

# Family & Community MEDICINE

Summer 2023

## CELEBRATING THE SUCCESS STORIES AND LIVING LEGACIES OF MIKE LEFEVRE & STEVE ZWEIG

Two of MU Family Medicine's finest alums, physicians, educators, scholars and leaders

THEIR STORIES START AT THE SAME TIME ... IN THE SAME PLACE:

It was 1975 when **DR. MIKE LEFEVRE & DR. STEVE ZWEIG** met and began medical school at the University of Missouri. As medical students, their friendship developed, along with their interest and passion for family medicine. Their stories continue as residents, academic fellows, faculty members and ultimately chairs of MU's Department of Family and Community Medicine.

Since joining the department in 1984, Dr. LeFevre's and Dr. Zweig's 40-year careers have been defined by an incredible commitment to serve and to lead. While they were drawn toward and found joy in distinct areas of family medicine – for Dr. LeFevre it was informatics and his role on the U.S. Preventive Services Task Force (USPSTF) and for Dr. Zweig it was geriatrics, palliative medicine and his role as the Dean of MU School of Medicine – their contributions and accomplishments were equally outstanding. The impact that Mike LeFevre and Steve Zweig had on family medicine is powerful and reaches beyond MU. As retirees, their careers may have ended, but the legacies they leave MU Family and Community Medicine will live forever.

Dr. LeFevre and Dr. Zweig recently reflected about retirement, their careers and their friendship:

### Retirement ... why?

● **MIKE:** There was a time in my career when I could not imagine retirement. That time passed. Yet moving from imagining to planning was immensely difficult; being a family physician isn't just what I do, it is who I am.

But there comes a time when we must confront the reality that all of us get only a limited amount of time on this earth, and the older we get, the greater the likelihood that we could be confronted with a reality that is very different from any vision we have for the future. My relatively fortuitous diagnosis last year of an early stage surgically treatable ampullary adenocarcinoma and subsequent Whipple procedure certainly ended any delusions of invincibility. I am fine, but it is time. I owe my family, friends, and self a greater presence unobstructed by my passion for my work.

● **STEVE:** I retired in October of last year – although I stopped being SOM Dean at the end of May 2022. Had I been given a choice, I would have served as dean a few more years, but that was not an option for me. (I guess it's time to go when your bosses tell you that you no longer have a job!)

Knowing that my dean's job had ended, I thought carefully about where to go and what to do next. Returning to the department could be a stress on my Family Medicine colleagues, and expanding my practice did not appeal to me at this time, so I decided to retire!

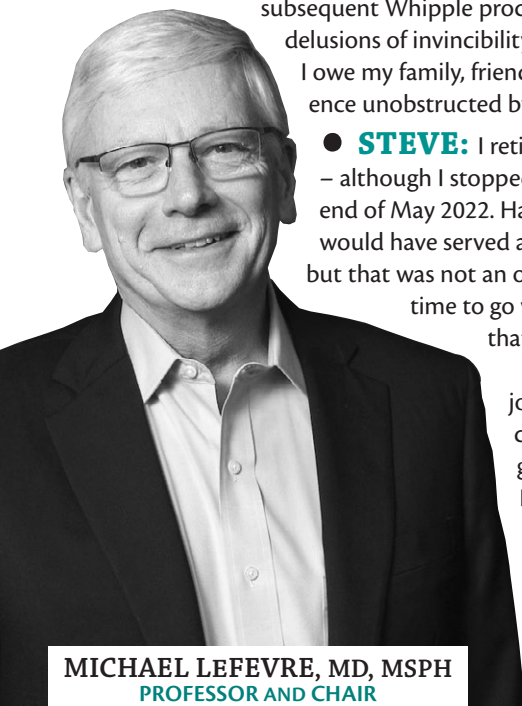
As I end my first year as professor emeritus, I feel happy and very comfortable about my decision to retire.

### You've served many roles in your career ... which one did you find most rewarding?

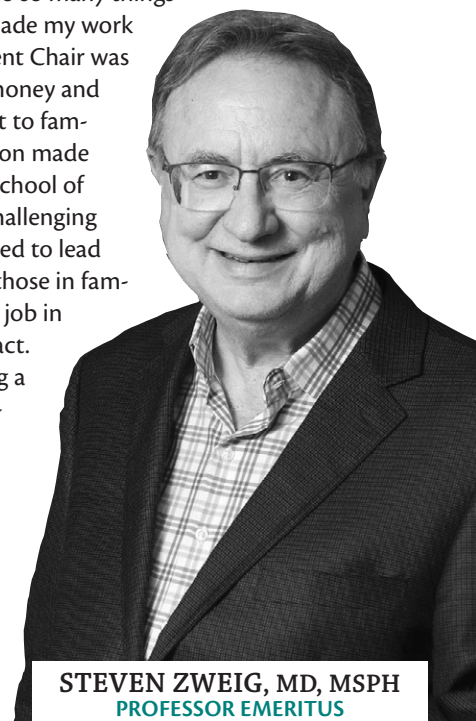
● **MIKE:** I have done many things in my academic career, but the one constant has been patient care. Being a family doctor has provided me the honor of making a difference in people's lives, often at their most vulnerable moments. It is good work, it is rewarding work.

● **STEVE:** The chance to do so many things – research, write and teach – made my work very rewarding. FCM Department Chair was a tough job – always issues of money and personnel, but my commitment to family medicine and the FCM mission made me proud to serve. My role as School of Medicine Dean was my most challenging job, primarily because I was called to lead so many people different than those in family medicine. But it was also the job in which I felt I had the most impact.

I liked everything about being a family doctor, including delivering babies and hospital work, however the relationships I developed during my 40+ years in family practice were surely the most sustaining and a constant source of joy in my career.



**MICHAEL LEFEVRE, MD, MSPH**  
PROFESSOR AND CHAIR  
MU FAMILY AND COMMUNITY MEDICINE



**STEVEN ZWEIG, MD, MSPH**  
PROFESSOR EMERITUS  
MU FAMILY AND COMMUNITY MEDICINE

**LEFEVRE & ZWEIG:**  
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## CHAIR'S MESSAGE

**I WILL CALL HER ANNA.** She was a teenager when we met, 16 or 17 years old as I recall. She came alone. Her eyes teared up as she told me she was pregnant. She had told no one, didn't know what to do or how to do it. I just listened. Over the years I have come to believe that non-judgmental listening is perhaps the most important thing we do for our patients. We talked about options and I invited her back in a week to talk after she had a chance to think about what we had discussed. On return she seemed more confident and had decided to continue the pregnancy. She was ready to tell her parents, and we talked through some strategies and agreed to meet again soon. She later let me know that her mother insisted that she see an obstetrician for her prenatal care.

There have been many Anna-like stories over the years from all ages and all walks of life. There have been so many tears shed in the exam room that I have adopted the words, "It's OK, everyone cries with me, it is only a question of when, not if, and you cannot tell me a story I haven't already heard. You are not alone." Anna's story does have a twist, and that is almost certainly why I remember her so well. Perhaps mature beyond her years, after she gave birth, she sent me a note telling me that she had given her baby up for adoption. She wanted to thank me for all I had done for her in her time of need. And then it was me that needed to cry.

I began my residency in 1979, and thus am in my 45th year as a family physician. As I face retirement, I know I could not have dreamed of more meaningful or rewarding work.

Bless you for all the work you have done and continue to do.



**MICHAEL LEFEVRE, MD, MSPH**  
PROFESSOR AND  
JACK AND WINIFRED COLWILL CHAIR

## MU FAMILY & COMMUNITY MEDICINE EXTENDS A WARM WELCOME TO NEW FACULTY MEMBERS

● **LAURA PICKARD, DPM**, assistant professional practice professor, joined our faculty and healthcare team at Keene Family Medicine, Columbia, this summer. A board certified podiatrist, she is providing patient-centered, quality care to those who have foot and ankle problems, especially patients with diabetes and vascular disease.

After earning her BA in biology from the University of Missouri, Columbia, Dr. Pickard graduated from the Dr. William M. Scholl College of Podiatric Medicine at Rosalind Franklin University of Medicine and Science, then completed her residency training at Cook County Hospital. She was in private practice in Chicago more than 30 years before her recent move to Missouri.

Throughout her career, Dr. Pickard has been active in the Illinois Podiatric Medical Association and has held a variety of leadership positions in the association, including presidency. At the national level, she has served on multiple committees in the American Podiatric Medical Association (APMA) and was elected president of APMA last year.

"Dr. Pickard is a highly regarded, nationally recognized podiatrist who is deeply committed to providing effective podiatric treatment to patients throughout our health system," says Family and Community Medicine Department Chair Dr. Mike LeFevre. "We are thrilled to welcome her to our faculty."

"I'm excited to move back to my hometown and become a member of MU Family Medicine's faculty and healthcare team," says Dr. Pickard.

Dr. Pickard and her husband, Randy, have two sons, Walter and Nate. She likes to travel, take walks on the MKT, and attend concerts and festivals. A long-time Missouri Tiger fan, Dr. Pickard enjoys going to football games to watch Mizzou play. Her father was Marching Mizzou band director for more than 15 years, so she especially enjoys watching the Marching Mizzou halftime performance.



● **MELANIE OLER, DO**, assistant professor, joined our faculty this summer. She is seeing patients at our family medicine clinic in Fayette, a rural community located 30 miles from Columbia. Dr. Oler will do OB and outpatient attending for our residents later this year.

After earning her degree in osteopathic medicine from AT Still University-Kirksville in 2020, Dr. Oler moved to Columbia to enroll in MU's Family Medicine Residency. She completed her training in June.

