

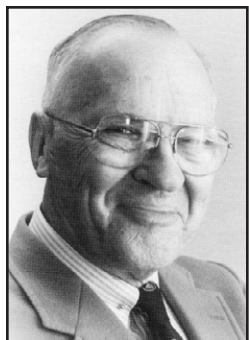
# Family & Community MEDICINE

September 2022

MU Family Medicine is committed to expanding primary care services in rural communities

## MISSION ACCOMPLISHED!

highlighting the people and events that have fueled our ongoing rural success



**SHERWOOD BAKER, MD**  
Director, Rural Preceptorship  
Father, Family Medicine Residency

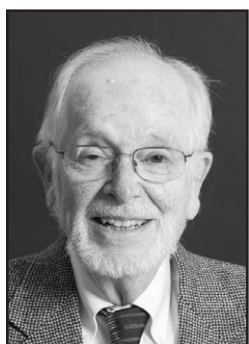
### ● THE RURAL PRECEPTORSHIP

was a four-week training experience that paired third-year medical students with small town general practitioners in Missouri. MU implemented this program during the 1960s and recruited **Sherwood Baker, MD**, 1942 graduate of University of Illinois-Chicago School of Medicine, to manage it. At that time, Dr. Baker had been practicing medicine for 17 years in his hometown of Mt. Morris, a country town of 3,000 located 100 miles west of Chicago.

"I liked working in a small town where I knew

everybody and understood my patients' feelings," Dr. Baker explained. "Leaving Mt. Morris was difficult for me."

Dr. Baker's experience and understanding of rural practice made him well qualified to manage the rural preceptorship. He lead the program for nearly a decade, and under his leadership, the preceptorship became an essential component of medical student education at MU. In 1972, **William Allen, MD**, was appointed director of the preceptorship; by that time Dr. Baker was focused on developing a family practice residency at MU.



**JACK COLWILL, MD**  
Professor Emeritus &  
Founding Chair

### ● FULTON

**Jack Colwill, MD**, who had come to Mizou to serve as an assistant dean of the medical school, was named chair of the new Department of Family and Community Medicine in 1972. One of Dr. Colwill's greatest strengths was his ability to visualize a goal and make it happen over time.

"From the start, our leaders identified two goals: to expand primary care services, especially in rural communities, and to increase the number of family medicine teachers," he said.

"Through the years, we've achieved these goals and kept them central to the department's mission."

MU Family Medicine was among the first residencies in the country to open rural clinics. The department opened its first rural teaching clinic in **FULTON** (Callaway Physicians) in 1975. A community of 12,700, Fulton is located in Callaway County, 22 miles east of Columbia.

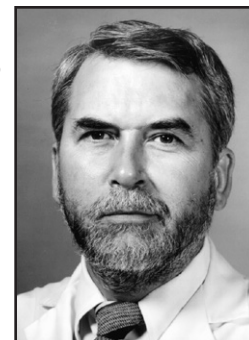
### ● FAYETTE

**Roger Hofmeister, MD**, recruited to help develop our family practice residency, served as medical director of Callaway Physicians.

It didn't take long for Callaway Physicians to earn wide support from the community. In addition to expanding health care services to this diverse population, the Fulton clinic was also providing residents opportunities to practice the broadest spectrum of family medicine.

By 1980, enrollment in the residency had grown significantly, creating a need for another rural training site. This time, the department looked 25 miles northwest – to **FAYETTE** in Howard County – for a place to open a clinic. Dr. Hofmeister was named medical director of Fayette Medical Clinic, so that Fayette, like Fulton, would be able to benefit from his leadership and skills.

"When the new clinic opened, I moved my family to Fayette," Dr. Hofmeister explained. "We didn't live in Fulton, but I learned while working there that it's easier for people to accept doctors who are a visible and active part of the community."



**ROGER HOFMEISTER, MD**  
Professor Emeritus

### ● MU - AHEC

During the early '90s, the MU Board of Curators decided it was time for the School of Medicine to focus its efforts on rural health and primary care. In response, the medical school created the Rural Health Professions Education Task Force and asked Family Medicine Chair **Hal Williamson, MD**, to lead the group.

Dr. Williamson grew up in rural south central Minnesota, the son of a small town general practitioner. Witnessing rural medicine up close – and a dad who was blessed with amazing energy and compassion for his patients – had a major influence on Dr. Williamson.

He came to MU to complete the RWJ Academic Family Practice Fellowship, then joined the Family Medicine faculty in 1982. Early in his career, he excelled as a rural health advocate, making him ideally suited to lead the med school's efforts to reinvigorate its mission to improve public health – focusing on rural Missouri.



**HAL WILLIAMSON, MD, MSPH**  
Professor Emeritus &  
Former Chair

A MESSAGE FROM THE  
**MU FAMILY MEDICINE  
LEADERSHIP TEAM**

**WE ARE PROUD** to share with you the annual alumni issue of our department newsletter ... always a fun and interesting piece to write and read.

**IN THIS ISSUE**, we:

- introduce our incoming residents and fellows – and wish the best to our 2022 graduates.
- welcome new faculty members, Regina DePietro, Diane Jacobi, Candy Lincoln and Mark Rosales, and our new department administrator, Heather Lockard.
- thank and say farewell to our colleague, Joe Beckmann, who retired this summer. We will miss Joe.
- mourn the loss of a recent grad, Jonathan Hoskins, class of 2020, who passed away this summer. Jonathan, who practiced family medicine in Breese IL, leaves behind his wife Julie and their two children.
- highlight our department's commitment to our mission of expanding primary care services in rural communities. With clinics in Fulton, Fayette, Ashland, Boonville and Mexico, our patient population is large and continues to grow. We are currently recruiting physicians for all five communities. If you are interested, please contact Heather Lockard (lockardh@health.missouri.edu). We hope you will consider rural medicine; it can be a gratifying and uniquely rewarding experience.

**THE CONTENT** that fills most of this newsletter is the content that interests all of us here at FCM: The stories of our residency and fellowship grads from 40, 30, 20 and 10 years ago. There is an amazing breadth and depth of experience from our grads, and the advice they offer the Class of 2022 is timeless and relevant. The photos they send make their stories real and engaging.

**IT IS AN HONOR** to connect with our alums; their work and experiences in family medicine make everyone in our MU FCM community proud.

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

• **REGINA DEPIETRO, MD**, joined our faculty this summer. An assistant professor, Dr. DePietro is seeing patients at South Providence Family Medicine, Columbia.

A 2017 graduate of SUNY Stony Brook University School of Medicine, NY, Dr. DePietro completed family medicine residency at MacNeal Hospital, Loyola, in 2020, then practiced for one year at Advocate Medical Group Immediate Care Center, Chicago, IL.

She loves to spend time with her husband, Ben, a physician-scientist completing his dermatology residency, and her four-year-old son, Henry, and two-year-old identical twin girls, Sadie and Elsie. She enjoys competing in Peloton challenges, closing her Apple Watch rings daily, trying new NYTimes cooking recipes, and teaching her children how to ride bikes and swim.

• **DIANE JACOBI, MD**, joined our faculty in the spring. An assistant professor, Dr. Jacobi is seeing patients at Mexico Family Medicine, which is located in Audrain County. MU decided to build this facility after Noble Health shut down services at Audrain Community Hospital earlier this year. In addition to family medicine, the newly opened Mexico facility includes an urgent care clinic managed by MU's Emergency Department. Dr. Jacobi saw patients at Battle Avenue Family Medicine, Columbia, until Mexico Family Medicine opened this summer.

Dr. Jacobi earned her medical degree from the University of Missouri, did one year of general surgery training at University of Tennessee-Chattanooga, and then completed her three-year family medicine residency at St. Mary's Hospital, University of Indiana-Evansville. Before accepting a position with our department, she practiced outpatient family medicine at Audrain Community Hospital for more than 20 years.

"Everyone at Mexico Family Medicine is excited that MU Health has made a commitment to our community," says Dr. Jacobi. "All of my nursing and front-line staff and my Perry, MO, nurse have been hired by the University. I am certainly thrilled!"

Dr. Jacobi has many interests and hobbies. "I collect almost everything, and I quilt, 'cheerlead' my daughter who is an undergrad at Mizzou, garage sales (my fav!), hunt and fish and travel."

• **CANDY LINCOLN, MD**, joined our faculty this summer. An assistant professor, Dr. Lincoln is seeing patients for primary care and lactation consultations at Smiley Lane Family Medicine, Columbia.

Dr. Lincoln earned her degree from University of Arkansas Medical School, Little Rock, then completed her residency training at MU Family Medicine in 2016. After residency, she moved to Mountain Home, AR, where she practiced six years with her father-in-law at Lincoln-Paden Medical Group. In 2019, she created a breastfeeding medicine consultation service embedded into her private practice primary care clinic. She became an international board certified lactation consultant in 2021.

She and husband Cameron, a '16 MU Law School grad, keep busy with their three children – Alistair, Scarlett and Owen – who are age 3 and under. Dr. Lincoln enjoys cooking, knitting, gardening, and being outdoors. The Lincoln family is very happy to return to the wonderful town of Columbia.

• **MARK ROSALES, DO**, assistant professor, is joining our faculty this fall. He will see patients at Battle Avenue Family Medicine, Columbia.

After graduating from the University of Osteopathic Medicine and Health Sciences, Des Moines University, he completed his family medicine residency at University of California-Davis. Dr. Rosales has practiced outpatient medicine at SSM Health, Jefferson City, MO, for more than 25 years.

Dr. Rosales and his wife Susan, who have five children (who live in states across the country) and two dogs, enjoy riding bikes and traveling. In his spare time, Dr. Rosales likes woodworking and making pretty sounds come out of a ukulele.





## CELEBRATING MU FAMILY MEDICINE RETIREE



**JOSEPH BECKMANN, MD**, who was dedicated to his patients and valued the relationships he developed with them throughout his career, retired this summer after nearly 30 years as an MU Family Medicine faculty member.

For as long as he can remember, **JOE BECKMANN** wanted to be a doctor. He began pursuing his medical career during high school, when he took first aid and CPR classes at an adult education

center. Then, in the early '80s, as a pre-med student at Central Methodist College, Fayette, MO, he completed training to become an emergency medical technician (EMT).

