoys cycling, running and exploring new parks and trails.



• **GRAYSON MYNATT, DO**, assistant professor, joined the FCM faculty this summer and is seeing patients at our South Providence clinic, Columbia, and attending on our family medicine inpatient service.

After earning his DO in osteopathic medicine from Lincoln Memorial University, Harrogate, TN, in 2021, Dr. Mynatt moved to Columbia to enroll in MU's Family Medicine Residency. He completed his training in June.

Dr. Mynatt and his fiancé, Addison, enjoy cooking, traveling, the fine arts, and advocating for diversity, equity and inclusion.



• **ROMA SOBIESKI, MD**, assistant professor, joined the FCM faculty this summer and is doing outpatient family medicine at our Smiley Lane clinic, Columbia, and providing OB care in Mexico, a rural mid-Missouri clinic located 40 miles from Columbia. Dr. Sobieski is also attending on our family medicine OB service.

After earning her MD from Poznan University, Poland, in 2021, Dr. Sobieski moved to Columbia to enroll in MU's Family Medicine Residency. She completed her training in June.

Dr. Sobieski and her husband, Graham, have five children. When she has time, Dr. Sobieski enjoys yoga, board games and craft beer.



• **CLAIRE WOLBER, MD**, assistant professor, joined the FCM faculty this summer and is doing outpatient family medicine at Fulton Family Health, a rural clinic located 25 miles from Columbia. She is also attending for family medicine residents and teaching medical students.

After earning her MD from the University of Missouri-Kansas City in 2021, Dr. Wolber moved to Columbia to enroll in MU's Family Medicine Residency. She completed her training in June.

In her free time, Dr. Wolber enjoys reading, writing, bullet journaling, hiking and traveling.



## SAVE THE DATE ... FCM REUNION ... JUNE 27-28, 2025

Please join us for a reunion celebrating the 50-year anniversary (1975) of our Family Medicine Residency AND the 545 Residents we have trained during these past 50 years!

CME for and provided by our alumni ... Fun family activities ... Highlights from department history  
PLUS Opportunities to reconnect with your classmates, educators and colleagues!

MARK YOUR CALENDAR ... YOU DON'T WANT TO MISS THIS!



• **BREA LOMBARDO, MD**, assistant professor, joined the FCM faculty this summer and is seeing patients at our South Providence clinic, Columbia. She is also attending on our family medicine OB service and serving as a lactation consultant for patients who need breastfeeding support. In addition, Dr. Lombardo is currently pursuing her PhD in Translational Biosciences.

A 2019 graduate of the University of Missouri School of Medicine, Dr. Lombardo completed her Family Medicine Residency at MU before enrolling in our academic fellowship program in 2022.

"MU Family Medicine raised me," says Dr. Lombardo. "I'm so happy to be staying here and to have the opportunity to continue doing what I love."

When she's not working, Dr. Lombardo enjoys reading, yoga, gardening and spending time with family and friends.



• **JUSTIN ATKISSON, MHA**, joined FCM this spring and now serves as Senior Director: Department and Clinic Operations.

Justin grew up in mid-Missouri and attended University of Missouri, where he earned his Master of Health Administration degree in 2023 and Bachelor of Health Science degree in 2012. He is a certified Lean Six Sigma Green Belt from University of Missouri.

Before joining our department, Justin served two years as director of graduate medical education at Lee Health, Fort Myers, FL, and from 2020-22, he served as a business administrator for Mercy of Northwest Arkansas.

• **JUSTIN'S MOTTO:** Be the person who helps relieve the burdens of others, and always strive to do right by those you serve.

Justin lives with his partner, Freddie, and cat, Zoey; when he's free, he likes to read, play cards, and be with family/friends.



• **KEVIN KANE, MD, MSPH**, FCM Professor, was named Senior Associate Dean for Medical Education at MU School of Medicine. Dr. Kane earned his MD from Creighton University in 1994, then came to MU to complete his family medicine residency, academic fellowship and MSPH degree. He joined our FCM faculty in 2000.

Dr. Kane, who practices outpatient medicine at our South Providence clinic, loves teaching. For over 20 years, he's focused his career on medical education and has provided incredible service and leadership at MU School of Medicine.



• **REIANA MAHAN, MD, MSAM**, assistant professor, joined the FCM faculty this summer and is seeing patients at our South Providence clinic, Columbia. She is also attending on our family medicine inpatient service.

A 2019 graduate of Southern Illinois University School of Medicine, Dr. Mahan moved to Columbia to complete her Family Medicine Residency at MU before enrolling in our academic fellowship program in 2022. Dr. Mahan earned her Master of Science in Academic Medicine degree this summer.

"I'm excited to continue serving as an MU family physician and balance my love for patient care with my passion for educating students and residents," says Dr. Mahan.

Dr. Mahan is married to fellow MU family physician, Josh Smothers, and spends her free time playing board games, reading fantasy novels, and spoiling their dog, Roxy.

• **ALEX HENIGMAN, MLS**, joined FCM this spring and now serves as Medical Librarian I for our department.

Alex earned her BA in English from the University of Missouri, St. Louis, in 2020, and in 2023, she graduated from Emporia State University, Emporia, KS, with her Master of Library Science degree. Alex recently completed the National Library of Medicine Associate Fellowship. Before enrolling in this program, Alex served as a metadata intern for NASA Goddard Space Flight Center and as a senior library information specialist at MU's Veterinary Medical Library.

Alex grew up in St. Charles, MO, and moved to Columbia with her husband and three cats in 2020. In her free time, she enjoys running (she's training for her first half-marathon), and restoring her 1986 Toyota MR2.



• **LAURA MORRIS, MD, MSPH**, FCM Professor and MU Health Associate Chief Medical Officer for Ambulatory Care, was named the AAFP Liaison to the CDC Advisory Committee on Immunization Practices. This group provides advice and guidance on effective control of vaccine-preventable diseases in the US civilian population.

Dr. Morris, who earned her MD from the University of Missouri in 2007, stayed at MU to complete her family medicine residency, academic fellowship and MSPH degree. She joined our FCM faculty in 2010.



**MU FAMILY AND COMMUNITY MEDICINE FACULTY KUDOS**

**MARGARET DAY, MD, MSPH**, professor, was named Vice Chair for Clinical Affairs for MU Family and Community Medicine.

**REGINA DEPIETRO, MD**, assistant professor, was named Associate Director of the Family Medicine Clerkship.

**MARK ELLIS, MD, MSPH**, associate professor, was named Curriculum Chair at the MU School of Medicine Springfield Clinical Campus.

**NICHOLAS LEFEVRE, MD, MSAM**, assistant professor, was chosen to serve as an Editorial Fellow for the Journal of American Board of Family Medicine.

**NATALIE LONG, MD**, associate professor, now serves as President-elect for Missouri Academy of Family Physicians.

**LAURA MORRIS, MD, MSPH**, professor and associate chief medical officer for ambulatory care, MU Health, was nominated for the 2024 Leonard Tow Humanism in Medicine Award.

**SARAH SWOFFORD, MD, MSPH**, professor, now serves as Chief of Staff for MU Health Care.

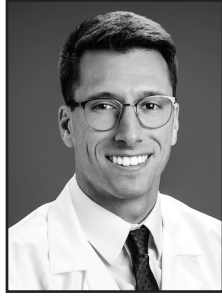
**ANGIE WHITESELL, MD**, assistant professor, was named Family Medicine Preceptor of the Year at the MU School of Medicine Springfield Clinical Campus.

# CONGRATULATIONS 2024 RESIDENCY GRADUATES



**Tori Applegren, MD**

Tori and her husband, Nathan, their two dogs, Remy and Rizzo, and their cat, Izzy, moved to Colorado Springs, CO, where Tori is practicing outpatient family medicine at Common Spirit Health.



**John Bocinsky, MD**

John and his wife, Erin, moved to Orlando, FL, where John is enrolled in a primary care sports medicine fellowship program. This year-long training program is offered by Orlando Health.



**Jennifer Cheung, DO**

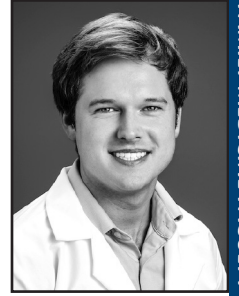
Jennifer and her husband, Tun Tun Aung, a 2024 MU Internal Medicine Residency graduate, moved to Irvine, CA. Jennifer is practicing outpatient family medicine at Kaiser Permanente–Huntington Beach.



**Nicole Formhals, MD**

Nicole and her husband, Kendrick, are living in Columbia. Nicole joined our FCM faculty and is seeing patients, attending for residents and teaching medical students at South Providence Family Medicine.

FAMILY MEDICINE FACULTY



**Adam Larey, MD**

Adam, who lives in Columbia with his partner, accepted the invitation to join our FCM faculty. Adam is seeing patients and attending for residents at South Providence Family Medicine.

FAMILY MEDICINE FACULTY



FAMILY MEDICINE FACULTY

**Grayson Mynatt, DO**

Grayson and his fiancé, Addison, are living in Columbia. Grayson joined our FCM faculty and is seeing patients at South Providence Family Medicine and attending on our inpatient service.



**Eliza Owens, MD**

Eliza and her husband, Parker, returned home to southwest Missouri with their son, Archie. Eliza is practicing outpatient family medicine at Mercy Clinic–East Sunshine, Springfield, MO.



GERIATRIC MEDICINE FELLOW

**Ryan Peach, DO**

Ryan, his girlfriend, Janki, and their two dogs, George and Betty, are living in Columbia. Ryan is enrolled in the MU Family Medicine year-long Geriatric Medicine Fellowship program.



**Bilal Quadri, MD**

Bilal, his wife, Madison Rhoades, and their son, Amir, moved to St. Charles, MO. Bilal is practicing outpatient family medicine at Mercy Clinic Primary Care–Zumbel Road.



**Jane Salutz, MD**

Jane returned to Wisconsin and is enrolled in a year-long Geriatrics Fellowship at University of Wisconsin–Madison. After graduation, Jane plans to practice family medicine with a focus in memory care.