"I'm happy to stay at Mizzou and continue caring for patients and working with the Family Medicine Residency," says Dr. Oler. "My husband, Corey, and I have a daughter, Everly, and three dogs. We love Columbia and agree that it is great place to live and raise our family."



● **CONNER SUTTON, MD**, assistant professor, joined our faculty this summer. He is seeing patients at our family medicine clinic in Boonville, a town of 8,000 located 30 miles from Columbia. Dr. Sutton will do outpatient attending for our residents later this year.

After earning his medical degree from the University of Missouri-Kansas City in 2020, Dr. Sutton moved to Columbia to enroll in MU's Family Medicine Residency. He completed his training in June.

"I love the culture of MU Family Medicine," says Dr. Sutton. "I'm excited to be able to stay here and work with such an amazing group of people."

Family is important to Dr. Sutton, and when he has time, he travels to Springfield, MO, to visit his parents as well as his sister, who attends Missouri State University. Dr. Sutton also enjoys reading, hiking and playing board games with friends when he is not at work.



# CYNTHIA HAYES, MD

## FAMILY PHYSICIAN & TEACHER

CYNTHIA HAYES, MD, earned her medical degree from the University of Missouri in 1999, then completed MU's Family Medicine Residency program in 2002. Currently, she sees patients at Cynergy Health, a Columbia-based practice she opened in 2009. Dr. Hayes, who precepts MU medical students and also teaches practice management to Family Medicine Residents, is highly regarded by the students who have worked with and learned from her.



CYNTHIA HAYES, MD  
COLUMBIA, MO

### describe your practice ...

**DR. HAYES:** I started my own practice, Cynergy Health, here in Columbia, in 2009. In 2019, I bought space where I could build my practice. We opened just in time to shut down for the Covid-19 pandemic!

Cynergy Health is located in the Village of Cherry Hill, a town square that's home to a wide variety of local businesses. The square is so pretty. During the winter, we can see the Holiday Magic Tree, a mid-Missouri tradition, from our window.

### describe your patient population ...

**DR. HAYES:** During residency, we were taught that our practice would look like us, and this has turned out to be true. My patients are aging right along with me! The majority of the care I provide is preventive medicine. I see an array of wonderful patients who live in the mid-Missouri area. I still care for some patients whom I started seeing when I was a Family Medicine Resident!

In 2013, I began seeing US Veterans, in addition to my own patients, and in the past decade I have learned a lot from our Nation's Heroes. I am grateful for the opportunity to know and care for them.

### precepting: who, when and why?

**DR. HAYES:** When I first began precepting, I worked with M1s during their Ambulatory Clinical Experience (ACE). After a few years of precepting ACE students, it seemed like a natural progression for me to precept M3s enrolled in the Family Medicine Clerkship. I am amazed to see the incredible difference between a new ACE student (M1) and a seasoned clerkship student (M3). The confidence that our curriculum instills in med students in such a short period of time is impressive.

The preceptors and attendings who worked with me during medical school and residency taught me how to be a family physician. What I do and say to my patients on a daily basis are some of the same things I witnessed my mentors do and say. I consider precepting to be a privilege and a way I can give back to my profession.

In addition to precepting medical students, I provide support to MU's Family Medicine Residency program by teaching Practice Management to third year residents. The Master in Health Administration (MHA) degree I earned from MU has been useful and helped me with this teaching responsibility.

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

**DR. HAYES:** My patients are simply amazing. The relationships that I have developed with them over time inspire me daily. When they achieve their health goals, it is exciting for me and them.

Also, I have a wonderful staff who provide excellent care to our patients. I've watched many of them grow and create their own space during the past 15 years. My staff keeps me motivated and looking forward to walking through Cynergy's doors every day.

### family/hobbies ...

**DR. HAYES:** My husband, Kevin Kane (1997 FCM Resident; 2000 FCM Fellow; MU SOM Associate Dean), daughter, Trinity (now 16 and learning to drive), and I still enjoy traveling whenever we can. We recently remodeled our house and are now able to relax and enjoy the results of that challenging endeavor. We live in the serene countryside, near Boonville, MO, with our two dogs, two cats, one hen, one rabbit and one pony!



# CONGRATULATIONS TO OUR RESIDENCY GRADUATES

## — CLASS OF 2023 —



### **Sarah Bohnert, MD**

Sarah and her husband, Ethan, along with their children, Amarie, Adelaide and Rose, are moving to Ste. Genevieve, MO, where Sarah will practice outpatient medicine at Bloomsdale Family Health Care.



### **Hannah Braungardt, DO**

Hannah and her husband, Nathan Goodwin, are moving to Edina, MO, where Hannah will practice rural outpatient medicine at Northeast Missouri Health Council, a Federally Qualified Health Center.



### **Maggie Brennan, MD**

Maggie and her partner, Lawrence, are moving home to St. Louis where she'll join the faculty at Mercy Family Medicine Residency. Maggie will practice inpatient and outpatient family medicine, including OB.



### **Brooke Dean, MD**

Brooke is moving to Pana, a rural town of 5,200 located in southcentral IL, where she will provide inpatient, outpatient and maternity care to patients at Pana Community Medical Clinic.



### **Dalton Lohsandt, MD**

Dalton, his wife, Kelly, and their newborn daughter, Reagan, are moving to Tuscaloosa, AL, where he will enroll in the Primary Care Sports Medicine Fellowship program at the University of Alabama.



### **Daniel Lyon, DO**

Dan will work as a locum hospitalist in Jefferson City and St. Louis for a year while his partner, Abby, finishes her OB residency at MU. They plan to begin their careers in Colorado or Washington State.



### **Seth Mobley, DO**

Seth and his wife, Whitney, who got married this summer, are moving to Fayetteville, AR. Seth will practice outpatient family medicine at Mercy Clinic Primary Care in Springdale, AR.



WELCOME  
SPORTS MEDICINE FELLOW

### **Colbert Nelson, DO**

Colbert, his wife, Raven, and their son, Declan, are staying in Columbia. Colbert will begin the University of Missouri's year-long Primary Care Sports Medicine Fellowship program this summer.



WELCOME  
FAMILY MEDICINE FACULTY

### **Melanie Oler, DO**

Melanie, her husband, Corey, and their daughter, Everly, are staying in Columbia. As an MU FCM faculty member, she'll see patients at our Fayette clinic, and she will do OB and outpatient attending for residents.



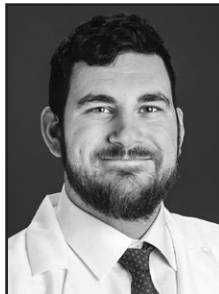
### **Danielle Poivre, MD**

Danielle, her husband, Jon, and their son, Michael, are moving to their 100-acre family farm in Falcon, MO. Danielle will practice outpatient medicine at Mercy Family Medicine in Lebanon, MO.



### **Nicole Seddon, MD**

Nicole, her husband, Ryne, and their children, daughter Ada and son Jonah, are moving to St. Charles, MO. Nicole will practice outpatient family medicine at SSM Health Medical Group in St. Charles.



WELCOME  
FAMILY MEDICINE FACULTY

### **Conner Sutton, MD**

Conner is staying in Columbia and will join our MU Family Medicine faculty. In addition to seeing patients at our Boonville clinic, Conner will do outpatient attending for residents.



### **Christine White, DO**

Christine, her husband, Andrew, and their daughter, Caydence, are moving to Blue Springs, MO, where Christine will practice outpatient medicine at Family Medical Care Associates.



### **Andrew Wright, DO**

Andrew and his wife, Andrea, are staying in Columbia. Andrew will open a primary care clinic, Complete Family Medicine, in Moberly while Andrea finishes her dermatology residency.

# A NEW CLASS OF FAMILY MEDICINE RESIDENTS

WE ARE PLEASED TO PRESENT OUR FIRST YEAR AND INTEGRATED RESIDENTS

## RESIDENT (LEFT TO RIGHT)

## MEDICAL SCHOOL

ROW 1	Aaron Brown, MD	University of Missouri: Columbia
	Dallas Garrison, DO	AT Still University: Kirksville, MO
	Tori Gustafson, MD	University of Illinois: Rockford
	Kristen Hemmersmeier, DO	Kansas City University: Missouri
ROW 2	William Kenney, MD	University of Missouri: Columbia
	Tea Kostandinis, MD	University of Missouri: Columbia
	Brittney Marshall, MD	University of Missouri: Columbia
	Alex Marx, DO	Kansas City University: Missouri
ROW 3	Carter Ross, DO	Kansas City University: Missouri
	David Spadavecchia, MD	University of Missouri: Columbia
	Austin Squires, MD	University of Arkansas: Little Rock
	Sophi Thurman, MD	University of Missouri: Kansas City
ROW 4	Breanna Tuhlei, MD	University of Missouri: Columbia
	Cody Weisel, MD	University of North Dakota: Grand Forks
	ShiAnne Farris, DO	Oklahoma State University: Tulsa
Bothwell-MU FM Residents Sedalia	Logan Stiens, MD	University of Iowa: Iowa City



## INTEGRATED RESIDENTS: FOURTH YEAR MU MEDICAL STUDENTS (LEFT TO RIGHT):

Sam Cheng  
Casey Fogarty  
Katelyn Weith  
Julie Whitten  
Brooke Wiewel  
Andrew Wittels  
Bingyue Zhang



## CONGRATULATIONS 2023 FELLOWS (LEFT TO RIGHT)

### HOSPICE & PALLIATIVE MEDICINE FELLOWS

**INGRID BERG, DO:** Ingrid and her husband, Bob, are moving to Omaha, NE, to be closer to their daughter, Estelle, who attends University of Wyoming. Ingrid is joining the palliative care team at CHI Health. In addition to seeing patients, she will teach in Creighton University's HPM Fellowship program.