Dr. Beckmann worked for Howard County Ambulance District, Fayette, through college and medical school. His job as an EMT was a valuable experience and impacted his life in important ways, he says.

"I got to work closely with family docs from MU's Fayette clinic whenever I brought patients to Keller Hospital (this Fayette facility closed in '94). They covered the ER back then," Dr. Beckmann says. "As I watched them work and care for patients, it was obvious that they loved their jobs."

His early interactions with MU family physicians guided Dr. Beckmann's decisions to attend medical school at MU, to become a family physician and to stay at MU for residency. As a resident, he had his continuity clinic at Fayette, and after that, he knew he wanted to practice rural medicine. MU invited Dr. Beckmann to join the faculty and the staff at Fayette clinic when he finished residency in 1991.

"Rural medicine allows you to help a small community in big ways," says Dr. Beckmann. "While practicing in Fayette, I lived there, too. Having opportunities to see folks outside clinic made being a family physician easier and more rewarding for me."

In 2008, after 17 years in rural medicine, Dr. Beckmann wanted to explore patient care in a different clinical setting. With his children grown and no longer living at home, he

moved to Columbia to practice at MU's Smiley Lane Clinic.

A few years later, when his father became ill, Dr. Beckmann wanted to live closer to him. He left Columbia in 2011 and took a job at SSM Medical Group-St. Peters, a city just 20 minutes away from his dad's home in St. Louis.

As one of three family physicians at the SSM Group, Dr. Beckmann was introduced to the private practice model of care. He liked it, he says, but he missed academic medicine and the people and responsibilities he knew so well at MU Family Medicine. So in 2013 – just 18 months after leaving MU, he had an opportunity to rejoin the department. Dr. Beckmann accepted the offer. By that time, his father's health had improved, which made him feel better about leaving the St. Louis area.

Dr. Beckmann's MU patients, especially the ones who valued the relationships they'd developed with him so much that they had followed him to St. Peters, were elated when they learned he had returned to Columbia.

"Dr. Beckmann cares and it shows," said Sherry Thompson, Dr. Beckmann's nurse at Smiley Lane Clinic. "His patients have great affection for him; they trust him and feel comfortable with him as their physician and their friend."

When he returned to MU Family Medicine in 2013, Dr. Beckmann picked up right where he left off. He attended for residents – both on the inpatient service and in clinic, and he taught medical students until he retired in July.

But mostly Dr. Beckmann focused on his patients.

"The karma was always good when I was with a patient," he says. "I enjoyed what I did, and on most days I felt like I contributed to the overall good of mankind. Knowing that I touched and hopefully made a positive difference in people's lives has been tremendously rewarding."

The decision to retire wasn't an easy one for Dr. Beckmann. He will miss his patients and the ongoing conversations they had about life and health.

Life as a retiree, however, will give Dr. Beckmann more time to spend with his family. Joe and Leissa, his wife of 20 years, have four grown children and eight grandchildren.

## MU FAMILY MEDICINE WELCOMES A NEW DEPARTMENT ADMINISTRATOR



**HEATHER LOCKARD, MPA**, was named Sr. Director, Department and Clinic Operations for MU Family Medicine in December 2021. Before joining our department, she served five years as Director of Strategic Planning for MU Health Care and School of Medicine. Prior to MU, Heather worked eight years at Missouri Association for Community Action where she served as Executive Director from 2013-16.

Heather received a Master of Public Administration degree from Missouri State University and a Bachelor degree

in Psychology from the University of Central Missouri. She also completed the Certification in Health Care Project Management from MU.

"The last eight months have been exciting and provided me incredible opportunities to learn and gain confidence as a member of the Family Medicine leadership team," says Heather. "I'm honored to serve in this role and help advance the mission, vision and values of this amazing department."

Heather lives in Ashland with her husband Greg and their two children, Aiden and Micah. She enjoys running, traveling and spending time with her family.

# CONGRATULATIONS TO OUR RESIDENCY GRADUATES

## — CLASS OF 2022 —



### **Zach Barker, DO**

Zach and his wife Courtney are returning to their hometown of East Prairie, in southeast Missouri, with their dog Scout. Zach will practice outpatient family medicine with the St. Francis Healthcare System.



### **Beau Bounous, DO**

Beau and his fiancé Alyssa are moving to Pierce City, a rural community located in southwest Missouri. Beau will practice outpatient family medicine with CoxHealth Clinic in Monett, MO.



### **Diane Bussan, MD**

Diane and her husband Jeremy and their sons, Nolan and William, are moving to Madison, WI. Diane will practice outpatient family medicine at University of Wisconsin Health Cross Plains Clinic.



### **Oyen Edo-Ononba, MD**

Oyen is doing a one-year procedural hospitalist fellowship at Deaconess Hospital, Evansville, IN; then she'll return to her husband Osaze; three sons, Osay, Esosa, Noma; and daughter Nosa, in Columbia.



### **Jason Fultz, DO**

Jason and his wife Angel and their son Nolan are moving to Huntsville, located in north Alabama. Jason will practice outpatient medicine at Crestwood Medical Group – Family Medicine.



### **Veronika Kiss, MD**

Veronika is moving to Tucson, AZ, where she will practice outpatient medicine at El Pueblo clinic, which is part of the El Rio Health Federally Qualified Health Center (FQHC) system.



WELCOME  
NEW ACADEMIC FELLOW!

### **Brea Lombardo, MD**

Brea is staying in Columbia to join our faculty. An Academic Fellow, she will see patients at South Providence clinic; do OB; attend on our inpatient and OB services, and pursue a PhD in Translational Biosciences.



WELCOME  
NEW ACADEMIC FELLOW!

### **Reiana Mahan, MD**

Reiana, married to MU family physician Josh Smothers, is staying in Columbia to join our faculty. An Academic Fellow, she will see patients at South Providence clinic and pursue an MS in Academic Medicine.



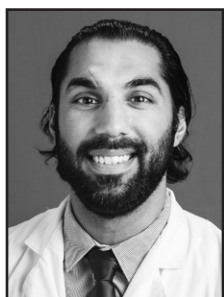
### **Ryan Muehling, MD**

Ryan is moving to Reno, NV, where he will begin the Primary Care Sports Medicine Fellowship at University of Nevada. This year-long program is affiliated with UNR Family and Community Medicine.



### **Marc Propst, MD**

Marc, his wife Heather, along with their children, Graham, Millie and Brooks, are staying in Columbia. Marc will begin MU's year-long Primary Care Sports Medicine Fellowship program.



### **Humza Quadri, MD**

Humza and his wife Sama are moving to his hometown, St. Louis. Sama will work as a hospitalist, and Humza will do outpatient family medicine at St. Louis Medical Clinic, a multi-specialty group practice.



### **Jacob Seevers, DO**

Jacob, his wife Elizabeth, and daughter Emery are moving to Kearney, a rural town located northeast of Kansas City, MO. Jacob will practice outpatient family medicine at The Kearney Clinic – Liberty Hospital.



### **McKenzie Veldhuizen, MD**

McKenzie, her husband Gathin, and daughter Maaikie are moving to Sioux Falls, SD. McKenzie will practice outpatient family medicine and obstetrics at the Avera Health Family Medical Center.



### **Stephanie Zafiris, MD**

Stephanie is returning to Canada and will serve as a hospitalist at Dartmouth General Hospital, a community-based facility located near her hometown in Dartmouth, Nova Scotia.



# A NEW CLASS OF FAMILY MEDICINE RESIDENTS

WE ARE PLEASED TO PRESENT OUR FIRST YEAR AND INTEGRATED RESIDENTS

## RESIDENT (LEFT TO RIGHT)

## MEDICAL SCHOOL

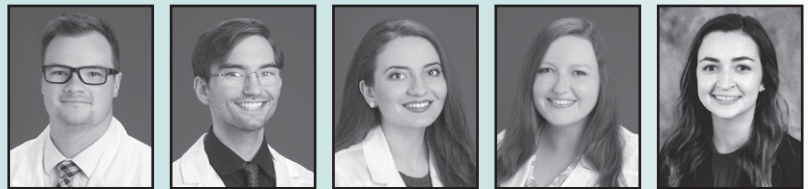
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|---|----------------------------------|---|
| <b>ROW 1</b>                            | <b>Paige Beauparlant, MD</b>     | University of Missouri: Columbia          |
|   | <b>Elliott Bell, MD</b>          | St. George's University: Grenada          |
|   | <b>Cara Conrad, DO</b>           | AT Still University: Kirksville, MO       |
|   | <b>Emma Cooper, MD</b>           | Thomas Jefferson University: Philadelphia |
| <b>ROW 2</b>                            | <b>Brent Dudenhoeffer, MD</b>    | University of Missouri: Columbia          |
|   | <b>Cheyenne Dudenhoeffer, MD</b> | University of Missouri: Columbia          |
|   | <b>Wyatt Eikermann, DO</b>       | AT Still University: Kirksville, MO       |
|   | <b>Samuel Holt-McNair, MD</b>    | University of Missouri: Columbia          |
| <b>ROW 3</b>                            | <b>Paige McCaleb, MD</b>         | West Virginia University: Morgantown      |
|   | <b>Addison McGuire, DO</b>       | Kansas City University: Missouri          |
|   | <b>Abrea Mizer, MD</b>           | University of Missouri: Columbia          |
|   | <b>Elise Sherman, MD</b>         | University of Missouri: Columbia          |
| <b>ROW 4</b>                            | <b>Alaina Studt, MD</b>          | University of Iowa: Iowa City             |
|   | <b>Nick Williams, MD</b>         | St. Louis University: Missouri            |
| <b>Bothwell-MU FM Residents Sedalia</b> | <b>Levi Harris, DO</b>           | Lake Erie COM: Bradenton, FL              |
|   | <b>Brittany Pendergraft, MD</b>  | University of Missouri: Columbia          |



## INTEGRATED RESIDENTS:

FOURTH YEAR MU MEDICAL STUDENTS (LEFT TO RIGHT):

Aaron Brown  
William Kenney  
Tea Kostandinis  
Brittney Marshall  
Breanna Tuhlei



## CONGRATULATIONS 2022 FELLOWS

### HOSPICE & PALLIATIVE MEDICINE FELLOWS

#### JASON HOLMAN, MD

Jason, his wife Jenni, and their children, Lizzie, 15, Caroline, 14, and Grant, 12, are moving to Tyler, TX, where Jason is joining Texas Palliative Care/Hospice of East Texas. He will do palliative care consults at UT Tyler Hospital and Christus Mother Frances Hospital, home hospice visits, and HomePlace inpatient hospice.