SPORTS MEDICINE FELLOW

**Allyson Sanders, MD**

Allyson lives in Columbia with her husband, Brad Vivace, an MU Orthopaedic Surgery Resident. Allyson is enrolled in MU's year-long Primary Care Sports Medicine Fellowship program.



FAMILY MEDICINE FACULTY

**Roma Sobieski, MD**

Roma lives in Columbia with her husband, Graham, and five children. She joined our FCM faculty and is seeing patients at Smiley Lane clinic, doing OB at our Mexico clinic, and attending on our OB service.



FAMILY MEDICINE FACULTY

**Claire Wolber, MD**

Claire lives in Columbia and joined our FCM faculty. She is seeing patients at Fulton Family Health, a rural clinic located 25 miles from Columbia, attending for residents, and teaching medical students.



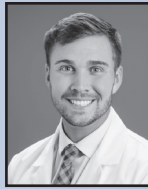
**Lance Workman, MD**

Lance and his wife, Taylor, moved back to Lance's hometown, Effingham, IL. Lance is practicing outpatient family medicine at Family Care Associates, a certified rural health clinic in Effingham.

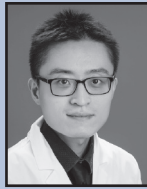
# WELCOME FAMILY MEDICINE RESIDENTS



**Hunter Aldred, MD**  
University of Illinois  
Rockford



**Daniel Bicklein, MD**  
University of Illinois  
Rockford



**Sam Cheng, MD**  
University of Missouri  
Columbia



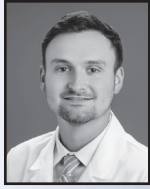
**Rachel Chu, DO**  
Kansas City University  
Missouri



**Abby Crede, MD**  
University of Missouri  
Kansas City



**Emily Dircks, MD**  
Southern Illinois University  
Carbondale



**Riley Duncan, DO**  
Kansas City University  
Missouri



**Casey Fogarty, MD**  
University of Missouri  
Columbia



**Judge Muskrat, MD**  
University of North Dakota  
Grand Forks



**Lu-Anne Smith, MD**  
St. George's University  
Grenada, West Indies



**Katelyn Weith, MD**  
University of Missouri  
Columbia



**Ethan Welch, MD**  
Medical College of Georgia  
Augusta



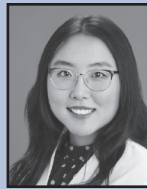
**Julie Whitten, MD**  
University of Missouri  
Columbia



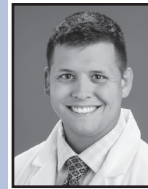
**Brooke Wiewel, MD**  
University of Missouri  
Columbia



**Andruw Wittels, MD**  
University of Missouri  
Columbia



**Bingyue Zhang, MD**  
University of Missouri  
Columbia



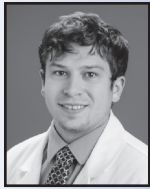
**Gabriel Dudley, DO**  
Lake Erie College  
Erie, Pennsylvania



**Jamie Spears, MD**  
American University Caribbean  
St. Maarten

**Bothwell  
MU Family  
Medicine  
Residents:  
Sedalia**

## INTEGRATED RESIDENTS: FOURTH YEAR UNIVERSITY OF MISSOURI MEDICAL STUDENTS



**Devin Breckenridge**



**Marcus Mallen**



**Cameron Meyer**



**Karolina Pogorzelski**



**Lucie Trokey**



**Tiffany Trzupek**

# CONGRATULATIONS 2024 FELLOWSHIP GRADUATES



**Farah Heis, MD**  
Farah and her cat, Louie, moved to St. Louis, MO, where she works as a hospitalist at SSM Health Saint Louis University Hospital.



**Joseph Kuruvilla, DO**  
Joe and his wife, Christine, moved to Sayre, PA, where he enrolled in the Hematology-Oncology Fellowship Program at Guthrie.



**Chris Miller, DO**  
Chris, along with his dog, Burt, and cats, Molly and Lilly, moved to St. Joseph, MO, where he works as a hospitalist at Mosaic Life Care.

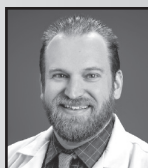


**Colbert Nelson, DO**  
Colbert, his wife, Raven, and children, Declan and Tatum, moved to Oklahoma City, where he joined the Fam/Prev Med and Ortho Surg Depts at OU Health.

# WELCOME FAMILY MEDICINE FELLOWS



**GERIATRIC MEDICINE**  
**Mohammad Al Bataineh, MD**  
Internal Medicine Resident (24)  
University of Missouri



**GERIATRIC MEDICINE**  
**Ryan Peach, DO**  
Family Medicine Resident (24)  
University of Missouri



**HOSPICE & PALLIATIVE MEDICINE**  
**Michael Miller, DO**  
Family Medicine Faculty  
University of Wyoming  
Casper



**HOSPICE & PALLIATIVE MEDICINE**  
**Hemal Patel, MD**  
Internal Medicine Resident (23)  
Unity Health  
White County, Arkansas



**HOSPICE & PALLIATIVE MEDICINE**  
**Rachel Warnert, MD**  
Internal Medicine Faculty  
University of Missouri  
Kansas City



**SPORTS MEDICINE**  
**Allyson Sanders, MD**  
Family Medicine Resident (24)  
University of Missouri

“ WHAT ARE YOU DOING & WHAT ADVICE DO YOU HAVE FOR OUR 2024 MU FAMILY MEDICINE GRADUATES? ”

“Life is short and we've been given a tremendous gift through the practice of medicine. While our current culture identifies us incorrectly as ‘providers,’ remain loyal to the principles of the Hippocratic oath and the privilege to be ‘physicians’ who have the opportunity to be trusted by patients with a doctor-patient relationship. Above all, never lose sight of the realization that these gifts are given to us by our God; never be afraid to share our faith with our patients, always respecting the faith of those we serve.”

**Michael Dixon, MD**  
RESIDENCY CLASS OF 1984

**DR. DIXON:** “With a family medicine foundation and five years in emergency and occupational medicine, and after a second residency in OB with fellowship in reproductive medicine, I practiced independently in St. Louis with a focus in OB/GYN and NaPro Technology for 30 years. I retired in January but plan to continue with lectures in NaPro and travel for medical mission work.

Kathleen and I have six children and six grandchildren, and we are tremendously enjoying a much different lifestyle.”



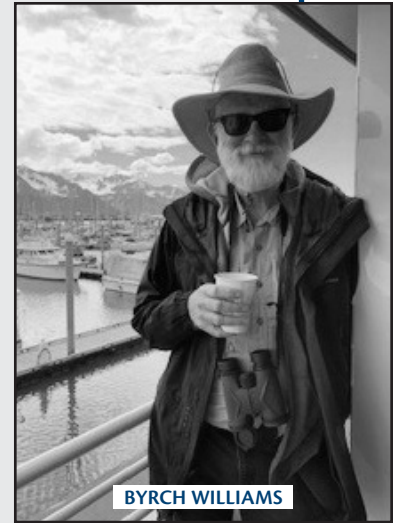
MICHAEL DIXON FAMILY

“I always struggled with keeping up with medical records, so I'd encourage everyone to master that skill. And strive for a healthy work/ life balance. Take time off as needed.”

**Byrch Williams, MD**  
RESIDENCY CLASS OF 1984

**DR. WILLIAMS:** “After practicing in a small northern town in New Mexico for 20 years, Katie and I moved to Albuquerque so I could join the Family Medicine Department at University of New Mexico (UNM). I loved my Raton practice – womb to tomb – but we were ready for a change. At UNM, I did clinical medicine, and I served in various department leadership positions. I liked clinical medicine, and I liked working with medical students. In 2016, I retired from clinical practice but continued to mentor medical students quarter time. I fully retired last year.

I'm enjoying retirement. Our three grandchildren are nearby, and we see them regularly. Three of our four kids live here in Albuquerque, and we have a son in Austin. We visit them as often as we can. Katie and I work in the garden, volunteer with a food rescue program, travel and generally enjoy ourselves. We just returned from a great trip to Alaska. We'd love to hear from old friends at Mizzou.”



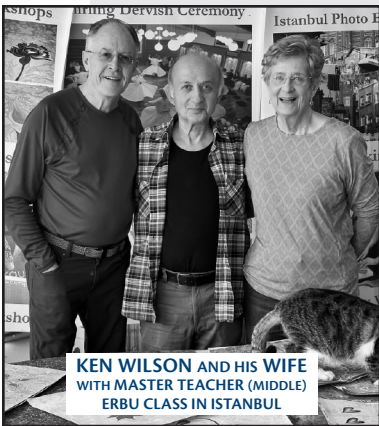
BYRCH WILLIAMS

“A lot about medicine has changed in the last 40 years. Now more than ever, patients need family physicians who are well trained (a given for graduates from MU) and committed to practicing comprehensive family medical care ... physicians who do not simply want to be ‘air traffic controllers’ for our increasingly fragmented health care system.”

**Ken Wilson, MD**  
RESIDENCY CLASS OF 1984

**DR. WILSON:** “I retired 21 months ago. My wife, Pam, and I live in Kentucky, and we continue to serve with a ministry, *Teach To Transform*. Check out what we're doing, <https://teachtotransform.org/>, and if it seems like something you'd like to do, please email me and we can discuss!

We are blessed to be able to travel across the states in our RV and take a few trips outside the country. Our family is growing up and spreading out ... we now have three grandsons.”



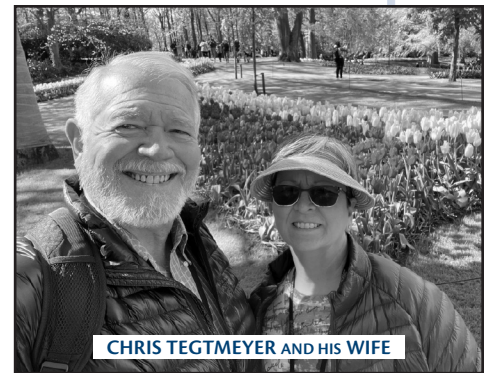
KEN WILSON AND HIS WIFE  
WITH MASTER TEACHER (MIDDLE)  
ERBU CLASS IN ISTANBUL

“Remember that there is a beginning and end to everything – good and bad.