**NAZMUL HASAN CHOUDHURY, DO:** Nazmul and his wife, Nayab, are moving to Syracuse, NY, where he will practice palliative medicine at the Syracuse VA Medical Center.

**JUSTIN (JR) WARIX, DO:** JR, his wife, Betty, and their children are moving to Arkansas, where he will serve as Associate Chief of Medicine at Veterans Health Care System of the Ozarks, Fayetteville. In addition, JR will provide palliative care at VA clinics in Arkansas and Missouri.

### SPORTS MEDICINE FELLOW

**MARC PROPST, MD:** Marc, his wife, Heather, and their three children are moving to Springfield, MO, where Marc will practice sports medicine at Cox Health.

### GERIATRIC MEDICINE FELLOW

**MAHMOUD MANSOUR, MD:** Mahmoud and his wife, Morgan, are staying in Columbia, where Mahmoud has enrolled at the University of Missouri Gastroenterology Fellowship program.



## WELCOME NEW FELLOWS (LEFT TO RIGHT)

### HOSPICE & PALLIATIVE MEDICINE FELLOWS

**FARAH HEIS, MBBS**  
INTERNAL MEDICINE RESIDENCY:  
Rutgers Health, NJ (2023)

**JOSEPH KURUVILLA, DO**  
INTERNAL MEDICINE RESIDENCY:  
Nuvance Health, NY (2023)

**CHRIS MILLER, DO**  
INTERNAL MEDICINE RESIDENCY:  
Freeman Health System, MO (2021)

### SPORTS MEDICINE FELLOW

**COLBERT NELSON, DO**  
FAMILY MEDICINE RESIDENCY:  
University of Missouri (2023)



# “WHAT ARE YOU DOING & WHAT ADVICE DO YOU HAVE FOR OUR 2023 MU FAMILY MEDICINE GRADUATES?”

“Every person has their own journey, so it is hard to give advice. But here are a few bullet points ...

- Always put your family first. Don't miss those ball-games or dance recitals or anniversary dinners!
- Find a way to get on top of the charting and paperwork. This can be your biggest source of frustration in your practice.
- Stay involved with your practice staff and governance. It will make your work more rewarding.
- Listen to your patients! Educate your patients! Give them the gift of your time and attention.
- Finally, acknowledge the fact that you will never be as smart as Mike LeFevre! Ask for help when needed.”

**Doug Bradley, MD**

RESIDENCY CLASS OF **1983**

**DR. BRADLEY:** “Whoa, 40 years, really!

I retired in May 2021, after 38 years of practice in Belton, MO. I did inpatient work for the first 28 years before (begrudgingly) giving way to the hospitalist movement. The last 10 years of my career included part-time administrative work as CMO of our 75-bed hospital, a duty that I felt 'called' to do.

I am now doing some traveling and full-time grandparenting. My wife, Charlotte, has recently retired as well from teaching. We stay busy and wonder how we had time to work. Our son, Matt, works for Cerner. He lives nearby and has two lovely kids. Our daughter, Sarah, practices Urogynecology in Asheville, NC and has one sweet two-year-old son.

I'd like to say 'Thank You' to my attendings, clinic staff, and fellow residents. I am grateful for the education and training that I received at MU.”



**DOUG BRADLEY, HIS WIFE  
AND GRANDCHILDREN**

“I find advice hard to give, but I will share what I think has helped me:

Work hard doing what you love. Your best is good enough, don't seek perfection. Find joy in the little things. Take a few extra moments to smile and look people in the eye - your patients, co-workers and others you encounter. Talk less and listen more. Ask for and accept help. Give yourself credit for small accomplishments since sometimes the bigger ones are only recognizable looking back. Maintain a practice of daily gratitude. Give generously from your heart and your wallet. Make time for yourself and your loved ones.”

**Susan Even, MD**

RESIDENCY CLASS OF **1983**

**DR. EVEN:** “Since retiring in June 2020, I have been involved in a variety of activities, wondering how I ever had time to work. For the first year, I helped a national college health organization keep Covid guidelines updated and contributed to writing an article on vaccine requirements. But most of my time has been spent with family, church and volunteer activities, and various hobbies.

Steve and I feel so fortunate that both our sons now live in Columbia. Ben does documentary film editing from home. We get to spend lots of time with our grandsons, Valor (4) and Destry (2), since Alex (now Family Medicine faculty), and our daughter-in-law, Lacy, returned to Columbia after Alex completed his residency. Sunday family meals are the highlight of our week!

I continue to learn about perennial gardening and birding and find peace being outdoors. I've joined Betsy Garrett and Judy LeFevre writing poetry, now working on our second publication. Steve and I have been studying Italian prompted by our travel last fall to Tuscany. We look forward to our annual winter family trip to Sanibel-Captiva.”



**SUSAN EVEN AND STEVE ZWEIF FAMILY**

# “WHAT ARE YOU DOING & WHAT ADVICE DO YOU HAVE FOR OUR 2023 MU FAMILY MEDICINE GRADUATES?”



KEVIN HEPLER: 2023

“You will find that there are many clichéd pieces of advice available. All too often, the hard part is trying to decide which aphorism applies best ... Is a vexing problem due to 'too many cooks' or the need for 'many hands'? This is where judgment based upon experience counts the most!”

**Kevin Hepler, MD**

RESIDENCY CLASS OF **1983**

**DR. HEPLER:** “Totally retired from medicine here after a final few years doing occupational medicine part time at a location just a mile from home – considerably different than previous stints as medical director for the state children and youth office, a health insurance company, and PA's largest state prison and intake center. Wife, Sylvia, closed her executive coaching practice in 2019.

Personally, I'm pursuing enough non-medical interests that I wake each morning thinking I have nothing to do

that day, but by bedtime fall asleep recounting the undone tasks of the day. Find me on Facebook at Kevin Michael Hepler.

*A few tangential remarks:* The extra photo (sent for comparison) was taken at the Columbia, MO, airport back in 1980. In 1983, the Fellows borrowed my hat to portray me in a graduation roast, so the look was then and continues to be part of my brand, I guess.

Turning 69 this month. I finally realize that I'm getting older to the extent that denial no longer provides enough relief. When someone says, 'But you do not look that old,' I know they are being mendacious! Warm regards to all. – Kevin.”



KEVIN HEPLER: 1980



KENT GRIFFITH FAMILY

“I would highly recommend practicing in a private group if that is possible. It can be challenging but the flexibility and autonomy are well worth the effort. Good luck!”

**Kent Griffith, MD**

RESIDENCY CLASS OF **1983**

**DR. GRIFFITH:** “Wow, I can't believe it has been 40 years since finishing my residency at Mizzou. Do the current residents still have intramural softball and volleyball teams like we did? Those are some great memories.

I have been practicing full time in a small private group practice in Cape Girardeau, MO, since 1983. For the first 20 years, I included OB as part of my practice ... now some of the babies I delivered are starting to have their own families. It has been rewarding to build lasting relationships with my patients.

My wife, Debbie, and I have two wonderful boys. They are happily married, and we love being grandparents. Both of our boys and their wives have chosen careers in medicine. We are very proud of them.

For relaxation, I have a small farm with a lake and enjoy golf, fishing and archery. I'm not sure when I will retire. I am a preceptor for Mizzou med students and continue to enjoy that aspect of my practice.”

## RECOGNIZING OTHER FAMILY MEDICINE GRADUATES 1983, 1993, 2003, 2013 MU RESIDENTS AND FELLOWS

Janet Groff, MD ..... 1983 RESIDENT  
Michael Mosley, MD ..... 1983 RESIDENT  
Stuart Seale, MD ..... 1983 RESIDENT  
Neville Davis, MD ..... 1993 RESIDENT  
Paul Fast, MD ..... 1993 RESIDENT  
Ann Hosmer, MD ..... 1993 RESIDENT  
Benjamin Keeley, MD ..... 1993 RESIDENT  
Paul Sackschewsky, MD ..... 1993 RESIDENT  
Gary Upton, MD ..... 1993 RESIDENT  
Kelly Hayday, MD ..... 2003 RESIDENT  
Michael Kinkade, MD ..... 2003 RESIDENT

Dale Korn, MD ..... 2003 RESIDENT  
Heather Pierce, MD ..... 2003 RESIDENT  
Heather Sharp, MD ..... 2003 RESIDENT  
Kendall Walker, MD ..... 2003 RESIDENT  
Nikki Albin, MD ..... 2013 RESIDENT  
Brandy Beard, MD ..... 2013 RESIDENT  
Kathryn Hayes, MD ..... 2013 RESIDENT  
Justin Terrell, MD ..... 2013 RESIDENT  
Jerry Friemoth, MD, MSPH ..... 1983 FELLOW  
Ali Mansour, MD ..... 2003 FELLOW  
Dane Treat, MD, MSPH ..... 2003 FELLOW



# “WHAT ARE YOU DOING & WHAT ADVICE DO YOU HAVE FOR OUR 2023 MU FAMILY MEDICINE GRADUATES?”



JOYCELLEN FLOYD AND HER DAUGHTER AND GRANDSON

“I hope the class of 2023 will enjoy their careers as much as I enjoyed mine. I loved my brief time as clinical faculty from 1983-1986. Drs. Roger Hofmeister, Mark Hoerl and Rick Gengelbach were not only great physicians, they were a hoot to work alongside. When I married and moved to California for my husband’s job, I told him, ‘Medicine is fun! I can work anywhere!’ It took me 15 years at the San Jose practice to realize some atmospheres can be too dysfunctional to change. My move to the Palo Alto Foundation Medical Group in 2001 re-introduced me to the joy that is medicine.

