



## MDFPR BULLETIN

### Fall 2004

#### Drew Travers "Retirement"

After 20 years of being a valued colleague and teacher for a generation of residents and a large group of faculty at the FMI, **Drew Travers** retired from his full-time work this summer... although "retirement" is a less fitting way to describe his transition than "career change." As many of us associated with the Residency know, he and Karen purchased property in Belize in 2001, with the dream of relocating there and developing a small community of homes. As of late Fall, Drew and Karen are both on-site, while continuing to do some consulting work in the United States. They have renovated an existing concrete house on the property into a very nice three bedroom home, and they are well along in the construction of a "spec" house on the lagoon side of their property. They are also in the process of applying for residency in Belize, which Drew describes as "something of a bureaucratic nightmare."

As some of us have already discovered, they also have some delightful cabanas available for rental. Anyone who wants more information can reach Drew at [drewt@clinic.net](mailto:drewt@clinic.net).

Reflecting on his time at the Residency and his new directions, Drew writes:

*Dear Friends and Colleagues*

*After twenty years here...I think I need to say a little about the experience that changed my view of what it means to practice rural medicine.*

*All of us go through phases of our lives... we are children, then adolescents, then adults, then elders. As children we learn. As adolescents we rebel. As adults we teach and learn. As elders, we usually comply. Well, I was really never very good at complying with anything.... so, we have decided to relive a part of our lives... the adolescent part.*

*After all, rebelling is such damn fun. So, rather than puttering in our garden (and shoveling snow), we have decided to spend the last third of our lives in the adventure of our lives.*

*But, in order to have the confidence, and the basic chutzpah, to pursue this elder rebellion, we (I) needed a huge dose of confidence. You have given me the strength of self to allow me to embark on the adventure of my life. And for that, I thank every one of you.... the staff, the faculty, the residents, and most of all the patients who all have shared so willingly the challenges they face in life.... the ups and downs, the successes and failures, the basic stepping stones that allow all of us to continue to learn and love...to love each other and to love life.*



Nancy Weingarten presents gift to Drew at retirement barbecue

*Dylan Thomas wrote: "Do not go gentle into that good night. Rage, rage against the dying of the light."*

*Well, I have no intention of going gently anywhere. Roses and daisies just don't do it for me. Give me whale sharks, jaguar, macaws, howler monkeys and orchids any day.*

*Our first grandchild was born in December. We are brand new grandparents. So, what is the "role" of a grandparent? I think the most important role is to spoil the child and to teach the child. Spoil we will... with vacations on the beach and in the rainforest. Teach we will... with the lesson that none of us are stuck in the snow... or the political climate of a country...or stuck anyplace. We are all citizens of the world. That is the most important lesson I can teach my grandchildren. Think outside the box. Travel. Experience. Don't ever think that because everyone else speeds up or slows down that is what you have to do. Zachary, your grandfather is a child of the 60's. So, LET'S REBEL.*

*In a song we celebrate in our family, there is a line:*

*"The leader of the band has died and his eyes are growing*

old. But his blood runs through my instrument and his song is in my soul."

Well, my father died in 1980, and it was a very traumatic time for all of us. We all loved my Dad; he was "Colonel Potter," leading a "Mash Hospital" in Korea. He was our inspiration. I want to be a true "inspiration" to my children and grandchildren. My father's blood runs through my instrument. The lessons we can learn in the last decades of our lives are just tremendous. Finishing one phase is not the end. It is the beginning of new learning and new adventures. I thank all of you for the lessons you have taught me, and the confidence you have given me to start this new adventure.

I thank you (and my children) for the freedom when it came my time to go. (If you don't recognize this line, then you aren't a child of the 60's... just go listen to Dan Fogelberg's "Leader of the Band.")

My fondest good wishes and love to all of you. Thanks for the great party and gift.

Drew

Jim

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**Maine-Dartmouth  
Family Practice Residency**

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### Director Notes

Periodically I receive emails or telephone calls from graduates of the program. Marc Sutherland will call when he is on call just to let me know that he is thinking of us in Kansas. Jim MacDonald emails us every once in a while with pictures of Kit and the twins enjoying sunny California. Tim Goltz lets us know he is working hard in Bath, Maine and in need of partners. We received an email from Gretchen Adams letting us know that she is now in Nevada working with the military.

As I touch base with these people or hear of their adventures, a flood of memories come back to me. Pleasant thoughts, conversations at 2 o'clock in the morning, and discussions concerning patient care return to my consciousness from years past. Each one of these individuals has touched our hearts and minds and permanently affected us.

Presently we have other wonderful individuals training with us and adding to our value. Each resident now has an enthusiasm which is infectious. We are excited about learning from long-term colleagues like Karen Gershman and Michael Lacombe, but at the same time our new residents Tehseen, Delvina, Syed, Kristen, Patrick, Ayesha, Ela, Elizabeth, Davis, Yolanda, and Kiran are teaching us new ideas. They are bringing their varied backgrounds to the Residency and opening our eyes to life in Pakistan, Kosovo, India, Memphis, Auburn Maine, Poland, and the Philippines. Central Maine will be better for this exposure. Our conversations at 2 o'clock in the morning will still be concerning patient care, but the experience level of the learners will add a new dimension to the content.

Have a great fall and winter.

### 2004-2005 Incoming Fellows and Residents

#### Geriatric Fellows

##### **Cheryl Seymour, MD**

BS, Duke University  
MD, Dartmouth Medical School

Cheryl received her medical degree from Dartmouth Medical School and her undergraduate degree in Biomedical Engineering from Duke University, Durham, NC. In 2004 she completed her family practice residency in Lawrence, MA, where she was also Chief Resident. A native of Maryland, Cheryl was raised on a 100 acre sheep farm and is now excited to return to more rural surroundings in Maine. Her volunteer activities have included teaching bilingual prenatal classes with urban teen parents, staffing a homeless health clinic, teaching health advocacy skills in correctional facilities, and being a musical director of her medical school a cappella ensemble. Other interests include baking, knitting, singing, and working on fluency in Spanish. Cheryl did a clerkship at FMI in Augusta in January 2000. As one of this year's fellows, Cheryl is looking forward to being both a student and a teacher of residents.

##### **Sanjaya Soori, MD**

BS, University of Nebraska  
MD, Ross University School of Medicine

Sanjaya received his medical degree from Ross University School of Medicine, Dominica, West Indies and his undergraduate degree from University of Nebraska at Omaha, NE. He completed his residency in

family practice at Evanston Northwestern in Chicago Ill, and for the past year has been working as a family physician in Omaha, Nebraska. Born in Sri Lanka, Sanjaya is a published author and has a special interest in geriatrics. His volunteer activities include: doing clinical research in prenatal care, participating in a blood pressure screening program, and martial arts instructor.