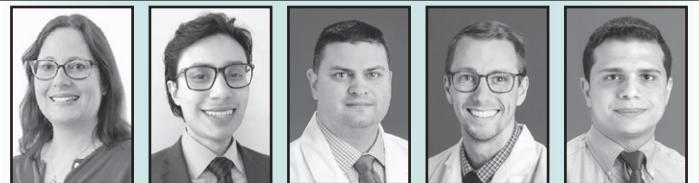
#### JONATHAN LEE, DO

Jon is moving to Minneapolis and will serve as an inpatient palliative care consultant for the University of Minnesota – Fairview Health. In this role, he hopes to continue honing his general internal medicine skills concurrently with his hospice/palliative skills.

### SPORTS MEDICINE FELLOW

#### ETHAN JAEGER, DO

Ethan, his wife Amy, and children, Ada and Solace, are moving to Lenexa, KS, where he is joining the faculty at KU. Ethan will practice family medicine and sports medicine in Overland Park; he will also provide high school football coverage, local mass event coverage, and instruct medical students, residents and fellows.



## WELCOME 2023 FELLOWS (PHOTOS LEFT TO RIGHT)

### HOSPICE & PALLIATIVE MEDICINE FELLOWS

#### Ingrid Berg, DO

FAMILY MEDICINE RESIDENCY: Adventist Hinsdale Hospital, IL (2015)

#### Hasan Choudhury, DO

INTERNAL MEDICINE RESIDENCY: Northeast Georgia Medical Center (2022)

#### Justin (JR) Warix, DO

EMERGENCY MEDICINE RESIDENCY: Wright State University, OH (2014)

### SPORTS MEDICINE FELLOW

#### Marc Propst, MD

FAMILY MEDICINE RESIDENCY: University of Missouri: 2022

### GERIATRIC MEDICINE FELLOW

#### Mahmoud Mansour, MD

INTERNAL MEDICINE RESIDENCY: University of Missouri: 2022

**“My advice is to find ways to sustain your resilience. Know the work you do is important. Extend your autonomy and find support by being an effective team member. Embrace the complexity of the work you do (in a profession that values simple solutions). Reflect daily on the good things in your work and home lives. Fuel your wholeness by spending time with family and friends, exercising your body and spirit, and learning to let go of the stress, insults and hassles that stand in your way.”**

**Steve Zweig, MD, MSPH**

RESIDENCY CLASS OF 1982

**DR. ZWEIF:** “After more than 40 years in MU Family and Community Medicine, including the last three years as dean, I will officially retire on October 1. I never imagined when I came here to medical school in 1975 that I would spend my entire career here. I have had a good run, with real opportunities to learn and work with great people on challenging problems. Saying goodbye to patients I have helped care for (some for four decades) is bittersweet, but the time is right.

I live in a beautiful natural environment, close to town, with my dear wife Susan Even, who has stuck with me for more than 40 years. Susan and I are very fortunate to have both of our sons, Ben and Alex (with his wife Lacy), return to Columbia and to enjoy regularly spending time with our grandsons Valor and Destry. After being fully away for a while, I hope to find some way to advance family medicine and to particularly support those who have made the enduring commitment as family physicians. Please come visit! (zweigs@missouri.edu)”



STEVE ZWEIF FAMILY

**“Know that the work you are doing is important and makes a difference. There will be frustrations and low moments, but it is a gift to have work that does change people’s lives. It may not happen in a day, but ‘The Heroism of Incremental Care’ (Gawande, New Yorker, 2017) is real and vital. Treasure the smiles and the tears equally, both reflect trust in who you are and what you do.”**



MIKE LEFEVRE AND HIS WIFE JUDY

**Mike LeFevre, MD, MSPH**  
RESIDENCY CLASS OF 1982

**DR. LEFEVRE:** “Thinking this would be the time in my career to start slowing down, about 3 ½ years ago Steve Zweig became dean of the School of Medicine and I moved through the interim chair position to permanent – though there is no difference; permanent is a funny word for temporary which we all are.

It has been a bigger life and work change than anticipated, particularly since my timing was such that I have been the pandemic chair which has brought a unique set of challenges. I couldn’t ask for a better department to help lead.

On the home front, the ‘kids’ are thriving and grandchildren are a gift. Kara remains busy here in dermatology/dermatopathology, though the fact that her elder son now has his driver’s permit makes me feel ... mature. Rachel and family are at home in Chicago where she is the COO of the Chicago Children’s choir, and Nick and Whitney returned to Columbia in October to join the department. Judy is the busiest retired person I know with many volunteer interests that keep her creative brain busy, and her private flute studio continues with students whose success is a testimony to her gifts as a teacher.”

**“Choose your practice partners carefully. Positive, supportive, smart colleagues who have a similar approach in their philosophy of work/life balance and money can be so important. Never overlook all that your patients have to teach you about being a better physician and person.”**

**Betsy Garrett, MD, MSPH**

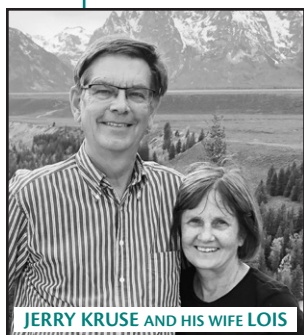
RESIDENCY CLASS OF 1982

**DR. GARRETT:** “I retired clinically in 2016 but remain engaged in the medical school – teaching in several courses, directing the Legacy Teachers program and working on the history of the department. I am active in the MU Retirees Association and a few boards. The past year I have been catching up on travel and birding.”



BETSY GARRETT





JERRY KRUSE AND HIS WIFE LOIS

“Opportunities will arise for you, more rapidly than they ever have before. Almost all of them will be very good. Take your time making decisions – as Yogi Berra said, ‘The future ain’t what it used to be.’ Trust yourself, you are very well equipped to make the best decisions in the new world, and you have time on your side.”

**Jerry Kruse, MD, MSPH**  
RESIDENCY CLASS OF **1982**

**DR. KRUSE:** “I am Dean and Provost of the SIU School of Medicine and CEO of SIU Medicine, the faculty group practice. I’ve not practiced Family Medicine for six years – it was difficult to care for continuity patients at half-a-day each week. My epidemiology training in the fellowship at Mizzou has really come in handy during the pandemic. Mizzou should take some credit for the good decisions made by the state of Illinois!

I spend most of my time in Springfield, but we kept our home in Quincy. Lois and I have three grandchildren in Quincy – Samuel (12 – saxophone and math), Adelaide (9 – equestrian and artist), and Jerram (6 – gymnast and little linguist). Emily is professor of creative writing at New College of Florida (Sarasota), Julie is an elementary instructor in Quincy, and Anna is professor of clinical epidemiology, maternal and child health, at UNC. Lois and I are Yellowstone evacuees – we were there the last day before closure.”

DON SCHNURPFEL  
AND HIS WIFE SUSIE

“ ● Family Medicine is not a *job* – it is a *calling*. Treat it as such.

● The practice of medicine is a privilege that carries great responsibilities but provides great joys as well.

● Stay humble. What you are doing is never about *you* – it’s about serving your *patient*.

● Be sure to love your family well. It’s easy to let your profession crowd out time your family deserves, so be careful with your time.

● Faith in God is what makes everything in life worthwhile. “Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him and he will make your paths straight.” (*Proverbs 3:5-6, NIV*)”

**Don Schnurpfel, MD**

RESIDENCY CLASS OF **1982**

**DR. SCHNURPFEL:** “We have lived in the St. Louis area since 1993. I was in private practice until 2014, then worked two years at the VA Community-Based Outpatient Clinic in Washington, MO. I have spent the last few years teaching/supervising St. Luke’s Hospital Internal Medicine Residents in their outpatient clinic in the city and serving as medical director and board member of Healing Grace Clinic, Eureka, MO (a free clinic for the uninsured).

I am now retired from medicine and enjoy serving as an Elder in our church and loving my precious wife of 41 years, Susie!”

“In medical school and residency, we were taught that if we take a careful history, our patients will give us the diagnosis close to 90 percent of the time. Unfortunately, in modern medicine, providers don’t always take enough time to let their patients talk or ask questions! Spending time with your patients is extremely important! After 2 years in North Carolina, new patients would tell us that they heard we ‘listened and talked to our patients,’ something they had never experienced. What a revolutionary concept! As a result, two new family doctors saw 100 new patients a month ... going from ZERO to more than 7,000 patients ... during the six years I practiced there. When we moved to Colorado, I continued doing what I did in NC – spend time with patients, and we had a similar response there.

Often, patients will come in after an unsatisfactory visit with a consultant or other PCP. Consultants might have generated an 8-10 page note, but they spent no more than five minutes with the patient – leaving no time for explanation or questions. Patients learn nothing new about their condition from the consult. I’m sure all of us in primary care have had to explain to patients what a consultant was thinking or planning to do.

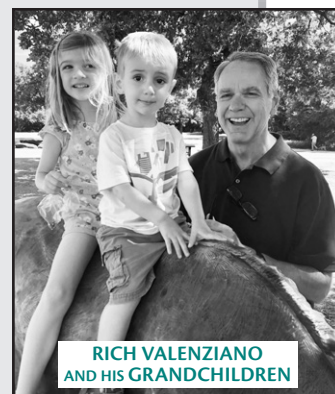
So the bottom line is that taking time to effectively communicate with patients is incredibly powerful! Of course, there will be days when you get behind, but your patients will understand. A recurring message I’ve heard throughout my career is that patients appreciated me and valued the time we spent together.”

**Rich Valenziano, MD**

RESIDENCY CLASS OF **1982**

**DR. VALENZIANO:** “After six years of practicing in western North Carolina in a group that I co-founded with my boyhood friend, Mike Pass, and 34 years of practicing in Littleton, CO, I finally retired on June 30, 2022! It has been a long road with the first six years in full-court press family medicine doing basically everything we were trained and encouraged to do at MU – to an outpatient-only practice in CO that slowly morphed over time into a geriatric internal medicine practice as my patients and I gradually aged.

