



MDFMR BULLETIN

Winter 2008

Residency Leadership Structure Expansion

In response to the ever-growing complexity of the world of Family Medicine in general and of MDFMR in particular, the Residency has expanded its administrative leadership structure.

With the beginning of the 2007-2008 academic year, **Jim Schneid MD**, Director since 2001, has assumed the new position of Residency Chair. In this role, Jim will focus on strategic planning, the Residency's relationships with Dartmouth, UNE and the Central Maine medical community, as well as broader funding and policy issues for Family Medicine.

Harry Colt MD, faculty member since 1995 and formerly Associate Director, has now assumed the role of Residency Director. He is responsible for the ongoing operation of the Residency, fellowships and student programs.

Dr. Colt says, "Leading and administering a dually-boarded family medicine residency has become increasingly complicated. Nationally, there are new accreditation guidelines, changing Medicare rules and a great deal of interest... which I think is overdue... in improving outpatient training and making health care more patient-centered. At Maine-Dartmouth, we now have not only the residency, but a geriatric fellowship, a large student clerkship program (12 students per month) and we anticipate developing a sports medicine fellowship starting in 2009 or 2010. Starting in July, we will be one of eight family medicine residencies nationally to pilot an integrative medicine curriculum for all entering residents.

And then locally, MaineGeneral will be merging campuses over the coming decade, which should allow us curricular and scheduling flexibility that has eluded us for years.

I am excited by these developments, and I hope and expect that our structural changes will result in effective leadership as we go forward."

Dedication of Kessler Building

On September 18, the Family Medicine Institute building in Augusta was named and dedicated in honor of **Warren C. Kessler**, who served as President and CEO of Kennebec Valley Medical Center and MaineGeneral Health from 1972 to 1999.

An audience of Residency Directors, representatives of the medical center, past and current staff, and community members recognized Mr. Kessler's seminal contributions to the founding and support of the Residency and to health care in the Kennebec Valley.

United States Senator Susan Collins, who was not able to be present in Maine, sent a DVD in which she expressed her own personal appreciation and congratulations:

"Nothing could be more appropriate than to dedicate this building to a terrific leader who has dedicated his life to health care in our state. Warren Kessler brought his vision of total life health care to the Kennebec valley 35 years ago. His initial focus was on developing the medical staff. Throughout the years, his vision expanded to incorporate nursing homes, rehabilitation, home health care, Hospice, retirement living, special care for patients with memory loss and community outreach programs. The Maine-Dartmouth Family Practice Residency and the Alzheimer's Care Center he founded are national models. The entire MaineGeneral organization is known for quality care and compassion. Nowhere is Warren's leadership more evident than in the area of family medical practice. Access to quality health care is the foundation of any community. The work done in Augusta and in Fairfield strengthens that fine foundation... these centers provide a vital role in providing health care services to the residents of Kennebec County. They are a major provider of prenatal care for uninsured women, for the large uninsured population and for the chronically mentally ill... On behalf of the people of Maine, I thank you Warren for your tremendous leadership and vision."



MDFMR Administrator Nancy Weingarten with Warren Kessler at building dedication

Maine-Dartmouth Family Medicine Residency

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Director: Harry Colt, MD
Associate Director: Chris Lutrzykowski, MD
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Note from the Chair

I hope everyone is enjoying the winter of 2008 no matter where you are presently located. This year I've heard from several graduates such as Jim MacDonald who is doing a Sports Medicine Fellowship at Children's hospital in Boston and Ruth Ann Zent who continues to provide primary care in Kotzebue, Alaska.

In my new role of strategic planning, we are spending a lot of time discussing the role of primary care in the Maine General system. For those of you that aren't aware, MaineGeneral will be "reconfiguring" its physical plant over the next few years. It will take a lot of energy to make sure that the Residency's needs are met with the changes that are coming in the next 5-10 years. In addition, there is a lot of work being done trying to define the role of primary care in the future. Using the Future of Family Medicine project as a discussion point, several of us are discussing how primary care should be delivered in the next decade.

We enjoy hearing from people and you are always welcome to visit and rekindle friendships.

Jim Schneid

MDFPR > MDFMR

The name of this organization was the object of some modest tinkering this summer with the replacement of the word, "Practice" with "Medicine." This reflects a national trend in which most or all residencies are making this change, the concept being that "practice" can imply "rehearsing" and that "medicine" aligns the name of the organization with the more commonly used name of the specialty. Thus we have the third name in the life of the organization, the original name from 1973 to 1980 prior to the Dartmouth affiliation being "Central Maine Family Practice Residency."

College Health

MDFMR grad **Jim MacDonald MD** ('99) has made a transition from private family medicine practice in Santa Cruz, CA "up the hill" to provide medical care at the Cowell Health Center at the University of California, Santa Cruz. Jim writes about this transition in the *Journal of College Health* (56/2, 185-6); *What college health means to me: A piece of my mind.*

As he says, he loves his job. He “[gets] to work among a community of students who constantly ask, question and seek” and appreciates the professional challenges and continuing growth as a clinician.

Contact information for Jim: Santa Cruz Health Center, University of California, 1156 High St., Santa Cruz (email, jmacd@ucsc.edu).

An Arctic Moon

A lovely essay on memorable encounters with a dying patient and his community by graduate **James Glazer MD** (2002). The verbal “trailer;” *Elderly, hard of hearing, and sporting a chart full of comorbidities, Doc had driven his ATV into the back of a road grader. The piece of heavy machinery rolled backward, crushing him beneath its wheels. Here in northwestern Alaska there is no pavement, and ATVs are the only way to get around. Doc's family had been trying to get him off his Honda for a year. They feared that his declining health would lead to an accident such as this.*

Available in pdf and full text form from the Annals of Internal Medicine website (www.annals.org).
Go to 6 December 2005 Volume 143 Issue 11.

Dr. Glazer is now at the Maine Medical Center Family Practice Residency, contact: glazej@mmc.org.

Lutzykowski, Sports Medicine

Faculty member **Chris Lutzykowski, MD**, was on leave during the last academic year, completing a fellowship in sports medicine at the University of Massachusetts and passing the certificate of added qualification examination in sports medicine. Since his return to the Residency, he has been active with a number of clinical and teaching initiatives; seeing patients 2 ½ days per week at Augusta Orthopedics, a half-day of internal referrals at the FMI, another half-day of training room rounds at Cony High School, and team coverage of the Maine Moose ice hockey teams in Augusta. Chris has also been working on expanding our orthopedics and sports medicine didactics and procedural training and strengthening our ties with local orthopedic surgeons, athletic trainers and Colby College. With his leadership, we are exploring the possibility of developing a sports medicine fellowship here at Maine-Dartmouth. Chris also continues in his role as the Augusta-based Associate Director of the Residency.

