

# The Murmur

Maine-Dartmouth Family Medicine Residency Newsletter  
June 2021 – Issue 5

## With Winter and a Short Mud Season Gone

### SPRINGTIME BRINGS RENEWAL

With winter and a short mud season gone, and with growing numbers of Maine residents being vaccinated, residents, faculty, and staff have been emerging from their cocoons, and starting to pursue the spring and summertime interests that regenerate their spirits.

For many residency employees, “digging in the dirt” and flower, vegetable or fruit gardening are at the top of their lists. Plans range from a raised bed or two, to larger scale production to sell at local farmers markets (Rachel Criswell and Harold Bredesen). Harry Colt starts some seeds indoors in early March not only to lengthen the growing season, but to remind himself that winter is going to end soon. Once the snow is gone, Mike Clark is arranging for additional compost delivery and working in his garden. And whether or not one is an active gardener, there are a number of entertaining garden related activities in the area. The remarkable Maine Coastal Gardens in Boothbay are worth a springtime visit, and a visit to Longfellow’s Greenhouses in Manchester is a local tradition that involves looking at plants and gardening paraphernalia and then making unexpected purchases.

Hiking is also popular for many. Favored hikes in the Augusta area include Vaughan Wood in Hallowell, the Kennebec Valley Rail Trail, and Viles Arboretum. In Waterville, Quarry Road Trails and Messalonskee Stream Trail are popular. Further out there are lots of steeper options. Tumbledown Mountain in Franklin County is particularly popular, and has an alpine pond just below the summit which is perfect to swim in. Nate Devore points out that the best times to visit popular tourist or hiking destinations like Acadia or Camden Hills are the less populated shoulder seasons of Spring and Fall.

John Diefenderfer’s passion is mountain biking. Despite a significant biking accident last year resulting in shoulder surgery, John plans to return to Bond Brook Trails in Augusta. Quarry Road Trails has popular mountain biking trails in Waterville and are only about a half mile from the Waterville campus. Road biking is excellent outside of both towns, and for those with children or those who are looking for a relaxing ride, the Kennebec Rail Trail provides a flat asphalt surface that runs between Augusta and Gardiner.

Mushrooming appears to be a growing interest of some. Some are foragers, others grow their own mushrooms, and some do both. Mark Sutherland grows mushrooms in a tub, Harry Colt grows them by planting plugs in logs, and Rachel Criswell grows her mushrooms in wood chips.

After the loons return and the water temperature rises, lake based options start to proliferate. Sarah Housman paddleboards. Mary Jo Fisher kayaks accompanied by her camera, and takes her remarkable photographs of eagles, loons, and the wildlife around her. Others swim, canoe, or sail since many of the lakes in the area have public access sites.

Mark Sutherland fishes for trout in Maine streams. And while he insists that he doesn't catch much, perhaps he's like many of those in the trout fishing world, trying to prevent those streams from being overused.

Rachel Criswell feels particularly centered when examining her beehives and sharing in the remarkable world of bees. Max Schaefer reminds us that restaurants are starting to reopen. Both the Augusta and Waterville areas have some restaurants with both indoor and outdoor eating options, and a number of new restaurants have opened (eg Front and Main in the new Lockwood Hotel in Waterville, and State Lunch in Augusta).

Finally, for those who don't like golfing or golf clubs, try playing disc golf. It's much cheaper, and there are courses in Rome (Maine), Sidney (Maine), and Vassalboro.

This piece is being written on May 11th on which a few Americans celebrate National Crouton Day. However, instead of spending time honoring the mighty Crouton, let's get out and share together in the remarkable spaces and activities around us.

## 2021 SCHOLARLY SYMPOSIUM

Given the circumstances, the Scholarly Symposium was held over Zoom this year and things ran fairly smoothly! Residents and fellows had the opportunity to share their work and spark discussion among attendees. The Russell DeJong Excellence in Scholarship award was given, virtually for now, to Rachel Criswell, MD for her work titled "Endocrine Disrupting Chemicals and Breastfeeding Duration".

## WHERE ARE OUR 2021 GRADUATES HEADING?

### PGY3

<b>Grace Adamson, MD</b>	- Hospice & Palliative Care Fellowship at Northern Lights in Bangor
<b>Catherine Batz, DO</b>	- PGY 4 year at Maine Dartmouth Collaborative Care Center
<b>Rachel Criswell, MD</b>	- Full Spectrum Family Medicine at Skowhegan Family Medicine
<b>Marie Dardeno, DO</b>	- Practicing Osteopathic Medicine at Be Well My Friend
<b>Nathan Devore, MD</b>	- Primary Care at Cleveland Clinic Foundation in Cleveland, OH
<b>Laura Gurenlian, DO</b>	- Emergency Medicine Fellowship at MaineGeneral Medical Center
<b>Sarah Housman, DO</b>	- PGY 4 year at Rocky Vista Health Center for ONMM
<b>Valerie Kyser, MD</b>	- FQHC in Oswego, NY, Outpatient FM
<b>Max Schaefer, DO</b>	- PGY 4 year at Maine Dartmouth Collaborative Care Center
<b>Katelyn Staring, MD</b>	Planning to practice Outpatient FM in Maine
<b>Brian Wasser, MD</b>	Martin's Point in Southern Maine