My sons, ages 2 and 4 year when we moved to Colorado in 1988, are now 36 and 38. They were joined by their sister in 1994. We now have two grandchildren (Anna, 7, and Ethan, 5, by our older son)! I look forward to spending more time with all of them, as well as with Sheila, my wife of 41 years. Somehow, by God’s grace and a lot of forgiveness (mostly on Sheila’s part), we are still together! I look forward to not only being with them but serving them in any way that I can!”

RICH VALENZIANO  
AND HIS GRANDCHILDREN

**“I love my job now more than ever. Don’t be afraid to set boundaries along the way so that you can sustain your passion for what you do. And stay in touch with your program director after graduation. She cares immensely about how you are doing.”**

**Erika Ringdahl, MD**

RESIDENCY CLASS OF **1992**

**DR. RINGDAHL:** “I just completed my 26th year as Program Director of the MU Family Medicine Residency ... the dream of a lifetime! I also supervise residents and see my own patients at South Providence Family Medicine.”



ERIKA RINGDAHL FAMILY



1992 RESIDENCY PARTNERS  
ERIC HART AND HIS WIFE MARGARET  
ERIKA RINGDAHL AND HER HUSBAND BRUCE

**“Do not contract with a hospital-owned group or multi-specialty practice, but rather try to remain independent. If you can do that, you will have more control over your practice, patient care, and ultimately, job satisfaction.”**

**Eric Hart, MD**

RESIDENCY CLASS OF **1992**

**DR. HART:** “I am still practicing part time in an independent private practice after selling an onsite employer-based health center business two years ago. I continue to do some consulting work for that company as well.”



ERIC HART CHILDREN

**“Keep your eyes open for new opportunities and be flexible! There are so many ways to use your training, expertise and passion for caring for others.”**

**Mindy (Fuchs) Lokshin, MD, MSPH**

RESIDENCY CLASS OF **1992**

**DR. LOKSHIN:** “After ‘retiring’ early from my clinical practice in order to be home with my two boys, I went back to work for several years at the Social Security Bureau of Disability Adjudication.

I stopped that just before CO-VID. My work now is all volunteer. I am the founding chair of a new nonprofit organization in northern Nevada which serves the Parkinson’s Disease community. We provide information, resources, support groups, educational opportunities, etc for people with PD and their caregivers. Check us out at: <https://www.pscnn.org/>”



MINDY (FUCHS) LOKSHIN

**“Do what you love - and if what you are doing isn’t working, don’t be afraid to change.”**

**Larry Slaughter, MD**

RESIDENCY CLASS OF **1992**

**DR. SLAUGHTER:** “After 24 years of practicing emergency medicine, I left in 2016 to become medical director at a community health center in Durango, CO. Caring for the underserved has always been a good fit for me.

I’ve been retired – or on Sabbatical (not really sure yet) – since 2018. Currently I’m working very part time with a Venture Capital firm that’s investing in biotech tools – that and snow skiing. Mostly snow skiing.”



LARRY SLAUGHTER  
AND HIS WIFE DEANNE





STEVE HAUDRICH  
AND HIS WIFE LORI

**“I am not sure any advice I can offer is all that relevant to the world we now live in. I have just about outlived my era. Yes, I am an oft-maligned ‘boomer.’ What worked for me may not work for new graduates.**

**That being said, the qualities that have proven best for me (and still make me content and fulfilled) are**

**perseverance, empathy and service. I still believe in taking a thorough history by really listening to the patient. I still do an actual physical exam at every visit. I try to avoid staring at the EMR. Because the EMR is now the third entity in the room, I will acknowledge it and read portions of the record back to the patient to make sure it is correct. Make the patient the center of creating the story. The EMR should serve people, not the other way around.”**

**Steve Haudrich, MD**

**RESIDENCY CLASS OF 1992**

**DR. HAUDRICH:** “I’m practicing occupational medicine and urgent care with Concentra in Tucson, Arizona. I have been with Concentra for almost 17 years, first in Lincoln, Nebraska, and now in Tucson. We moved to Tucson after our two boys ‘graduated’ from high school at the start of the COVID-19 pandemic in May of 2020. It has been nice to get away from the harsh Nebraska winters. I plan on working full time another five years, perhaps part time after that if I have the energy.

I have been married to Lori for more than 29 years. We managed to have my stepdaughter Meri move down to Arizona shortly after we did and helped her settle into a home with one of my sons, James. The other son, Rusik, lives with us and attends the University of Arizona. Finally, we helped move my dad and stepmother from St. Louis to the Tucson area in January of 2021. I am blessed to have almost all of my family with me in Tucson, now.”

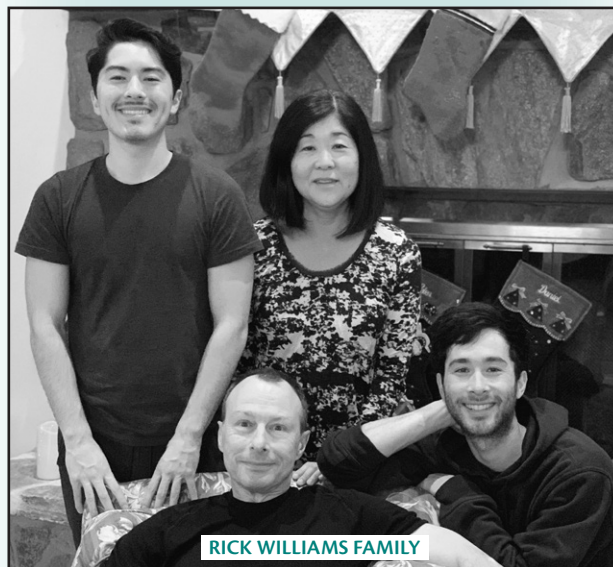
**“Stay in the moment and try to enjoy the time you have with your family. Enjoy the pleasure of interacting with your patients and their families over time and life’s seasons. Stay open minded and adaptable. Keep an even keel, things don’t always go as planned.”**

**Rick Williams, MD**

**RESIDENCY CLASS OF 1992**

**DR. WILLIAMS:** “I’m currently in private practice with Mercy in Ozark, Missouri. In my office I have one partner, Patrick Granneman (2018 FCM), who is also a Mizzou residency graduate. In addition, we have two nurse practitioners working with us. We practice full spectrum family medicine without OB.

Through the years, I’ve served in a variety of administrative positions with Mercy. I spent more than 10 years as director of medical informatics for Mercy in Springfield before retiring from that role. After my classmate and practice partner Holly Benedict (1992 FCM) retired, I decided to give up my administrative duties and do full-time patient care.”



RICK WILLIAMS FAMILY



STEVE HOLCOMB

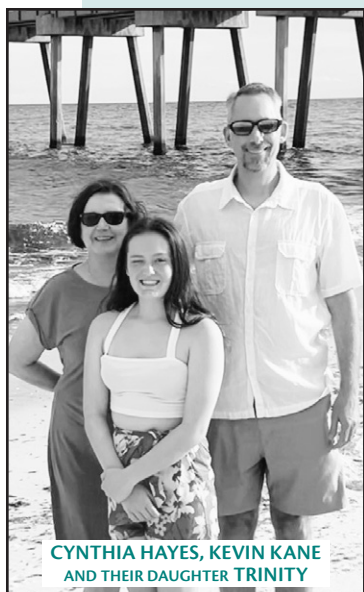
**“Be grateful. Primary Care is hard, with many demands. The load is lighter as we learn and practice gratitude day to day. The gratitude is to our patients, our clinical teams, our families, and for the opportunity to provide care.”**

**Steve Holcomb, MD**

**RESIDENCY CLASS OF 1992**

**DR. HOLCOMB:** “I take care of families in a wide range of ages, without OB. My patient panel is aging with me, and I really quite enjoy it. Eighty percent of my time is clinical and 20 percent administrative. Both are rewarding, although the patient care comes with many more ‘thank you’s.’

I have a large, blended family, with six children and five grandchildren. My children range in age from 42 to 16 years old. They are all thriving and well. Therefore, I am thriving and well. I am married to Renee’ Holcomb, an RN who works in determining and delivering services for patients with chronic illness.”



CYNTHIA HAYES, KEVIN KANE  
AND THEIR DAUGHTER TRINITY

**“Carefully cultivate the patient care team that you work with. You will regularly reap the rewards of doing so.”**

**Cynthia Hayes, MD, MHA**  
RESIDENCY CLASS OF **2002**

**DR. HAYES:** “I continue to own and operate my own practice in Columbia, Cynergy Health. In addition to providing care to my own continuity patients, I also see Veterans. I recently started providing support to MU’s Family Medicine Residency Program in Practice Management.

Kevin Kane (my husband and 1997 FCM Resident/2000 FCM Fellow), daughter Trinity and I still enjoy traveling whenever we can. We live near Boonville, with our two dogs, two cats, two chickens, a rabbit and a pony!”

**“Despite all the headaches of practicing primary care in the current environment, I am still so grateful that I am in family medicine and that I trained at the best Family Medicine Residency. Whenever I have questions about what’s best to do for my patients, I think of what my residency faculty would do in my case. This leads me to try to find the best evidence-based and most patient-centered treatment plan. I know that I am a better doctor because I attended MU Family Medicine Residency.”**

**Marcella Allen, MD**  
RESIDENCY CLASS OF **2002**

**DR. ALLEN:** “I am practicing full time at Mount Sinai Doctors, an outpatient office in New York City, two blocks from the Empire State Building.”



MARCELLA ALLEN

**“Class of 2022: You have been a great group of resident physicians to work with over the past three years! I enjoyed working with each of you. I hope you continue to practice patient- and family-centered care, practice serious illness communication, and take care of yourself (put your oxygen on first) for your own well-being. Remember that I (and other faculty in our department) are here when you need someone to talk to or offer advice!”**

**Kevin Craig, MD, MSPH**  
RESIDENCY CLASS OF **2002**

**DR. CRAIG:** “I continue to work in the MU FCM Department as Medical Director of the MU Supportive and Palliative Care Program and Program Director of the MU Hospice and Palliative Medicine Fellowship.”