Anniversaries of service

Thanks to our dedicated employees of the Residency and family practice centers who celebrate anniversaries of service in 2007:

30 years

Nancy Gerrier, Medical Assistant, FMI

20 Years

Dan Meyer PhD, faculty, Residency

15 years

Gabriel Black RN, FMI
Nancy Zurbach MD, faculty, Residency

10 Years

Stephanie Calkins MD, faculty, Residency
Shelly Fitzgerald FNP, faculty, Residency
Lisette Peddle, Bookkeeper, Residency

5 years

Betty Jo Beaudon-Pomeleau, Managed Care Referral Specialist, FMI
Lorette Martin, Charge Coding/Posting Rep I, MDFP
Pamela Mulherin, Medical Assistant, FMI
Pat Mullet, Medical Information Clerk, FMI
Lora Trow, Medical Assistant, FMI
Dale Truland, Patient Services Rep II, FMI

Integrative Medicine in Residency

Beginning in July of 2008, Maine Dartmouth will be part of a pilot program that will introduce a three year longitudinal curriculum on Integrative Medicine in Residency (IMR). Under the leadership of the University of Arizona, we are one of eight family practice residencies in the US who will be pilot sites for the next five years. IMR is a competency based curriculum designed to be woven through all three years of residency training. Residents will learn how to incorporate IM concepts in their practices, including learning patient centered care techniques, facilitating lifestyle changes, referring appropriately to complementary and alternative (CAM) practitioners, assessing scientific and historical evidence for allopathic and CAM approaches to specific diseases, and appropriately integrating mind-body, manual and energy medicine, botanical, nutritional/supplements and physical activity recommendations into their practices.

The IMR will create a 200-300 hour required curriculum. The competency-based curriculum in integrative medicine is designed to be incorporated into the typical three-year residency program, with a common-web-based curriculum, program-specific experiential exercises and group process-oriented activities. The first year curriculum will be approximately 30 hours and will focus on prevention and wellness. The second and third year curricula will expand the content to common chronic illnesses including obesity, hyperlipidemia, diabetes mellitus II, hypertension, coronary artery disease, chronic back pain, osteoarthritis, rheumatoid arthritis, fibromyalgia, and irritable bowel disease. Pediatric topics will include, asthma, allergies, headaches and ADD and while other acute care modules will address, for instance, the management of URI, UTI, and ankle sprain.

Our goal at MDFMR is to broaden the training of family practice residents to provide a more holistic approach to the care of our patients and promote wellness. The IMR is an exciting new program under the leadership of our faculty coordinators John Woytowicz, MD, Fred Craigie, PhD., Persis Hope, NP, Nina Miller, NP, Holly Weidner, PA. Dan Meyer, PhD.

Moss Receives Achievement Award

Residency graduate ('01) and current faculty member **Barbara Moss, DO, MPH** was honored in September by the Kansas City University of Medicine and Biosciences with its Young Alumni Achievement Award.

Barbara's introduction to medicine began when she was a social worker in a women's shelter in Anchorage, Alaska. Seeing the health needs of the women with whom she worked, she trained as an EMT and subsequently provided emergency medical services in clinics and far-flung villages in rural Alaska. During this time, she was introduced to an Osteopathic physician who helped with her career directions and continues to be a colleague and mentor.

She graduated from the KCU College of Osteopathic Medicine in 1998, also competing specialty certification in Neuromuscular Medicine. Following her training at MDMR, Barbara practiced at the community health center in Coopers Mills, Maine, prior to returning here as a faculty member.

Barbara views her role as teaching, both with residents and with patients. "I really see my role,

even when I'm alone in the room with a patient, as we are teaching each other. I'm teaching that patient about what could be... my knowledge is helping that patient make decisions about his health care. With a diabetic, for instance, I'm teaching about what our expectations are, what our hopes are, what we want to avoid... so education is a lot of what I do."

Barbara lives in Manchester with her husband, Tom, and sons Luke and Silas. They share an off-the-grid home in the middle of an 800-acre nature preserve, growing much of their own food. She comments, "I am truly blessed to live this bountiful rural life and be engaged in work that is meaningful.

She is the second MDFMR graduate to be honored with this award; it was given several years ago to Doug Jorgensen DO ('99).



Barbara Moss, DO, MPH

MDFMR on the Net

Faculty member **Cheryl Seymour MD** has taken the lead in developing a new 1-stop web resource for the MDFMR community... grads included. It is <http://www.mdfpcases.org/>. As you will see, this website has links to databases and search engines, reference articles and tables, algorithms, flowsheets and protocols, as well as a great deal of information about cultural, historic and athletic goings-on in Central Maine. Your single source for everything you need to know, from "An analytic approach to acid-base disorders" to "The A1 Diner."

The new site joins our long-running residency website, www.mainedartmouth.org, which provides general Residency news, staff bios, and material helpful for prospective residents.

DeJong leads Abortion Care Awareness Initiative

In his role as Medical Director of the Family Planning Association of Maine, MDFMR faculty member **Russ DeJong, MD** has been participating in the Abortion Care Awareness Initiative. Sponsored by a grant from the Maine-based charitable endowment, the Bingham Program, the ACAI is a project aimed at "creating a climate of respect-based care for Maine women."

Russ and Kate Gawler LPN, Director of Abortion Services for the Family Planning Association of Maine, have taken a presentation to several sites around Maine. A Powerpoint and conversation address a number of issues around reproductive health care... data on who has abortions and what goes into decision-making, data on safety of abortions and access to abortion services, as well as long-term follow-up. They will have made presentations at all of the family medicine and OB-GYN residencies in the state and have also presented to Medical Students for Choice at UNE, and at MGH in Waterville and Augusta. Programs are scheduled or planned in Farmington and at Pen Bay. In 2008, the program will focus on presentations with nurse-practitioners, PAs and their training programs, as well as a follow-up program on management of post-abortion problems.

Clinical Skills Curriculum

In January of 2006, with the help of an assortment of faculty attendings, Cathy Morrow launched a bold effort to systemize procedural training at Maine-Dartmouth. We use an assortment of models to achieve as real a simulation of human anatomy as possible. Several attendings have developed unique models to teach procedures. Mike Clark and Kat Brandt created fake toes for toenail removal with artificial nails, super glue and clay. Cathy Morrow's endometrial biopsy model uses PVC pipe, tomatoes and the tips of Nerf footballs. A favorite is Dan Onion's lumbar puncture model using a hanging skeleton and a Foley catheter inserted in the bony spinal column. We teach many different skills that cover predictable procedures (laceration repair, splinting, and shoulder injections.) But we have not been

afraid to explore not-so-traditional skills: Neti Pot (Barbara Moss and Persis Hope) and acupuncture (Rick Hobbs.) As we began to provide the training, residents asked for a broader range of clinical skills training, so we began to offer training in skills that are less manually demanding such as pediatric phone triage and delivering bad news.

Attendings cover the floor and free up residents to come together as a group to learn. Tuesday afternoons at the FMI have become a bustling whirl of simulated medicine. Residents and medical students split into groups and move from station to station throughout the afternoon. We aim to provide innovative, fast-paced learning that builds clinical confidence. The journey has been rewarding for our residents and energizing for faculty.

Diaz becomes MGMC VP for Medical Administration

MaineGeneral Executive Vice President Barbara Crowley MD announced in November that Residency grad **Steve Diaz MD** ('96) has been appointed MGMC VP for Medical Administration.

Steve has worked at MGMC for 11 years and brings with him a breadth of experience as Medical Director of Maine EMS, Assistant Medical Director of the Waterville ED, Chair of the MGMC Credentials Committee and chair of the Physician Advisory Group that has coordinated the implementation of the Sunrise Clinical Manager system. He has also made significant contributions in the advancement of MGMC disaster preparedness and cardiac transfer protocols.