### **Incoming PGY 1 & PGY 2**

#### **Kristin Oberg Burdick, MD First Year - FMI**

BS, Mount Holyoke College  
RN, Yale University School of Nursing  
MD, University of Connecticut School of Medicine

Kristin received her medical degree from the University of Connecticut School of Medicine in Farmington, CT, received a nursing degree at Yale University School of Nursing in New Haven, CT, and a BA in Psychobiology from Mount Holyoke College, in South Hadley, MA. Born in Ellensburg, WA, Kristin chose to take a year off between medical school and residency and worked part-time at CMMC as a registered nurse. Other work experiences include being a flight nurse, a nurse in the ICU, Surgery, and ER, as well as being a paramedic. Her volunteer activities include being a domestic violence counselor, working at a free clinic in a home for disadvantaged children, being a volunteer for migrant farm workers, and at a community soup kitchen. Kristin has done various research projects with the University of Connecticut School of Medicine, Denver Health and Hospitals, Hartford Hospital, and LIFE STAR (helicopter transport).

#### **Elizabeth Jude Durano Canate, MD -First Year- FMI**

BA, Notre Dame de Namur University in Belmont, California  
MD, University of Santo Tomas, Philippines

Elizabeth received her medical degree from the University of Santo Tomas in the Philippines. Born in Cebu, Philippines, she did an internship at Makati Medical Center in Manila and received her undergraduate degree in psychology from Notre Dame de Namur University in Belmont, CA. Her volunteer activities include doing outreach clinics in local schools and hospitals. When she immigrated to the US, she lived in California with her husband and 19 month old son. She did an observership with a family physician there for several months before beginning her training with us.

#### **Vijayselwyn Davis Dhas, MD -First Year- FMI**

BS, State University of New York at Albany  
MD, University of Szeged, Albert Szent-Gyorgyi Medical and Pharmaceutical Center, Hungary

Davis received his medical degree from the University of Szeged, Albert Szent-Gyorgyi Medical and Pharmaceutical Center in Hungary and his undergraduate degree in Biology from State University of New York at Albany, New York. Born in Bahrain, his parents immigrated to the United States when he was 6

years old. As a volunteer, Davis spent time at Albany Medical Center and the Salvation Army. His research experiences include being a research assistant at Upstate Medical University Hospital at Syracuse.

#### **Yolanda Dionisio-Duy, MD -First Year- MDFP**

MD, University of the Philippines-Diliman, Quezon City, Philippines

Yolanda received her medical degree from the University of the East-Ramon Magsaysay Memorial Medical College in Quezon City, Philippines, and received her undergraduate degree from the University of the Philippines-Diliman, Quezon City, Philippines and did a fellowship in mammography in Albuquerque, NM. Yolanda was born in Santa Cruz, Laguna, Philippines, and prior to joining MDFPR was living in Northern Maine, where her husband is a practicing surgeon. Yolanda has done residencies in internal medicine and radiology with the armed forces in the Philippines. Other work and volunteer experiences include being a consultant radiologist in Manila and Riyadh, Saudi Arabia, as well as on the US Naval Hospital Ship Mercy.

#### **Andrew McMarlin, DO -Second Year- FMI**

BA, United States Naval Academy  
DO, Philadelphia College of Osteopathic Medicine

Andrew received his medical degree from Philadelphia College of Osteopathic Medicine, and his undergraduate degree in Political Science from the United States Naval Academy in Annapolis, Maryland. Born in San Francisco, CA, Andrew completed an internship in 2004 in family practice at Christiana Care Health System in Newark, DE. His work experiences include being a fire hazards analyst and an officer in the Navy, for which he is still an officer in the Individual Ready Reserves. His volunteer activities include being a home safety counselor, volunteering at and for homeless shelters, and volunteering at a diabetes laboratory. Andrew has done research for the National Cancer Institute, National Institute of Diabetes and Digestive and Kidney Disorders, and the University of Pennsylvania. Personal commitments have him wanting to come back to New England to complete his family practice training. Regarding his choice of MDFPR, he states: "I keep making different lists and keep coming back to Maine D. as where I really felt comfortable and excited about the training." Andrew did a subinternship at the FMI in September 2002.

#### **Kiran Ananda Mangalam, DO-First Year- FMI**

BS, Vassar College  
DO, University of New England Osteopathic Medicine

Kiran received his medical degree from the University of New England Osteopathic Medicine, Biddeford, ME in June, 2004. While there he completed an Anatomy and OMM Teaching Fellowship. He received his undergraduate degree in Biopsychology from Vassar College in Poughkeepsie, New York. Originally from Pittsburgh, PA, Kiran grew to love Maine while in medical school and married a native Mainer, Erin, in

2003. They live together in Hallowell with their two cherished cats and eagerly await the birth of their first child in December, 2004. As a volunteer, his activities have included being an elementary school student mentor, volunteering in soup kitchens, Upward Bound, being a yoga instructor and church group youth leader. In his free time, Kiran enjoys yoga, ayurveda and vegetarian culinary delights. Kiran did a family medicine subinternship at MDFP and a geriatric clerkship at the FMI in Spring, 2004.

#### **Tehseen R. Naqvi, MD -First Year- FMI**

MD, Rawalpindi Medical College, Punjab University, Pakistan

Tehseen received her medical degree from Rawalpindi Medical College, Punjab University, Pakistan and her undergraduate degree from the same college. Born in Pakistan, she has worked in neonatal and pediatric intensive care units in Oman and Pakistan.

#### **Syed (Sid) Naseeruddin, MD -First Year- FMI**

BS, Georgia Institute of Technology  
MS, Medical College of Georgia  
MD, Medical College of Georgia

Syed hails from Marietta, GA and received his Bachelor's degree in Chemistry from the Georgia Institute of Technology; yes, he's a Wramblin' Wreck from Georgia Tech! He then went on to the Medical College of Georgia in Augusta, GA, to work on his Master's degree in Cell and Molecular Biology prior to entering medical school there. Syed's research into gene regulation of adrenal cells resulted in two articles being published in the reputable journal, *Endocrinology*. Syed also was expanding on his photography enthusiasm over these years, and was involved in the yearbook at MCG as well as several student government organizations.

Syed began medical school in 1989 and was president of his class his first year there. He immediately became involved in community medicine groups including a homeless clinic and smoking cessation education of secondary school students. He was awarded a scholarship by the US Air Force to complete his medical education and then joined the Air Force as a young surgical intern. HE served 5 years in the Air Force as a Captain/General Medical Officer during Desert Storm. He also began his second career as a sports photographer specializing in artistic gymnastics. After leaving the Air Force, he pursued several civilian positions ranging from a photolab technician at SAMs club, a Medical Staff A/A and credentialing specialist, an Executive Project Manager, and finally became a published photographer, his work appearing in *International Gymnast* magazines as well as several college media guides and local magazines.

