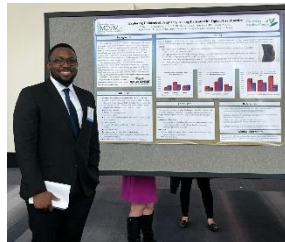


Congratulations!

To Emeka Esomonu MD, Sam Culver DO, and Kelley Harmon DO who won first place in the Family Medicine Education Consortium's scientific poster presentation at the 2023



FMEC Annual Meeting in Providence RI. Their poster, *Exploring unintended pregnancy among women with opioid use disorder*, was selected from 113 entries.

To Andrew Kwikiriza MD, for selection as MDFMR's resident representative on Maine Academy of Family Medicine's Board of Directors.

To Alivia Spicer DO for acceptance to MGMC's ER Fellowship.

Integrative Shared Medical Appointments

The next 5-week series of integrative shared medical appointments starts Thursday Feb 1, meeting every Thursday in Feb from 2 – 4 PM. The spring series is scheduled to begin May 1 and will be held every Wednesday in May from 5:30 to 7:30 PM. Shared integrative medical appointments are held in the ACH teaching kitchen, are co-facilitated by Dr. Alyssa Finn and Chef Ben Ramsdell, are limited to 6-8 patients, and focus on lifestyle changes. Content includes nutrition education, label-reading, menu planning, mindfulness and stress reduction, and Mediterranean and plant-based cooking and eating. The group cooks and eats together at each session. Patients may attend for help with a number of conditions, such as high blood pressure, diabetes, high cholesterol, obesity, anxiety, depression, loneliness, or chronic pain; sessions are billed as medical appointments. Please task Dr. Alyssa Finn with the names of any interested patients, and Dr. Finn will reach out to facilitate registration.

RHEDI Certification Awarded

We are thrilled to announce that our family medicine residency is now officially a [RHEDI](#) certified program! This status change honors the comprehensive sexual and reproductive healthcare (SRH) education, including abortion care training, which we offer to residents and medical students. As a RHEDI program, we will have increased access to resources, support for increasing SRH procedural training for residents, and the boost in recruitment that comes with national visibility. Thank you to Julia McDonald DO for their leadership and the RHEDI Working Committee for reviewing our core curriculum goals and objectives, for considering the pros and cons of this effort, and for making suggestions about how to better incorporate DEIA efforts into all that we do.

Honduras Brigade 2024



The 2024 MDFMR Honduras medical brigade with Shoulder to Shoulder will take place May 13 (evening

departure) to May 23 (evening return). Interested participants should RSVP to Julia McDonald DO by Jan 26. Clinicians, medical staff, and non-medical/logistics staff are welcome. Spanish helpful but not necessary.

MDFMR has partnered with Shoulder to Shoulder to deliver primary care in rural Honduras annually since 2015 (excepting two COVID years). Shoulder to Shoulder is a North American-based NGO which contracts with the government of Honduras to provide long-term, sustainable care in the state of Intibucá in the southwest of the country. Shoulder to Shoulder coordinates the brigade, providing lodging, meals, transportation, and support personnel.

Faculty Recruitment News

We are pleased to announce that:

Scott Lowman DO will be rejoining our FMI faculty in a full spectrum position (without OB) in April 2024. Scott is well-known to many of us as a former faculty at MDFMR and has most recently been practicing outpatient medicine at CMMC.

Garrett Fontaine MD will be joining our MDFP/College Health practices as an outpatient faculty in August 2024. Garrett brings incredible passion for patient advocacy and education.

Kaleigh Roy FNP will be joining Maine Dartmouth Geriatric Medicine in March 2024. Kaleigh has a background in medical/surgical nursing.

Resident & Fellow Recruitment News

The family medicine residency is pleased to welcome PGY1 residents **Daramfon Bofah MD** and **Hope Huntley MD**, who will start in off-cycle positions on Jan 15 and Jan 22 respectively.

The ONMM3 residency is pleased to welcome **Gage Bollinger DO**, **Connie Earl DO**, and **Jenny Ho DO** for the 2024-25 academic year.

The geriatric medicine fellowship is pleased to welcome **Miriam Uduebor MD** for the 2024-25 academic year, and excited she will be staying at MDFMR for geriatric training!

The sports medicine fellowship is pleased to welcome **Christoffer Amdahl MD** and **Travis Kinane DO** for the 2024-25 academic year.

Family medicine Match day: Mar 15.

Same Faces, New Name

As of December, the residency dermatology practice has changed its name to Maine Dartmouth Dermatology. The practice has not changed but now has an easier name to remember that aligns with other residency-affiliated programs.

MERGE Collaborative News – Rural Electives



There are now over a dozen amazing rural training opportunities for residents to choose from when planning elective experiences! To view options or register, go to <https://mergecollaborative.org/>

Mini Retreat with Ben's Bells

A half day morning educational retreat focused on celebrating, honoring, and recognizing the importance of the practice of kindness will take place April 24 at ACH. The retreat will be facilitated by [Jeanette Mare of Ben's Bells](#) and will dive into the concept of intentional kindness. Ben's Bells are colorful ceramic ornaments hung in communities throughout the world as symbols of kindness for people to find and take home — retreat attendees will paint bells during the program.

MOA 2024 Midwinter Symposium

The Maine Osteopathic Association's 2024 Midwinter Symposium will take place Feb 9 – 11. The theme is "The Building Blocks of Healthcare" with a focus on social determinants of health. Registration is complimentary for residents and students. MDFMR will be well-represented among the presenters:

- AFIB update – Tristan Reynolds DO
- Internal medicine update – Christina Lincoln DO
- Providing sexual and reproductive health in today's political landscape – Julia McDonald DO
- Intro to FDM & hands on practice – Tom Pentzer DO
- OB for the non-OBGYN provider – Caroline LaFave DO

Geriatric Medicine Art

The Geriatric Medicine team joined local artist Helene Farrar for a paint night and made some lovely paintings!



Save the Date!

Jan 26-28, 2024: 44th NNE Co-Op PCBRN Annual Meeting, *Attitash NH*

Feb 13, 2024: MDFMR Family Dinner, *ACH*

Mar 21, 2024: NEOMEN Spring Update, *Lewiston ME*

Mar 28, 2024: 1st annual MERGE Collaborative conference, *Orono ME*

Apr 24, 2024: MDFMR mini retreat with Ben's Bells, *ACH*

May 13 – 23, 2024: MDFMR Honduras medical brigade with Shoulder to Shoulder, *Intibucá Honduras*

June 4, 2024: MDFMR Scholarly Symposium, *ACH*

June 14-16, 2024: MOA 113th Annual Convention, *Rockport ME*