You are the star of your own life's movie – perhaps a heroic tale or perhaps a drama. Whichever, sit back, open an NA IPA, and enjoy the show! It won't last long anyway!”

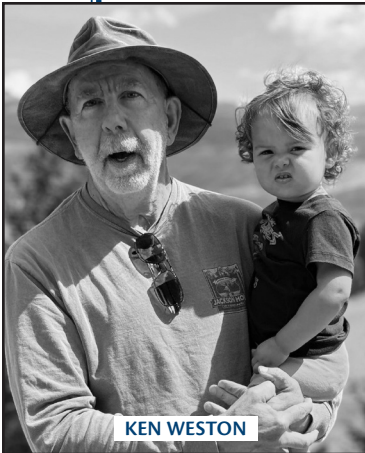
**Chris Tegtmeyer, MD**  
RESIDENCY CLASS OF 1984

**DR. TEGTMEYER:** “I am fully retired from my work life. Sally and I live in Florida and celebrated our 50th wedding anniversary on December 31. We now spend our time being full-time nannies and grandparents to our two grandchildren, ages 3 and 5. In addition to taking care of grandchildren, we travel extensively, throughout the US and Canada in our class B RV ... and across the globe mainly by cruise ship. My passions also include personal fitness and playing classical guitar.”



CHRIS TEGTMEYER AND HIS WIFE

“ WHAT ARE YOU DOING & WHAT ADVICE DO YOU HAVE FOR OUR  
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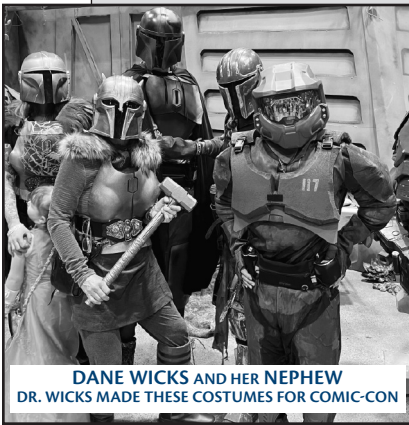
KEN WESTON

“It has changed. It will change. We (Class of 1984) are family doctors; you are going to be a family doctor. The constant is/ will be the patients. They will want you and need you, in ways you cannot imagine. Enjoy them, enjoy their stories, enjoy your profession. Recall why you wanted to go to medical school. Recall why you chose to be a family physician.”

**Ken Weston, MD**  
RESIDENCY CLASS OF **1984**

**DR. WESTON:** “Retired from

Columbia Family Medical Group after a long stint of disability following a major MVA. Still miss it. Still miss them! Fair is never a fact; it is always an opinion.”



DANE WICKS AND HER NEPHEW  
DR. WICKS MADE THESE COSTUMES FOR COMIC-CON

“Love your ability to work and keep learning new things. This doesn't mean you will always love your job. But my love of music, art, dance and science continues.

I've cared for underserved populations all my career. With each decade, I've become more aware and concerned about how deeply access to health care affects people. Add to that how basic health education is lost in a sea of

consumerism and how there's a general mistrust of the real messages of health evidence – and you are in for a ride!

Like my father, I believe that the Art of Medicine is more important than your test scores, health grades from patients, or your corporation's grade of you as an income generator. In fact, ignore that stuff and figure out how to use technology, make AI work for you and be a motivating force in your patients' lives and health.

**Don't let Family Medicine die: It is an Art.”**

**Dane Wicks, MD**  
RESIDENCY CLASS OF **1984**

**DR. WICKS:** “I still work. It appears to be a family tradition. I'm a third generation physician. My father (Edwin Wicks, MD ... PhD Public Health) retired only because cancer took him. My grandfather (FL Wicks, MD ... Pharmacist Ophthalmologist) died of a stroke before he retired. He found a way to use his instruments after a stroke affected his grip. He was ingenious.

I've come full circle from working at the VA after residency, and for the past nine years, I've been working full time for Kansas City VA Medical Center.”

“The best advice is to be prepared for change. Family Medicine has always been directed to be preventive and proactive. A continuous commitment to medical advances resulting from research and technology should always be in your portfolio.

Today's medical professional should be informed of business practices. A physician needs to be able to cope with the inevitable pressures of working in the medical field. The added pressures of running a business can result in tense situations and even cause burnout. Equally, there's a need to be knowledgeable about EMRs. Many physicians have expressed that more time is spent on production of medical records than direct medical care.

Solo practitioners seem to be a thing of the past as medical contractual arrangements are offered. There's a trade off between solo's independence versus corporate flexibility and group support. Your independent decision making to provide optimal care might be compromised or dictated by policies. How are disagreements resolved? Having a legal expert review of contracts could be a wise investment.

In summary, keep abreast of the advances in the medical field and the business aspects of your practice. Enjoy what is ahead and follow your heart, you have the knowledge. Blessings and best wishes.”

**Yolanda Green, MD**  
RESIDENCY CLASS OF **1984**

**DR. GREEN:** “In 2020, I decided it was time to retire. The extent of my medical activities is now volunteering for nonprofit organizations and organizing health fairs for my church.

When I left MU, I did a geriatrics fellowship in Tampa, then joined the University of South Florida Internal Medicine, and as an assistant professor, I had teaching and patient care responsibilities. But after a year, I realized that direct contact with patients was my true calling. For the next 34 years, my practice was located in Miami and Fort Lauderdale and focused on the aging population of Florida. My last six years were in hospice and palliative care.

During the last 40 years, I've been both amazed and disappointed by the changes that have occurred in the health industry. Advances in technology and science resulted in better care as seen by longer survival rates. At the same time, it is paradoxical that the once concerned, caring and dedicated profession is being overwhelmed by government regulations and insurance companies dictates. Despite it all, the reward of being in a profession that provides health care and hope outweighs it all.

My husband, Leo, is now retired; Alyssa, an RN, is married with two kids, Aubrey, 11 and Marley, 8. We visit them frequently in Houston, and we travel to Nicaragua every spring.”



YOLANDA GREEN AND HER HUSBAND

“ WHAT ARE YOU DOING & WHAT ADVICE DO YOU HAVE FOR OUR  
2024 MU FAMILY MEDICINE GRADUATES? ”



STAN WILSON

“Medicine has changed a lot over the past 40 years. It will continue to change so you need to learn to change with it. However, change has gotten harder for me the older I get.”

**Stan Wilson, MD**  
RESIDENCY CLASS OF **1984**

**DR. WILSON:** “Bob Frederickson, Jeff Sharp, Julie Cahill and I worked together for decades in Sedalia, MO. I found that practice very rewarding but it ended five years

ago. I am presently working full time in the Bothwell ER. I have been precepting med students and residents in the ER, and I find that rewarding as well.

I tried retirement but I'm not suited for it. I love working and will try to work until they tell me I can't.”

“I am happy that I chose Family Medicine at Mizzou! I still enjoy medicine and have never regretted my career choice. I wish you the best and hope your career is as rewarding to you as mine has been to me.”

**Bob Frederickson, MD**  
RESIDENCY CLASS OF **1984**

**DR. FREDERICKSON:** “I am still practicing family medicine, although currently I work about 60 percent time. I've been in Sedalia since Stan Wilson and I came in 1984. He moved to the ER when we were sold to Bothwell Hospital five years ago.

I stayed on and got hooked on the plans to develop the new Bothwell MU Family Medicine Rural Residency program. We were able to get that going, no small task, and now we have a full complement of six residents. I enjoy the stimulation of resident contact and teaching.

I remain very active jogging, bicycling, swimming, motorcycling, horseback riding ... and trying to follow the advice I give my patients.”



BOB FREDERICKSON FAMILY

“For those entering our specialty, remember that he who pays the piper calls the tune. Think about why they are paying you and what they hope to achieve. Experience has taught that their answers may be very different than what you might answer for yourself. Many such ‘payers’ have world views that are completely alien to yours of compassion and service, beyond even your capacity to comprehend.

Consider, rather, exploring a path where the patient is the payer, where all your talents can focus on your own mission rather than be used as a tool for goals antithetical to your own. You don't have to change the whole world. Do your little piece well and the world will change for you.

If you chose this path, learn to identify those who have taken a different route so you can weigh their influence in light of your own mission. Credibility is more than credentials. Credentials can be bought and sold; integrity cannot.

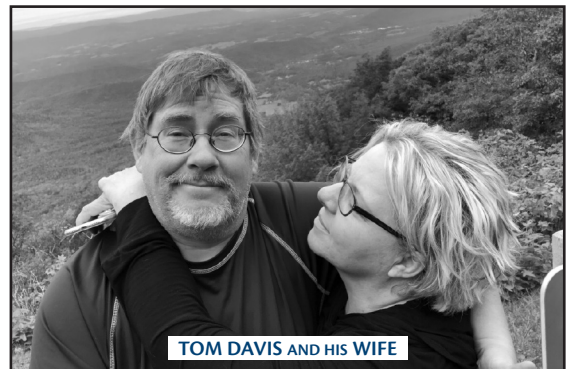
And you can't be an expert if you have a boss.”

**Tom Davis, MD**  
RESIDENCY CLASS OF **1994**

**DR. DAVIS:** “The same evening OJ took off in his white bronco, we gathered with our mentors so they could wish us well. I'm gazing on that night's photo as I write, looking at the faces of my classmates, full of passion and hope. From that gathering, my journey led me to the mighty burg of New Haven, MO, where for 25 years as the lone town doc, I brought my charges into the world, and they eased their way out. It was more rewarding than I ever imagined, and I imagined quite a lot.

My wife, Mindy, became the quintessential small town doctor wife, homeschooling our kids, leading charities, serving at church. My partners and I (all MUFPA alums) grew our small single specialty practice into a 100 doctor multispecialty group, complete with almost any service you could need. Such was the power of the first value-based care contract ever offered.

Alas, it was the government and not the patients who were paying the freight, so as the winds changed, my partners and I off-loaded our system, and I entered my second and equally rewarding career as a mentor and business consultant. I spend my days 'van-lifeing' with Mindy and paying my good fortune forward modelling wellness and sustainable practice for those who are coming after.”