Syed finally decided to return to clinical practice after a ten year hiatus by completing a surgical internship at Montefiore Medical Center located in the Bronx, NY. His interests besides photography include cycling, SCUBA,

volleyball, downhill skiing and volunteering in human rights organizations. He is primarily interested in Sports Medicine and Community Medicine. He joins us as an advanced first year resident.

#### **Elzbieta Lucyna Piekarz, MD -First Year- FMI**

BS, State University of New York at Stony Brook  
MD, St. Christopher's College of Medicine, Senegal

Elzbieta received her medical degree from St. Christopher's College of Medicine in Senegal, for which she did her medical training both in the United States and in England. She received her undergraduate degree in biochemistry from State University of New York at Stony Brook, NY. Born in Kolbuszowa, Poland, her work experiences include R & D with Estee Lauder and being a counselor for the mentally ill. As a volunteer, she has spent time organizing recreational activities for patients in Cambridge, England, and she has been a volunteer with the British Red Cross and served as an EMT

#### **Delvina Hasimja Saraqini, MD -First Year- FMI**

MD, University of Prishtina, Kosova

Delvina received her medical degree from the University of Prishtina, Kosova. She worked in Internal Medicine at the Ottawa General Hospital prior to joining MDFPR. Her past employment includes working for the International Organization for Migration and being a guide and translator for the Chicago Tribune and helping in investigations of war crimes in Western Kosovo.

#### **Patrick Soto, DO -First Year- MDFP**

BS, University of Wisconsin, Madison  
DO, Philadelphia College of Osteopathic Medicine

Patrick received his medical degree from Philadelphia College of Osteopathic Medicine, Philadelphia, PA in June 2004. He received his undergraduate degree in Biochemistry from University of Wisconsin, Madison, WI. His volunteer activities include Habitat for Humanity and Physicians for Social Responsibility.

### **DeJong receives Women's Advocacy Award**

Faculty member **Russ DeJong, MD** was the recipient of this year's Women's Advocacy Award from the Kennebec Valley Community Action Program. He received the award at a meeting of the KVCAP Board of Directors in November.

In the award citation, KVCAP Executive Director Raymond F. Richard said, "*KVCAP is proud of the partnerships we have established over the years to provide necessary services and support systems for low-income women of Kennebec and Somerset counties, especially to adolescents and women with low income. Our partnership with you, as our Medical Director for over 20 years, has been the cornerstone for all other partnership we have formed and has enabled KVCAP*

Family Planning to provide important and sometimes life-saving reproductive health care services to women. Your work as a compassionate and dedicated physician with the Maine-Dartmouth Family Practice Residency Program, as well as the Family Planning Association of Maine has enabled our clients to receive excellent reproductive health care. And your effort goes above and beyond physician to that of advocate for women and teacher of medical students to ensure that women's health care and rights around their health care carry forward into the future.

Again, congratulations on your award and thank you for your dedication to advocating for women, women's health care, and women's rights regarding their reproductive health care."

### **Best in Show**

With the energetic and creative leadership of staff member **Sylvane Pontin, LPN**, MDFPR hosted an unforgettable dog show in September, for the benefit of the Fred Rimmele Memorial Garden.

Sylvane writes:

*We had 30 dogs show up and everyone got to parade down the runway... pets and owners complete with armbands and numbers. Kennebec vet gave a canvas bag full of dog toys and goodies for the "Best in Show." A dog groomer donated a beautiful dog basket full of items which went to the second place winner, and the lucky third place winner received a copy of the book, Walter the Farting Dog.*

*Down Home Music lent us a fabulous sound system and medical student Anju Visweswaraiiah and Jan Taylor set it up and played Breakfast at Tiffany's while the dogs pranced. It was just like a Westmutter Dog Show. The costumes were a riot. Kathy Lee's dog had a ballerina outfit and kept leaping; Russ DeJong had his hair in side ponytails and he had a collar and leash on that he was holding, Colleen Flewelling's dog was snarky in his Uncle Sam outfit. Jen Smith's dogs wore eye glasses and pearls! Mark Rolfe was emcee and Julie Gallo was equally crazy was a judge. Nancy Zurbach conducted the human barking contest and fiddler Ellen Gawler was there to conduct a contra dance with the dogs and handlers. There was a dog whisperer (me), a doggie psychic (Maureen Denis) and a doggie psychiatrist (Jan Taylor). Even residents from far sent us registrations for their dogs, including a note from Ken Lajoie telling us his dog's peculiarities.*

*"Best in Show" was an event to raise money for Fred's Memorial garden. We raised \$900!!! Plans are to buy an arbor that would be sturdy enough to hold up for a number of years. We want to buy dirt and plant perennials, and buy some tools.*

*You can check out more pictures on our family website, <http://home.gwi.net/~nitnop/>.*

*The day was so much fun and it was good to see people laughing hysterically and there were no casualties.*

Sylvane



Jan ("Amelia") Murton and Murphy



Snarky Sam

### **Brandt awarded specialty certification**

Congratulations to faculty member **Kat Brandt, DO**. She has recently earned certification in Neuromusculoskeletal Medicine and Osteopathic

Manipulative Medicine from the American Osteopathic Board of Neuromusculoskeletal Medicine.

Kat completed the board examinations in April, becoming one of 442 osteopathic physicians nationwide who currently hold this status. The examination process of the AOBNMM affords the candidate the opportunity to demonstrate special skill and expertise in this area of practice. To achieve certification, Kat successfully completed written, oral and practical examinations.

### **Volunteer Work at L'Ho^pital Albert Schweitzer (HAS) in Haiti October 2004**

Senior resident **Chi Jokanya MD** devoted an elective rotation this Fall to pediatric training and service in Haiti. She describes:

*HAS is located in Deschappelles, a town 90 miles north of Port-au-Prince, in the Artibonite valley. It serves the 258,000 population of the valley (that includes the town of Gonaive). Inspired by the hospital Albert Schweitzer established in Gabon, Dr. Larimer and Gwen Mellon founded HAS in 1956, based on Dr Schweitzer's philosophy of "Reverence for Life." Since then, the hospital has grown to become the heart of Deschappelles and the primary employer of the local community with 95% of the staff positions filled by Haitians.*

*I found myself a guest of this community, when I volunteered to work in their pediatric department for four weeks. My visit coincided with the devastation that occurred in Gonaive due to hurricane "Jeanne." More than 2000 people were killed, and thousands more left homeless. Poverty, political unrest and cyclical drought and floods are constants in the life of the Haitian people, yet despite this latest tragedy, I was welcomed by a stoic, hard-working community whose humor and joie de vivre made my stay a special experience.*

*A typical day starts early. Cockerels crowing, pigs grunting and goats bleating are among the cacophony of early morning sounds that awake you every morning. The hospital accommodates far more than its 190 bed capacity, with patients sharing cots and relatives sleeping on the floor, but each day the team of Haitian doctors and volunteers manage to wade through the long cues of patients requiring treatment.*