Please, Class of 2023: Find the setting where you can thrive. Medicine is challenging enough without toxic personalities or workplaces. You will bring your energy, ideals, knowledge and compassion to your new practice. You are valuable! Enjoy!”

**Joycellen Floyd, MD**

RESIDENCY CLASS OF 1983

**DR. FLOYD:** “I decided to retire July 7, 2022. I took a month-long sabbatical March 2022 and had time to think for the first time since the pandemic. I still enjoyed my practice and loved my patients and colleagues. But I wanted time. Time to read, time for friends. Time to garden and time to learn to cook

and even (try) to learn a language. Most especially I wanted time with my children. I learned 10 years ago when my husband died that it is a mistake to take time for granted.

My daughter, Molly, is a staff writer for The New Yorker. She lives with her husband and my two-month-old grandson (finally, a granny!) in Brooklyn. My son, John, is a veterinarian living with his girlfriend in San Diego. Joey is my youngest. He is a sous chef in San Francisco. They have busy lives as young adults. Retirement has given me the luxury, the flexibility to have time with them. Road trips to San Diego with my dog, Moji, to see John; late evenings in San Francisco to see Joey in action at his restaurant, and trips to Brooklyn to be with my new grandson (and his parents of course) have all been possible.

BTW, Greg (Thomas) and Doug (Bradley) if you’re reading this: I have NOT forgotten how you pranked me July 4, 1980. My first time on-call as an intern, in the hospital ED filled with interns, and you guys decided to torment me with phone calls about faux chest pain ... I still owe you!!”

“God bless you all. Stay handsome or beautiful, as the case may be.”

**Greg Thomas, MD**

RESIDENCY CLASS OF 1983

**DR. THOMAS:** “Eight years ago, I was ‘forced’ into retirement due to recurrent cardiac issues that seemed solely related to the stress of work. While the practice of medicine was quite taxing, I did enjoy the relationships I developed with my co-workers and my patients. I cared for one family for five generations, several for four generations and many, many three generations and less. Often when I’m out in the community, I encounter people who had entrusted their care to me. They seem pleased to see me – often giving me a hug and inquiring how I am, and they also update me on themselves and their families. I am frequently told how much I’m missed. Being valued by our patients is a physician’s greatest reward.

My wife, Heidi (MU Internal Medicine ‘83), got me a T-shirt that reads, ‘I tried to retire. Now I work for my wife.’ I should add that I also work for our five children and ten grandchildren who range in age from seven years down to our youngest due in October.

My life is never boring. Along that line of thought, I recently released a revised edition of my book, *HEAVEN! ... Boring?* It is my brief exploration of the concepts of eternity, time, the cosmos, world religions, and the nature of existence. It is available on Amazon.”



GREG THOMAS FAMILY





# “WHAT ARE YOU DOING & WHAT ADVICE DO YOU HAVE FOR OUR 2023 MU FAMILY MEDICINE GRADUATES?”

“I truly enjoy seeing my patients and appreciate their welcoming me into their lives. I have had countless interesting and life affirming conversations with them that had little to do with health and a lot to do with relationship and friendship. My patients come to me to fix what bothers them, to make sure Google wasn't correct, to ask vulnerable questions, to tell me of their emotional and physical struggles, to make sure that their specialists' recommendations are good ones, to laugh, to find out how I'm doing, and to 'decomplexify' medical care. My patients ground me in what really matters, and although practicing medicine today is very different from what it was in 1993, I would still choose to be a family physician in 2023.”

**Patricia (Pita) Adam, MD, MSPH**

RESIDENCY CLASS OF **1993**

**DR. ADAM:** “Twenty-seven years ago, Michael (my new husband and former residency partner) and I moved to Minnesota straight out of fellowship. I joined the University of Minnesota Department of Family Medicine and Community Health as faculty, then became residency program director in 2008, and Vice Chair for Clinical Affairs in 2018.

The last five years have been very busy as we learned to manage a pandemic, while also transitioning the operations of our residency clinics to a large community-based health system. I have learned a lot! Today, I, along with many of my colleagues, am focusing on how to care for those coming from neighboring states where abortions and gender affirming care are now prohibited.

Proud to be living in Minnesota. And proud to be a family physician who, despite the hyperspecialization in health care, is able to make a positive difference in my patients' lives.”



PATRICIA (PITA) ADAM AND MICHAEL STIFFMAN

“We family physicians are so lucky to have a career where many or most days can include profound and meaningful moments with our patients and our colleagues. Hopefully, our careers are long. Whatever you hope for or think your career might look like as you embark, be open to change. The more we keep ourselves open and adaptable – while keeping the core values of family medicine including the patient-physician relationship at the center of our work – the more satisfied and more effective we will be.

To this day, interactions with my MU Family Medicine faculty remain deeply influential in how I approach my professional life. Keep those lessons and role models in yours as well.”

**Michael Stiffman, MD, MSPH**

RESIDENCY CLASS OF **1993**

**DR. STIFFMAN:** “Life has been a great adventure in the 30 years since residency. At work, I am chair of family medicine at HealthPartners and have about 275 clinicians in my department (there are another 275 in a different part of our org with another chair). I really enjoy helping my folks develop and differentiate their careers. The ability to influence all sorts of issues relevant to family medicine within our organization is quite rewarding.

Personally, the best decision of my life was marrying Pat (now Pita) Adam, my residency partner. We're going on 29 wonderful years now. Kids are grown and gone now, other than some temporary 're-nesting.'

I've really enjoyed picking up my childhood hobby of guitar playing once again. Working hard on trying to learn jazz (which remains elusively difficult for me) and playing a lot of Tango guitar, including in an orchestra and in small ensembles.”

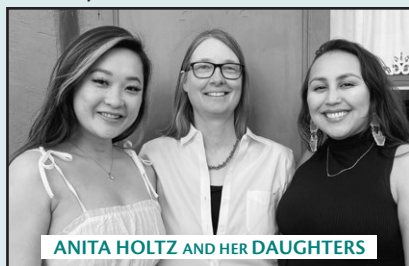
“Don't forget to take care of yourself with as much energy as you take care of others.”

**Anita Holtz, MD**

RESIDENCY CLASS OF **1993**

**DR. HOLTZ:** “I continue to work for the Indian Health Service, this summer marks 16 years in the same small clinic.

When I'm not at work, I'm usually outdoors somewhere. I enjoy birding, taking pictures, hunting for mushrooms and growing some of my food.”



ANITA HOLTZ AND HER DAUGHTERS

“Follow your passions. Family Medicine is broad enough for you to find a niche that will give you both professional and personal satisfaction. And, your learning opportunities do not end with graduation from residency. Family Medicine truly is lifelong learning. *Carpe diem.*”

**Rick Stone, MD, MPH**

RESIDENCY CLASS OF **1993**

**DR. STONE:** “The last time my class was highlighted in the FCM newsletter (2013), I was inaugural program director of the Family Medicine Residency in Flagstaff, AZ. In 2018, I relocated to South Carolina to start the Family Medicine Residency program in Sumter, a collaborative partnership between Tandem Health, Prisma Health Tuomey Hospital and USC School of Medicine. We graduated our second class in June. Two grads from each class of four are staying in the area. I've transitioned to more of a clinical faculty role now, still looking to do full spectrum family medicine. In my spare time, I enjoy walking, traveling and exploring.”



RICK STONE

# “WHAT ARE YOU DOING & WHAT ADVICE DO YOU HAVE FOR OUR 2023 MU FAMILY MEDICINE GRADUATES?”

“Don’t be afraid to start your own practice. Being self-employed has been an unexpected joy. The key to success is having a good billing company. Also learn procedures and don’t be afraid to perform them.

Devote your time to taking great care of your patients by developing relationships. Educate them and enlist them in decision making. Enjoy the front seat you’ve been given in their lives.”

**Brent Allmon, MD**

RESIDENCY CLASS OF 2003

**DR. ALLMON:** “After working with two different multi-specialty groups, I decided to go into independent practice in 2016. Over the last seven years, I have greatly enjoyed the autonomy of owning my own practice and making my own decisions. I now employ another physician and a nurse practitioner as well as seven support staff. We have been chosen #1 family doctor in our community of 100,000+ for the last five years.

My wife, Shannon, and I have been married for 24 years and have three children: Kate (15), Charlie (15), and David (10). During the summer, we enjoy driving to national parks in our travel trailer; so far we’ve visited 30 national parks.”



“It’s good to try your hand in different roles – leadership/medical directorship – to gain an appreciation for the communication and policy decisions required in those positions, as well as to gain comfort with what you can, and what you cannot, control.”

**Kieth Groh, MD**

RESIDENCY CLASS OF 2003

**DR. GROH:** “Currently, I am enjoying my role as a clinical faculty member in the Urgent Care service line with the University of Missouri Department of Emergency Medicine. I see patients with other physicians and many mid-level providers, including an APP fellowship, in three clinic locations.

Personally, along with my wife, Laurel Sommer (’07 RES), and daughters, Kylie (19) and Teagan (16), I enjoy traveling and being outdoors whenever weather allows.”

“Your first year out will be full of change. There is much to still learn professionally and personally and you can’t afford to be unconsciously incompetent. Avoid the temptation to progress to lifestyle inflation with your first ‘real job.’ Establish a firm financial foundation now and get out of debt before life gets any busier. Your future self will thank you.”

**Chris Farmer, MD, MSPH**

RESIDENCY CLASS OF 2003

**DR. FARMER:** “I’m currently practicing sports medicine at Columbia Orthopaedic Group where I’ve been for the past 13 years.