Outside the system, Steve has been devoted to number of local charitable organizations and has served as an international consultant to Ireland and Northern Ireland in developing emergency/disaster management systems. He is also the author of "The Little Black Book of Emergency Medicine" in Dan Onion's LBB series.

In his Medical Administration role, Steve will be responsible for overseeing clinical care, credentialing, compliance, continuing education and physician leadership. He will also be responsible for day-to-day management of the three MGMC hospital campuses and will be involved in long term planning and in the ongoing hospital reconfiguration project.

Congratulations, Steve.

Forman Retirement

After 29 years of service providing medical care to people in Central Maine, Paul Forman MD has retired. He completed his tenure at the Lovejoy Health Center in Albion, which he helped to start, on November 1.

Paul was one of the earliest graduates of the Residency (then, the Central Maine Family Practice Residency), arriving with the first 6-resident class in 1975 and finishing his training here in 1978. He and colleague Forrest West began talking their senior year about practicing together in the rural surroundings of Augusta and settled on Albion after numerous conversations with people from the community there. It was a good fit; "For lifestyle... I love the ocean and the mountains and Albion sits between the two. And it has been a nice place to live as far as the community. These are good, honest people here."

Paul credits the Residency with being instrumental with the direction of his career. "The Residency prepared me well for my practice... I was really impressed with the docs in the Residency, I had good medical background and I had a good opportunity to explore the health care system in Central Maine...the Residency really was a big reason why I settled here and why I stayed for 29 years."

He also credits his 30+ year friendship and collaboration with Forrest West. "Forrest has been an excellent partner over the years. I was blessed that he had a similar style but slightly different personality... the fact that after all these years we are still talking to each other is a real testament to our compatibility."

Paul moves on now to a second career as a regular ski patrol member at Saddleback Mountain. This involves occasional EMT work, Paul says, but mainly it gives him the opportunity to be outdoors, to do physical work, to find joy in the natural surroundings and, as always, to do something useful.



Paul at the Lovejoy Health Center
Photo: Morning Sentinel/David Learning

When the snow melts, Paul and wife Daria look forward to camping across the country and visiting their son, who divides his time between the Port Townsend area in Washington state and Alaska.

Contact information for Paul: 21 Cross Rd., Albion, Maine 04910, (207) 437-9368 and forman@uninets.net.

Little Black Books Update

The LBB series continues to expand in scope, updates and media. As grads from the 1980s will recall, all of this springs forth from DKO's always-present briefcase and, well, little black books. Dan reports...

Since I last updated graduates on the Little Black Book series project, several things have happened to expand the project.

First, Karen Gershman's LBB of Geriatrics has become immensely popular, having sold over 70,000 copies in bulk sales to pharmaceutical firms as trinkets to pass out to clinicians. She did an update this fall. And she has maintained her principles of not being influenced by big pharma to boot! It is also available, as a PDA download through Jones and Bartlett publishers web site (<http://www.jbpub.com/>),. Try it out? It's just like a conversation with Karen.

Several others in the series have gone through and are now out in 2nd or 3rd editions in addition to Karen's book including David Hay's LBB of Gastroenterology, Steve Diaz's (who is now VP for medical Affairs at MaineGeneral by the way, replacing Steve Sears who has moved to Mercy Hospital in Portland) LBB of Emergency Medicine,

John Sutherland's LBB of Cardiology (which also has over 30,000 copies sold in bulk sales), Tom Howard's LBB of Sports Medicine, David Moore's LBB of Psychiatry, Dan Onion's LBB of Primary care, and Pam Ellsworth's LBB of Urology. Most, except for David Moore, should be familiar names to MDFPR graduates. David Hay's and my books are available for PDA download directly from Skyscape publishers (<http://www.skyscape.com/index/home.aspx>); the others are available for PDA download at the Jones and Bartlett web site.

Several new books in the series are now under contract to be published in 2008 as well. These include a LBB of Pulmonary Medicine by Ed Ringle, LBB of Renal Disease by Charlie Jacobs and Dmitri Opolinsky, LBB of Pediatrics (Syd Sewall), LBB of Rheumatology (Marc Miller), LBB of Developing World Medicine (Bill Alto), LBB of Hospitalist Medicine (Andy Dionne), and perhaps LBB of Women's Health (Cathy Morrow).

Fiona!

Faculty members **Kat Brandt DO** ('00) and **Cheryl Seymour MD** proudly celebrate the birth of their daughter Fiona Junelle Brandt on November 5. Kat has been a faculty member since 2001 and serves as Director of Osteopathic Medical Education. Previously an MDFMR Geriatric Fellow, Cheryl joined the faculty in 2005.



Cheryl, Fiona and Kat

Lajoie first Primary Care DO in Australia

Ken Lajoie DO ('01) will be emigrating in the spring to Australia, where he breaks new ground for DOs. He writes, *"We are all very excited about the move.*

We'll be leaving here the end of May and will be coming home to NH for the month of June (will try to come north to say hi to y'all) and then in early July emigrate to Adelaide, Australia. That's the capital of South Australia. I am told that I will be the first osteopathic physician in Australia to practice as a primary care doc. There was an ER doc who was consulted to run an ER in Sydney a few years ago. I think I'll also be the first Maine-Dartmouth grad to practice in Australia and that's even more impressive! I do not have a contact in Adelaide yet; Kate is going there next month to find a home for us, but our NM address remains the same (423 E Baja Dr., Hobbs, NM 88240)."

Ken also points out that he has a large, thriving and well-supported practice in Hobbs, for which the hospital would be delighted to interview potential new docs. Ken's email is klajoie@pol.net.

Brest wishes, Ken!

Inexcusable Pharmaceutical

From: Bernhard Ritts [bern@coba.ru]
Sent: Friday, December 7, 2007
To: Ciannait Beninger
Subject: Inexcusable Pharmaceutical!

Hello,

We acknowledge you for being our customer. Thus, we put wise you of information and renovates between whiles.

On the strength of jottings we have, it is obvious that you may demand an extra copy.

We feel hopeful to underquote you once more a meds' great suite, high-class service and products.

If it is all right with you and you plan to make an order or to look over our specials and price-list, please follow the link:

<http://www.routiaran.com>

Nevola Update

The 21st annual Tom Nevola MD Symposium on Spirituality and Health took place last June 5 at the China Lake Conference Center. The keynote presenter was Christina Puchalski, MD, who is the Founder and Director of The George Washington Institute for Spirituality and Health and certainly one of the national experts in this field. As usual, there were a variety of other workshops and seminars and attendance was around 225.

The 22nd annual Nevola Symposium will take place Tuesday, June 10 at Colby. The concept this year is a day-long series of practical, experiential workshops, with the tentative title, "Hands-on Spirituality: Clinical Approaches and Personal Resilience."

The morning will feature several concurrent three-hour workshops on approaches that are mainly clinical. Examples include sessions on story-telling and creative imagination (Ron Goldman, EdD), Meaning and hope (Ken Hamilton, MD), Humor and optimism (Lynn Durham), Spirituality and relationship counseling (The Rev. Jim Gill), and Positive psychology and conversational approaches to spiritual care (Fred Craigie, PhD).