*Infectious diseases inevitably are the prominent medical problems, as is malnutrition. I ran the nutritional unit during my stay and it was in this capacity that I learnt more about the local customs and traditions, as I got to know the women and their children (malnutrition necessitating relatively long in-patient stays). Outreach programs and agricultural assistance programs are slowly being integrated into the nutritional rehabilitation goals. But poverty is by far the biggest limiting factor to sustaining long term, effective lifestyle adjustments.*

*My four weeks flew by, and I left with a feeling that I think most volunteers feel after spending time at HAS: one way or another I would find the time to go back. I gained a lot more from the experience than I could ever give.*



Pediatric Outpatient Department at HAS

### **The right hand of managed care knoweth not...**

Many individuals in the Central Maine area recently received a letter from their managed care provider (who, in the interest of avoiding litigation, shall remain nameless), stating:

*We're writing to let you know that Family Medicine Institute is no longer participating in [our network].*

*To help ensure there is not disruption in your access to medical care, the following PCP has been assigned to you effective immediately.*

*Family Medicine Institute  
15 E. Chestnut St.  
Augusta, ME 04330  
207-626-1561*

### **Update from Dan Onion**

Director Emeritus **Dan Onion**, as most of you know, continues on the MDFPR faculty, doing primarily clinical work and teaching, academic work, and a variety of other projects. He says:

*Since I now work slightly less than full time and take many Tuesdays off, I have now filled that time twice over with other projects like serving on the Maine Board of Licensure of Medicine, sorting through the dirty laundry of Maine medicine, and serving on the Farmington*

Hospital board of directors. I have also been active clinically and politically to get our grant-supported pilot program for dental extractions going... over fierce opposition from some members of the dental community... and have been working with Karen Gershman on the geriatrics fellowship. For the fellowship, I see consults, run the public health and community medicine portions, and participate in weekly geriatric rounds and case conferences.

At home, I am raising bees, logging with my new tractor, and taking music/piano lessons for the first time in my life.

Dan continues to shepherd the growth of the reference series on primary care essentials that he began with his original Little Black Book. His update:

*Seven or eight of the books from the last series publication with Blackwell Science will be published next summer by Jones and Bartlett including my Little Black Book of Primary Care, The LBB of ER Medicine by Steve Diaz, The LBB of Gastroenterology by David Hay, the LBB of Geriatrics by Karen Gershman, The LBB of Cardiology by John Sutherland, The LBB of Sports Medicine by Tom Howard, the LBB of Urology by Pam Elsworth, and the LBB of Psychiatry by David Moore. All are evidence based, referenced outlines of how to treat common medical problems directed to practicing docs, students and residents in primary care. We are working to try to have a concomitant release of electronic versions for PDAs at the same time.*

Finally, some observations he writes for the newsletter of the Board of Licensure in Medicine (BOLIM):

*In my first few months as a physician board member of BOLIM I have had these initial impressions.*

- *The conscientious professional staff of BOLIM all follow the rules and treat everybody (docs/P.A.s, patients) respectfully.*
- *Each of the approximately 25 complaints dealt with at each meeting usually entails review of hundreds of pages of medical records, much like the review of a malpractice case.*
- *The open debate and collegial discussion about case merits and limits of acceptable professional behavior are impressive, thoughtful and helpful, even though sometimes conclusions are contrary to my perception of the world.*
- *The public member participation effectiveness surprised me, given the sometimes extensive technical medical discussions.*
- *Docs often mistakenly dismiss patient complaints forwarded from the Board to them for comment as frivolous and respond cursorily. Not a good idea!*
- *Some horrendously embarrassing misbehavior by some of our peers occurs*

*amidst the welter of bad outcomes, medical misadventures, misunderstandings and angry patients.*

- *A surprising number of the complaints see to be about prescribing too many or too few controlled substances.*
- *The efficacy of the physician drug program saves docs and their careers in a publicly safe way despite the inevitable tensions between it and the work of the BOLIM.*

### **New Faculty Members in Fairfield**

Welcome to Eugene Peters and Rosemarie Kenney-Lavin

Gene Peters, MD and Rosemarie Kenney-Lavin, FNP, joined the residency faculty in September, and relocated their practices to the Maine-Dartmouth practice site in Fairfield.

Gene has had a successful pediatric practice for many years, and has long been involved in teaching pediatrics to Maine-Dartmouth residents. He decided to join the residency so he could focus his energies to seeing patients and teaching residents, rather than the business of running an office. Gene will be teaching inpatient and outpatient pediatrics to Augusta and Fairfield based residents. He feels it's been "a great move" and enjoys the give and take that results from working side by side with other clinicians.

Rosemarie Kenney-Lavin, FNP, has considerable experience in working with the homeless and with family planning in addition to pediatrics. She joined Dr. Peters' practice 4 years ago. She has a special interest in adolescent health, but will be seeing patients of all ages.

Welcome to Gene and Ro. They are great additions to the residency program.

### **Perakis joins faculty, coordinates rotations for students**

**Charles Perakis, DO**, joined the MDFPR faculty this summer. He is the second DO faculty member, along with Kat Brandt.

Charlie received his DO degree from Michigan State University, College of Osteopathic Medicine. He then completed a Family Practice Residency at the Osteopathic Hospital of Maine in Portland, and later a Master's of Education degree in Arts and Learning from Endicott College, Beverly, Massachusetts.

After 20 years of solo family practice in Limerick, Maine, and part-time teaching at the University of New England College of Osteopathic Medicine, Charlie decided to teach full-time. He spent four years teaching an

Introduction to Clinical Medicine course at the American University of the Caribbean on St. Maarten.

Returning to Maine in 2004, he joined MDFPR as a clinical preceptor and curriculum coordinator of University of New England College of Osteopathic medical students.

Charlie coordinates the expanded program for University of New England College of Osteopathic Medicine third year medical students who are now doing their core rotations in association with the MDFPR. For 2004-2005, students are doing rotations in Psychiatry, Surgery, Internal Medicine, and Family Medicine. If all goes well, the plan is to eventually add core rotations in Obstetrics, Pediatrics and perhaps others.

The students enjoy their relationship with the residency program. They participate in the daily noon conference and have special weekly clinical sessions in Osteopathic manipulative techniques. The residents, who work with the medical students, are realizing the challenge of teaching while practicing medicine.

If an effort to allow some balance, the residency program is providing additional housing in Belgrade so they can discover the natural beauty of the area.

Charlie has maintained an intense interest in relationships between the humanities and medicine throughout his career. He enjoys time in nature, poetry, journaling and photography.

### **Anniversaries of Service**

Thanks to the following employees who have contributed significant service time to the Residency and/or the larger medical center organization. Current affiliations are the Residency (MDFPR), Maine-Dartmouth Family Practice in Fairfield (MDFP), the Family Medicine Institute in Augusta (FMI) and Four Seasons Family Practice in Fairfield.