TOM DAVIS AND HIS WIFE



“WHAT ARE YOU DOING & WHAT ADVICE DO YOU HAVE FOR OUR 2024 MU FAMILY MEDICINE GRADUATES?”



JACKIE RUPLINGER AND JILL

“Keep an open mind about what you will do after residency. I never imagined doing obstetrics when I joined the faculty in 1994, but Dr. Mike LeFevre and Dr. Betsy Garrett twisted my arm so I did it, and I’m glad I did. OB was one of the most rewarding experiences in my career; I appreciated the privilege of delivering the children of families I cared for. Dr. Anne Fitzsimmons convinced me to do colposcopy training and teach it to residents ... that was a rewarding experience for me as well.

If people suggest you do something you had never considered doing, don’t be afraid to take a leap!”

**Jackie Ruplinger, MD**  
RESIDENCY CLASS OF 1994

**DR. RUPLINGER:** “I partially retired from MU Family Medicine in 2017, doing clinic work (no OB) 40 percent time until I fully retired in 2020.

What am I doing now? Whatever I want!

Jill and I live on 10 acres outside of Columbia, MO, and I like doing outdoor maintenance. After retiring, I joined a farm share group and have learned about regenerative farming. I have lunch with friends at Murray’s on Thursdays and do crafts with friends on Mondays. Jill and I enjoy traveling; we went to Iceland in 2022 and take lots of trips in our motorhome.”



MARY MICHENER AND HER HUSBAND

“In my experience, I’ve become more like an Internist. Wish I would have paid more attention to renal metabolism! Also, wish I understood what NPs and PAs are taught. They typically behave more confidently than I have ever felt.

Blessings, Mary.”

**Mary Michener, MD**  
RESIDENCY CLASS OF 1994

**DR. MICHENER:** “I’m still living and working in Winona, MN, and am employed by Winona Health as a clinic-

based family practitioner. No more inpatient care ... lots of chronic disease management and preventative health care.

Our empty nest is empty, with one of our four kids married. 35 years of marriage to Chris ... it has been a blessed life!”

“The best part of being a primary care physician is the doctor-patient relationship. That’s the part I never got tired of, and the part I miss most now that I am retired.”

**Kelly Bain, MD**  
RESIDENCY CLASS OF 1994

**DR. BAIN:** “I retired from clinical practice at Esse Health, Washington, MO, in December 2023. Currently I work half time for Navvis healthcare. As physician executive at Navvis, my role is to bring clinical perspective to their efforts to improve value-based care for health systems across the country. I also serve as Vice President of Medicare Optimization for Esse Health.

I miss my patients but appreciate the flexibility that retirement provides. I married Jim Krafft seven years ago, and together we have a blended family of five adult children and three grandchildren. I enjoy being a grandmother.”



KELLY BAIN  
MISSION TRIP TO HONDURAS

“Keep your mind open to the uncertainty of how events will unfold trusting that they will all enrich the tapestry of your life.”

**Scott Musinski, MD**  
RESIDENCY CLASS OF 1994

**DR. MUSINSKI:** “After residency, I did a fellowship in Women’s Health at University of Tennessee-Memphis and stayed there as an assistant professor for two years.

I completed a second residency in OB/GYN and had a private solo practice from 2002 until 2015 when I enrolled in an MBA program. After that, I worked as a hospitalist until this year.

I just moved back to my home state of Connecticut and plan to work again as an OB hospitalist.”



SCOTT MUSINSKI AND HIS SISTER  
SCOTT RAN A 7-MILE RACE ON HIS NEW HIP

“ WHAT ARE YOU DOING & WHAT ADVICE DO YOU HAVE FOR OUR 2024 MU FAMILY MEDICINE GRADUATES? ”



JUSTIN JONES FAMILY

“Advice given to me during residency ... still true today:

- Do what’s right for your patients and the rest will take care of itself.
- Make sure you take time for family.”

**Justin Jones, MD**  
RESIDENCY CLASS OF 1994  
**DR. JONES:** “I spent 21 years

in a traditional family practice setting in Mexico, MO, then nine years in correctional medicine as medical director at Women’s Eastern Reception, Diagnostic and Correctional Center in Vandalia, MO.

My wife, Donna, and I have a daughter, Cassidy, who is engaged to Jacob Jennings. As a family, we raise registered Black Angus cattle, show paint horses at the national level, and love the mountains and snow skiing.”

“Your career as a family physician trained at such an enriching program like MU will unlock many unexpected doors for you. From here, you can do anything. Enjoy the privilege of caring for people and entering patients’ lives in an inspiring manner. Remember, if something is not right with your job or career, you have the power to fix it! Our profession should allow us to find peace for ourselves and those we serve.”

**Ray Weick, MD**  
RESIDENCY CLASS OF 2004

**DR. WEICK:** “Over the last decade my career has transitioned from mostly clinical to mostly administrative. After serving as the president of Mercy Clinic in St. Louis, I now serve as the physician executive guiding strategy and specialty care in our region. Additionally, I serve as our physician leader for well-being. I thoroughly enjoy this work as it allows me to maintain a clinical presence while attempting to find solutions for the many challenges of our profession.

On a personal level, my wife, Laura, and I are having fun watching our kids become amazing young adults. We enjoy traveling, especially getting to the beach every chance we get. My hobbies have not changed much and include running, and watching the Cardinals, Blues and MU Tigers.”



RAY WEICK FAMILY

“New FP Docs: Remember to always move forward, take care of yourself as well as your patients. There will be very difficult times and equally precious times with your patients. They rely on you much more than you will ever understand. Take time to talk to them, do not let anyone rob you of the time you need to be the compassionate person you must be. They will learn from you and you will learn from them. Remember the students, always be willing to pass on the knowledge and wisdom you have. As I tell my patients, ‘Be good, and if you cannot be good, be careful.’”

**Sharon Colton, MD**  
RESIDENCY CLASS OF 1994

**DR. COLTON:** “It’s hard to believe I came to Clover Fork Clinic, Appalachia, 30 years ago! I was well prepared for what I found here, kudos to the MU-FP rural program and Fayette clinic. Our clinic in Evarts, KY, expanded into Harlan, KY, 20 years ago. I see patients in both clinics. In 2010, we gave up our inpatient practice to the new hospitalist program. I was grateful for more time to negotiate our expanding outpatient realm.

My life changed wonderfully in 2001 when I married an old friend, Bob Hampton. He was a single father to a teenager, and we now have three beautiful grandchildren. I’m active in my church, and I work with a personal care home and the Community Action Agency. When asked if I’m still working, I respond, I will continue to practice medicine until I get it right!”



SHARON COLTON AND HER HUSBAND

“Find joy in your practice. Choose the parts of medicine that you love and focus on them. Find joy outside of your practice. Medicine isn’t everything. It’s important to find balance between work and personal life. Your family will grow and change with or without you. Don’t miss out on life!”

**Jennifer Bowe, MD**  
RESIDENCY CLASS OF 2004

**DR. BOWE:** “Ten years ago, my husband and I sold our practice, and I became an employed physician with Saint Luke’s Health System, Trenton, MO. I continue to work full time in an outpatient setting. I see newborn to geriatrics and care for a large nursing home population as well.

We own and operate a family farm, raising registered Angus cattle and row crops. Our son, Cayden, 24, returned to the area to help run the farm. Hannah, 20, is studying psychology and criminal justice at Southwest Baptist University, Bolivar, MO. Catelin, 15, has completed her first year in high school.”



JENNIFER BOWE FAMILY

“ WHAT ARE YOU DOING & WHAT ADVICE DO YOU HAVE FOR OUR 2024 MU FAMILY MEDICINE GRADUATES? ”

“Continue to expand your breadth of knowledge – whether that means doing a year of inpatient, getting extra training for procedures, or earning business-focused CME.

Make sure you get the correct mix of office staff. The person who rooms your patients and the people who answer the phone/messages represent you, and they should complement your strengths and weaknesses.

Learn the business side of your practice so you can understand your value. Knowing how to bill and document is important, but so are the nuts and bolts of private practice. Try to learn how and why decisions are made, by your finance team, recruitment committee, and, if available, by the board of directors at your clinic or hospital.

Enjoy what you do, and if you don't, make a change!”

**Kory Jackson, MD**  
RESIDENCY CLASS OF 2004

**DR. JACKSON:** “I'm at the same practice I joined after residency in my hometown in Kansas, a town of 40K. I'm a partner in a physician-owned multispecialty group that includes 45 physicians, along with 10 FPs. We do traditional family medicine, without OB. I spent 13 years sharing coverage of our family medicine patients while in the hospital (including ICU) before we finally got hospitalists. I'm glad I did it because it taught me a lot, although I wish it had been only five years of inpatient.

I'm active in my community and in clinic leadership as well. I've served on many committees and on our board of directors for nine years. I believe that almost every day is a good day for me; I still love what I do ... except for charting.

Outside of work, I enjoy attending my children's activities, traveling and golf. And I continue to win in the fantasy football league that we started during residency – 22 years in!”



KORY JACKSON FAMILY



MARY BETH CHITWOOD FAMILY

“Have fun! Work life balance is more than just a catch phrase. From the beginning, protect your family time and keep pursuing your passions. Stand up for yourself if needed; don't let imposter syndrome in! You have been trained by the best, you got this!”

**Mary Beth Chitwood, MD**  
RESIDENCY CLASS OF 2004

**DR. CHITWOOD:** “For the past 15 years, I've worked part time in Arnold, MO, in a group family practice. Working part time allows me to be active and present with my kids and family, even though the kids are almost all adults now! It also allows me to pursue my hobbies outside of the office – gardening and hiking especially.

I believe that the practice of medicine is a calling, and I feel privileged to be a physician. I feel fortunate for the opportunity to care for my patients, and I appreciate the amazing friendships I've developed with my partners.”

“Hire a professional to look over your contract. • Get a good accountant to manage your money/taxes. • Please stop training nurse practitioners; they are your replacement. • Give back by volunteering at a free clinic in your community.”