KEVIN CRAIG FAMILY

**“The last two years have been incredibly stressful for all of us in medicine, but as I look back, the previous ten years were stressful, and so were the ten years before that.**

The best thing all of us can do for ourselves is prepare for change – get used to it, embrace it, make the most of it, lead it. The pace of change is dizzying for all of us – but there isn’t much we can do about it except try to get out ahead of it. We are privileged to be with our patients in the good and bad times, we are privileged to be intellectually challenged by our work – and compared to most of our patients, we are paid handsomely for our efforts. When we start to find that we are feeling sorry for ourselves and losing the ‘spark,’ it’s time to take a break, heal our emotional selves, and get back in the saddle.”

**Jenni Buescher, MD, MSPH**  
RESIDENCY CLASS OF **2002**

**DR. BUESCHER:** “I live in Omaha and work for the ACGME doing site visits for residency and fellowship accreditation. I enjoy speaking with enthusiastic educators throughout the country, and once travel is reinstated, I will enjoy visiting all of these programs in person! I also maintain a part-time clinical practice at a primary-care-only ACO that keeps me very busy.”



JENNI BUESCHER



**“With so many good paths in front of you, be sure to get familiar with your values so that they can guide you throughout your career. But also be ready and willing to make adjustments now and then.**

**I can safely say that I have no regrets about the decisions my wife Heather and I made in our ongoing efforts to achieve work-family balance. Now that our nest is emptying, we are grateful for the chances we have had to invest into these two young adults who are now getting out there into the world.”**

**Greg Sharp, MD**

RESIDENCY CLASS OF **2002**

**DR. SHARP:** “I’ve been away from clinical practice for almost three years now. I have been working at the intersection of philosophy and technology on a means of grounding meaning and logical reasoning in a system of fixed patterns. More info on this at [www.languagespattern.com](http://www.languagespattern.com). The information explosion within the practice of medicine, which is due to, among other things, genomic medicine and the overwhelming amount of new insights from clinical research, is one place where I hope to apply these ideas and tools.

Heather, my wife and 2003 FCM Resident, is practicing family medicine at Kaiser Permanente, Colorado Springs. Lexi, our daughter, attends college and our son Evan is in high school.”



GREG AND HEATHER SHARP FAMILY



GINA (MOHART) SEECK FAMILY

**“One of the biggest lessons I have learned is that life does not always go as planned. There will always be curve balls and challenges along the way. It is important to be flexible and resilient, in your career and life in general. Don’t lose perspective or sweat the small stuff. Relationships are everything. Find a job you enjoy, with a good work/life balance, that allows you to spend quality time making memories with the ones you love. Life is truly too short.”**

**Gina (Mohart) Seeck, MD**

RESIDENCY CLASS OF **2002**

**DR. SEECK:** “I am the medical director for Mercy McAuley Clinic in Washington, MO, a clinic for the uninsured, underinsured, and Medicaid population in our area. We are a multi-disciplinary clinic providing adult and pediatric primary care, behavioral health, women’s health, and dental services.

My husband David Mohart passed away suddenly in 2015, and I married Brian Seeck in 2019. Brian and I first met at MU 20+ years ago when I was in residency and he was a medical student. He is a cardiologist at Mercy Washington. We have a busy blended family of five great kids, ages 11-17, and enjoy traveling as much as we can – depending on their swim, dance, volleyball, cheer, band, baseball, basketball, golf and football schedules.”

**“Find a job that you love to wake up and go to everyday. Realize a good work-life balance and enjoy the rewards of all the hard work you did to get where you are.”**

**Matt Thornburg, MD, MSPH**

RESIDENCY CLASS OF **2002**

**DR. THORNBURG:** “I am now in my 18th year at The Columbia Orthopaedic Group practicing sports medicine. I also started a telemedicine company in 2014, Total Care Health.

My wife Susie Early has gone back to ENT Department at the University of Missouri and now serves as program director of the Otolaryngology Residency. Our three boys are 18, 15 and 14. Jake is heading off to Notre Dame for college. Mac is a sophomore at Father Tolton High School, and Baker is an 8th grader at John Warner Middle School.”



MATT THORNBURG FAMILY



MICHELLE COLÉN FAMILY

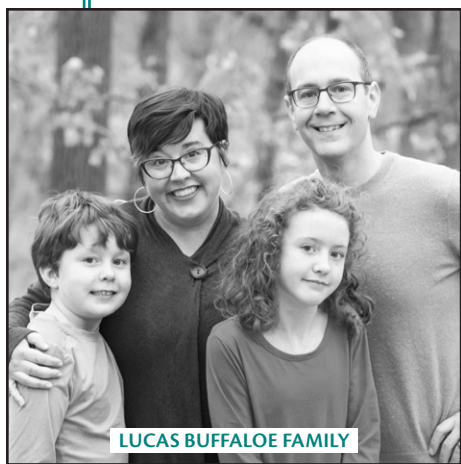
**“Truly listen to your patients, not only about their medical concerns but also about their lives. Find out about that scholarship offer, new job, new grandchild, financial stressor, etc. These conversations will help your patient more than you know, and they will make your clinic days more enjoyable, too.”**

**Michelle Colen, MD**

RESIDENCY CLASS OF **2002**

**DR. COLÉN:** “Professionally, I am completing my 14th year as an outpatient family medicine physician with Memorial Care in Jacksonville, IL. In that time, I have gone from being the youngest family physician in the group by 20 years – to the oldest by two years! My practice is heavy with geriatric medicine, women’s health, and mental health – similar to many family medicine practices; school physicals on my pediatric patients are welcome breaths of fresh air at this time of year.

My roles as wife and mother remain my most important. Jonathan is currently serving as Chief Medical Officer at Choate Mental Health and Developmental Center. My son Nate graduated from high school in May and will begin SIU-Carbondale in the fall as a pre-law political science major. He earned the role of captain of two drum lines during high school and is going to play in the Marching Salukis at college. Chloe is 11 and will be starting middle school. She has been selected for their state champion cheerleading team and keeps me busy with competitive dance, tumbling and soccer teams.”



LUCAS BUFFALOEE FAMILY

**“I’ll pass along advice from my dad, a long-time family physician: Do good, have fun, get home on time. This job comes with tremendous potential for doing good, for your patients and your community, so take advantage of that. Figure out what you enjoy about your job and really focus on that, so that you look**

**forward to going to work each day. And remember that you have a life outside of work and don’t feel guilty about it.”**

**Lucas Buffaloe, MD**

RESIDENCY CLASS OF **2012**

**DR. BUFFALOEE:** “I am an associate professor in the Department of Family and Community Medicine at MU. My practice includes inpatient and outpatient medicine, with a focus on substance use disorder, and I enjoy teaching medical students and residents in the classroom and in clinic.

In my personal life, my wife Barbara was elected mayor of Columbia, Missouri, this year. We have two fantastic kids, Eleanor, age 11 and Benjamin, age 9. We love getting outdoors, spending time with friends, and taking advantage of the many cultural and culinary experiences Columbia has to offer.”

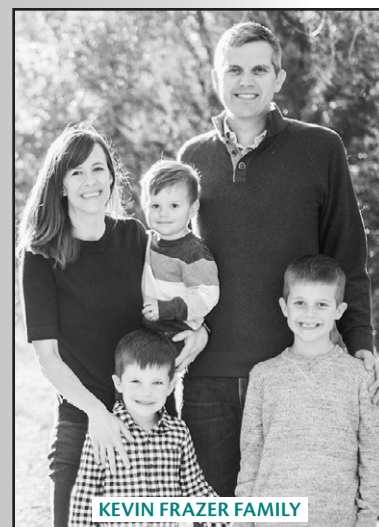
**“Family physicians are good at multitasking and are often asked to be involved in many roles at work and in their community – don’t forget to find what you love in medicine and maximize opportunities to do those things.”**

**Kevin Frazer, MD, MSAM**

RESIDENCY CLASS OF **2012**

**DR. FRAZER:** “I’m doing both outpatient and inpatient medicine with MU Family Medicine at Mizzou. My clinic continues to be at Fayette where I started during residency. The mixture of acute care and chronic care opportunities, along with procedures and preventative medicine available in the rural community, make every day different and keep me engaged. I really enjoy working with learners across all settings and regularly interact with them in clinic, on inpatient, or in didactics sessions. My favorite teaching responsibility is facilitating IPC1, the curriculum teaching M1 students how to do medical interviews. Last year I accepted the role of medical director for the Athletic Training Graduate Program at Central Methodist University in Fayette. Students shadow me in clinic to get exposure to primary care, and I also participate in their didactic sessions.

Our family (wife Jessica and children Owen 8, Jacob 5.5, and Isaac 2.5) stays busy with organized baseball, basketball, and soccer – and disorganized everything else. When I get a chance, I love to ride my bike on the Katy Trail or read a book on our new screened-in porch (my life’s dream).”



KEVIN FRAZER FAMILY





AMY (WILLIAMS) BRADDOCK FAMILY

“Figure out what makes you happy and don’t stop until you’ve achieved that. If you value lifestyle and time more than money, look for a practice that will accom-

modate that. It’s taken some time and effort, but I’m incredibly happy and fulfilled both personally and professionally and you can be too. We’re privileged to get to do what we do, but we have to advocate for ourselves.”

**Amy (Williams) Braddock, MD, MSPH**

RESIDENCY CLASS OF 2012

**DR. BRADDOCK:** “I am still at Mizzou and split my time between researching child obesity (I’m working on an app to help teens set health behavior goals), clinic, teaching and inpatient.

Personally, my husband Chris and I just had our first baby, a little girl we’ve named Mia. She’s five months old, and although it’s exhausting, we’re loving being parents.”

“Never be afraid to make a change. Sometimes as you grow, professionally and personally, you realize that you might have an interest in other opportunities ... don’t be afraid to pursue those interests.”

**Karli Urban, MD**

RESIDENCY CLASS OF 2012

**DR. URBAN:** “I’ve been providing long term care to residents in local nursing home and skilled nursing facility settings here in Columbia. This fall, I am transitioning to a new role: providing care at the Harry S Truman Veterans Hospital and Clinics. I also serve as medical director for a regional hospice company.