### FELLOWS AND PGY4

<b>Doug DiCola, MD</b>	- Sturdy Memorial Hospital, Attleboro, MA – Primary Care and Sports Medicine
<b>Jarrod Tembreull, MD</b>	- Lincoln Health, Miles, ME – Primary Care and Sports Medicine
<b>Olivia Simpson, MD</b>	- Faculty Position with Maine Dartmouth Geriatrics

Sara Modlin, DO - Graduating in Oct – plans TBD

## Incoming Residents/Fellows

### PGY1

**Katherine Badger, MD** - Tufts Univ. School of Medicine  
**Samantha Culver, DO** - University of New England College of Osteopathic Medicine  
**Chukwuemeka “Emeka” Esomonu, MD, MPH** - University of Port Harcourt College of Health Sciences  
**Kate Farber, MD** - Donald & Barbara Zucker School of Medicine at Hofstra/Northwell  
**Garrett Fontaine, MD** - University of Connecticut School of Medicine  
**Megan Franzetti, DO, MPH** - New York Institute of Technology College of Osteopathic Medicine  
**Nika Karlsson, DO** - University of New England College of Osteopathic Medicine  
**Alivia Spicer, DO** - University of New England College of Osteopathic Medicine  
**Alyssa Thomas, DO** - University of New England College of Osteopathic Medicine  
**Miriam Uduebor, MD, MPH** - Ross University School of Medicine

### FELLOWS AND PGY4

**Jessica Lucas, DO** - Sports Med Fellow – FM Residency – CMMC; Med School - UNECOM  
**Mara Nydes, MD** - Sports Med Fellow – Peds Residency - Univ. of Michigan Ann Arbor; Med School – Univ. of New Mexico School of Medicine  
**Tsung-Yun Tzeng, DO** - ONMM PGY 4 – FM Residency – UMass; Med School – Rowan Univ. School of Medicine

## WELCOME TO OUR NEW FACULTY AND STAFF

Alyssa Finn recently joined the residency faculty as the new Director of Integrative Medicine. Alyssa completed her family medicine residency and Integrative Medicine Fellowship training in New York, and had been practicing in Brunswick. She is presently on maternity leave and will be returning in mid-July.

Two new faculty will be joining us in September. They come via Brown University and the Family Medicine Residency of Idaho. Reuben Baker, MD will have his primary practice centered at the FMI, and Ellen Richardson, MD, will practice in the MDFP office at the Thayer campus. Reuben and Ellen will both provide broad spectrum inpatient and outpatient medical services.

## A SPECIAL DEPARTURE: Louisa Barnhardt, MD

Louisa Barnhardt is retiring at the end of June. Louisa has been a remarkable resource for our patients, residents, and faculty. Having been trained and boarded in both Family Medicine and Psychiatry, she understands what family physicians need to know, and helped focus us on growing our skills, recognizing what we can manage capably, and knowing when to ask for help. Thank you Louisa!

## CURRENT FACULTY OPENINGS

The following are open faculty positions in the various Maine-Dartmouth Programs. If you know of anyone who might have the skills for and the interest in any of the following positions, please encourage them to look at the more complete job descriptions and information found on the Maine-Dartmouth Family Medicine website [www.mainedartmouth.org](http://www.mainedartmouth.org) under the headings: Our People, Faculty, Open Positions.

**DERMATOLOGIST** faculty position: We are currently recruiting for another dermatologist to join our practice in the Waterville office.

## Alumnus Spotlight: Tiffany Blythe, DO

Tiffany graduated from MDFMR in 2014. After residency Tiffany took a job with a hospital owned clinic in a rural community near Kansas City, Missouri. She quickly realized the bureaucracy and the demand for more churn was not sustainable. There was not enough patient connection. So she researched DPC (Direct Primary Care) and opened her own clinic within 6 months. She started with just herself and some equipment in a tiny room and now she owns a 1500sqft building, employs an RN and office manager, and has a thriving practice while still being able to be flexible for more family time.

**Tell us more about working for the hospital-owned clinic that made you want to open a private practice.** In my employed position, I was originally told that I could see as few or as many patients as I wanted in a day and would be given the support to do so. However, as time advanced, it was first suggested, then expected, and then financially required that I see steadily increasing numbers of patients in a day. I realized I was not doing my best for each patient every visit with these imposed limitations that I had no control over. I began to feel ethically compromised, participating in a morally bankrupt system that very openly valued corporate profit more than patient or physician satisfaction.