**Jenny Frazier, MD**  
**Seth Miller, MD**  
RESIDENCY CLASS OF 2004

**DR. FRAZIER AND DR. MILLER:** “After having our own full scope (no OB) practice for 8 years, which we loved, we both found our niche. Seth is doing primary care with OneMedical, and Jenny is doing Urgent Care with Austin Regional Clinic.

We live in Austin, TX, with our amazing eight-year-old daughter who keeps us young and busy. We have a dog, baby tortoise, and we had a hamster, RIP Cleo. We love to travel, hike, play music together and spend time with our family.”



JENNY FRAZIER AND SETH MILLER FAMILY

RECOGNIZING OTHER 1984, 1994, 2004, 2014 MU FAMILY MEDICINE RESIDENTS AND FELLOWS

Robert Power, MD.....1984 RESIDENT  
Jack Dodson, MD .....1994 RESIDENT  
Ruanne Stamps, MD .....1994 RESIDENT  
Aimo Berger, MD.....2004 RESIDENT  
Herman Damek, MD.....2004 RESIDENT  
Larry Dybedock, MD .....2004 RESIDENT  
Cari Worley Henry, MD .....2004 RESIDENT  
Mark Barnett, MD .....2014 RESIDENT

Kim Kaiser Lock MD.....2014 RESIDENT  
Ashley Millham, MD .....2014 RESIDENT  
Cameron Rumsey, MD .....2014 RESIDENT  
Robert Pierce, MD, MSPH ..... 1994 FELLOW  
Warren Stark, MD, MSPH..... 1994 FELLOW  
Brent Allmon, MD, MSPH ..... 2004 FELLOW  
Scott Shannon, MD, MSPH ..... 2004 FELLOW  
Matt Thornburg, MD, MSPH..... 2004 FELLOW

“ WHAT ARE YOU DOING & WHAT ADVICE DO YOU HAVE FOR OUR 2024 MU FAMILY MEDICINE GRADUATES? ”



CHRISTINA CRUMPECKER

“Know that there is a place for YOU in Family Medicine. There are many types of roles, environments, schedules, and there’s definitely a need for your talents – and your quirks! Your first job after residency might be a perfect fit, or you may find that a different mix of opportunities and responsibilities better suits your personality and life goals. Your voice, skills and enthusiasm are critical to the future of Family

Medicine, and there will be a role where your unique value is appreciated – and if you can’t find one, create one!”

**Christina Crumpecker, MD**  
RESIDENCY CLASS OF 2014

**DR. CRUMPECKER:** “For several years after residency, I worked at Truman Medical Center-Hospital Hill and served as an assistant professor of Family/Community Medicine and the Medical Humanities at UMKC School of Medicine.

Now I’ve found my niche as the primary care provider for the Health Care Home at ReDiscover Behavioral Health, serving residents of Jackson County, MO, with severe mental illness and substance use disorders. I also lead weekly health education groups for my clients, and recently developed one of the first ‘Walk with a Doc’ chapters at a mental health facility. I am a freelance medical author, ghostwriting blog posts and publications for local doctors and regional organizations.



In my free time, I crochet winter hats for my clients, bust my weightlifting goals, discover great literature, and rescue special-needs animals. I share my home with Buggy, a Chihuahua mix with paralyzed back legs, and The Lobby Cat, who was abandoned near my apartment. We frequently visit my parents’ backyard oasis, where Buggy practices as a ‘student driver’ in his new wheels!”



JONI BRAMON

“Just. Sit. Still. Figure out what that means to you each day.

Pause often. Listen. With your Heart. Each Moment. To Others. To Yourself.

From that Center, You will be able to Give Generously to Others.”

**Joni Bramon, DO**  
RESIDENCY CLASS OF 2014

**DR. BRAMON:** “In my Heart, I am an Artist. As a Physician/Artist/Friend/Creative-Eccentric Adventurer: I listen deeply and am a creative

problem solver; I appreciate the many hues of color that compose each unique life story; I honor that life is always in transition.

I work part time in geriatrics and palliative care, and also urgent care.

I love to paint mandala and quilt-inspired geometric designs.

Seattle, WA, is my homebase, and my friendships span the globe. I travel enthusiastically and play outside everyday ... hiking and biking amongst the ferns and firs in the Cascades and Olympics and kayaking and skiing with salutations to Mt Rainier.”

“Discover what brings you joy in medicine and make space for that in your schedule ... do procedures; precept for medical students; become an expert on a topic and present at conferences; make it a priority to care for entire families; or give extra time to your geriatric patients because connection with patients is a gift. Serve on committees because you think you can make a difference, not because you think you should.

Your time and energy are precious, take time to fill your bucket.

Use your sick days; go on vacations; attend your children’s school assemblies, recitals and sports events. And eat dinner as a family; the paperwork can wait. If your employer does not value you as a person, move on.”

**Amanda Shipp, MD**  
RESIDENCY CLASS OF 2014

**DR. SHIPP:** “Ten years ago, I moved back to my hometown of Versailles, MO, and joined Capital Region Physicians (recently integrated into MU). I practice outpatient only, broad spectrum family medicine with prenatal care and pediatrics. When I joined the practice, there were four physicians, and now it’s just me and two physician assistants.

After struggling with burn out, I completed the Leading Physician Wellness program through AAFP in 2021. I serve on the MAFP board, as well as on my community health center board. I also completed the ECHO Autism STAT program to increase early access to autism evaluation and diagnosis.

My husband, Ben, works part time as an assistant brewer at Bee’s Knees in Versailles now that all our kids are in school. Olivia is 13, Finnegan is 10, Henry is 7, and Rosalind is 5. We enjoy family vacations, especially to Disney!”



AMANDA SHIPP FAMILY

“I would advise every person who is graduating to begin creating a life in which your job is the least interesting thing about you.”

**Morgan Unruh, DO**  
RESIDENCY CLASS OF 2014

**DR. UNRUH:** “I live in Denver, CO, with my partner, David, and dog, Frisco. I practice palliative medicine at the Denver VA and teach medical students at the University of Colorado School of Medicine.

Outside of work I enjoy skiing, hiking, camping and scuba diving.”



MORGAN UNRUH

“ WHAT ARE YOU DOING & WHAT ADVICE DO YOU HAVE FOR OUR 2024 MU FAMILY MEDICINE GRADUATES? ”



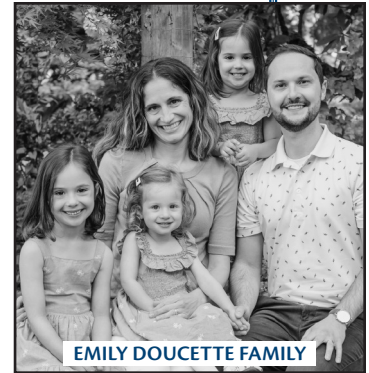
NATHAN GRANNEMAN FAMILY

“Keep in mind that anytime you say ‘Yes’ to something, you are saying ‘No’ to something else. Your employer may attempt to rope you into doing tasks/ jobs that are not part of your original agreement or core practice. While you want to be a good team member, you also want to be a good family member, and oftentimes those two goals clash. Always talk with your significant other about possible work changes and decide as a family whether to say ‘Yes’ or ‘No’ to these changes.”

**Nathan Granneman, MD**  
RESIDENCY CLASS OF 2014

**DR. GRANNEMAN:** “I currently work at Boone Health Occupational Medicine, Columbia, MO, but before this job, I worked other places, including rural-based practices, correctional medicine and urgent care. I think that experiencing different work environments prepared me to be a good occupational medicine physician, and I look forward to continuing in this field of practice.

I'm currently training for my second run in the MR340 (boat race on Missouri River from KC to St. Charles), and I look forward to finishing it this year (unless the river floods again!)”



EMILY DOUCETTE FAMILY

“I've learned that we are well-trained family physicians, and we are uniquely qualified to do a wide range of meaningful work to promote health. I have found it invigorating that our skill sets allow us to constantly take on new roles and challenges. At some point I realized I had the freedom to make intentional professional choices to make my work life fit my goals for my family. How lucky we are to have the leverage and flexibility to constantly shift to find the right balance, while always having the privilege of doing important work!”

**Emily Doucette, MD**  
RESIDENCY CLASS OF 2014

**DR. DOUCETTE:** “I live with my partner, Jason Newman (MU SOM '11), and our three girls (Paige, 6, Brynn, 4, Laine, 2) in Eugene, OR. I've had the pleasure of working in several fulfilling clinical and administrative roles since graduation, first a position in teaching and research at Saint Louis University; then a role in public health and clinical administration at St. Louis County Dept of Public Health; and now a role in primary care and infectious disease work at University of Oregon.”

“ Do good work – not too much.  
Be with people you love.  
Strive to do the right thing. We need you.”

**Steve Zweig, MD, MSPH**  
FELLOWSHIP CLASS OF 1984

**DR. ZWEIF:** “I am fortunate to work part time in the MU Family and Community Medicine Department. I co-chair our JEDI (Justice Equity Diversity Inclusion) committee and help with advancement, faculty development and the annual New Chairs Workshop. I am part of the leadership team for the Physician Leadership Development Academy sponsored by School of Medicine and MU Health Care, and I am also one of the faculty advisors for the ADFM LEADS program for senior clinical family medicine faculty.

As a retiree, I have much more time for sleep, exercise, being with family and friends, reading, and working in the yard! Susan is also retired and busier than me.”



STEVE ZWEIF FAMILY

“Live every moment for what it is, and experience the fullness and wonder of your circumstance. Value the wisdom of those around you, whoever they may be. Be patient. Many doors will open for you. You will have the occasion to choose from many good things, and the opportunity to make a mark of improvement in a myriad of situations. Rock on!”

**Jerry Kruse, MD, MSPH**  
FELLOWSHIP CLASS OF 1984

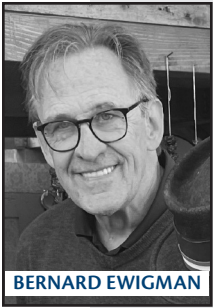
**DR. KRUSE:** “I am still Dean and Provost of the Southern Illinois University School of Medicine (9th year) and CEO of SIU Medicine (12th year).