#### **25 years**

Donna Chase, Medical Assistant, FMI  
Susan Houde, LPN, FMI

#### **20 years**

Merlene Fyfe, Patient Services Rep, FMI  
Karen Gershman, MD, faculty, MDFPR  
Faith Pray, Patient Service Rep, MDFP  
Barbara Simonds, LPN, MDFP

#### **15 years**

Wanda Wyman, Managed Care Assistant, FMI

#### **10 years**

Bill Alto, MD, faculty, MDFPR  
Beth Craigie, Recruitment Assistant, MDFPR  
Elizabeth Grant, RN, FMI

Libby Harville, Recruitment Assistant, MDFPR  
Bev Lapoint, Patient Services Rep, FMI

#### **5 years**

Greg Feero, MD, PhD, Four Seasons  
Jodi Heath, Patient Service Rep, Four Seasons  
Rick Hobbs, MD, faculty, MDFPR  
Kathy Lees, PA, faculty, MDFPR  
Tammy Manduca, Patient Services Rep, FMI  
Andrew Smith, Patient Service Rep, Four Seasons  
Katie Varney, Outreach Worker, FMI



Double-bind communication in Richmond, IN (FCC)

### **Ready wins AAFP award**

Chief resident **Mary Ready** was one of 20 residents nationally to be selected for the 2004 AAFP/Bristol Myers Squibb Award for Excellent Graduate Medical Education. The award letter from AAFP to Dr. Schneider stated that winners "represent the most outstanding family practice residents in the country. Their performance in residency training has proven to be finest

and brightest among a large group of highly qualified applicants." AAFP, the letter continues, appreciates "the hard work and commitment to the ideals of family practice taken to achieve this award."

## Publications, Presentations, Grants

### MDFPR Publications, 2003-04

**Cathy Morrow:** "Cord Prolapse" ALSO text new edition (In Press)

**Bill Alto:** Human Metapneumovirus: A Newly Described Respiratory Tract Pathogen, *JABFP* (In Press)

**Bill Alto:** Diarrhea. In *Family Medicine Clerkship Guide*. Paulman, P (Ed.) Elseiver. (In Press)

**Betsy Hart:** Book review: *Palliative Care Perspectives*, by James Hallenbeck, *Journal of Palliative Medicine* (In Press)

**Amy Madden (PGY2):** Book review: *Complications: A Surgeon's Notes on an Imperfect Science*, by A. Gawande, in *Fam Med*, 2004; May, 36(5), 368-9.

**Rick Hobbs:** Book review: *The anatomy of Hope: How People Prevail in the Face of Illness*, by J. Groopman, in *Fam Med*, 2004; May, 36(5), 367-8.

**Harry Colt:** Book review: *Musculoskeletal Medicine*, by J Bernstein, in *Fam Med*, 2004; July/Aug, 36(7):521.

**Fred Craigie, Rick Hobbs:** Exploring the organizational culture of exemplary community health center practices. *Fam Med*. 2004; Nov., 36(10):733-8.

**Cathy Morrow:** "Psychosocial health promotion in midlife women" in *Women's Health in Mid-Life: A Primary Care Guide*; Cambridge University Press; 2004.

**Cathy Morrow:** "Psychosocial Health of Well Women through the life cycle" in the *Handbook of Women's Health*; Cambridge University Press paperback edition, 2004.

Alper BS, Hand JA, Elliott SG, Kinkade S, Hanan MJ, **Onion DK**, Sklar BM. How much effort is needed to keep up with the literature relevant for primary care? *J Med Libr Assoc* 2004; 92(4):429-437

**Karen Gershman, James Glazer ('02):** Your life on film: teaching continuity to residents through PowerPoint and videotaped interviews. *Fam Med*. 2004 Jun;36(6):393-5.

**Fred Craigie:** Spirituality. In Lutz R. (Ed.), *Clinical scenarios audio series: Health and well-being*. Tucson, AZ: University of Arizona Associate Fellowship in Integrative Medicine, 2004.

**Bill Alto:** Book Review: *Integrative Medicine*. In *JABFP* 2003:16:25.

## Presentations

### National Meetings:

**Fred Craigie, Cathy Morrow, Patricia Cole:** "Medical practices as communities: The spirituality of health care organizations." Seminar presented at the Annual Spring Meeting, STFM, 2004.

**Fred Craigie:** "Spirituality in Integrative Medicine." Seminar presentation at The Elements of Healing conference, sponsored by the Program in Integrative Medicine, University of Arizona School of Medicine, Tucson, Arizona, February 25, 2004.

**Karen Gershman:** "Your life on film journal." Annual Spring Meeting, STFM, 2004.

**Dan Meyer:** Invited Presentation: "Maine's insurance reimbursement demonstration: Outcomes and policy implications." National Assembly on School-Based Health Care, Annual Meeting, June, 2004.

**Dan Meyer:** Invited panelist: "Data Systems: Conversation with the Field." NASBHC Annual Meeting, June, 2004.

**Jennifer Boyle (DMS MS4), Dan Meyer, Dan Onion:** "Therapeutic interchange during hospitalization: Impact on subsequent primary care." NAPCRG Annual Meeting, October, 2004.

**Dan Meyer, Bill Alto:** "A Model Oral Health and Dental Emergency Curriculum for Family Practice Residencies." STFM Spring Annual Meeting, 2005 (accepted)

### Regional Meetings:

**Fred Craigie, Don Kollisch:** "Medical practices as communities: The spirituality of health care organizations." Invited plenary presentation, annual meeting of the Dartmouth/Northern New England Primary Care Cooperative Research Network (COOP), Bretton Woods, New Hampshire, January 30, 2004.

**Fred Craigie, Don Kollisch:** "Spirituality of health care." Seminar presentation, annual meeting of the Dartmouth COOP, 2004.

**Karen Gershman:** "Patient as teacher." NE Regional STFM, October, 2004.

**Harry Colt, Tim Pieh (PGY2):** "Procedure Workshop: Circumcision." NE Regional STFM meeting, Oct., 2004.

**Dan Meyer:** "Bingham Scholars: Rural Maine Summer Community Projects for First Year Medical Students." NE Regional STFM meeting, Oct., 2004.

### Maine Meetings:

**Betsy Hart** ('93, Geri Fellowship '04): "Clinical Issues and The Family Caregiver Relationship," Elder Caregiving in Maine conference, January, 2004.

**Dan Meyer:** Invited Presentation: "ABC's of Evidence-Based Medicine." Maine Academy of Pediatrics Annual Meeting, May, 2004.

**Karen Gershman and Betsy Hart:** "New Approaches to Differential Diagnosis and Therapy of Dementia" Maine Academy of Family Practice Annual Conference, 4/16/04.