My wife, Christi, substitute teaches and runs Tags of Hope, which is a nonprofit offering clothing and books to foster children. We have three kids who this coming year will be a junior at Minnesota, a freshman at Iowa and a junior in high school. We are a Big Ten family now. In my free time I enjoy woodworking.”





# “WHAT ARE YOU DOING & WHAT ADVICE DO YOU HAVE FOR OUR 2023 MU FAMILY MEDICINE GRADUATES?”

“The words I live by: I beseech you, therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service. And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God. ROMANS 12:1-2”

**Jennifer Setterdahl (Schroeder), MD**

RESIDENCY CLASS OF 2003

**DR. SETTERDAHL:** “Other than being a little older since my last submission in 2013, not many things have changed.

Rural medicine is still my passion. Since 2003, I’ve practiced in our area, at Quincy Medical Group in Mt. Sterling, IL. My prayer has been to remain constant and grounded in this changing world that seems to be out of control at times. My family and I have made six medical mission trips to Togo West Africa in the last decade serving at the Hopital Baptiste Biblique. Every time we go there, it gets harder to leave and makes us anxious to return.

My husband has remained continually patient with me these last 21+ years. Our daughters Olivia, 19, and Emma, 17, have grown into beautiful young ladies. Olivia has finished her freshman year at Southeast Missouri State, studying to be a preschool teacher with interest in special education. Emma, a senior at Rushville-Industry High School, is a budding chef and aspires to be in the culinary arts. She plans to also seek a business degree and is looking at Mizzou or University of Iowa. Mom, a Hawkeye at heart, is hoping for the latter.”



JENNIFER SETTERDAHL FAMILY

“Start by believing your patients.

Some people might take advantage of your trust in order to get something from you, but more often than not, you should be able to provide a transformative experience of what medicine can be for patients who have been marginalized and trod on by the system. And, (secretly) if someone does keep coming back to try to take advantage of you, you’ll have an opportunity to develop a relationship that can help you address that person’s underlying hurt and the addiction fueling that hurt. Ultimately, building a relationship with your patient may allow you to have a more positive impact than you would if you said ‘no’ and sent them away.

Also, that relationship may add joy to your day.”

**Aaron Sapp, MD**

RESIDENCY CLASS OF 2003

**DR. SAPP:** “For the past 11 years, I’ve been providing health care to Mizzou students at the MU Student Health Center. My work passions are gender affirming care and mental health, especially ADHD and CPTSD.

At home I am trying to figure out how to find new self, new community, and blend two families after lots of changes in my world/ the world during the past four years.

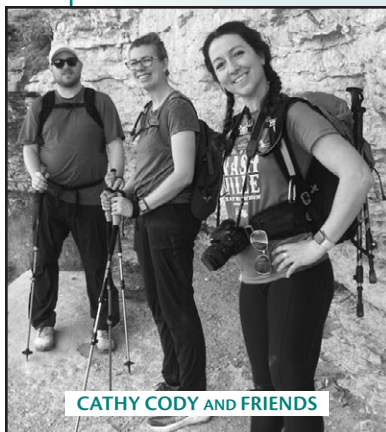
I’ve learned that I love New York, digital painting, Mario Kart, Pokemon, Switch games, and Japanese stationary. We travel to St. Louis frequently to attend the Broadway series at the Fox.

Kellen, born at the end of my residency, is at OU studying theatrical design and production (lighting).”



AARON SAPP

# “WHAT ARE YOU DOING & WHAT ADVICE DO YOU HAVE FOR OUR 2023 MU FAMILY MEDICINE GRADUATES?”



CATHY CODY AND FRIENDS

“Find what brings you joy and do more of it!”

**Cathy Cody, MD**

RESIDENCY CLASS OF **2013**

**DR. CODY:** “I stepped back from full-time primary care with Boone Health in 2021. I continue to work at the Centralia Clinic in a PRN acute care position. I have completed the Andrew Weil Center for Integrative Medicine Fellowship and just recently earned my board certification in Integra-

tive Medicine.

I spend my free time traveling, hiking, biking, running, kayaking, and adventuring with family and friends.”



STEPHANIE HUHN

“Have confidence in your training and your ability to adapt. You can always learn another skill; you can always pivot your practice. Sometimes it’s scary but worth it in order to be professionally happy and avoid burnout.”

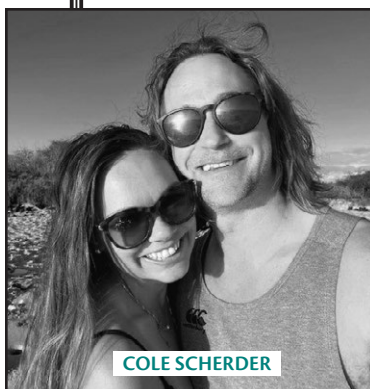
**Stephanie Huhn, DO**

RESIDENCY CLASS OF **2013**

**DR. HUHN:** “I am currently working with Mercy Family Medicine clinic in Rolla, MO. I moved to Rolla after a two-year stint in Midland,

TX. Before that, I have spent five years at Capitol Regional Medical Center in Jefferson City.

Personally, I am now two years out from breast cancer treatment, and thriving. My three children really like Rolla, and we’re happy to be here.”



COLE SCHERDER

“Be realistic with your expectations, but know your worth and don’t stay in a job that is making you miserable. You are far too in-demand in this world to stay with an employer who isn’t meeting your expectations/needs.”

**Cole Scherder, MD**

RESIDENCY CLASS OF **2013**

**DR. SCHERDER:** “I am currently working and living in my hometown of Bowling Green,

MO, doing outpatient clinic work.

Overall, things are going quite well.”

“As a new graduate, be open to different roles and responsibilities. They can be challenging, but continued learning and skill development is important (personally and professionally). Also, have a daddy-daughter day. That’s more important.”

**Justin Holschbach, MD**

RESIDENCY CLASS OF **2013**

**DR. HOLSCHBACH:** “I live in Bloomington, IL, where I practice in a family medicine outpatient clinic for OSF Healthcare. I also serve as medical director of the local health department and medical staff president at my hospital. I work with medical students from two local universities.

My wife, Amy, and I are the proud parents of three girls, Madalynn (6), Haleigh (4), and Claire (3).”



JUSTIN HOLSCHBACH FAMILY

“Look for a job/company that will change with you as you grow and need different things in life.”

**Amanda Lewton, MD**

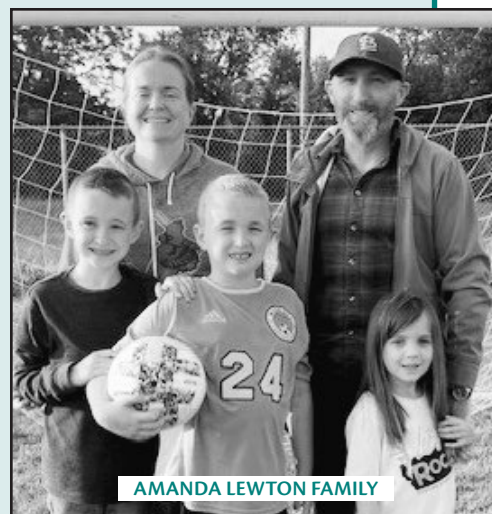
RESIDENCY CLASS OF **2013**

**DR. LEWTON:**

“I still live near Joplin, MO, and have worked for Mercy since I graduated from residency. I practiced at the Neosho clinic. But in January I changed clinics to open a Senior Care Clinic for 65+ (still with Mercy). I do that part time, and I work part time for Mercy Utilization Management. I can

do that job from home so it’s great for me and my children. I am also section chair for Joplin primary care.

My three children keep me busy, Seth, 10, Abel, 8, and Ruth, 6. Luckily my husband, Cliff, still stays at home to manage the house.”



AMANDA LEWTON FAMILY



# “WHAT ARE YOU DOING & WHAT ADVICE DO YOU HAVE FOR OUR 2023 MU FAMILY MEDICINE GRADUATES?”

“Find what you love and do that. You finished the grind. The hard part is over. Take a breath.

Personally, feel free to start doing the things you've always put off.

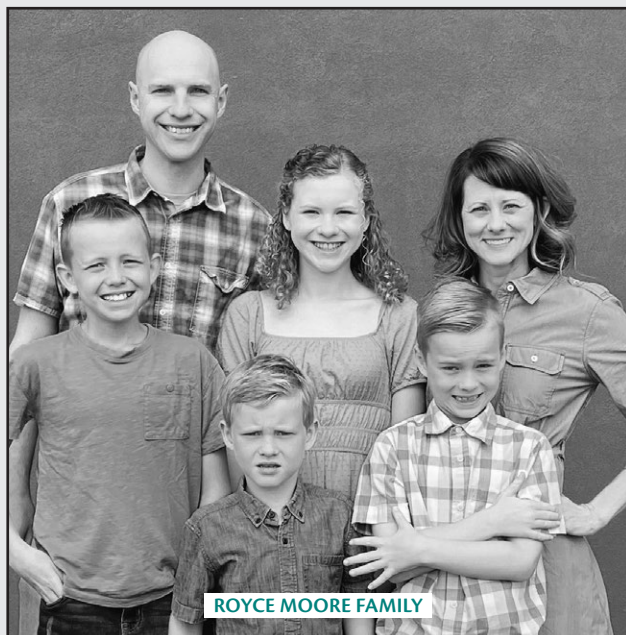
Professionally, don't feel like you have to immediately be doing everything you want to do. Allow yourself time to grow as a clinician and develop capacity, then add things as you are able. You're more than a physician ... but never less. Start good work habits now. Be the doc you'd want to see as a patient. Take another breath.”