My husband Michael and I have three daughters, Elise (10), Nora (5) and Isla (3). We also have two dogs and a bunny!”



KARLI URBAN FAMILY



MATT FIELEKE FAMILY

“My advice: don’t let your Missouri medical license lapse. I practiced in Olathe, KS (suburb of KC), starting right after residency until June 2022, when I switched over to Independence, Missouri.

Wish I would have kept my license ... oh well.”

**Matt Fieleke, MD**

RESIDENCY CLASS OF 2012

**DR. FIELEKE:** “I’m enjoying my new role with a value-based company that’s entering the KC market. It’s stretching me and helping me to develop new skills as we are starting from the ground up. It’s a fun process!

My lovely wife Maureen is amazing! I enjoy parenting/teaching/ wrestling/ reading to my two sons, Isaac, age 10, and Caleb, age 8. We have two cats, Tiger and Gumdrop (brother and sister). We live on three acres in De Soto, KS, and love planting fruit trees, gardening, building tree houses, etc.”

“There’s a saying in Missouri that goes, ‘If you don’t like the weather, wait a few minutes and it will change.’ I feel like that saying describes my first ten years in practice as well. I’ve experienced administration changes; practice acquisitions; shift from RVU to value-based compensation models; building a practice to being more established; caring for patients as they move through different seasons in their lives – things in medicine change all the time.

If circumstances aren’t meeting your expectations, they will inevitably change. Maybe for the better or maybe for the worse. But things will change – just be ready to embrace that change and take advantage of it if it is better ... or pivot and adapt if it is worse.”

**Adam Fitzgerald, MD**

RESIDENCY CLASS OF 2012

**DR. FITZGERALD:** “I am doing outpatient only family medicine with Mercy Clinic in south St. Louis County.

I enjoy spending time with my family – wife Jess and our eight-year-old son Rhys – at our farm in Cape Girardeau County. When I really want to unwind, I go scuba diving in the Missouri or North Florida caves or in the open ocean.”



ADAM FITZGERALD FAMILY

**“Have confidence as you begin your practice, you were trained very well ... and know that any of us here at MU FCM are happy to help – even if you move far away! No matter what you end up doing, never forget your fundamental training as a Family Physician!”**

**Tiffany Bohon, MD**

RESIDENCY CLASS OF **2012**

**DR. BOHON:** “After residency I completed a Sports Medicine Fellowship at the Hospital for Special Surgery in NYC. Since then I’ve been back at Mizzou splitting my time between Family Medicine and Sports Medicine/Orthopedics. In addition to this, I am Associate Program Director for our Primary Care Sports Medicine Fellowship and a team physician for MU Athletics.”



TIFFANY BOHON



WES TRUEBLOOD FAMILY

**“My best piece of advice is to realize the great training organization you are a part of and take advantage of the wealth of experience your staff docs offer. I still remember cases I had and things I learned from Drs. LeFevre, Lindbloom, Howenstine, Ringdahl, Kinkaid, Stevermer, Gray, Zweig, Dean, Allmon, Swofford, Hecker, and many others. MU Family Medicine is truly a great program and will set you up for success in caring for patients throughout your career.”**

**Wes Trueblood, MD**

RESIDENCY CLASS OF **2012**

**DR. TRUEBLOOD:** “Greetings FCM, it’s been a while! I’ve been active duty in the Air Force since graduating, and stationed in San Antonio, TX, all ten years. My wife Anne and I have two children, Henry (7) and Nora (5).

My first assignment out of residency was taking care of military trainees on Lackland Air Force Base, including basic trainees, technical students, and special operations trainees. After that, I moved across town to Brooke Army Medical Center (BAMC) where I completed a dual board in Emergency Medicine followed by an assignment in the BAMC ED as a staff doc. Most recently I’m finishing up a three-year assignment as Medical Director for the BAMC ED, which includes about half administrative time and half clinical time, coupled with some moonlighting in a civilian hospital across town and a rural critical access hospital down south near the border.

I keep my FM boards current and was relieved when the longitudinal assessment program was approved since I’m a little out of practice outside the ED. My operational job is Critical Care Air Transport (CCAT) which is pretty much what it sounds like, transporting critically ill or wounded patients from austere places to higher levels of care. I’ve done two CCAT deployments, first to Qatar in support of OIR (Syria operations) in 2019, and a second in 2021 in support of FEMA COVID relief to the Pacific region (California, Guam, Japan, Korea). In July, my family and I moved to Okinawa, Japan, for two years where I will primarily do CCAT transports in the Pacific region.

I think about my classmates and teachers at Mizzou Family Medicine often and am humbled to be an alum of such an amazing organization.”

**“Congratulations Class of 2022! I have two pieces of advice for you as you start your careers.**

**1: Focus on work-life balance. The last seven years of your life have undoubtedly been work heavy, and you may have lost sight of the things outside of work that truly bring you joy. Make and take time to rediscover your hobbies and be careful to not be driven by money. Cory and I quickly learned that making less money in order to have more time is what truly allowed us to have a good work-life balance.**

**2: Make sure you sign up for any and all loan repayment programs!**

**Best wishes to each and every one of you!!”**

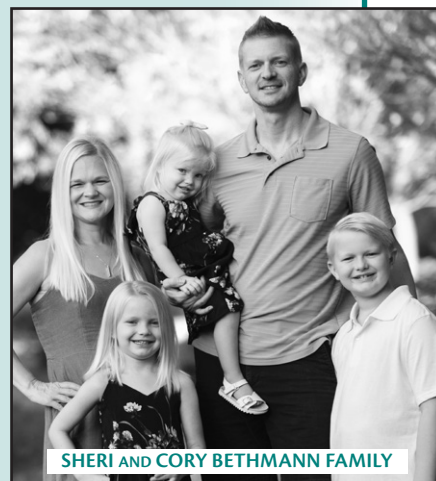
**Sheri Bethmann, DO**

RESIDENCY CLASS OF **2012**

**DR. BETHMANN:** “During the last ten years, I’ve been primarily working in the post-acute and long term care setting. I have served as a medical director and attending in the Springfield, MO, area. I have also taken on the role as a hospice medical director for Seasons Hospice. I worked for Mercy Hospital and Clinics from 2013-2020.

Cory (my husband and 2011 FCM Resident) and I now have three children: Oliver (10), Addison (6) and Emersyn (2). During the pandemic, one of us needed to be available to stay home with the children, so I entered into a non-compete after leaving Mercy. I’ve continued my work with hospice and now review disability cases for the state of MO. I plan to rejoin the post-acute care team at Cox Hospital in January of 2023.

We bought a travel trailer in 2018, so we’ve been enjoying family camping trips in the summer. We’ve made it a tradition to go skiing in Colorado each winter, and this year we will be putting Emmy on skis for the first time! I’m still an avid runner, running 5-6 days a week, and love visiting local venues to soak up live music whenever time allows. Our children are involved in soccer, gymnastics, dance and piano, so their schedules keep us very busy throughout the week. Life is good, and I hope all is well with each of you.”



SHERI AND CORY BETHMANN FAMILY



**“My ultimate goal is to make my job too satisfying to retire from. For me that has meant taking on projects and leading committees that I’m interested in; if I don’t like something, I exit the role after a few years.**

**‘Take chances and make mistakes,’ as Ms. Frizzle from the Magic School Bus said. Also, try to save as much money as possible in the first five years and invest it. If you do this before the lifestyle creep sets in, you will thank yourself later. For the non-grads; enjoy the ride of residency. You only have a couple years before the buck stops with you – not your attending.”**

**Brian Ching, MD**

RESIDENCY CLASS OF **2012**

**DR. CHING:** “My family and I are enjoying the weather and the life in Southern California. I came out here to do a Sports Medicine Fellowship, and it was too hard to leave (the weather, the food, the amenities). I am currently at Kaiser Permanente and divide my time between family medicine (80 percent) and sports medicine (20 percent). It’s a great mix for me.

We have two children now – Aria (6) and Elliott (3). My wife Melanie is a high school choir director, which was challenging in the pandemic, but she persevered!”



**BRIAN CHING FAMILY**

**“My only advice is to try to keep a well-balanced life.”**

**Kathleen Ellsbury, MD, MSPH**

FELLOWSHIP CLASS OF **1982**



**KATHLEEN ELLSBURY  
AND HER PARTNER JOHN**

**DR. ELLSBURY:** “Directly after my fellowship ended in 1982, I joined the faculty of the University of Washington in Seattle, initially in the residency section, and then in the medical student programs, where I served several years as predoctoral director. I was also Director of Managed Care at the University for a few years. I wrote some papers on workforce issues, ethics, gender issues, and specialty choice in medicine. One of my most interesting times at UW involved leading two

trips to several Pacific Islands to develop and deliver continuing medical education programs in Guam, Saipan, American Samoa, and Kosrae in Micronesia.

I retired cold turkey after 25 years at UW. My main connection to medicine is reading about whatever soft tissues my body raises after hiking, biking or skiing, which I do frequently. I also enjoy reading medical mysteries in publications like the *NY Times*.

I’m in two German language groups and have taken several German courses at the University. I’m in touch with and – pre-COVID – hosted several German families I have known for many years. I recently helped a friend translate the mid-1800s memoirs of her German great-grandfather, an ophthalmologist, which she released in book format. I wrote a book about my family’s history in North America, and another book based on my father’s WW II diary and letters, from Normandy to Czechoslovakia.

I have a wonderful extended multicultural family. In 2005 my husband Tony Qamar was killed by a speeding over-loaded logging truck in Washington, and I spent a few years doing advocacy work for trucking safety. I have a partner of seven years, John Dunlap, and between us we share four grandkids under age five. Our shared interests include the outdoors, politics and history.”

**“Be the best family doctor you can be, and also do your best to balance work with family life, fun and good health habits (including regular exercise and adequate sleep).”**

**Michael Crouch, MD, MSPH**

FELLOWSHIP CLASS OF **1982**

**DR. CROUCH:**

“My last two pre-retirement jobs were as full-time faculty at Baylor College of Medicine 1990-2008 (program director 1991-98), then research director, teacher and clinician in Memorial Family Medicine Residency 2008-16.