The afternoon will feature additional concurrent workshops on approaches that can be clinical and will also speak to the spirituality and wellness of clinicians. Examples include workshops by Residency faculty members Barbara Moss DO, MPH (Clinician resilience) and Rick Hobbs MD (Practical self-care and healing approaches from Traditional Chinese Medicine).

We will also have our usual networking opportunities, good food and home-grown acoustic music.

As most readers know, the Nevola Symposium is presented in memory of Tom Nevola MD ('86), who was deeply interested in spirituality in his personal and professional life and who perished in a motor vehicle accident shortly before his graduation.

If you would like more information on the 2008 Nevola Symposium as it becomes available, you may email Fred (frederic.craigie@mainegeneral.org) or contact the Residency office.

New Faculty

Ever-growing, the residency has welcomed a number of new faculty since the publication of the last newsletter:

Rebecca Feese, PA PA, Saint Francis University

Becky joined the Maine-Dartmouth community in 2006, coming from practice as a physician's assistant in primary care and emergency medicine in Indiana. She completed her training in Pennsylvania, where she then worked for almost ten years in a busy primary care practice, providing both acute and chronic care as well as serving as a mentor to PA students. She now works as part of the Maine-Dartmouth Family Practice faculty in Fairfield.

Al Heath, MSN BS, Biology and Chemistry, Indiana University MS Ed., Adult Education, Training and Development, University of Southern Maine M.S.N. - Family Nurse Practitioner, University of Southern Maine

Al has been a Family Nurse Practitioner since 1999 and has worked in Family Practice, Emergency Room, Occupational Health and International Health settings. He is a former Peace Corps Volunteer and staff member in the Philippines, Honduras, and Jamaica. His non-medical interests include saltwater fly fishing, sailing and a part-time consulting business in solar and energy efficient home design.

Chi Jokonya, MD MD, Addis Ababa University, Ethiopia Pediatric Residency, Royal Hospital for Sick Children, Edinburgh, Scotland Maine-Dartmouth Family Medicine Residency

Born in Chivu, Zimbabwe, Africa, Chi grew up in England. She has practiced both pediatric and adult medicine in different cities in Africa and in England. In addition, she has worked as a director for a clinic specializing in family practice for the diplomatic, international and expatriate community in Malawi. Chi has received a Diploma of Tropical Medicine and Hygiene from the London School of Hygiene and Tropical Medicine, UK and a Certificate of Tropical Epidemiology from the Swiss Tropical Institute, Basle, Switzerland. Her volunteer activities are international in scope, including relief work in Haiti, starting HIV/AIDS home-based care programs and support groups in Zimbabwe, as well as founding a [trust](#) to support a variety of social and economic development programs in her home district, Chikomba. Chi joined the faculty in Augusta in 2007.

**Alane B. O'Connor, FNP
BA, Colby College
MS, Boston College**

Alane was born and raised in a small town in central Maine. She earned her undergraduate degree in economics from Colby College. While at Colby, Alane competed on the NCAA Division I alpine ski team and led outdoor orientation trips for undergraduates. She also spent a semester studying agricultural economics at the University of Adelaide in South Australia. After Colby, Alane worked as an economic consultant on the financial analysis of Superfund site cleanups and for the Department of Energy on the long-term storage and disposal of spent nuclear fuel. Alane then decided to pursue a career in health care and enrolled in the graduate program at Boston College's William F. Connell School of Nursing. While at Boston College, she published papers on energy production and its implications on health as well as modifiable risk factors for impaired fertility. Alane's special interests include environmental health, pediatrics, mental health and addiction medicine. In her free time, Alane enjoys hiking and snowshoeing as well as community service work with her church.

**Tim Pieh, MD
Dartmouth Medical School
Maine-Dartmouth Family Medicine Residency**

Tim grew up on the campus of Milton Academy, a private school outside Boston, where his dad was the headmaster. After surviving that, at 18, he moved to Arrowsic, Maine with his family and started volunteering with his local fire department as an EMT. He has continued to volunteer ever since, and in college he co-founded his university's student-run EMS service. Currently, Tim responds to 911 calls with the Belgrade Fire-Rescue service just outside of Augusta. He majored in history and spent his college summers in the Blue Ridge Mountains as an instructor for the North Carolina Outward Bound School. On the day of his interview for medical school he met Amy Madden (also at Maine-Dartmouth) and after a surprise engagement trip to Ireland they were married during their 4th year in medical school. Their son Tucker Murphey Pieh arrived mid way through their internship year and has been spotted frequently running down the hallways at both the Augusta and Fairfield residency offices. Daughter Sadie was just born this spring! Tim thought he was going to do residency in Emergency Medicine until his medical school rotation here, at the Fairfield office, where he fell in love with family medicine. As a resident at Maine-Dartmouth, he has enjoyed a niche teaching procedures and emergency skills as well

as facilitating resident-as-teacher workshops. He expanded these interests to include medical student education in his year as Teaching Fellow and now in his new role as faculty. Although Tim dreams of fly-fishing more than he actually does it, in his spare time, he enjoys exploring our local array of rivers, streams, and lakes.

**Jenny Pisculli, MD
Goldman Medical School at Ben Gurion
University, Israel**

Maine-Dartmouth Family Medicine Residency
Born in Los Angeles, CA, Jenny studied Chemistry at the University of Santa Barbara. Her work experience before coming to medicine includes teaching high school chemistry in Bulgaria and Hawaii and monitoring patients in hyperbaric chambers. She attended Ben Gurion University in Israel, a unique medical school in partnership with Columbia University in New York that provides students experience in cross-cultural and underserved medicine and public health. While in Israel, she volunteered teaching English to Bedouin students. Jenny came to Maine-Dartmouth in 2003 and served as chief resident in 2006. Upon graduation, she joined the Four Seasons practice in Fairfield.

**Eileen Runcy, RN, MS, FNP
BA, Brown University
MS Nursing, University of Southern Maine**

Eileen is originally from the Keene, New Hampshire area but moved to Maine in 1995 and has stayed here since then. She joined Maine-Dartmouth in the fall of 2007 with past experience as a family nurse practitioner working in rural family health centers across the state. Eileen studied International Health at Brown University prior to pursuing her career in medicine. She worked as a Famine Mitigation Resource Specialist for the USDA and then served as a Peace Corps volunteer for four years in the Republic of Mali, West Africa. She subsequently studied nursing at the University of Southern Maine and served as a family nurse practitioner in Jonesport and then Easport, Maine, working at a Federally Qualified Health Center and at two Passamaquoddy Tribal Health Centers. She is fluent in French and lives with her family in Boothbay, having "four young children who keep me quite busy when I am not at work."

Mark Sutherland, DO
University of Health Sciences College of
Osteopathic Medicine, Missouri
Maine-Dartmouth Family Medicine Residency

Mark has spent most of his life in the Midwest. Growing up near Kansas City, he attended the Kansas City School of Medicine and Biosciences, an Osteopathic medical school. While there, he also received a Fellowship in Osteopathic Principles and Practice. His residency years were shared between Missouri and Maine; he finished his last two years at Maine-Dartmouth Family Medicine Residency. Since graduation, he has been providing full spectrum care in a group practice in Louisburg, Kansas and returned to Maine-Dartmouth this fall to join the faculty. Mark's outside interests include music, camping and hiking with his wife and three children, gardening and fishing.