**Royce Moore, MD**

RESIDENCY CLASS OF 2013

**DR. MOORE:** “I'm currently living just outside Springfield in Strafford, MO. My wife, Melanie, and I have four kids: Maylie (13), Rustin (11), Macsen (8), and Malachi (6). I've been working with Mercy Sports Medicine for the last nine years. I'm in the orthopedic clinic four days a week and do training room visits as a team physician at Missouri State University. I also serve as team physician for Evangel University and the Springfield Cardinals.

My family quickly became MSU Bears fans when we moved to the area. We love going to games together and now that the kids are older, they have games of their own. We love our church, Hill City, and enjoy serving together there.”



“I am President-elect for MAFP, and my focus in this role is to advocate for patients, residency expansion (more slots in programs), and better reimbursement for Medicare patients with their primary care needs. Please consider doing more, learning more and getting more involved in family medicine. There are many opportunities to make a difference.”

**Afsheen Abdullah Patel, MD**

RESIDENCY CLASS OF 2013

**DR. PATEL:** “I practiced at Jefferson City Medical Group until 2016, then moved to Lee's Summit, MO, to join St. Luke's East Hospital, where I practice full spectrum (not OB) outpatient family medicine. I earned board certification in obesity in 2023 and see patients with weight management needs.

My husband, Syed, and I have four children: sons Yusuf (10) and Yunus (6), and daughters Yusra (9) and Zahra (6).”



“ ● Ask for what you need to achieve a positive work-life balance; it's the best way to avoid burnout.

● Always keep learning – you can't diagnose something you've never heard of.

● Don't let fear keep you from saying yes to new opportunities – growth happens outside of your comfort zone.”

**Aaron Whiting, MD**

RESIDENCY CLASS OF 2013

**DR. WHITING:** “After residency, I practiced at a rural clinic in New Zealand for a year before coming back to the Columbia area. I'm in my eighth year with Boone Health at an outpatient clinic in Booneville and still enjoy rural medicine. I recently took on the role of Medical Director of IT to assist with our transition to a new EMR after Boone went to independent management.

My wife, Rebecca, is a faculty researcher in Ophthalmology at MU, and together we're enjoying renovating our home outside of Columbia as well as country life with our dogs.”



# “WHAT ARE YOU DOING & WHAT ADVICE DO YOU HAVE FOR OUR 2023 MU FAMILY MEDICINE GRADUATES?”

“I don't know what to tell you about your professional career. Family medicine has changed quite a bit over my professional life, not always in ways that I anticipated or preferred. I am sure that will be true for you. You will need to figure it out yourselves and I am sure that you will. Enjoy the ride and please take good care of yourselves and your relationships with patients, friends and family. In the end, that is really all that matters.”

**Steve Flynn, MD, MSPH**

FELLOWSHIP CLASS OF **1983**

**DR. FLYNN:** “I retired almost four years ago after three attempts. I enjoyed many years in academic medicine at a community hospital residency program, thanks to my RWJ fellowship at MU. I will always be grateful. I then spent four years with the Indian Health Service on the Navajo Nation and four more years working with my nurse practitioner daughter, Katie, in a FQHC in Cleveland.

Now I am enjoying my two grandchildren and spending time with family and friends. I volunteer weekly at a refugee center. I also enjoy golf, cycling, reading and travel. A big shout out to my classmates: Jim, Jerry and Coleen.”



STEVE FLYNN, HIS WIFE  
AND GRANDCHILDREN

“There are so many opportunities for fellowship trained family physicians to make a difference in our world. We need every one of you. Find problems and



COLEEN KIVLAHAN FAMILY

ideas that inspire you. Then follow the strings ... find yourself a good team, a great analyst, and make time to write. Know that your career and interests will morph over time, and that professional evolution is a good thing.”

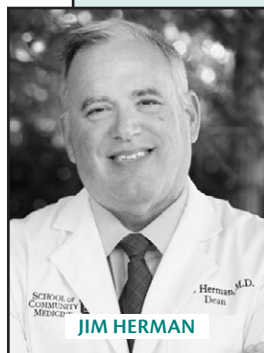
**Coleen Kivlahan, MD, MSPH**

FELLOWSHIP CLASS OF **1983**

**DR. KIVLAHAN:** “In March 2023, I moved from San Francisco to Asheville, NC, with my husband, Dave, and my son, Kevin. I still work for UCSF remotely in the areas of human rights and behavioral health integration. I am now looking for the right opportunity in Asheville.

The move happened because of Dave's desire to be closer to his family and my need for more community in my life. Well, that sure has happened here. It's a wholesome, happy place for the most part. Thinking about the amazing skills I learned in the fellowship, I'm still publishing papers and currently working on a paper regarding detained men in Syria who experienced conflict-related sexual violence. I've been blessed to work with Syrian doctors for the past decade, and we are co-authoring. As professor emeritus at UCSF, I hope to stay engaged in academic pursuits for as long as they will have me.

Personally, I am developing local volunteer options, doing a better job at being present for the people who love me, and growing orchids and making chocolate.”



JIM HERMAN

“Use your skills to be leaders of your practice, or your organization and community wherever and however you can. Our training in Family Medicine makes us uniquely positioned to do this and our abilities are needed to a large degree right now.”

**Jim Herman, MD, MSPH**

FELLOWSHIP CLASS OF **1983**

**DR. HERMAN:** “I am currently Professor and Dean of the University of Oklahoma School of Community Medicine in Tulsa. We have 30 medical students in each of four years on our campus as well as >150 residents and fellows. We see 250,000 patient visits each year, many to the relatively underserved. Before this I spent 24 years as Chair of Family and Community Medicine at Penn State University in Hershey.”

“Good luck!”

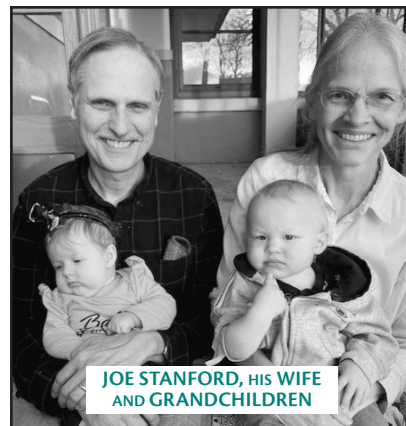
**Joe Stanford, MD, MSPH**

FELLOWSHIP CLASS OF **1993**

**DR. STANFORD:**

“ Personally: Enjoying being a grandfather.

Professionally: Vice Chair for Research, Department of Family and Preventive Medicine, University of Utah.”



JOE STANFORD, HIS WIFE  
AND GRANDCHILDREN



# “WHAT ARE YOU DOING & WHAT ADVICE DO YOU HAVE FOR OUR 2023 MU FAMILY MEDICINE GRADUATES?”



SHERI BETHMANN

**Sheri Bethmann, DO**

FELLOWSHIP CLASS OF **2013**

**DR. BETHMANN:** “I am currently serving as Medical Director for the Post Acute Care Team at Cox Hospital and Season’s Hospice. I’m an attending physician in three local facilities where I see both custodial and skilled patients. A typical week consists of three full days of patient care and half to one administrative day.”

“Congratulations to all of you graduating! My only advice would be to find a job doing something you love. Surround yourself with people and activities that bring balance to your life. And last, but not least, have fun and be proud of all your accomplishments!”

“It is important to remember that the ‘right’ job for you may change as you mature professionally and grow personally. Allow yourself time to enjoy your interests and hobbies as you prioritize your mental health needs.”

**Karli Urban, MD**

FELLOWSHIP CLASS OF **2013**

**DR. URBAN:** “I continue to live in Columbia with my husband and our three daughters, Elise (11), Nora (6) and Isla (4). I am working full time as a primary care physician at the Truman VA Hospital and have really enjoyed the opportunity to work directly with our veterans in this capacity. Additionally, I serve as the Medical Director for Hospice Compassus in North Central Missouri.”



KARLI URBAN FAMILY

“Always remember why you became a doctor and remain committed to those values and principles. Even though social history is not required for billing anymore, remember to spend time learning who your patients are.”

**Luke Stephens, MD, MSPH**

FELLOWSHIP CLASS OF **2013**

**DR. STEPHENS:**

“Professionally, I am the Primary Care Sports Medicine Fellowship Program Director at Mizzou. This year, I became an Associate Program Director for MU’s Family Medicine Residency. I have my family medicine practice in Ashland, and I see sports medicine patients at Missouri Orthopaedic Institute. I am the team physician for Mizzou Volleyball, Women’s Basketball and Baseball.

Personally, Amanda and I are enjoying watching our children grow and develop into young adolescents and adults. Eleanor (7) enjoys gymnastics, dance and cheer. Isaac (11) enjoys baseball and will be starting football this year. Isabelle (13) is an artist and plays volleyball.”



LUKE STEPHENS FAMILY

“If you are maintaining ABFM certification, I would recommend doing the FMCLA instead of the big recertification exam. It’s easier to do a few questions every three months rather than studying for the entire exam at one time.”

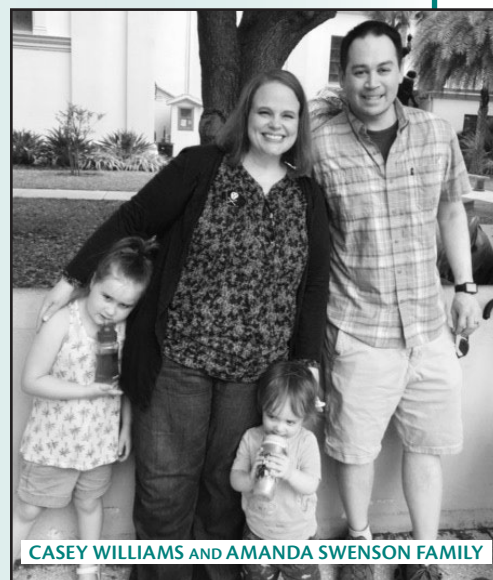
**Casey Williams, MD, MSPH**

FELLOWSHIP CLASS OF **2013**

**DR. WILLIAMS:**

“I continue to be an MU Family Medicine faculty member and see patients at our Smiley Lane clinic. I also attend for residents at South Providence Medical Park and teach epidemiology to first year medical students.