**Betsy Hart:** Invited keynote address: "Adaptation to Illness: Nurturing Family/Clinician Relationships" at Maine Rural Geriatric Conference on 6/3/04 and also presented the workshop "The Evolution of Clinician/Family Relationships."

**Betsy Hart:** Invited keynote address: "A Miriam Bergman Memorial Conversation about Love and Health" for Nevola/Bergman Symposium on 6/6/04

**Bill Alto and Dan Meyer:** "Grand Rounds at MGMC: Moving from socialized medicine; two roads: Russia and Viet Nam." September, 2004.

**Chi Jokonya (PGY2):** Invited presentation: "2004 HIV/Aids: State, US and International Update for the University of Maine System, 2004.

#### Major Grants during 2003-2004:

**Dan Mingle, Dan Meyer:** "Improving HIT Implementation in a Rural Health System." With MaineGeneral Health, AHRQ, DHHS, 2004-2007, \$1,375,179. This project implements an outpatient EMR in a rural health system using distinct phases to match the expected learning curve and to reduce the potential loss of practice productivity often associated with the implementation of an EMR; also collects data about patient safety, quality, access, cost, and productivity.

**Dan Meyer,** Grant Writer, Evaluation consultant: "Ryan White Title III Early Intervention Services for central Maine." With Maine General Health, Dayspring and Coastal AIDS Network, DHHS, HRSA, 2003-2006, \$832,000. Mark Rolfe ('01) is the medical director for this project which funds mental health, dental health, care management and alternative therapies which are not covered by other programs or insurance.

**Alto W, Meyer D, Onion D:** "Preventive & Emergency Dental Care Training for Family Physicians." Maine Health Access Foundation, 2003-2004, \$50,000 planning grant. This project allowed us to begin designing a curriculum for oral health. Proposed activities include lecture and hands-on curriculum activities, and working with dentists at the Togus, V.A. dental clinic for faculty development.

**Dan Meyer:** "Maine's School-Based Health Center Insurance Reimbursement Demonstration." Maine Health Access Foundation, 2003-2005, \$200,000. Dan is

lead evaluator on this project which looks at the impact of insurance reimbursement for SBHC services at 10 Maine high school and 10 control communities on access, utilization, clinical outcomes and costs of care using claims data and student and physicians surveys.

**Dan Meyer:** Evaluation consultant, "WKKellogg School-based Health Care Policy Initiative," Maine Chapter NASBHC, funded by WK Kellogg Foundation, 2004-2009. Dan is helping evaluate this policy initiative using similar data to the MHAF project.

**Dan Meyer and Chris Lutryzkowski:** "Development of School-based health center services for Augusta public schools Grades 7-12." Maine Bureau of Health, DHS grant, 2003-04, \$50,000. Sandy Picard, PA, has been hired by the residency to provide SBHC services to adolescents in the Augusta schools.

#### Of special note:

**Cathy Morrow** is now Book Review Editor for *Family Medicine*.

**Dan Meyer, Bill Alto, Mary Ready (PGY3)** and others continue to work on our Vietnam project: "Development of family practice residency training in Can Tho University School of Medicine and Pharmacy, Vietnam." Maine Medical Center, funded by Unocal, 2003-2007.

**Harry Colt and Jen Smith (PGY3 and Co-Chief)** are participating in the 2004-05 AMSA Rural Health Leadership Program.

**Dan Onion** has begun a six year term on the Maine Board of Registration in Medicine and actively serves on the Legislative Committee of STFM.

We will soon be posting a multimedia, interactive webfile with music, streaming video, etc., which highlights the residency, its faculty and residents. Please go to the residency's website at your convenience and check it out. Co-Chief **Craig Smith** put in many hours assembling it (using Karen Gershman's powerful Mac computer) and we would love to get your feedback. Go to: [www.mainedartmouth.org](http://www.mainedartmouth.org).

### Nevola Symposia

The eighteenth Nevola Symposium on Spirituality and Health took place at Colby College on June 8. The title was, "What's love got to do with it: The meaning of love in the healing arts." Presentations and workshops explored the nature of love and altruism, and the role of love in caring for patients and in our own personal and professional lives.

A morning keynote was presented by Lynn Underwood, PhD, Vice President of the Fetzer Institute and co-author of *Altruism and Altruistic Love* (Oxford, 2002). Afternoon sessions began with a keynote presentation, *A Miriam Bergman Memorial Conversation about Love and Health*, from 1993 graduate and 2003-2004 Geriatric

Fellow **Betsy Hart**. Betsy offered reflections on how the healing force of love was revealed in Miriam's life, and cited Miriam's precepts for her own life: *Create goodness, Respect all creation, Be silly, Enjoy my senses, Choose health, and Be true in love*. Responders included MDFPR faculty members **Persis Hope** and **Karen Gershman**.

A lovely pen and ink sketch, *Pépère et moi*, was specifically created for the occasion by Waterville artist Elise Roy Hobbs. Prints of this original art are available for a suggested donation of \$10, with proceeds going to the Sisters of the Blessed Sacrament in Waterville. If you are interested, you may email Rick Hobbs at [richard.hobbs@mainegeneral.org](mailto:richard.hobbs@mainegeneral.org).



*Pépère et moi*

The 2005 Nevola Symposium is scheduled for June 7. The tentative subject area will be spirituality and ethical decision-making. You may email Fred Craigie ([frederic.craigie@mainegeneral.org](mailto:frederic.craigie@mainegeneral.org)) if you would like to be added to the mailing list.

### New Arrivals

Congratulations to members of the residency community and their new family members:

Zane Dylan, son of Geoffrey and Starie Seay ('99), born 11/23/03.

Lucie Rose, daughter of Ron and Michelle (Perkins) Dostie ('00), born 6/15/04

Andrew Robert, son of Carolyn and Brian Irwin ('04), born 8/31/04.

Jonah Stuart, son of Aurora and Paul Matzkin ('03), born 10/4/04.



Paul, Jonah and Aurora

### Woytowicz sabbatical, Herbal Medicine

**John Woytowicz** was on sabbatical during the summer and fall of this year, studying herbal medicine. He writes:

*During the summer and fall of 2004 I used my sabbatical time to pursue a deeper understanding of herbal medicine. Borne out of a desire to help patients better understand their own well-being and to provide them tools that improve health outcomes I have been drawn to complementary and alternative medicine (CAM). These four months were a perfect opportunity to work more closely with accomplished herbalists and have some fun as I developed these skills.*

*Several years earlier while attending the Gaia Herbal Symposium in North Carolina I met a dynamic herbalist, Rosemary Gladstar. At her retreat center, Sage Mountain, nestled in the verdant Green Mountains of Vermont, she offers a variety of courses for novice and advanced practitioners. I completed a seven month apprenticeship with her during my sabbatical. Each month course study was devoted to one of several themes that included the immune system, nervine and tonic herbs, men's health, women's health, the preparation of tinctures, teas, salves and other medicinal herbal products among other topics. A large part of the course was also devoted to plant identification and a sharing of the role plant medicine has played during the last century in North America.*