New Residents

... and we welcome new residents in the Class of 2010:

Gretchen Andrews
University of New Mexico School of Medicine

Gretchen is originally from Alaska; she studied Business Economics at Mills College in California and then returned to Alaska to work in the corporate world at Pacific Gas and Electric. She then came to Maine as a facilitator and program director for Outward Bound on Hurricane Island. While completing her post-baccalaureate medical studies she worked as a counselor in a family planning office in Santa Fe, NM. While a medical student at the University of New Mexico, Gretchen was involved with Medical Students for Choice and the Women's Health Interest Group and served on the board of the state chapter of NARAL. She has interests in holistic and integrative medicine; in her spare time she enjoys running, skiing, gardening and spending time with her family.

Hoai-nam "Gina" Hoang
Case Western Reserve Univ. School of Medicine

Gina was born in Akron, Ohio and attended both undergraduate and medical school at Case Western Reserve University. In college, she majored in Chemistry with minors in Theatre Arts and Artificial Intelligence. In medical school, she participated in a primary care track, completing a research project about womens' reasons for pursuing abortion services. Gina was also involved in the medical school variety show and FMIG chapter. She has particular interests in women's health and obstetrics. Outside of medicine, she enjoys the performing arts, sewing and crafts, and cooking.

Deirdre Heersink
University of New England College of
Osteopathic Medicine

Dierdre was born in Pennsylvania and completed undergraduate studies with a major in history at Hamilton College in New York. Prior to medical school she taught high school history both in Massachusetts and Virginia, as well as ESL with Bosnian and Ethiopian refugees. She also worked for 6 months as a volunteer for the UN High Commission for Refugees, organizing donations and then establishing a library for orphaned children in a Sudanese refugee camp. Dierdre then attended medical school at University of New England with extensions for an OMM teaching fellowship and the birth of her children. She completed a rotation here at MDFPR in October of 2003. Her interests outside of medicine include her family, swimming, skiing and playing the cello.

Jonathan Karnes
East Tennessee State University College of
Medicine

Jonathan is originally from Tennessee and studied English at Furman University in South Carolina. While still in college he worked as an intern with Milliken Chemicals designing novel and proprietary chemicals for commercial uses. He attended medical school at East Tennessee State, where he was a member of the Rural Primary Care Track. Through this experience, he was able to study community medicine and leadership in a longitudinal manner, based primarily in a rural Tennessee town, but also with rotations in a remote Ecuadorian community. Jon has interests in ethics, social justice and underserved and international health. Outside of medicine, he enjoys hiking, wood-working, singing in choir and playing soccer.

Mark McAllister
Dartmouth Medical School

Mark is originally from Damariscotta, Maine and was active with local EMT services and the Knox County Flying Club while he was still in high school. He went on to study Zoology at the University of Maine in Orono, working summers in the ER and Radiology departments at Pen Bay Medical Center. Prior to medical school at Dartmouth, he also gained experience as a pharmacy technician at EMMC. While a medical student, Mark served as president of the DMS Wellness Committee, founder of the DMS Squash Club, and also volunteered at a student-run free clinic. He maintained his interests in music and drama as director of both the Sophomore Skits as well as the Dermatones, a med student a capella ensemble. He completed both his third year family

practice cores as well as a 4th year sub-internship here at MDFPR. In addition to music, flying and theater, Mark also enjoys mechanics (motorcycles and auto) as well as kayaking and Ultimate Frisbee.

Kristen Mitchell
University of New England College of Osteopathic Medicine

Kristen hails from Augusta, Maine and has been an active member of this community for many years. She studied Biochemistry at Russell Sage College in New York and continued on to medical school at the University of New England. While in medical school, she completed her core rotations at Maine-Dartmouth and was active in Medical Students for Choice, the Maine ACOFP, UNECOM student government, and Physicians for Social Responsibility. Outside of medicine, she is known as an animal lover and an avid knitter.

Katje Musgrave
University of New England College of Osteopathic Medicine

Katje is originally from Texas and attended college at University of Alabama at Birmingham with a major in Exercise Science. While in Alabama she was a member and captain of the UAB Women's Soccer team and participated in research about obesity and exercise. She completed post-baccalaureate studies at Midwestern State University in Texas while working as an elementary school substitute teacher and a fitness trainer / rehab instructor. She entered medical school at University of North Texas COM and transferred to University of New England to complete years three and four. She was an OMM teaching assistant while at TCOM and completed a sub-internship with Maine-Dartmouth in Fairfield in September, 2006. In her spare time, she enjoys soccer, yoga, running marathons, cooking and traveling.

Danielle Saad
Arizona College of Osteopathic Medicine

Danielle was originally born in South Africa, and her family is of both Lebanese and South African descent. She attended college at the University of California, San Diego where she studied Animal Physiology and Neuroscience. While in college she helped to create a free clinic in Ensenada, Mexico which is still active today. She attended medical school at Arizona College of Osteopathic Medicine where she was active in multiple student organizations related to osteopathy, integrative medicine, and spirituality. She volunteers in a local homeless clinic and also teaches cooking lessons and practices Reiki. Her personal and professional

interests include nutrition and sustainable agriculture, as well as the intersections of political activism and public health. In her spare time she enjoys hiking and camping, yoga and tai chi, and music of all kinds.

Loveena Singh
Mahatma Gandhi Institute of Medical Sciences

Loveena is from India, where she grew up with several physician role models in her extended family. She attended undergraduate and medical school in India, graduating in 1997. She then completed a rotating internship and junior residency in internal medicine. Upon moving to the United States, she worked for two years as an assistant and patient education counselor in a Cardiology practice. Prior to coming to MDFMR, Loveena completed a year-long externship at Peninsula Hospital Center in New York. Outside of medicine she enjoys hockey, golf, and traditional dance.

Geriatric Fellows

... and we welcome the current class of geriatric fellows, beginning in July 2007:

Sabahat Iqbal, M.D.
Family Medicine Residency – Ohio State University, Columbus, OH

Originally from Pakistan, "Saba" is a medical school graduate of F.J. Medical College, Lahore, Pakistan. She did a year in general surgery at Indiana University School of Medicine, Indianapolis, IN, prior to completing her family medicine residency. Saba most recently worked as a physician in Urgent Care/Occupational Medicine in Columbus, OH. Her volunteer activities include working in free health clinics in Columbus, OH and the Good Samaritan Hospital in Cincinnati, OH.

Tanya Campus, M.D.
Family Medicine Residency – Maine-Dartmouth Family Practice Res

Originally from White Plains, NY, is a medical school graduate of Jefferson Medical College, Philadelphia, PA and a 2003 graduate of MDFPR. Since completing residency, Tanya has been working as a family practice physician in Pittsfield, ME. In addition, she has been medical director at a rural nursing home and is looking forward to furthering her work in nursing home care. Her past volunteer activities include organizing lectures on women's issues, interactive lectures on stress management and working with high school students on sexually transmitted diseases.

...and beginning in March, 2008:

Syed Naqvi, M.D.

Family Medicine Residency – Akron Gen Med Center, Akron, OH

Originally from Pakistan, Shaji is a medical school graduate of Dow Medical College, Karachi, Pakistan. Following medical school, he completed a medical internship in Pakistan. He is currently enrolled as a third year family medicine resident at Akron General Medical Center in Akron, OH. He will be completing his residency in March 2008 and will begin his geriatric fellowship shortly after. He is a member of the Geriatrics Committee and Curriculum Committee at Akron General Medical Center. His volunteer activities include organizing obstetric fairs to facilitate access to physicians for the uninsured patient and physician for a professional woman's softball team.