My wife, Amanda Swenson, also an MU Family Medicine Fellowship graduate (2011) and current faculty member, and I enjoy spending our free time with our two wonderful children, Addy who is almost 7 and Craig who is almost 4.”



CASEY WILLIAMS AND AMANDA SWENSON FAMILY

## How would you describe your leadership style?

● **MIKE:** I strive, not always successfully, to be a servant leader. Jack Colwill told me a long time ago that the rewards of being a chair come from seeing the successes of the people who surround you. That principle certainly applies to other leadership roles as well.

● **STEVE:** I tried to represent a servant leadership style. My role was to help people develop professionally as leaders, while still enabling them to contribute to our mission. As a leader, I knew we could be more productive when we worked in teams than when we worked alone. By surrounding myself with hard working teams of committed people focused on achieving common goals, my resilience, confidence and optimism stayed strong.

## What in your long list of accomplishments makes you especially proud?

● **MIKE:** My decade of work on the U.S. Preventive Services Task Force was perhaps my greatest honor but also greatest responsibility. We weathered the criticism, were steadfast in methodology and shaped our nation's approach to evidence-based preventive services.

● **STEVE:** Having the opportunity to chair MU Family Medicine for 11 years; provide leadership to our residency, fellowship and predoc programs; care for patients, and serve on faculty for more than 40 years was an honor. I'm proud to have helped create training programs in geriatrics and in palliative medicine; resurrect the New Chairs Workshop, and name the first three women to endowed professorships in our department.

I am especially proud of my accomplishments as Dean of MU School of Medicine. As Dean working with other leaders, I helped create fair and transparent processes in the dean's office, supported a positive work environment, named 12 department chairs, developed the first research strategic plan in the school's history, admitted the most diverse and academically accomplished medical school classes, and saw the school through the human and financial catastrophe of the pandemic.

## What words do you hope/think your colleagues use to describe you?

● **MIKE:** Calm, committed, positive, fair, lifelong learner, enjoys humor in work.

● **STEVE:** Optimistic, supportive, but tough, with high expectations.

## How do you want to be remembered?

● **MIKE:** In my little corner of the world, some things are better because I was there and I tried.

● **STEVE:** I not only meant well, but also helped get a lot done. But I may have gotten better in retirement!

## What are your hopes/fears for the future of family medicine?

● **MIKE:** The narrowing of scope of work, the commoditization of relationships, and the risk for moral injury worry me. Our patients need for us to be more than pawns in a hugely profitable medical industrial complex. Locally and nationally, we must set an agenda for ourselves and for the discipline that forces us to reach beyond every day easy.

● **STEVE:** Family Medicine is under duress, but we must remember that we are the current version of the historical role of the physician – best defined by our practice of responding to the needs of patients and communities. We must make new partnerships with disciplines that support our goals ... primarily NPs and PAs, ER physicians, and hospitalists, and we must continue to work effectively with subspecialists who have complementary talents and skills. MU FCM has been a leader at MU since Dr. Jack Colwill started our department in 1975. We will continue to grow in that role by responding to the needs of our joint institutions of SOM and MU Health Care, and by upholding the values that support our patients, learners, and department members.

## Retirement: what are your thoughts, hopes, fears, plans?

● **MIKE:** I am excited to have the opportunities and energy to spend more time with those I love, to read, to learn and to contribute to new and different things.

In the phrase "autonomy, mastery, purpose," I should have time for autonomy and mastery but will inevitably struggle with redefining purpose in my daily life.

My plans? Love more and give more to people and things that have been short-changed. Read, exercise, be mindful of the wonder around me, restart my passion for photography, fish, hike, bike.

● **STEVE:** I consider myself incredibly fortunate to be able to live in the same community with both sons, Alex and Ben, daughter-in-law, Lacy, and grandsons, Valor and Destry. Since retiring, I've been able to make choices about what I want to do every day – many days include time with my kids and grandkids. I've had more time to care for family members and friends. I get to read, learn Italian, work outside, go to lunch, sleep past 5:30, and do more things with my spouse, Susan. I'm really working to

get better at learning from reflection.

As a retiree, I enjoy the opportunity to work part time at FCM – helping to reduce the burden of the inbox for our docs, advancing philanthropy and faculty development, and pursuing leadership development projects for the medical school and Association of Departments of Family Medicine (ADFM).



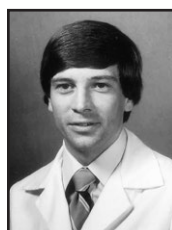
**MIKE LEFEVRE & STEVE ZWEIG: MU Family Medicine Class of 1982 ... THEN & NOW**



# MIKE & STEVE: you have known and worked with each other throughout your careers ... in what ways has your relationship made a difference for you personally and professionally?

● **MIKE:** For 44 years I have been blessed to have the Department of Family and Community Medicine as my work home, and to be surrounded by people who have made me a better doctor and a better person. From residency on, many of the names and faces have changed though the values and aspirations have remained constant. Steve has always been there as we have shared that journey together from the beginning. I have learned much from him as we have grown professionally, and to be able to call him my friend has been a gift.

● **STEVE:** First, I have always had great respect for Mike's ability and commitment as a physician. Second, I have respected his keen intellect and analytical abilities – those made him such an effective member and leader of the U.S. Preventive Services Task Force and our first Chief Medical Information Officer. Third, Mike was instrumental in the growth and quality of our clinical services working with Hal Williamson and then me in our roles as chair. Fourth, Mike himself led our department through the most trying of times, even when dealing with pain and threats to his own well-being. Mike has been a dear and trusted friend throughout; our friendship, and the joint friendship of our spouses as well, have been growing over the years and will help sustain us both in retirement.



## MIKE LEFEVRE, MD, MSPH

### student/ resident/ fellow/ faculty

- 1975-79 MD: University of Missouri School of Medicine
- 1979-82 Family Medicine Residency: MU Health Care, Chief Resident
- 1982-84 Robert W. Johnson Academic Family Practice Fellowship & MSPH
- 1984 FCM Faculty, Assistant Professor

### department leadership

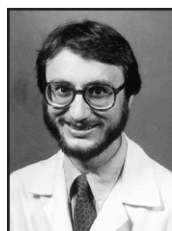
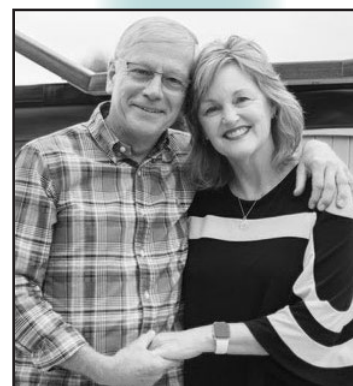
- 2008-19 Vice Chair, MU Family and Community Medicine
- 2019-23 Chair, MU Family and Community Medicine

### service/leadership

- 2002-12 Chief Medical Information Officer, MU Health Care
- 2015-19 Medical Director of Population Health, MU Health Care
- 2005-16 U.S. Preventive Services Task Force
- Vice Chair 2011-13, Chair 2014-15, Immediate Past Chair, 2015-16*
- 2006-present American Academy of Family Physicians Science Advisory Panel

### awards/recognitions

- 2008 Named Future of Family Medicine Endowed Professor
- 2010 Distinguished Service Award, MU Medical Alumni Association
- 2011 Elected to Membership in the National Academy of Medicine
- 2013 University of Missouri (MU) Faculty Alumni Award



## STEVE ZWEIG, MD, MSPH

### student/ resident/ fellow/ faculty

- 1975-79 MD: University of Missouri School of Medicine
- 1979-82 Family Medicine Residency: MU Health Care, Chief Resident
- 1982-84 Robert W. Johnson Academic Family Practice Fellowship & MSPH
- 1984 FCM Faculty, Assistant Professor

### department leadership

- 1999-2008 Associate Chair, MU Family and Community Medicine
- 2008-19 Chair, MU Family and Community Medicine

### service/leadership

- 1991-96 Director, Residency Program
- 2001-06 Co-Director, Academic Primary Care Fellowship Program
- 2006-17 Founding Director, MU Interdisciplinary Center on Aging
- 2019-22 Dean, MU School of Medicine

### awards/recognitions

- 2004 Jane Hickman Teaching Award, MU School of Medicine
- 2013 University of Missouri Faculty Alumni Award
- 2016 Named Jack & Winifred Colwill Endowed Chair in Family Medicine
- 2019 Anna Searcy Award for Promoting Gender Equity, MU Women in Medicine & Medical Science





**ABIGAIL ROLBIECKI, PhD, MPH, MSW**  
ASSISTANT PROFESSOR  
MU FAMILY AND COMMUNITY MEDICINE

# ABIGAIL ROLBIECKI

## RESEARCHING, RUNNING & RAISING A FAMILY

### where is home ...

**DR. ROLBIECKI:** My home is anywhere with my family. But I was born in Hawaii and raised in Texas.

### education ...

**DR. ROLBIECKI:** I started my undergraduate education at Texas A&M University, then transferred to Missouri my junior year. In addition to my BS,

I've earned my MPH (2012), MSW (2013) and PhD in Social Work (2015) ... all from MU.