I retired from full-time work in 2016. After working occasional short-term locum tenens jobs for four years, I took a supposedly temporary position in a solo private practice in June 2020, where I am still working, two years later. (The previous owner had just died from pancreatic cancer at age 46.) The new owners eventually hired a nurse practitioner to work under my remote supervision two days a week, then closed the clinic on Fridays last summer, so I now work only two days a week (which is wonderful).

Cassey and I still live in Sugar Land (Houston suburb). We often visit our two children and three granddaughters in Austin. I still run 3-4 miles 2-3 times a week for fun and health, and do occasional 5k road or trail races. I usually win my age group nowadays, since most runners who were faster than me in my younger days are now disabled, disinterested or dead. Since 2004, I’ve played guitar and harmonica much more, including performing monthly in a Unitarian Universalist Church band, and I’ve written over 400 songs. My other hobby is genealogy.”



**MICHAEL CROUCH FAMILY**



HAL WILLIAMSON

**“I’ve stopped giving advice. I give my opinion and you can decide if it’s advice. My opinion: you’ve come a long ways doing what you’re doing, so have the confidence to do more of that.”**

**Hal Williamson, MD, MSPH**

FELLOWSHIP CLASS OF **1982**

**DR. WILLIAMSON:** “I’m retired. I still am drawn to reading medical literature.

Mary and I have enjoyed the great stuff Montana has to offer. For example, we served a few summers as ‘citizen scientists’ in Glacier Park’s Volunteers in the Park program, mostly hiking at altitude counting loon chicks and mountain goats. I enjoy woodworking, recently engineering and crafting laminated wooden cross country skis and (short) longbows for my grandsons. Life is very good but finite.”



NANCY ELDER AND HER HUSBAND ANDREW

**“There is no such thing as ‘work-life balance.’ Work is one of the many puzzle pieces of your overall life picture, along with friends, family, exercise, relaxation, travel, cooking, and everything else you do. Find work that helps create a life**

**picture you enjoy, knowing that you will have many life pictures over the years. Work may be a big puzzle piece or it may be a small piece, and what that work piece looks like may change, but by looking at the whole picture of who you are, you can find the work piece that completes the picture of you.”**

**Nancy Elder, MD, MSPH**

FELLOWSHIP CLASS OF **1992**

**DR. ELDER:** “After retiring from the University of Cincinnati in ‘18, we returned to Portland, OR, where I work half time as Director of the Oregon Rural Practice-based Research Network. Until the pandemic, I enjoyed travelling around the state, meeting primary care clinicians and others working to improve health care in Oregon. We are transitioning back to in-person work after teleworking for more than two years.

Our two adult children also live in Portland, so we enjoy spending time with them. We bought a ‘pandemic’ coast house on the northern Oregon coast in 2020, and we enjoy hiking, beach walks and relaxing in such a beautiful area.”

**“Review a differential diagnosis checklist at the bedside to help prevent diagnostic errors. We are taught to generate a differential diagnosis from memory, but memories are unreliable. (Airline pilots figured that out a long time ago.) The most common cause of diagnostic errors is the physician’s failure to initially consider the correct diagnosis as a possibility. But we can force this consideration by reviewing a differential diagnosis for the common presenting symptoms in primary care. (e.g., Ely JW, Graber ML. Preventing Diagnostic Errors in Primary Care. *Am Fam Physician*. 2016;94(6):426-32.)”**

**John Ely, MD, MSPH**

FELLOWSHIP CLASS OF **1992**

**DR. ELY:** “I retired from patient care at the University of Iowa in 2013. Since then, I have been trying to keep ahead of home repair jobs and home remodeling projects. I recently changed our water heater anode rod, which required a heavy-duty impact wrench, after failing to get the old one out with an 18-inch breaker bar and a 2-foot-long cheater bar extension. And I replaced a leaking intake valve on our dishwasher, which was a sort-of-fun diagnostic challenge. I took some courses on plumbing and electrical wiring at a local community college and was humbled by my classmates going into those trades.

On the professional side, I’m involved with the Society to Improve Diagnosis in Medicine, and I review studies for the University of Iowa Institutional Review Board.”



JOHN ELY

**“Love your patients. Care for your team. And Family first.”**

**Paul Tatum, MD, MSPH**

FELLOWSHIP CLASS OF **2002**

**DR. TATUM:** “After starting two palliative medicine fellowship programs, I just transitioned to a new role. I now serve as the Director of Outpatient Palliative Care for BJC Home Care and Hospice in St. Louis.”



PAUL TATUM FAMILY AND FRIENDS





CHRISTY THARENOS FAMILY

“Find that professional/ personal balance. It is critical to your longevity in our profession as well as to your wellness. Some jobs you apply for may not offer that balance. In those cases, I recommend asking for the balance you need, and if you don't get it, keep searching. You may not find balance early in your career, but taking small steps in that direction should be a priority. Contemplate regularly what

it means to consider medicine as your vocation.”

**Christy Tharenos, MD, MSPH**

FELLOWSHIP CLASS OF 2002

**DR. THARENOS:** “I've been working for the last six years at an FQHC Heartland Health Services in Peoria, IL, seeing patients in my sports medicine practice and serving as site medical director. In many ways it has been my dream job, minus the COVID epidemic.

The past two years have been challenging for me, as they have been for most people in our country. I gave birth to our second child, Anya (2), during the pandemic, sprinkle on top of that online learning with our son Michael (8), and childcare chaos ... it was a recipe for a difficult time. I've found solace in my downtown art studio and art community located in an 1800's industrial mill building.

As much as we have loved Peoria, we are excited to announce the start of a new chapter in our lives, returning to Columbia, MO, later this summer!”

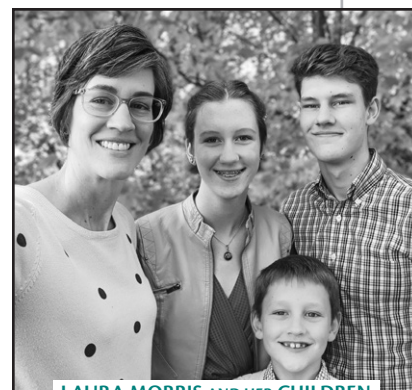
“Buckle up and see where opportunities take you! We have the privilege to train and work in such a dynamic department that there is always something going on – someone is creating a new program or implementing a project, or maybe looking for a partner to dive into something big! I've learned a lot from saying *yes* (and over time, I've learned to say *no* when I need to pull back or redirect my energy).”

**Laura Morris, MD, MSPH**

FELLOWSHIP CLASS OF 2012

**DR. MORRIS:** “I'm still here! I've been keeping busy building our capacity to train rural family physicians by developing a new Rural Training Track FM Residency at Bothwell Hospital in Sedalia, MO. There is a lot of enthusiasm as they matched two residents to begin training July, 2022, but still a lot of work to be done. I also serve as the Medical Director for the Rural Track in the School of Medicine and developed and implemented a new Longitudinal Integrated Clerkship – also at Bothwell Hospital, but soon expanding to sites in Hannibal and St. Joseph. I still practice family medicine with obstetrics alongside our residents in Fulton and deliver at Women's Hospital in Columbia. The COVID-19 pandemic has tested my media relations skills as I continue to work with a great team at MU Health Care to promote vaccinations. We're gearing up for flu shot season sooner than you think (and likely COVID boosters too)!

I spend my free time with my three kids, Ethan (15), Lila (13) and Luke (9). Our summer has been filled with team sports and lots of other outdoor activities.”



LAURA MORRIS AND HER CHILDREN

## RECOGNIZING OTHER FAMILY MEDICINE GRADUATES

1982, 1992, 2002, 2012 MU RESIDENTS AND FELLOWS

Laurie Coss, MD..... 1982 RESIDENT  
Henry Domke, MD..... 1982 RESIDENT  
Bernard Ewigman, MD, MSPH..... 1982 RESIDENT  
David White, MD..... 1982 RESIDENT  
Steve Adams, MD..... 1992 RESIDENT  
Tim Bartholow, MD..... 1992 RESIDENT  
Holly Benedict, MD..... 1992 RESIDENT  
Bill Plonk, MD..... 1992 RESIDENT  
Mark Schnee, DO..... 1992 RESIDENT  
Paul Schoephoerster MD..... 1992 RESIDENT

Matt Beckerdite, MD..... 2002 RESIDENT  
Julie Burdin, MD..... 2002 RESIDENT  
Brian Clonts, MD..... 2002 RESIDENT  
Alyssa Keller, MD..... 2012 RESIDENT  
TJ Soyoye, MD..... 2012 RESIDENT  
Mark Marquardt, MD, MSPH..... 1982 FELLOW  
David Schneider, MD, MSPH..... 1992 FELLOW  
Clint Koenig, MD, MSPH..... 2002 FELLOW  
Sonia Acevedo Espinoza, MD..... 2012 FELLOW

## MISSION ACCOMPLISHED!

Mapping our Rural Success Story

### 1960s: RURAL PRECEPTORSHIP

Medical students learn from rural physicians

### 1975: CALLAWAY PHYSICIANS

Callaway County. POP: 12,700

### 1980: FAYETTE MEDICAL CLINIC

Howard County. POP: 2,800

### 1990s: MU-AHEC

Rural Medical Scholars Program

Designed to place physicians in rural Missouri

### 2017: ASHLAND FM CLINIC

Boone County. POP: 3,950

### 2017: FULTON FAMILY HEALTH ASSOC

Clinic joins MU Health; first opened in 1993

### 2020: BOONVILLE FM CLINIC

Cooper County. POP: 8,300

### 2022: MEXICO FM CLINIC

Audrain County. POP: 11,535

### 2022: BOTHWELL RURAL FM RESIDENCY

First Rural Training Track Residency in Missouri

## MISSION ACCOMPLISHED: CONTINUED FROM PAGE 1

"This was a once in a decade opportunity that comes around for a department – when your mission becomes a priority to the University," Dr. Williamson said. "Providing physicians for rural areas was a central part of the Family Medicine mission, so when the Dean decided to focus on this same goal, we had to jump on the opportunity."

Under Dr. Williamson's leadership, MU joined Missouri Area Health Education Centers, the **MU-AHEC** office was created in 1994, and soon after that, the medical school developed the Rural Medical Scholars Program – a three-phase program with initiatives designed to place physicians in rural Missouri.