Publications, Presentations, Grants

Yes, indeed, we're a down-home, friendly, rurally-located organization... but the serious academic stuff keeps on rolling! Thanks to Dan Meyer for updating the list.

Publications in 06-07:

Morrow C: Psychosocial Health of Women through the Life Cycle. Chapter in: *Women's Health: An Evidenced Based Approach*, Cambridge University Press, Jo Ann Rosenfeld (ed.). Cambridge University Press, (in press)

Morrow C, Naumburg B: Birth Plans. Chapter in: *Patient -Centered Care: Maternal Child Health*. Ontario, (in press)

Dolch N, **Meyer D**, Huval-Burbank A: Hurricane Disaster Response by School-Based Health Centers. *Children, Youth and Environments*, 2008, 18(2), (in press)

Hobbs R: *Clinical Introduction to Medical Acupuncture*, Steven K.H. Aung, William P.D. Chen, New York, Thieme Medical Publishers, Inc, (Book Review) *Family Medicine* 2007, Sept., 39(8):590-1.

Craigie, FC, Silverman, HD and Maizes, V. Teaching spirituality on the Web: Experiences from the University of Arizona Associate Fellowship in Integrative Medicine. *Explore!*, 2007, 16/2, 56-62.

Craigie FC: Spiritual care-giving by health care professionals: Physicians, nurses and others also have important contributions to make. *Health Progress*, 2007, March/April, 61-5.

Alto W, Yetman C: Routine prenatal urine dipstick testing. *Journal of Reproductive Medicine*, 52 (Oct): 984, 2007.

Craigie, FC: Clinicians, chaplains and spiritual care. *Southern Medical Journal*, 2007, January 100/1, 84-5.

Morrow C: *The Year of Magical Thinking*, Joan Didion, New York, Alfred A Knopf Publishers, 2005. *Truth and Beauty: A Friendship*, Ann Patchett, New York, Harper Collins Publishers, 2004. (Book Reviews) *Family Medicine*, 38(4) April, 2006, 285-6.

Ingram C, **Meyer D, Onion D, Gershman K:** (Published Abstract) The executive interview as a valuable supplement to the mini-mental status examination. *Journal of the American Geriatrics Society*, 54:s4 (Suppl), Poster Abstract A102, p S43, April, 2006.

Onion, DK: *Little Black Book of Primary Care: Pearls and References*. Fifth Edition: print, Jones and Bartlett Publishers, Sudbury, MA.; electronic, Skyscape, 2006.

Gershman K, Onion DK, Meyer DL: Executive Function testing to diagnose subtype dementias (letter) *American Family Physician*, 2006;73(2):211-212.

Gershman K: *Little Black Book of Geriatrics (3rd edition)*, MA: Jones and Barlett, 2006.

Craigie, FC: On staying current. *Journal of Psychology and Christianity*, 2006, 25/3, 240-4.

Craigie, FC: Character strengths and virtues. (Book review), *Family Medicine*, 2006, 38/3, 215-6.

Craigie, F. C. Organizational culture and exemplary practices. Commentary, *Annals of Family Medicine*, with reference to Solberg, LI et al, Transforming medical care: Case study of an exemplary, small medical group. *Annals of Family Medicine*, 4/2, March/April 2006.

Kelly-Weeder S, **O'Connor A:** Modifiable risk factors for impaired fertility in women. *Journal of the American Academy of Nurse Practitioners*, 2006, 18, 268-276.

Meeting presentations, 06-07:

Schneid J: Procedure clinics: Circumcision. NE STFM, Oct, 2007.

Schneid J: Balance in medicine. NE STFM, Oct, 2007.

Perakis C: Nature's Black Bag: The Ultimate Healer. NE STFM, Oct, 2007.

Feero WG, Meyer D: Genetics in Family Practice Residency Training: Progress since 2000? NE STFM, Oct, 2007.

Aldilaimi A, **Meyer D**, Gershman H, Saran F, **Gershman K:** The use of FACES pain scale in severe dementia. American Medical Directors Association annual meeting, April, 2007.

Colt, H: Dental Emergencies and Procedures for Family Physicians. National Conference of Family Medicine Residents and Medical Students. Aug, 2006.

Colt H: Dermatologic potpourri: Things I wished I had learned in medical school or residency. NE Regional STFM meeting, Oct, 2006.

Johnston G ('91): Alternative models for delivery of primary care: the home visit practice and beyond. NE STFM, Oct, 2006.

Woytowicz, J: Herbal Medicine: Alternative Approaches to Insomnia, NE STFM, Oct, 2006.

Morrow C, Jokonya C ('06), Bonam N, Roberts S: "Dr. as Other": Diversity in the residency training environment. NE STFM, Oct, 2006.

Smith G ('06), Brandt K: An osteopathic approach to treatment of abdominal pain. NE STFM, Oct, 2006.

Brandt K: Introduction to OMT for MDs and rusty DOs. NE STFM, Oct, 2006.

Seymour C, Gershman K: Facilitating the success of international family practice residents. NE STFM, Oct, 2006.

Pieh T ('06): Is there a doctor on the plane? How to deal with common medical emergencies. NE STFM, Oct, 2006.

Feero WG ('01), Meyer D: A pilot survey of attitudes and behaviors regarding family history tools in rural family practice. NE STFM, Oct, 2006.

Feero WG ('01), LeClair J (DMS '09), Meyer D, Piekarcz E ('06): Electronic medical records and family history in medical care. NE STFM, Oct, 2006.

Meyer D (with two medical students): Bingham Scholars: Rural Maine summer community projects for first year students. NE STFM, Oct, 2006, Oct., 2007.

Craigie FC: Spiritual approaches to life out of control: Intention, transcendence and valued directions." Seminar presentation at The Elements of Healing conference, sponsored by the Program in Integrative Medicine, University of Arizona School of Medicine, Tucson, Arizona, March 7, 2007.

Craigie FC: Spirituality in Integrative Medicine: Nurturing the "Vital and Sacred." Seminar presentation at The Elements of Healing conference, sponsored by the Program in Integrative Medicine, University of Arizona School of Medicine, Tucson, Arizona, March 9, 2006.

Craigie, FC: Where the rubber meets the road (and the sky): Conversations and pearls about engaging spirituality in whole-person care. NE STFM, Oct, 2006.

Invited Presentations (06-07):

Morrow C: Cultural Competency. NH-Dartmouth Family Medicine Residency, 2007

Morrow C: Psychosocial Topics in Family Medicine: 1) Family Well-Being, Family Life Cycle, and Family Stress, 2) Cultural Humility; Cross Cultural Issues 3) Pediatric Behavioral Problems 4) Family Life Stage: Pregnancy and Childbirth, 5) Family Life Stage: Families with Young Children. *Faculty development series for Hanoi Medical University, Vietnam, Fall, 2007.*

Craigie, FC: *Twenty years back, twenty years forward: Substantial progress and some pretty cool future directions in spirituality and health.* Keynote presentation, 20th Anniversary Nevola Symposium: Spiritual Practices that promote Healing and Wholeness, China Lake Conference Center, China, Maine, June 6, 2006.