### experiences before joining FCM ...

**DR. ROLBIECKI:** A little bit of everything. As a kid, I spent a lot of time at YMCA Camp Grady Spruce, TX. I liked camp and worked there during college. In summers, I was a camp counselor, and in the school year I helped with weekend programs and led the trail rides. (I was a specialty equestrian)

After graduating from MU in 2008, I moved to Houston to take a job at a YMCA, then returned to Missouri to work for the Department of Defense. Soon after that, I had an itch to go back to school and enrolled at University of Missouri Graduate School.

As an MU graduate student, I worked for the Department of Student Affairs; did my clinical practicum with the Relationship and Sexual Violence Prevention Center, and completed my training serving as a student advocate.

MU Family Medicine Professor David Mehr recruited me to serve as a postdoctoral research fellow and join his team on the patient centered outcomes grant in 2015, after I completed my PhD. My work on this grant was related to my dissertation which used narrative methods to help folks make meaning of their adverse life events. For this grant, I studied patients who were living with chronic pain.

In 2018, after completing my fellowship, MU Family Medicine hired me as an assistant professor, and I've been here ever since.

### your earliest career plan ...

**DR. ROLBIECKI:** I grew up in rural Texas and did not get much career advice when I was young. Fun Fact: my school guidance counselor told my mom that I should consider professions that did not require a degree because I would likely not succeed in college.

Fast forward to today, I have a BS, MPH, MSW, and a PhD; I've completed a postdoctoral fellowship in patient centered outcomes research, and I have significant NIH funding.

My point: always trust your instincts and believe that you are better than what others may say or think. As a kid, I didn't have a strong vision about my professional life. I thought I'd probably get a job in residential camping, be a park ranger or a ranch hand in Wyoming, or do something else related to that kind of work.

But at my core I knew I wanted to help people. My path in graduate school stemmed directly from me asking critical questions about how people are able to overcome and survive significant traumas and losses in their life. Each of my degrees and all my training is built on this foundation.

### why family medicine to do your research ...

**DR. ROLBIECKI:** Family medicine is a good home for my research because the people and topics I study cross the lifespan – cradle to grave – which is similar to family medicine.

I also see the benefits of having multidisciplinary teams in primary care; this would provide opportunities for the team to collaborate clinically and educationally with family physicians. I believe we can have a stronger impact when social workers and family docs work together.

### explain your strong interest in storytelling ...

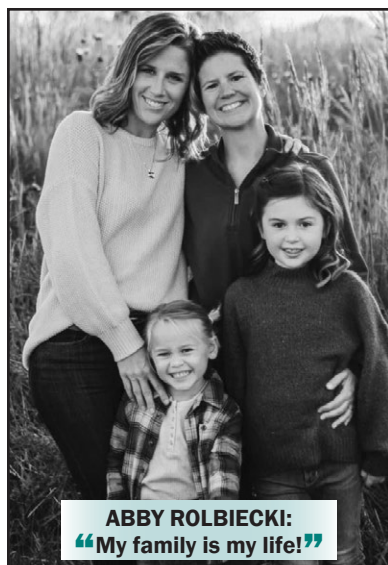
**DR. ROLBIECKI:** I've always been interested in stories. Not just reading stories (although reading is one of my favorite hobbies, particularly poetry), but also listening to others share their stories about life and overcoming hardship.

The healing capacity of storytelling has been studied for centuries, so there's nothing new there. However, my work utilizes innovative storytelling techniques to help people craft and share stories in a way that promotes meaning-making and posttraumatic growth.

### evolution of your research through the years ...

**DR. ROLBIECKI:** My research has definitely been an evolutionary process. Like I said, my work started in trauma, from there I applied my storytelling methods to patients living with chronic pain. I started to get my feet wet working with patients dealing with serious illness, in addition to those who were bereaved. Eventually I got connected with a powerhouse research team in palliative care who understood the potential impact of my methods, and my work took off in palliative/hospice care after that!





**ABBY ROLBIECKI:**  
“My family is my life!”

## funding successes ...

**DR. ROLBIECKI:** I'm currently in year four of an R01 I had funded in my second year on faculty. This \$3.5 million grant awarded by the National Institutes of Health is funding Caregiver Speaks, photo-based intervention designed to help caregivers of people living with dementia and Alzheimer's disease.

I am co-I on several other NIH grants but consider getting the R01 my greatest accomplishment to date!

## current research ...

**DR. ROLBIECKI:** Much of my research focuses on serious illness. While I work primarily with family caregivers, I also work with patients as a clinician and a researcher.

Clinically I participate in a multidisciplinary geriatric assessment program. In my research I use storytelling interventions to help caregivers and virtual reality therapy to help cancer patients.

## family/hobbies ...

**DR. ROLBIECKI:** My family is my life. My wife, Emily Adams, is an English language learners teacher in the Columbia Public School district. My daughters, Lennon (8) and Dylan (5), are the best of friends. We love traveling, reading, and doing anything together outdoors.

Running is by far the next most significant relationship in my life (after my wife and kids). I am an ultra-runner, and my family plays a major role in my successes in this sport. You'll often find my girls alongside the trails/roads helping my crew and wife provide aid.

My greatest achievement so far was snagging a sub 24-hour finish at the Heartland 100-mile race last fall. I placed 2<sup>nd</sup> female and 3<sup>rd</sup> overall. I did all of this with a torn calf (which I don't recommend anyone do).



**UPDATE:** Dr. Rolbiecki has accepted an invitation to join the Department of Family Medicine research faculty at the University of Colorado Anschutz Medical Campus, Aurora, this fall. We wish Abby the best.

## MU FAMILY AND COMMUNITY MEDICINE FACULTY KUDOS

**MARGARET DAY, MD, MSPH**, professor, and **LAURA MORRIS, MD, MSPH**, professor, were named vaccine champions by the Missouri Immunization Coalition.

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

**ANNA FOSTER, MD**, assistant professor, and **AMANDA SWENSON, MD, MSPH**, associate professor, earned membership in the Gold Humanism Honor Society.

**PETER KOOPMAN, MD**, professor, earned Missouri Academy of Family Physicians (MAFP) Distinguished Service Award.

**DR. KOOPMAN** was also appointed one of two MAFP voting representatives to the American Academy of Family Physicians (AAFP) Congress of Delegates and Chair of the AAFP Commission on Federal and State Policy.

**RICHELLE KOOPMAN, MD, MS**, professor & vice chair for research and faculty affairs, was invited to present her research, *A Patient Portal/EHR Information System for Home Blood Pressure Monitoring in Hypertension*, on May 12 at NIH's Ethics in Pragmatic Trials Grand Rounds.

**NATALIE LONG, MD**, associate professor, was installed as MAFP Vice President.

**NICHOLAS LEFEVRE, MD, MSAM**, assistant professor, was awarded the Degree of Fellow of the AAFP.

**LAURA MORRIS, MD, MSPH**, professor, was appointed Associate Chief Medical Officer for Ambulatory Care for MU Health Care.

**COLBERT NELSON, DO**, MU Sports Medicine Fellow, was appointed to the American Academy of Family Physicians (AAFP) Commission on Diversity, Equity, and Inclusiveness in Family Medicine.

**DR. NELSON** was also chosen for an AAFP 2022 Excellence in Graduate Medical Education Award.

**SARAH SWOFFORD, MD, MSPH**, professor, was elected Vice Chief of Staff for MU Health Care. After serving this role for two years, she will become Chief of Staff for MU Health Care.

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



## Family and Community Medicine

School of Medicine

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UNIVERSITY OF MISSOURI

## Family & Community MEDICINE

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### *Chair:*

**Michael LeFevre, MD, MSPH**

### *Vice Chair, Research & Faculty Affairs:*

**Richelle Koopman, MD, MS**

### *Vice Chair, Clinical Affairs:*

**James Stevermer, MD, MSPH**

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

**Heather Lockard, MPA**

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

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

To make an online donation, click the  
GIVING link on our MU FCM homepage:  
[fcm.missouri.edu](http://fcm.missouri.edu)



### UNIVERSITY OF MISSOURI HOSTS WORKSHOP FOR FAMILY MEDICINE CHAIRS

Family Medicine department chairs from across the country met at the University of Missouri, Columbia, 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 April 16th – 19th, is to prepare newly appointed chairs for the challenges, expectations and responsibilities of their role. Harry Strothers III, MD, MMM, Chair, Mercer University Family Medicine, Macon, GA served as guest consultant for this year's workshop.

#### **Included in this photo are participants of the Spring 2023 NCW ... LEFT TO RIGHT:**

**Jack Colwill, MD**, University of Missouri; **Kendall Campbell, MD**, University of Texas Medical Branch, Galveston, TX; **Harry Strothers III, MD, MMM**, Mercer University, Macon, GA; **David Baltierra, MD**, West Virginia University, Martinsburg, WV; **Julie Phillips, MD, MPH**, Michigan State University, East Lansing, MI; **Kristen Rundell, MD**, University of Arizona, Tucson, AZ; **Amanda Weidner, MPH**, Association of Departments of Family Medicine; **Steve Zweig, MD, MSPH**, University of Missouri; **Samuel Sandowski, MD**, Icahn School of Medicine at Mount Sinai, New York, NY; **Stacy Brungardt, MA, CAE**, Society of Teachers of Family Medicine; **Bennett Shenker, MD, MS, MSPH**, Rowan University, Camden, NJ; **Brookshield Laurent, DO**, New York Institute of Technology at Arkansas State University, Jonesboro; **Krishnan Narasimhan, MD**, Stamford Health, CT/Howard University, Washington DC; **Mike LeFevre, MD, MSPH**, University of Missouri; **Deanna Willis, MD, MBA**, Indiana University, Indianapolis, IN.

### **FALL 2023 NEW CHAIRS WORKSHOP: OCTOBER 8-11**

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