Lois spends lots of time with the grandchildren, Sam – a 14 year-old improv musician, Adelaide – an almost 11 year-old western-style equestrian, and Jerram – an 8 year-old tree-climbing athlete. Lois and I travel a fair amount, to Portugal and Costa Rica most recently.”



JERRY KRUSE AND HIS WIFE

“ WHAT ARE YOU DOING & WHAT ADVICE DO YOU HAVE FOR OUR 2024 MU FAMILY MEDICINE GRADUATES? ”



BERNARD EWIGMAN

“The scope of family medicine practice has changed radically since we completed residency training in 1982. What has not changed is that the most gratifying element of practice is the opportunity to change patient lives through the unique trust, caring and compassion possible with longitudinal continuity relationships. The US health care system is largely dysfunctional when it comes to building capacity for and promoting such relationship-centered care. I urge you to seek alternative models of care or organizations that value and support you in the kind of practice that you are superbly trained to offer. Our department at Mizzou is one of those!”

**Bernard Ewigman, MD, MSPH**  
FELLOWSHIP CLASS OF **1984**

**DR. EWIGMAN:** “I stepped down after serving 20 years as department chair and professor at University of Chicago/ NorthShore U HealthSystem in July 2022. I moved back to Columbia and have been traveling throughout the US and internationally. I now serve as professor in the Department of Family Medicine at Tufts University (part time, mainly remote) as a collaborator with a brilliant relationship scientist from Boston College. I mentored her while she was a fellow in the Building Research Capacity program that I launched in 2014 through ADFM and NAPCRG. We have acquired nearly a half million dollars in funding to launch a virtual research, training and advocacy center, along with an international consortium to promote relationship-centered health care.

At a personal level I am connecting with old friends and family in Missouri, learning to play pickleball, scuba diving when possible, enjoying playing board/card games, and attending conferences with my collaborators in fun international locations (presenting in Zaragoza, Spain in September!).”



MINDY LOKSHIN

“Remain open-minded and flexible to new opportunities and problems to solve!”

**Mindy Lokshin, MD, MSPH**  
FELLOWSHIP CLASS OF **1994**

**DR. LOKSHIN:** “I am currently the founding board chair and acting director of the nonprofit Parkinson Support Center of Northern Nevada. We are the only organization serving the more than 5,000 people with Parkinson's disease in our region. We provide support services, educational programming and advocacy. To learn more, please go to [www.pscnn.org](http://www.pscnn.org)!”



MIKE LEFEVRE AND HIS WIFE

“You are important and the work that you do enriches the lives of those you touch and will continue to do so for many years ahead. It is an honor to have the trust and affection given by our patients; few jobs have that built into the experience. Never stop learning and never stop caring. There will be trials and tribulations but keep your cup at least half full even on the worst days. Take care of yourselves and those you love.”

**Mike LeFevre, MD, MSPH**  
FELLOWSHIP CLASS OF **1984**

**DR. LEFEVRE:** “After 45 years in FCM, I retired in February 2024. I rejoined the department with a new but not improved office in the suite of retired chairs working 0.2 FTE doing mostly ad hoc administrative activities. I have given up my continuity practice with both the distress and relief associated with that change. I certainly have more time for family, friends and long-neglected leisure activities, having reclaimed most evenings and weekends and even most days. I am blessed by the change but feel very privileged to have been part of an amazing department with so many remarkable people.”

“Be perseverant, resilient and goal focused. Don't ever give up!!”

**Ahmad Raed Tarakji, MD, MSPH**  
FELLOWSHIP CLASS OF **2004**

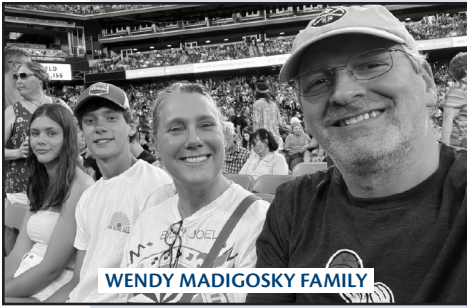
**DR. TARAKJI:** “I am currently working in Kitchener, Ontario, as an assistant clinical professor at McMaster University-Waterloo Regional Campus. Also, I am a consultant nephrologist (geronephrologist) at St. George Medical Center and Cambridge Medical Specialists Clinic.

Personally, I'm blessed with three young and energetic boys: Omar, Anas and Yazan. They fill my life with joy and love.”



AHMAD TARAKJI AND HIS SONS

“ WHAT ARE YOU DOING & WHAT ADVICE DO YOU HAVE FOR OUR 2024 MU FAMILY MEDICINE GRADUATES? ”



WENDY MADIGOSKY FAMILY

“I suggest you work hard and nurture the threads that brought you to choose medicine, and family medicine in particular. And, lean into the deep caring, curiosity and commitment that MU-FCM fosters.”

**Wendy Madigosky, MD, MSPH**  
FELLOWSHIP CLASS OF 2004

**DR. MADIGOSKY:** “I continue to work two half days a week at the University of Colorado AF Williams clinic, which is our main residency site. [I have continuity with my patients for 20 years there and cannot imagine practicing without the full service interprofessional set up.]

I also work part time at CU School of Medicine, overseeing the student professionalism committee and championing professionalism assessment within a competency-based medical education structure. [I continue to find this work to be important and linked to my early interest in ethics.]

My full-time work is at the new Kaiser Permanente Bernard J. Tyson School of Medicine in Pasadena, CA, where I am the Education Director for the Health Systems Science Department. I work remotely mostly but also travel there about twelve times a year to oversee interprofessional collaboration sessions.

I continue to live in Denver, and my husband, Craig, and I have two teenagers: Isaac, 17, and Sarah, 15. Isaac hopes to go to college nearby so he can ski, and Sarah plays club volleyball. I enjoy going to museums, free outdoor concerts, and swimming in neighborhood pools or any oceans when I am near them. I am also a proud member of the Cloud Appreciation Society!”



SCOTT KINKADE FAMILY

“Congratulations! I get a lot of fulfilment when patient care and medical teaching coincide. Hopefully you will stay involved in sharing your patients and experience with the next generation of eager learners.”

**Scott Kinkade, MD, MSPH**  
FELLOWSHIP CLASS OF 2004

**DR. KINKADE:** “Professionally, I continue to do outpatient and inpatient medicine at MU. I am the Assistant Dean for the Clinical Curriculum and spend a lot of time working with the Office of Medical Education.

Shea and I are celebrating our 31st anniversary this month. We have two kids, Seth (MU Police Officer) and Kassie (Patient Transport at MU Hospital). We have a new daughter-in-law, Kassidy. She and Seth are expecting a baby boy in August, so another milestone for us ... Grandparents!”

“Your career is unlikely to be exactly as you are planning it now, focus on doing the best work you can and enjoy the ride!”

**Jenni Buescher, MD, MSPH**  
FELLOWSHIP CLASS OF 2004

**DR. BUESCHER:** “I work for the ACGME on the accreditation of residency and fellowship programs around the country.

I look forward every year to receiving this newsletter and seeing what my colleagues are doing, and each year I am impressed by all of your various accomplishments!”



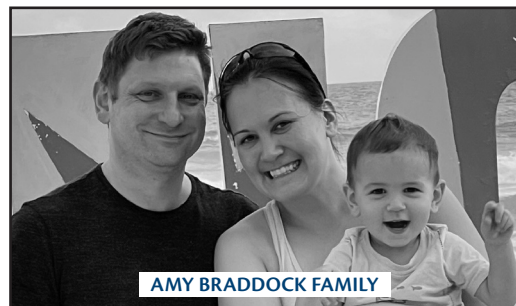
JENNI BUESCHER

“Sending warm wishes to all my residency classmates and to our recent graduates.”

**Amy Braddock, MD, MSPH**  
FELLOWSHIP CLASS OF 2014

**DR. BRADDOCK:** “As a faculty member at MU, I continue to split my time between researching childhood obesity, patient care, teaching and inpatient attending.

At home, my husband, Chris, and I are experiencing and enjoying the stages of toddlerhood with Mia who is 2 now.”

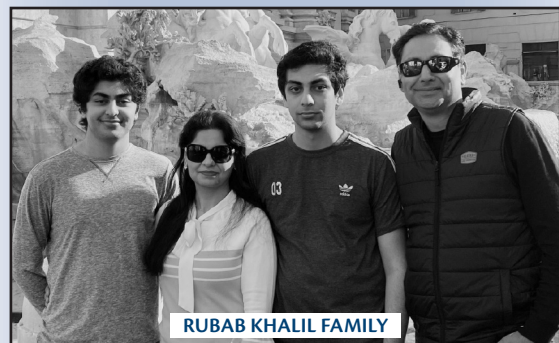


AMY BRADDOCK FAMILY

“Stay humble and grateful. Every patient and experience is a teacher. Recognize the privilege of being trusted with someone's health and well-being.”

**Rubab Khalil, MD, MSPH**  
FELLOWSHIP CLASS OF 2014

**DR. KHALIL:** “I am working as a geriatrician at Harry S. Truman Memorial Veterans' Hospital, Columbia, MO.”



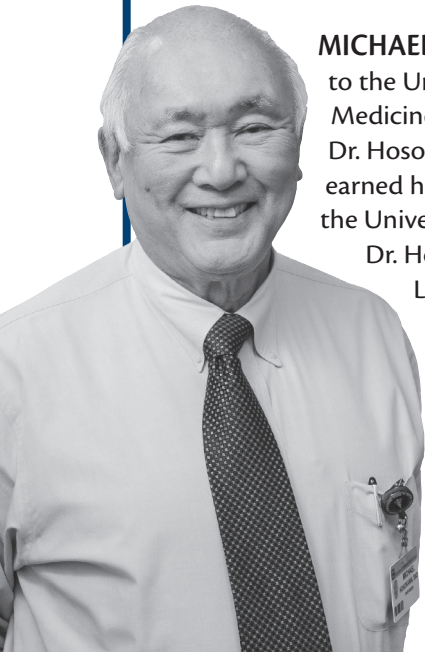
RUBAB KHALIL FAMILY

Professor: MU Family and Community Medicine AND Sr. Associate Dean for Education: MU School of Medicine

# MICHAEL HOSOKAWA, EDD

## A PIONEER IN MEDICAL EDUCATION

After 50 years of leadership and distinguished service, Dr. Hosokawa retired in January ...  
leaving a truly admirable legacy at MU



**MICHAEL HOSOKAWA, EDD**, came to the University of Missouri School of Medicine in 1974. A native of Oregon, Dr. Hosokawa grew up in Colorado. He earned his EdD in Health Education from the University of Oregon in 1969. In 1963, Dr. Hosokawa joined the faculty at Lewis and Clark College, Portland, OR, where he taught and was head swimming coach. He later served on faculty at San Diego State and University of Oregon before joining MU in 1974.