Colt, H: Dental Emergencies and Procedures for Family Physicians. National Conference of Family Medicine Residents and Medical Students. Aug, 2007.

Colt, H: Issues in Pediatric Dermatology. Maine Academy of Family Physicians Annual Meeting, October, 2007.

Grants/contracts, (06-11):

Meyer D: "Transitioning Families, Bingham's Healthcare and Curriculum Project: MeHAF Program Grant to support integrating behavioral services." With Bread of Life Ministries and Crisis and Counseling Centers, Maine Health Access Foundation, 2008-2011, \$238,000.

Meyer D, Project co-director: "School-based health center services for Augusta public schools Grades 7-12." Maine Bureau of Health, DHS grant, 2007-09, \$80,000

Meyer D, Project director: "Evaluation of 2003-2006 SBHC Insurance Demonstration." Maine Association of Health Plans, Maine Assembly on School-based Health Care, and Me BOH, 2007-2008, \$20,000.

Meyer D, Project Director: "Transitioning Families: Healthcare and Curriculum Collaboration," Bread of Life Ministries, Bingham Program, 2007-2009, \$89,000.

Meyer D, Evaluation consultant: "Addressing family violence with practice-based interventions." With Physicians for Social Responsibility/Maine, Bingham Program, 2007-2009.

Meyer D, Project liaison: "Oral examination, counseling and dental varnish for children 0-3 years", Harry/Sadie Davis Foundation, 2007-2008.

Meyer D, Project liaison: "Project to Develop and pilot test software to collect, interpret and manage family history information in electronic health records." With Genetics Consultants, Touchworks EMR, Greg Feero ('01) and software developers. Federal Small Business Administration Small Business Technology Transfer Program (STTR) grant, 2007-2008.

Graduate Updates

Class of 1978

Name: **Cameron Bopp**
Address: PO Box 312, Farmington, ME 04938
Practice Type: International Humanitarian
Population of
Community Served: varies
Email: bopp@tds.net

I completed a medical ethics fellowship at Harvard while doing part time hospice work, but decided the most ethical thing I could do was work for Doctors Without Borders (MSF). It is also almost shamefully fun. I did the diploma course in tropical medicine & hygiene in Liverpool where I met my partner SC, who lives in Singapore but is an MSF nurse. I have done six MSF missions so far all in Africa, just finished six months as hospital manager of an 80 bed trauma unit in Port Harcourt, Nigeria. SC was the head nurse, we had been anxious to do a mission together so it was very rewarding. I will be returning to the emergency desk in Paris after doing a French immersion course.

Name: **John vanSummern**
Address: 152 Dresden Ave.
Gardiner, ME 04345
Practice Type: Group FP – hospital owned practice
Population of
Community Served: 7000+
Work #: 207-582-6608
Fax: 207-582-2258
Email: john.vansummern@mainegeneral.org

Class of 1983

Name: **Charlotte Hawkins**
Address: 1767 E. Homer Rd.
Cortland, NY 13045
Practice Type: solo with 2 PAs
Population of
Community Served: 20,000 & rural
Work #: 607-753-9977
Fax: 607-753-7311
Email: chawkinsmd@twcnny.rr.com

I have been in private practice in the Cortland area since the National Health Service Corp sent me here in 1983. For 22 years, I did all aspects of family practice, including delivering > 2000 babies. In the summer of 2005, however, I gave up all in-patient privileges when the hospital hired hospitalists. What a nice lifestyle it now is! Rich has been teaching 7th grade Social Studies since we moved here. Our 2 oldest children are now grown – Jason is a Sheriff's officer in Cortland and Ricky (born while we were in the residency)

graduated from Drexel University with a BS / MS magna cum laude two years ago. He now is a civil engineer in PA. Sara, our 3rd child, is 14 and in the 9th grade. We own a 40 foot RV and have enjoyed RVing for many years. Last summer, we traveled across country for 5 weeks and visited 20 national parks. I have been quite active in Medical Staff Politics, serving many key leadership roles including President and Hospital Trustee. I am currently President of ECPO, Eight County Physician Organization. I'm also a member of the CNY Physician Teamsters - hoping to get collective bargaining rights and tort reforms in New York State. I would love to hear from anyone from the residency.

Name: **Steven Rauch**
 Address: P. O. Box 520
 Bar Harbor, ME 04609
 Practice Type: Research
 Work #: 207-288-6707
 Email: steven.rauch@jax.org

Greetings all. After co-founding and developing Waterville Family Practice over 12 years then working in a rural ER in Fort Kent for 3 years, I retired from medical practice in 1999. I have pursued a second career in biochemical research. After receiving my Master's in Biochemistry at UMO, I have been conducting research at The Jackson Laboratory over the past 6 years. My projects involve exploring, in mouse models of human disease, the pre-clinical biochemical changes in Alzheimer's Disease with attention to disruptions in the blood-brain barrier, the abnormalities occurring at the neuro-muscular junction in certain types of muscular dystrophy, and possible causes of neurodegeneration in a type of Charcot-Marie-Tooth disease. I am especially excited about the AD research. I hope over the next decade, we will develop a fuller picture of this disease and give clinicians something they can really use to help. My kids are off to college and graduate schools; Jason is pursuing his Ph.D. in environmental studies at Yale, Julia is just finishing medical school at Case Western Reserve, and Lindsay is just finishing undergrad at Tufts majoring in bio-psychology - and so the wheel turns.

Class of 1988

Name: **Karen Ottenstein**
 Address: 28 Shady Lane
 Medomak, ME 04551
 Practice Type: Family Practice
 Population of
 Community Served: coastal
 Work #: 207-882-6008
 Fax: 207-882-7803
 Email: wfm@gwi.net

After 18 years at Wiscasset Family Medicine, I took a 9 month sabbatical and sailed from Maine to the Bahamas. I journeyed with my husband, David, my lovely daughter, Katherine, and my bunny rabbit, Lily. I am happy to be back in Maine, my home, with my friends and colleagues.

Class of 1993

Name: **Betsy Hart**
 Address: 96 Weston Road
 Mount Vernon, ME 04352
 Practice Type: Geriatrics, Hospice and Palliative Care
 Population of
 Community Served:
 Work #: 207-626-2615
 Email: elizabeth.hart@mainegeneral.org

I had a wonderful year as MDFPR's first geriatric fellow, and would encourage anyone interested in the fellowship to talk with Karen Gershman about coming back to the Residency for a year, or possibly two years part-time. I am now practicing Geriatrics at Maine General with a focus on Dementia, Long-term Care, Palliative Care and Hospice. Other projects that I am working on include: a grant through the Maine Office of Elder Services which addresses depression in caregivers of people with dementia; and a grant with the Maine Hospice Council which looks at factors that lead to hospitalization of nursing home patients at the end of life and how we may avoid this. I continue to enjoy both my volunteer role on the board of the Maine Organic Farmers and Gardeners Association (and hope to run into some of you at the Common Ground Fair), and facilitating reading groups for the Maine Humanities Council's Literature and Medicine Program. Chris is thriving, still building our home in Mount Vernon, gardening and lovingly tending our blueberries and apple orchard.