## ● ASHLAND

Bryant Scholars Program, an MU-AHEC initiative, offers qualified undergraduates who have an interest in rural practice pre-admission to medical school. Family Medicine Associate Professor **Luke Stephens, MD**, was asked to be a Bryant Scholar while attending Missouri State University in Springfield.

"I grew up on a cattle farm near Lake Ozark, MO, and the only doctor I knew was our family doc," Dr. Stephens said. "For me, there was just one kind of 'doctor,' and that was a family physician who saw everyone for everything."

Dr. Stephens warmed to the idea of practicing in a small town during medical school while participating in MU's Rural Track Program. He earned his medical degree in 2008, then stayed here to complete Family Medicine's residency and academic fellowship programs. In 2017, after doing a sports medicine fellowship at Advocate Lutheran General Hospital in Chicago, he headed back to Columbia to join the MU Family Medicine faculty.

MU had opened a family medicine clinic in **ASHLAND** in 2017 and recruited Dr. Stephens to practice and serve as medical director of the new rural clinic. Ashland is in Boone County, 15 miles southeast of Columbia.

"The decision to build Ashland Family Medicine was fueled by our ongoing commitment to Missouri's rural communities" said **Steve Zweig, MD**, Family and Community Medicine Chair when the clinic opened. "Dr. Stephens understands and appreciates rural practice. We are glad he accepted our offer to serve the Ashland community."

## ● FULTON FAMILY HEALTH

When NueHealth shut the doors of Fulton Medical Center in 2017, **FULTON FAMILY HEALTH ASSOCIATES** (FFHA) announced its intention to join MU Health Care. **Robert Pierce, MD**, ('91 MU FMR) started FFHA in 1993. He and his wife **Lisa Pierce, MD**, ('91 MU FMR) have been caring for patients in Callaway County for nearly 30 years.

"Fulton Family Health and MU Health share a common goal of advancing patient care, medical education and medical research," said Dr. Pierce. "Our affiliation allows us to integrate health care resources to better serve our patients, while preserving the historic strengths of Fulton's community physicians."

"It was exciting to welcome Fulton Family Health Associates, led by MU residency alums Drs. Robert and Lisa Pierce, into our health care system. Both physicians are committed to their patients and their community," said Dr. Zweig. "Fulton Family Health, together with Callaway Physicians, MU's other family medicine clinic in Fulton, are promoting MU's mission by delivering excellent care to rural mid-Missourians."

## ● BOONVILLE

In 2020, Pinnacle Health closed the doors of its rural health clinic located in **BOONVILLE**, 22 miles west of Columbia. So that patients could continue receiving care from providers they knew and trusted, MU decided to open a clinic in Boonville and hire Pinnacle Health's family medicine team, led by MU Family Medicine alum **Mona Brownfield, MD**, to practice at the new facility.

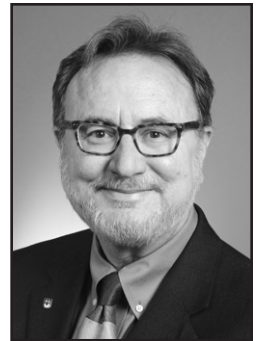
Dr. Brownfield has practiced – and lived – in Boonville since finishing her residency in 2001. She enjoys rural family medicine.

"As a small town family doctor, I see patients of all ages – and nursing home patients as well," Dr. Brownfield said. "I also have opportunities to get involved in the community, schools, local athletes, Health Department and my church."

While the new Boonville clinic is being constructed, Dr. Brownfield and her colleagues have been practicing at MU's family medicine clinic in Fayette.

"We are thrilled that MU is making a commitment to Boonville," Dr. Brownfield said. "I look forward to being able to offer a safe and convenient option for care in our community once again."

"The new Boonville clinic supports MU's mission to maintain local access to quality health care," said **Mike LeFevre, MD**, MU Family and Community Medicine Chair. "Scheduled to open early next year, this large multispecialty clinic will greatly expand health care options to the residents in Cooper County."



**STEVE ZWIG, MD, MSPH**  
Professor & Former Chair



**MIKE LEFEVRE, MD, MSPH**  
Professor & Chair



## ● MEXICO

Soon after Noble Health announced the closing of Audrain County Community Hospital in March 2022, MU Health Care responded. By July, MU had opened a new family medicine facility in **MEXICO**, 40 miles northeast of Columbia, and hired former Noble Health family medicine physician **Diane Jacobi, MD**, her FNP, nurses and support staff to serve the new Mexico Family Medicine clinic.

Dr. Jacobi earned her medical degree from the University of Missouri and completed her family medicine residency at the University of Indiana-Evansville. She practiced outpatient family medicine at Audrain Community Hospital for more than 20 years before joining MU Family Medicine's faculty and the Mexico family medicine clinic staff this summer.

"We are excited that MU Health cares and is focused on the future of our community," said Dr. Jacobi. "Primary care is extremely important to this region, and I am thrilled to be able to continue to serve my patients right here in Audrain County."

"MU is committed to rural populations and providing them convenient access to patient-centered health care," said Dr. LeFevre. "Mexico-Family Medicine clinic will help us fulfill our mission, ensuring citizens in this community continue to see doctors they already know and feel comfortable with."

## ● BOTHWELL FAMILY MEDICINE RESIDENCY

MU Family Medicine has partnered with Bothwell Regional Health Center, Sedalia, in developing **BOTHWELL FAMILY MEDICINE RESIDENCY**. This program is part of a federally funded initiative to expand the physician workforce in rural areas across 21 states.

Bothwell FMR is a 1-2 Rural Training Track (RTT). Two residents per year spend their first year at MU Health, then transition to rural Sedalia for their second and third years of residency.

"We're excited to offer these second- and third-year family medicine residents a long-term, single-site learning environment that offers community-based training in our growing clinics, busy emergency department and intensive care unit," said **Robert Frederickson, MD**, Bothwell FMR Program Director and 1984 MU Family Medicine Residency alum.

"This is the first true rural training track program in the state of Missouri," says **Laura Morris, MD**, Associate Program Director of the MU Family Medicine Residency program. "Sedalia's location allows our resident physicians to experience unique training opportunities that will prepare them for a future practice focused on serving and addressing the needs of rural patients."

The Bothwell-MU Family Medicine Residency Program welcomed its first two residents this summer.



**LAURA MORRIS, MD, MSPH**  
PROFESSOR  
MU Family and Community Medicine  
ASSOCIATE PROGRAM DIRECTOR:  
MU Family Medicine Residency  
MEDICAL EDUCATION DIRECTOR:  
MU-Area Health Education Centers

"The rural mission of Family and Community Medicine runs deeply in our department – it is one of the reasons I chose to stay at this residency program and answered the call to serve as faculty!

I am honored to be recently named a William C. Allen Professor of FCM, and after I learned the legacy behind the honorific, I will strive to pay tribute to Dr. Allen's work by leading our students in rural training across the state.

There is nothing more personally and professionally satisfying than to watch rural pipeline students experience formative learning in service to rural patients and see how their career trajectory is shaped by training in a rural community. So many of our FCM department members contribute not only to caring for rural Missourians but to shaping the next generation of physicians who will continue the mission.

I am always proud of my role – both as a teacher and as a doctor who went back to serve the rural place they came from!"

## MU FAMILY MEDICINE FACULTY KUDOS

**ABIGAIL ROLBIECKI, PhD, MPH, MSW**, Assistant Professor, was a recipient of the 2022 Award for Excellence in Psychosocial Research from the Social Work Hospice & Palliative Care Network.

**RICHELLE KOOPMAN, MD, MS**, Professor & Vice Chair For Research and Faculty Affairs, is a Co-PI on a three-year R18 AHRQ-funded grant, along with **David Dorr, MD, MS** (Oregon Health and Science University - OHSU). The "COACH study" supports patient self-management of blood pressure and cardiovascular health. This project is a joint project between MU, Vanderbilt University and OHSU; other MU collaborators include **ROBERT PIERCE, MD, MSPH**, and **ABIGAIL ROLBIECKI, PhD, MPH** (Family Medicine) and **VICTORIA SHAFFER, PhD** (Psychological Sciences).

## IN MEMORIAM

**JONATHAN HOSKINS, MD** (1980 - 2022)  
MU FAMILY MEDICINE RESIDENT CLASS OF 2020

**Jonathan Hoskins, MD**, 41, of Breese, died Sunday, June 12, 2022, at his home surrounded by his family, wife Julie and their two children, Katie and Cullen Hoskins. After completing his family medicine residency at the University of Missouri in 2020, Dr. Hoskins and his family moved to Breese, IL. He practiced outpatient, inpatient and emergency medicine at Clinton County Rural Health Physicians until he passed away this summer.

Faculty and staff at MU Family Medicine Residency, including the medical team at Fayette Medical Clinic, were sad and sorry to hear about Dr. Hoskins' death. He was a great friend and physician to everyone who knew and worked with him.





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### 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:

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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 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 May 22–25, is to prepare newly appointed chairs for the challenges, expectations and responsibilities of their role.

*Included in this photo are participants of the 2022 NCW:*

**SITTING (LEFT TO RIGHT):** Kimberly Schiel, MD, St. Louis University, St. Louis, MO; Joseph Garry, MD, University of Illinois, Rockford, IL; Wanda Cruz-Knight, MD, MBA, NorthShore University Health, Chicago, IL; and David Henderson, MD, University of Connecticut, Farmington, CT.

**STANDING (LEFT TO RIGHT):** Stacy Brungardt, MA, Society of Teachers of Family Medicine; Mike LeFevre, MD, MSPH, University of Missouri; Chelley Alexander, MD, East Carolina University, Greenville, NC; Jack Colwill, MD, University of Missouri; Novneet Sahu, MD, MPA, Rutgers University, Newark, NJ; Li Li, MD, PhD, University of Virginia, Charlottesville, VA; Masahito Jimbo, MD, PhD, MPH, University of Illinois, Chicago, IL; and James Barrett, MD, University of Oklahoma, Oklahoma City.

**PARTICIPANTS NOT INCLUDED IN PHOTO:** Gerardo Moreno, MD, MSHS, UCLA, Los Angeles, CA, and Amanda Weidner, MPH, Association of Departments of Family Medicine.