Recognized for his commitment and incredible contributions to medical education, Dr. Hosokawa played a key role in initiating innovations that have made MU a pioneer in curricular

reform. One of these innovations, problem-based learning, was implemented in 1993 and has become a hallmark of success at MU. In addition, Dr. Hosokawa co-founded MU's rural track initiative during the '90s, and he was a founder of MU's Rural Track Pipeline Program.

A Professor of Family and Community Medicine, Dr. Hosokawa provided important leadership and mentorship to faculty and fellows as director of graduate studies, coordinator of faculty development and co-director of the Family Medicine Fellowship.

During his career, Dr. Hosokawa served on numerous campus and medical school committees, including two terms as Promotion and Tenure Committee Chair. He was elected to the National Board of Medical Examiners and served on many HRSA advisory and grant review groups. He traveled to schools around the world to speak about the innovations of medical education at MU.

Dr. Hosokawa received the Jane Hickman Teaching Award, University of Missouri Faculty Alumni Award, and he's an Honorary Member of the School of Medicine Alumni Association. In 2010, a scholarship was established to recognize Dr. Hosokawa's contributions and commitment to medical education. The scholarship provides support to medical students in need of financial assistance.

In his time away from the office, Dr. Hosokawa's life has centered around his two children (Ashlyn and Michael) and two grandchildren (Emily and Sean). He enjoys cooking, and he is a watercolorist. A former Division 1 swimming coach, Dr. Hosokawa swims at the masters level.

**“It's impossible to overestimate the tremendous impact Mike Hosokawa had on learners with his teaching and leadership.”**

**Michael LeFevre, MD, MSPH**  
Former Chair, MU FAMILY MEDICINE

**“Mike Hosokawa is so well known for his ability to initiate and manage a lively discussion with just a few words. He always brought a quiet steadiness and gentle humor to his work, and many of us learned much about education (and life) from him.”**

**James Stevermer, MD, MSPH**  
Vice Chair for Academic Affairs, MU FAMILY MEDICINE

**“No one has contributed as much or as long to medical education at MU as Mike Hosokawa.”**

**Steve Zweig, MD, MSPH**  
Former Dean, SCHOOL OF MEDICINE  
Former Chair, MU FAMILY MEDICINE

**Last March, after attending a retirement celebration held in his honor, Mike Hosokawa sent this message to his friends and colleagues throughout the School of Medicine:**

**“My retirement ceremony was quite an event. What began as a breeze of warm greetings with friends ultimately developed into a full tornado of pride, warmth, humility, love and appreciation. I went home languishing in all the good feelings and memories people shared ... keeping in mind what a privilege it was for me to dedicate my career to MU's School of Medicine.**

I came to Missouri almost 50 years ago from the University of Oregon to interview for a public health position. I flew a major airline to KC where I transferred to Skyways, a single engine Cessna, to Columbia. Bob's Taxi, an Impala reject from Mexico City, took me to the Campus Inn. I participated in afternoon interviews at the Heidelberg, and that evening we ate a catfish fry and pig roast combination in wilting heat and humidity. I seriously considered withdrawing ... but I'm so glad I didn't.

Today, when I think about how incredibly rewarding my 50 years at MU have been, I realize it's the quality of the faculty and staff I've known and worked with who have made the difference.

When people ask what I plan to do next, I don't have a ready answer. But the Japanese say you gain wisdom at 88 so I have a few years to search for wisdom. There is a word, Ikigai, which means to find a purpose in life. After I spend a little more time enjoying how wonderful everyone has made me feel, I will get down and seek my Ikigai.”



### What are some of the challenges you face as Chair of MU Family Medicine?

**DR. KOOPMAN:** Nationally, family medicine is not recovering from the burnout of the pandemic as fast as other specialties. That's because the administrative burden of practice has been steadily increasing – before, during, and since the pandemic. Another challenge is the commercialization of all of medicine. Family medicine serves the public with both a comprehensive evidence-based approach to care and the value of a continuity relationship with patient, family, and community. For-profit, big corporate approaches to medicine will erode its very foundations, to the detriment of patients and society. Family medicine must demonstrate its value and hold to its foundations while evolving to better serve our patients.

### Goals ... for yourself and for the department?

**DR. KOOPMAN:** We've got to decrease the administrative burden of practice. If you talk to our clinicians, and really any clinician in Missouri or the US, one of two things is stealing their joy: time spent documenting care and/or time answering patient portal messages. While onerous, both are important. We are chipping away at both of these burdens. We've launched a pilot of AI-assisted documentation; in doing so, we're on the leading edge or what I believe will be a national trend. And we've launched several different interventions to help our physicians and APPs spend less time with patient portal messages, while still providing a high level of service. If we decrease the burdens that consume our time, our educational, research, and service missions will flourish. And our people will get home for dinner and spend their weekends and vacations relaxing and recharging. Restoring "joy in practice" is key. If you strip away administrative burden, clinical care is inherently joyful – it's detective work, analysis, solving problems, forming relationships, helping people – what's not joyful about that?

### What makes MU Family Medicine strong and a nationally recognized department?

**DR. KOOPMAN:** We will celebrate our 50th year of graduating residents in 2025. Our history is a strong foundation for our success. Strong leadership developed people with talents that shined on the national stage – presidents and other leaders of national and state organizations, award-winning educators, a strong stream of evidence-based medicine, and dissemination of our research discoveries. That type of history and momentum almost feeds itself. We don't take that for granted, but it is easier than starting from scratch.

### What in your life makes you most proud?

**DR. KOOPMAN:** You can't say I haven't got grit. My dad was a steelworker, my mom worked in a factory, and none of my aunts, uncles, or cousins had ever gone to college. That kind of grit has served me well through things like two broken ankles. I like the quote from Winston Churchill, "If you're going through hell, keep going." I know that the path to success usually wanders through a bit of failure – keep your eyes on the prize and keep going. A bit of laughter will help as well and I deploy it regularly.

### What about your job makes you want to come to work every day?

**DR. KOOPMAN:** Here in Family and Community Medicine, we seek to uphold and strengthen our Mission, Vision, and Values every day. It's a gifted and collaborative group, and we strive toward that noble purpose every day. That makes this a fun place to work and we love to laugh and have "serious fun" – that combination of joy and meaningful work, all occurring at the same time.



RICHELLE KOOPMAN, MD

### FAMILY ... who are they and how do they make a difference for you?

**RICHELLE KOOPMAN:** Of course, you know my husband, Peter, who also works in the department. He's always been my biggest supporter. We're very proud of our two kids, Ian and Katie, who have flown from the nest and are beginning to chart their own courses. Ian is an art teacher in Boston and Katie is a freshman in animal sciences at Mizzou. It's very satisfying to see your children out there flying on their own. Katie has a deep love for birds that we all now share, so "nest" and "flying" are the right words.



PETER KOOPMAN, MD

### PRIMARY CARE PHYSICIANS: MO-PIN IS THE PLACE FOR YOU!

Have you encountered a question in clinic that you wanted to explore? Interested in introducing evidence-based interventions into your clinic? Looking for support for a QI project? If so, **MISSOURI PRACTICE-BASED INNOVATIONS NETWORK (MO-PIN)** is the place for you!

MO-PIN is a practice-based research network that brings together primary care clinicians and researchers to answer community-based health care questions and translate the research findings into practice.

If you or your practice is interested, contact us at [rhrc@missouri.edu](mailto:rhrc@missouri.edu) for more information.

### MICHAEL LEFEVRE, MD, MSPH FUND FOR THE HEALTH OF THE PUBLIC

This endowment, established to honor Dr. LeFevre when he retired in January 2024, supports a yearly invited lecture on **FAMILY MEDICINE AND THE HEALTH OF THE PUBLIC** for faculty, residents, students and alumni.

It also supports other departmental efforts to promote public health initiatives and to prepare MU Family Medicine faculty to serve as national leaders in public health research, policy and advocacy.

To donate to this fund or another FCM endowment, click the **GIVING** link on [fcm.missouri.edu](http://fcm.missouri.edu) or call 573.882.1758

## MEET

# NATALIE LONG, MD

FAMILY PHYSICIAN & TEACHER & CLERKSHIP DIRECTOR



NATALIE LONG, MD  
ASSOCIATE PROFESSOR

NATALIE LONG, MD, earned her medical degree from the University of Missouri, then completed MU's Family Medicine Residency and joined our faculty in 2015. In addition to seeing patients at Keene Family Medicine, Columbia, she does obstetrics and outpatient attending for residents.

Dr. Long also provides patient care at Compass Health, a Columbia-based FQHC. "I'm very committed to my clinical work at Compass Health, where I run a weekly women's health/OB clinic," she says. "Our OB population is diverse, with 80 percent

speaking a language other than English."

Dr. Long was a medical student when she cared for her first patient at MedZou, MU's student-run clinic that provides free health care to uninsured patients in mid-Missouri. "I still work extensively at MedZou," Dr. Long says. "In addition to helping with clinic operational tasks, I serve as one of four faculty advisors; I mentor students with QI/research projects, and I do patient care at MedZou as well!"

Medical school education has been a priority for Dr. Long since joining our faculty. In the preclerkship curriculum,

she has directed/co-directed Introduction to Patient Care: Psychosocial Aspects of Medicine (IPC-3) for nine years, and she co-coordinates the service learning course. This learning experience, which began as a pipe dream for Dr. Long when she was in medical school serving as student director of MedZou, pairs students with a community organization to do service, reflect and create a QI project.

Dr. Natalie Long was named Family Medicine Clerkship Director this spring.