Name: **Melanie Thompson**
 Address: 36 Sunrise Dr.
 China, ME 04358
 Practice Type: Administrative/Hospitalist
 Population of
 Community Served: veterans
 Work #: 207-623-8411 x 5283
 Email: funnylady1255@yahoo.com

After 11 years as the medical director at Colby College and part-time doc in occupational medicine at MaineGeneral, I 'retired'. I am presently Chief of Medicine at Togus VA Medical Center. Judd "retired" after 4 years as a politician: Representative of Albion, Benton and China! He is now teaching at the local high school. Malindi, who was 2 yrs. old when residency started, is a sophomore at Orono. Our boys, Kelcy and Ryley, are 14 and 12.

Class of 1998

Name: **Lisa Clarcq**
 Address: 43 Swift Road
 Wayne, ME 04284
 Practice Type: per diem - Occ. Health, Acute Care
 Population of
 Community Served: greater Waterville & Augusta
 Email: clarcqliscord@prexar.com

I continue to work per diem mostly in the Maine General Waterville ER so I can be home to volunteer in the kids' classes (Noah, age 12 and Colin, age 9), take them to sports and music, and be around for them in general. I find that they are most talkative and open when we're driving from place to place so I feel fortunate to have the time with them.

Name: **David & Kathryn Galbraith**
 Address: 15 Pheasant Run
 Alfred, ME 04002
 Practice Type: Federally qualified health center
 Serving rural western Maine
 (York & Oxford counties)
 Work #: 207-625-8126
 Email: dkgalbraith@roadrunner.com

David and I made a career move in early 2007 to join Jeff Ray, DO at Sacopee Valley Health Center, an outpatient-only, federally qualified rural practice serving the underserved in western York and southern Oxford counties. Though a longer commute for us from our home in Alfred, the change has given us more time to spend with our kids, Aiden & Kearn, now ages 7 & 5 respectively. We still work part-time, sharing a position and a half, and have found this to be the perfect balance

of career and family, allowing us a little time to pursue other interests like bicycling, cross-country skiing and volleyball.

Name: **Spiros Lazos**
 Address: 170 Brown St.
 Kennebunk, ME 04043-7205
 Practice Type: Family Medicine - OP / IP - No OB
 Population of
 Community Served: approx. 40,000
 (Sanford ME & surrounding)
 Work #: 207-324-7721
 Fax: 207-324-6275
 Email: lazos@roadrunner.com

I have been practicing now 9+ years at Goodall Health Partners in Sanford ME (Partner with Tim Theobald). Have also added a new private practice doing aesthetic medicine...laser txs/botox...with two partners (Associated Skin Care, Deer Ridge Park, 312 Cottage St., Sanford, ME 04073, (207) 636-5567, www.ascmaine.com). Still doing primary care medicine 90% of the time. We have three boys: Panagiotis (Peter), Thomas (Tommy) and George. Allison is at home, working harder than ever. I still keep in touch with Bill Leeson and Jim MacDonald, bouncing life stories and seeking advice on how to keep doing this thing we do in spite of all the obstacles. Love the newsletter- take care.

Name: **William Leeson**
 Address: 1486 South St. Francis Drive
 Santa Fe, NM 87505
 Practice Type: solo FP - no OB
 Population of
 Community Served: 65K
 Work #: 505-983-6774
 Fax: 505-820-6760
 Email: waleeson@qwestoffice.net

Hello everyone! Heather and Van and I have moved to Santa Fe NM. I am a solo FP in a private practice. Heather is pursuing her art career full time. Van is in second grade. Come visit. Our best to all.

Name: **Timothy Theobald**
 Address: 62 Murphy's Way
 Lyman, ME 04002
 Practice Type: Hospital owned group
 Population of
 Community Served: 25,000
 Work #: 207-324-7721
 Fax: 207-324-6275
 Email: ttheobald@goodallhospital.org

Class of 2003

Name: **Tanya Campus**
 Address: 65 Hathorn Lane
 Burnham, ME
 04922
 Practice Type: Family Practice – group, private
 owned
 Population of
 Community Served: rural Mainers
 Work #: (home # 207-948-3275)
 Email: tanyajen@uninets.net
 In the midst of doing the Geriatrics
 fellowship, Rebekah Chris Campus- Hartman turns
 2!!!

Name: **Jennifer Hartman**
 Address: 65 Hathorn Lane
 Burnham, ME
 04922
 Practice Type: Group
 Population of
 Community Served: City of Waterville
 Work #: 207-873-1181
 Fax: 207-873-1186
 Email: jhartman@mainegeneral.org

Name: **Paul Matzkin**
 Address: 16 Baynes Road
 Meriden, NH 03770
 Practice Type: Private Practice FP / OB
 Population of
 Community Served: 13,000
 Work #: 603-542-2571
 Fax: 603-542-3550
 Email: pmatzkin@comcast.net

Greetings from NH. The kids continue to grow. Alexandra started Kindergarten, and Jonah is 3 and in preschool. We enrolled the kids in gymnastics lessons after Jonah taught himself to do cartwheels. My wife Aurora continues to work on her PhD at Dartmouth - I'm sure she'll finish someday. I'm looking to move my practice to a new location (in the same town) and implement an EMR in the next 2-3 years - Yikes! Wishing you the best for 2008.

Name: **Christine Potterjones**
 Address: 2032 Forest Street
 Easton, PA 18042
 Practice Type: Hospital owned – residency
 affiliated experimental, OB included
 Population of
 Community Served: all
 Work #: 610-868-4000, Muhlenberg Primary
 Care
 Email: christin.potterjones@lvh.com
 Experiment is over. The practice was merged with
 the practice downstairs in the same building. The
 hospital group bought the group downstairs and
 cut costs and merged the two. It is a branch of a
 larger practice next to the hospital that does both
 in and out pt. (The Big House). So there are about
 20 providers. It is internal medicine affiliated. I
 am still doing OB and this is very strange for them.

We have moved out of my parent's house in May,
 buying another house. We are living in a borough
 of Easton, called Wilson. There are sidewalks and
 businesses to walk to. Nate is not working
 presently, but taking care of Riley now 6 and Piper,
 who will be 3 in February.

3rd annual BAMathlon '07

Labor Day weekend witnessed the third BAMathlon... the mini-triathlon organized by faculty member Barbara Moss DO ('01)

Once again, the day of the triathlon was one of bright skies, and warm temperatures (of the air, but not, according to some, the water!). Faculty, Residents, Medical Students and family members gathered at the start of each leg of the swim/bike/run and then at the close for a rousing welcome and barbecue.

Course participants were: Harry Colt, Tanya Campus, Gretchen Andrews, Allison Coslett, Natalie and Tom Maida, and Barbara Moss.

Other Road Crew and Cheerers-On were: Sara Roberts, Mark Sutherland and Amber, Richard Fein and Gabe, Jen Hartman and Rebecca, Deb Nathan and Ben, Tom Bartol and Luke and Silas, Martha Gilman, Tim Kulikowski and post-call Tom Leeson.

All are welcome to join us next year: in the spirit of keeping things focused on the activity not the result, remember, no times are kept and everyone wins by participating in one, two or three of the events. Keep posted for next fall, as we may decide to shift the date from the Labor Day weekend itself.



BAMathlon swimmers launch!



... and for contrast, the Haynes Building (original Family Medicine Institute) with record December snow