*Out of a group of 30 bright-eyed students there was the only one physician, three men, and many women who seemed to know a lot about plants. In a group of nurses, psychologists, lay midwives, community herbalists, plant lovers, bee keepers, and teachers everyone was there to learn more about herbs with the desire to share this knowledge and experience in their own communities in some way large or small.*

*The course provided me with a broader understanding of herbal medicine and how to incorporate it into my practice at the FMI. Basically, to start small and become very familiar with a few herbs for specific problems was the plan. Try them out on oneself and willing family members (a convenient test group). For me herbs provide another set of options for my patients. I have always enjoyed talking about good nutrition and exercise, two of the basics of CAM therapies.*

*Upon my return, many patients were very curious to know what I had learned and what I might have to offer them. Among the most common topics are questions about diabetes and hypertension, premenstrual and menopausal symptoms, sexual dysfunction, insomnia, fatigue, the benefits of antioxidants, and hypercholesterolemia. Sometimes I recommend just herbal and dietary approaches and, on other occasions, suggestions are incorporated into pharmaceutical approaches already in place.*

*Within the residency curriculum, I have presented topics on herbal medicine along with some of my colleagues from drug-herb interactions to herbs for improved cardiovascular health. As much as possible evidence-based data is presented when talking about herbal recommendations. Along with Fred Craigie, Persis Hope, Kat Brandt, and others we are trying to organize a consultative experience through case presentations at the Residency with local CAM practitioners. This will, hopefully, lead to more collaborations within our community of healers.*

*Now, do not think that sabbatical was all work and no play. Besides the beautiful drive between here and Vermont I did spend three wonderful weeks on an herbal tour in the Provence region of France. A francophone at heart, this was a return to another lifetime for me and an incredible trip to indulge into the herbal, culinary, and cultural traditions of this beautiful corner of the world. Enough said; if you want to know more I will be glad to tell stories and show slides. But, I would recommend traveling with me next time.*

### **2004 Work Retreat**

The Residency held its annual community work retreat in early August. The site this year was the Mid-Maine Homeless Shelter in Waterville. An enthusiastic and energetic band of faculty, residents and students did some interior painting, minor carpentry and outside clean-up. The 17-bed shelter is consistently full, providing a vital service for Central Maine families in crisis or transition.

The work project has been a tradition in the Residency for many years. It offers an opportunity to make a small tangible contribution to community programs that often partner with us in the care of some of our patients, and

to have a good time working with one another away from medical settings.



First year resident Elizabeth Canete paints a bedroom in the homeless shelter. (Photo: Jim Evans)

### **McMarlin Wins International Competition in China**

Second-year resident **Andrew McMarlin** recently visited China as a physician and team member for the United States Dragonboating team.

Dragonboat racing is an aquatic sport in which a twelve meter long canoe-like boat, wide enough to sit twenty people along with a sweep to steer the boat and a drummer, is paddled over a course from 250 to 1000 meters in length. Dragonboats typically feature the head and tail of a dragon, a mythological creature regarded by the Chinese as having dominion over the waters.

The sport has its origins in China over 2000 years ago. Legend has it that Qu Yuan, a Chinese poet and scholar in the fourth century BC, took such umbrage to the corruption within the Chu Dynasty he flung himself into the Mi Lo River. Qu Yuan was very beloved by the people, and local fisherman paddled furiously from shore to try to save him. They couldn't save Qu Yuan, but the attempt to do so is re-acted in the form of dragonboat racing.

Dragonboat racing has always been popular in the countries of the Pacific Rim. Interest has grown very substantially elsewhere in the world in the last few years, to the extent that there is serious consideration being given to making it an Olympic event in 2008. There are presently major events in Hong Kong, Sydney, New York, London, Cape Town, Dhaka, Wellington, and Vancouver. A quarter of a million people turn out annually for the Toronto race and Sweden alone has over 400 crews.

The original Chinese dragonboats were constructed from teak planks, with camphor wood ornamental heads and tails. Most modern dragonboats are constructed from fiberglass, with wooden benches and detachable fiberglass ornamental heads and tails. Modern dragon

boats are powered by up to 20 paddlers sitting in pairs on benches, plus a sweep (who stands at the rear of the boat and steers it using a sweep oar) and a drummer seated at the front of the boat. The goal is to generate enough speed to cause the boat to rise high and smooth above the water by a cresting wave beneath the bow. Typically, a seasoned dragonboat crew will have a rate of 70 to 80 strokes per minute and can travel over the water at 3 to 4 meters per second. A world class level dragonboat operating at top speed can actually pull up a water skier.

Andrew writes of his adventure:

*The China trip was simply amazing. As the US team doctor, I was in touch with all the paddlers leading up to the trip regarding supplements and medications to avoid due to banned substances as well as informing the group of the vaccinations that were recommended when traveling to China. While in QingPu (sub-city of Shanghai), it was my job to remind all paddlers of our bottled water only rule and stressed the avoidance of all uncooked fruits and vegetables. None of the US contingent became ill while numerous paddlers from eastern European nations developed dysentery. The venue was very interesting: a large Olympic training center with athlete housing, swimming, volleyball, and gymnastics pavilions as well as a wonderful boathouse and training center for rowing, dragonboating, kayaking, and canoeing. The dragonboat racing was very close in each event with first to fourth place margins in the heats and semifinals being in the tenths of seconds. We were close in the 250 meter and 500 meter races but failed to medal. The highlight of the competition for us was, of course, our win in the 1000 meter final. It was a tough fought race and we led only for the last two or three strokes. The boat and US contingent in the stands erupted in cheers and, with everyone in the boat hugging each other or splashing water, we almost flipped the boat over. Afterwards we were led in formation with the Canadians and Germans (the silver and bronze medalists) to the medal ceremony. While I've always enjoyed seeing friends on the gold medal stand while the Star - Spangled Banner was playing at the Olympics or rowing world championships, it was so amazing to be a member of the crew, standing on the podium with everyone singing and the other paddlers' wives and families both laughing and crying. Again, an amazing experience. I have much more to tell about the rest of my trip- the interviews with sports medicine doctors, trainers, and Chinese athletes to determine some of the differences between Western and Chinese sports medicine practices...*



Andrew McMarlin (third from left) competes in the 1000 meter dragonboating final

## Championship Softball

The Third (Mostly) Annual FMI-MDFP softball game was held in Augusta on September 17. Highlights included **Ben Brown '05** legging out an inside the park home run, MDFP nurse **Robin Cournoyer** diving to stab hard ground balls, and former "football" (translation, "soccer") star **Ahmed Aldilaimi '05** looking like a seasoned pro having never touched a bat or softball before in his life. After careful consultation with the official scorer, the final score was *A Whole Bunch to Not Quite So Much*.