**Can you describe a little about what it was like to open your own practice, the challenges and aspects you didn't expect.** The hardest part of opening your own clinic is realizing that you are in charge/responsible for EVERYTHING! Even if you hire people, you're responsible for making good hiring decisions, training them well, providing adequate resources for their success, and monitoring progress to ensure good outcomes.

**What is your patient demographic like?** My panel is about 550-600 patients, which is considered "full". Over the last 4 years, about 1000 additional patients have come and gone. I am very pleased to have a full gamut of

family patients: my youngest are a handful of newborns and the oldest are 101 & 102! I have young families, single women, old men, and everything in between. One critique of DPC is that it's elitist because we require patients to pay for services. In addition to multitudes of other reasons I can give for why that's false, I present the fact that at least 25% of my panel is on Medicaid or low-income.

**Do you do any inpatient work or OB?** I delivered babies while employed and for a short while after starting DPC. But in the start-up phase, I didn't have high enough numbers of deliveries to appease the hospital board. I intend to return to delivering in the next several years and likely back to in-patient as well.

**What do you do for fun?** I have 5 girls, ages 14, 13, 6.5, 5, 3.5 (4 of whom we adopted). Exploring life with them is my greatest joy.

**How has the pandemic impacted your work and life?** I was likely less affected by the pandemic than most physicians. DPC already had the capability to offer virtual visits and I did so frequently. During the pandemic, I shifted to a larger number of virtual visits. And URI sick visits are conducted by telephone interview and then curbside with the patient in their car for exam/testing. Income was affected about 10% but I feared more. As for life, it was actually really nice to have some extra time to spend with my family. Especially in uncertain times, it is truly a blessing to be able to draw nearer to the ones you love the most.

**What else would you like to share with us?** DPC has given me the freedom and courage to try SO MANY things I would not have been "allowed" to do in corporate, employed medicine. This includes, but is not limited to, OA/sprain treatment with PRP, wound care with PRF, medical marijuana certification, DOT physicals, iron infusions, therapeutic phlebotomy, flexibility to adapt scheduling for my patients or my family as needs arise, and to truly enjoy what I do and know I'm making a difference.

## Staff Spotlight: Katie Keene, C-TAGME, ONMM Coordinator



Hi everyone. My name is Katie Keene and I grew up in Waldoboro, Maine. Upon graduating from high school, I joined the Air Force and was stationed in Las Vegas, NV, where I worked for a fighter pilot squadron training in joint global operations. While there, I received the Information Manager of the Year award, which awarded me the experience of a lifetime with a flight in an F-16 fighter plane!

After I separated from the service, I forgot to come home – staying in Las Vegas for another ten years working in a variety of jobs, including running several pool construction offices and customer service for a chocolate company. When my first niece was born, I moved back to Maine (I now have nine nieces and two nephews!).

I was back in Maine for less than a week when the historic Ice Storm of '98 hit; I almost high-tailed it back to the desert!! However, I settled for getting my first husky just in case I needed an alternate mode of transportation. Fortunately he was not needed except for excessive spoiling – hauling his Mom around would be too much like work, something that my dogs are definitely not familiar with!

I worked for J & S Oil Company in accounting for many years, then started with Maine-Dartmouth in 2005, the same year that I married my husband Brandon. During my time at Maine-Dartmouth, I have worked in Geriatrics, the Residency's administrative office, and most recently the ONMM-3 Residency where I am the program coordinator. I received my Bachelor's Degree in Business Management from Thomas College; and am certified as a GME professional by the Training Administrators for Graduate Medical Education Programs.

During my time off, I enjoy glamping with my husband and fur babies, Haley & Holly Berry. My third "daughter", Seraphina the cat, stays home to keep an eye on things and enjoy her solitude! I also enjoy making jewelry, and in non COVID times can be found at various craft fairs and at the North Atlantic Blues Festival selling my wares. Always on the lookout for a bargain, my car has an auto-braking feature for yard sales, so be warned!

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## Mission Statement

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- Educating physicians for a lifetime of competent, compassionate & personally satisfying practice.
  - Improving the health of Maine people with particular emphasis on rural areas & underserved
  - Promoting the involvement of physicians in the life of the broader community.
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### Calling All Former Faculty, Fellows and Residents

Would you like to share your life's story since leaving the residency? If so, feel free to email Andrea Abrell, DO at [andrea.abrell@mainegeneral.org](mailto:andrea.abrell@mainegeneral.org). We'd love to know what you've been up to all these years so we can share it with our residency community.

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We hope you have enjoyed this issue of the newsletter. We anticipate distributing it biannually and we welcome your suggestions on how to improve it. Please let us know what kinds of articles you would like us to include and what topics would interest you. Additionally, if you have information or announcements that you believe would be of general interest to the residency community, please forward them to us for consideration.

Please send suggestions, materials and updated contact information to: [jill.freda@mainegeneral.org](mailto:jill.freda@mainegeneral.org)



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