**DR. NATALIE LONG began her role as Family Medicine Clerkship Director in June.**

**In a recent interview, she discussed her career, her new leadership role and what brings joy to her life!**

### WHY medical student education?

**DR. LONG:** I began my career as a high school math teacher, but after two years I realized that commanding the attention of a classroom of teenagers was not my calling. However, many things I learned as a teacher influenced my decision to pursue a career that included opportunities in health care and teaching. When I began medical school at MU, I wanted to care for patients, but I wanted to focus on medical education as well.

### WHAT excites you as you begin the role of Clerkship Director ... challenges, goals?

**DR. LONG:** I look forward to connecting with medical students and helping them see the beauty of family medicine. Even if they are not planning to be family docs, our clerkship is an important one for all students to experience. I want them to understand the role of family physicians. But I also want them to know/see how family physicians contribute to their community, which is one reason why the off-site experience is so essential!

Our clerkship is one of the gems of the medical school, thanks to the faculty and preceptors who engage and work with students on a daily basis. I want to maintain that high level of quality education while keeping current with evidence-based medicine and incorporating innovative curriculum experiences as well.

**CHALLENGES:** I'm sure there will be many. Thankfully I love problem solving and will work hard to find creative solutions to the challenges I encounter.

Technology is changing healthcare in many ways; navigating through those changes will be a challenge. Developing new and better ways to teach and reach students will be an ongoing challenge for me, too. I'm still looking for ways to get our students to read their emails!

**GOAL:** To train the next generation of physicians to be amazing patient advocates and collaborative members of the health care team. I'm confident we can achieve this goal!

### WHAT about your job makes you want to come to work every day?

**DR. LONG:** I really love taking care of patients. Now that I am an "old" doctor, almost every patient I see is someone I know well. I am grateful that I have opportunities to care for patients I know, but I also look forward to meeting and developing relationships with new patients.

Every day is different for me, so I'm never bored. I appreciate that I am able to be creative in my work, teach about topics I love, and mentor medical students and residents who are hard working and excited about learning.

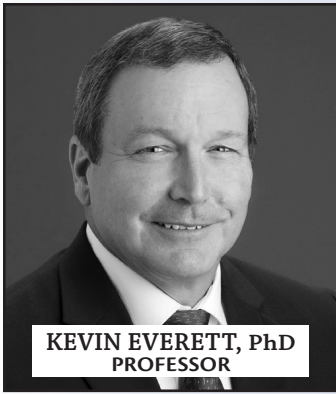
When people ask me, "How do you do it all?" I tell them, "I just do it!" But I couldn't do it without help from supportive people. By believing in what I do, staying positive, and being intentional, I'm able to be strong and committed to my work.

### FAMILY/HOBBIES?

**DR. LONG:** I've never been a morning person, but now I get up every day at 5 am to exercise, usually hot yoga or MET fit. I got divorced last year. It was unexpected, devastating, miserable, but also liberating. I took the opportunity to evaluate my priorities and goals, and now it feels like everything I do is aligned with my values and I'm living a blessed life.

I am devoted to my four children (Victor, 12, Bella, 12, Russell 9, Teddy 6). Bella joined our family five years ago, and the adoption is almost final!

We have one dog (Maggie), two cats (Stewart and Walter), and an ever-changing number of fish. In nice weather you can find me on the trails or cheering for the kids at their various sporting events. In cold weather, I love a good book, puzzle and cup of tea.



KEVIN EVERETT, PhD  
PROFESSOR

MEET

# KEVIN EVERETT, PhD

CLINICAL PSYCHOLOGIST & EDUCATOR & RESEARCH DIRECTOR

**KEVIN EVERETT, PhD**, earned his PhD from Louisiana State University in 1992, and completed an internship and postdoctoral fellowship in clinical psychology at Brown University in 1993. After that, he served eight years on faculty at East Tennessee State University's Department of Family Medicine. Dr. Everett came to MU in 2001, and since that time, his research has focused on Tobacco Use Prevention, Control, and Cessation; Rural and Community Health Interventions; and Behavior Change Interventions.

**DR. KEVIN EVERETT** was named Research Director, Family and Community Medicine in January 2024. In a recent interview, he discussed his career, his new leadership role and what brings joy to his life.

## **YOUR RESEARCH: how has it evolved since you joined our faculty?**

**DR. EVERETT:** Trained as a clinical psychologist, I observed high rates of smoking among my patients who had problems with depression and anxiety. My observations concerned me early in my career and led me on a 20+ year journey in search of solutions to the problems caused by tobacco use. Initially my research focused on developing innovative strategies to help individuals or small groups of people quit smoking. Through the years, my work has evolved, and I began reaching out to organizations, communities and states requesting that they help address the problems caused by tobacco use by adopting policies and laws that eliminate exposure to tobacco products. Additionally, I am introducing innovations and interventions to primary care providers and the rural communities they serve to reduce health disparities that exist in small towns across the state.

## **WHAT RESEARCH PROJECT has been your most rewarding and valuable?**

**DR. EVERETT:** I led a project that built student and community coalitions to advocate for smoke-free workplace laws. Starting in Columbia, MO, we used an evidence-based advocacy approach to bring positive health change. This approach was very different from anything I've done in the past, but it worked! It was amazing and so rewarding to watch the city council vote in favor of a smoke-free ordinance.

Our success with this project gave me confidence about using this same approach to help an additional 12 Missouri communities pass a smoke-free ordinance.

## **RESEARCH DIRECTOR of MU Family Medicine ... what excites you about this role?**

**DR. EVERETT:** As research director, I look forward to helping other researchers and faculty members achieve success. After getting to know and understand their research goals, I will focus on removing barriers and bringing resources to help them meet those goals. And I will be participating in efforts to recruit new researchers to join our department.

## **WHAT GOALS have you set for you and your research team?**

**DR. EVERETT:** One of my priorities is to foster an environment where research faculty and clinical faculty share their ideas on ways to better the health of patients, practices and communities. If communication between our researchers and clinicians is open and ongoing, meaningful relationships will develop, research will grow, patient care will improve, and faculty members will find new joy in their jobs.

For junior researchers, I want to make sure they have the resources, guidance and motivation they need to move forward in their academic careers.

## **WHAT CHALLENGES you as research director?**

**DR. EVERETT:** Learning to balance the time needed to assist and facilitate the work of other researchers, particularly junior faculty, with the time needed to lead current research projects, write manuscripts and develop new grant proposals is challenging for me. I am grateful that Dr. Koopman, our new Chair who previously served as FCM Research Director, has had similar experiences and thus understands how difficult balancing multiple priorities can be.

## **WHAT ABOUT YOUR JOB makes you look forward to coming to work everyday?**

**DR. EVERETT:** For the most part, I am a solution-focused person, so solving problems excites me. I am grateful that MU Family Medicine is staffed with people who share that same quality. I like being part of a team and bringing people with different talents together to solve challenging health problems. Over the years, we have greatly benefitted by including students and trainees on our research teams.

## **FAMILY/HOBBIES?**

**DR. EVERETT:** I get great support from my wife, Laurie. She is an elementary school teacher and I have been learning from her for 33 years! I have two adult daughters, one works in New York and the other in Washington DC.

I enjoy traveling and physical activities that involve chasing a ball; tennis, pickleball, golf and basketball are my favorites.

**“As I think about the future and the researchers here at MU Family and Community Medicine, I have confidence in my ability to build strong teams who can work together to solve important, often challenging, health issues and problems.” — Kevin Everett, PhD**



# Family and Community Medicine

School of Medicine

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UNIVERSITY OF MISSOURI

# Family & Community MEDICINE

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**Vice Chair for Clinical Affairs:**

**Margaret Day, MD, MSPH**

**Vice Chair for Academic Affairs:**

**James Stevermer, MD, MSPH**

**Sr. Director, Dept/Clinic Operations:**

**Justin Atkisson, MHA**

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Kathy Boeckmann, MA  
[boeckmannk@missouri.edu](mailto:boeckmannk@missouri.edu)

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## UNIVERSITY OF MISSOURI HOSTS WORKSHOP FOR FAMILY MEDICINE CHAIRS

Family Medicine department chairs from across the country met at the University of Missouri in Columbia, MO, for the annual New Chairs Workshop (NCW), co-sponsored by MU Family and Community Medicine and the Association of Departments of Family Medicine (ADFM). The primary goal of this three-day workshop, held October 8th – 11th, 2023, is to prepare newly appointed chairs for the challenges, expectations and responsibilities of their role. Elisabeth Wilson MD, MPH, MS-HPEd, Chair and Professor of Community and Family Medicine at Dartmouth Hitchcock Medical Center and Geisel School of Medicine at Dartmouth, Lebanon, NH, served as guest consultant, and nine new chairs participated in last year's workshop.

**Included in this photo are participants of the Fall 2023 New Chairs Workshop ... LEFT TO RIGHT:**

**FRONT ROW:** Jack Colwill MD, University of Missouri; Ginny Lee Gottschalk MD, University of Kentucky, Lexington; Caroline Richardson MD, Brown University, Providence, RI; Erin Kavanaugh MD, Christianacare, Wilmington, DE; Shivani Malhotra MD, University of Alabama at Birmingham-Huntsville Campus; Tina Korownyk MD, University of Alberta, Canada; Jinping Xu MD, MS, Wayne State University, Detroit, MI; Elisabeth Wilson MD, MPH, MS-HPEd, Dartmouth Hitchcock Medical Center and Geisel School of Medicine at Dartmouth, Lebanon, NH; Richelle Koopman MD, MS, University of Missouri; Mike LeFevre MD, MSPH, University of Missouri

**BACK ROW:** Gabriel Neal MD, Texas A&M, Bryan; Stacy Brungardt MA, STFM; Phillip Rodgers MD, University of Michigan, Ann Arbor; Jamar Williams MD, MPH, Wyckoff Heights Medical Center, Brooklyn, NY; Amanda Weidner MPH, ADFM; Steve Zweig MD, MSPH, University of Missouri

## FALL 2024 NEW CHAIRS WORKSHOP: OCTOBER 13-16

For more information, please email Dr. Steve Zweig: [zweigs@missouri.edu](mailto:zweigs@missouri.edu)