Intrepid softball players. Note: the object of veneration in the foreground is not First Base; it is a box of pizza. (photo; Syed Naseeruddin)

## Graduate Updates

### Class of 1979

Name:	<b>Richard Hobbs</b>
Address:	121 Silver St. Waterville, ME 04901
Practice Type:	MDFPR Faculty
Population of Community Served:	18,000

Work #: 207-861-5000  
 Fax: 207-861-5001  
 Email: [rhobbs@dartmouth.edu](mailto:rhobbs@dartmouth.edu)

Class of 1994

Name: **John Barnes**  
 Address: 31 Old Western Ave.  
 Winthrop Health Center  
 Winthrop, ME 04364  
 Practice Type: Family Practice  
 Population of  
 Community Served: Winthrop, ME  
 Work #: 207-377-2111  
 Email: [jbarnes@mainegeneral.org](mailto:jbarnes@mainegeneral.org)

Class of 1984

Name: **Warren Ferguson**  
 Address: 26 Queen St.  
 Worcester, MA 01610  
 Practice Type: Community Health  
 Center  
 Population of  
 Community Served: Urban Poor  
 Work #: 508-856-6669  
 Fax: 508-856-1212  
 Email: [ferguson@ummhc.org](mailto:ferguson@ummhc.org)

Name: **Timothy Goltz**  
 Address: 59 Lessner Rd.  
 Damariscotta, ME  
 04543  
 Practice Type: Hospital owned group  
 Population of  
 Community Served: 2,000  
 Work #: 207-563-4777  
 Email: [tgoltz@mileshealthcare.org](mailto:tgoltz@mileshealthcare.org)

Since 1999, my primary employment has been at UMass Medical School, involved with teaching and public policy concerning services to vulnerable populations. I still practice part time at the CHC that I ran for 10 years but will be quitting OB after 20 years in the spring. Donna Rudele, my wife of 25 years in June, is a landscape designer and our son, Michael, is 9 years old.

My wife, Karen, and I just had our 3<sup>rd</sup> daughter, Clara Rose. She joins big sisters Emma, almost 5 and Lily, 3. We greatly enjoy living in Damariscotta. I am the medical director for my group and am participating in a project to improve care for patients with depression.

Name: **Scott Sunde**  
 Address: 419 Tulane SE  
 Albuquerque, NM  
 87106  
 Practice Type: Indian Health Service  
 Population of  
 Community Served: Pueblos and  
 Urban Indians  
 Work #: 505-248-4050  
 Email: [ssunde@abq.ihs.gov](mailto:ssunde@abq.ihs.gov)

Name: **Susan Ostertag**  
 Address: 9880 Menaul Blvd. NE,  
 Apt H18  
 Albuquerque, NM  
 87112  
 Practice Type: Geriatric & Palliative  
 Care Fellowship  
 Work #: 505-272-6082  
 Email: [sgostertag@hypernet.com](mailto:sgostertag@hypernet.com)

19 years post FMI still enjoying family practice mainly seeing chronic diseases but also going to the reservation (Zia Pueblo) one day a week. My special interests include HIV care, computerized health summaries, diabetic care, teaching residents & students from the University of New Mexico and doing my best to get off more committees than I get on. Backcountry skiing, biking and windsurfing are my escapes and I still play ice hockey twice a week.

I've taken a sabbatical from my family practice in Ellsworth, Maine to do a Geriatric Fellowship in Albuquerque, New Mexico. I'm enjoying the mild winter and the opportunity to focus on geriatrics, palliative care, and ethics. I will return to Maine in October 2004 and hope to improve geriatric and palliative care in my family practice and community. I welcome news or visitors from home here in Albuquerque!

Class of 1989

Name: **Gust Stringos**  
 Address: 64 Fairview AVE.  
 Skowhegan Family  
 Medicine  
 Skowhegan, ME 04976  
 Practice Type: Family Practice  
 Population of  
 Community Served: 7 – 8,000  
 Email: [stringos@somtel.com](mailto:stringos@somtel.com)

Class of 1999

Name: **Bryn Burnham**  
 Address: 4910 Eames Rd..  
 Winslow, ME 04901  
 Practice Type: Hospitalist  
 Population of  
 Community Served: Augusta  
 Work #: 207-621-7276  
 Fax: 207-621-7277

I am very happy with this new job but very frustrated with my lack of progress in moving myself out west. My son is in graduate school at GW in Washington, DC. My daughter is a senior at Mt. Holyoke in Mass. My best to you all.

Name: **Michelle Perkins**  
**Dostie**  
 Address: 195 Northern Ave.  
 Augusta, ME 04330  
 Practice Type: Hospital owned  
 Population of  
 Community Served: 5,000  
 Work #: 207-582-6608  
 Fax: 207-582-2258  
 Email: [michelle.dostie@mainegeneral.org](mailto:michelle.dostie@mainegeneral.org)

Life is good here in Central Maine! Loving my practice, I do a ton of OB. Ron and I welcomed Lucie Rose on June 15. Jojo sends her best to all.

Name: **Claudia Geyer**  
 Address: 46 Mayland St.  
 Portland, ME 04103-3407  
 Practice Type: Hospitalist  
 Population of  
 Community Served: 65K  
 Work #:  
 Fax:  
 Email: [ckgeyer@yahoo.com](mailto:ckgeyer@yahoo.com)

Martha Luisa Geyer- Shabeen – born 4/19/03 and we are exceedingly happy parents (& grateful!). Working \_ time in order to parent as much as possible. Also continue to volunteer at Portland Community Free Clinic. I love the newsletter – thank you!

Name: **Douglas Jorgensen**  
 Address: 11 Acorn Lane  
 Manchester, ME 04351  
 Practice Type: Osteopathic  
 Manipulation and Pain Management  
 Population of  
 Community Served: Town of 3,000  
 catchment of 40,000  
 Work #: 207-622-4500  
 Fax: 207-622-5452  
 Email: [drj@jorgensenconsulting.net](mailto:drj@jorgensenconsulting.net)

Wendy and I continue to be quite blessed as our girls are healthy and happy (Lauren 15 months and Taylor nearly 4). My practice is tremendously fun and rewarding. being back in a medical community with so many familiar and trusted folks has been great too. Being I continue to work with the MMA and MOA on patient advocacy issues regarding open access to

healthcare. It is challenging working with politicians and bureaucrats, but worthwhile work.

Name: **James MacDonald**  
 Address: 3090 Mario Court  
 Santa Cruz, CA 95062  
 Practice Type: Student Health Center  
 Population of  
 Community Served: College Community  
 Work #: 831-459-2458  
 Fax: 831-459-3546  
 Email: [jmacdmd@hotmail.com](mailto:jmacdmd@hotmail.com)

I also teach at the local schools, one a school of acupuncture and the other a school of medical assistants. Kit & I had twins 11-26-03.



Winter comes to coastal Maine

