THREE Rs OF RETIREMENT

NEW REWARDS ... ENRICHED RELATIONSHIPS ... MEANINGFUL REFLECTION

Robert Blake story continued on page 11
This edition of our department newsletter has some poignant nostalgia and great advice for all of us.

Graduates from the 1980s and 1990s will recognize the wonderful evolution of Robin Blake’s career. Widely acknowledged as “the smartest guy I ever met,” Robin also has taught us all about the courage to follow instincts and dreams, even when it means substantial and fundamental change.

Speaking of change ... lots of the advice from our graduates of 10, 20, and 30 years ago focuses on the importance of embracing change. Confidence in your selection of a specialty, your training, and your instinct is another common theme from our graduates.

Professional and personal balance, the importance of relationships, and the relatively negligible benefit of “go for the money” are other important themes.

A few graduates also talked about the importance of electronic records. Several of our faculty are working closely with the Cerner Corporation, recognizing that health information technology must become one of the trusted partners in our office.

I hope you’ll enjoy reading about the accomplishments of our department and its graduates as much as I have.

HAROLD A. WILLIAMSON JR.
Professor and Chair
STAN DORST, MD, former associate professor of MU Family Medicine, has joined the Jefferson City Medical Group, a multispecialty group located in mid-Missouri. Dr. Dorst came to MU in 2001 to serve as associate director of our residency program, teach, and see patients at Green Meadows Family Practice Center. He is focused on patient care at his new job, which he truly enjoys.

MARTHA TERRY, MD, who served as assistant professor in our department for three years, has moved to Johnston, IA, with her husband, 2006 Family Medicine Fellowship graduate Michael Ohl, MD, MSPH. A 1998 MU Family Medicine Residency alum, Dr. Terry plans to take a year off and help her children— daughter Madeleine and son Aidan—to get settled before she begins looking for a job.

WEN-CHIEH LIN, PhD, former research assistant professor in our department, has joined the faculty at University of Massachusetts Center for Health Policy and Research, Worcester. During his five years at MU, Dr. Lin studied health care delivery, looking for ways to improve the system and the care it provides older patients.

CHRONIC DISEASE has been a strong and ongoing interest at MU Family and Community Medicine. By collaborating with Cerner, a corporation that leads the nation in developing and supplying health care information technology, the Department of Family Medicine is taking a pioneering approach toward improving the way clinicians manage chronic illness.

Teamwork is a key feature of this new approach to patient care. A multidisciplinary team, which includes chronic illness nurse educators, a diabetes nurse practitioner expert, a dietician, mental health workers, clinic staff, and other health professionals, collaborates with the family physician regarding patient care decisions. A nurse partner is assigned to each patient and works alongside the physician to manage the patient’s care.

GOAL ONE: Make it easier and more efficient for physicians to do the right thing for the chronically ill. Having a “next generation” electronic medical record (EMR) in the office will give physicians access to accurate and up-to-date information that should improve care not only for those with chronic disease but also for patients with other health care needs.

GOAL TWO: Help patients manage their own care. By connecting via “smart devices” from home to their physician’s office, patients will be able to electronically send information such as blood sugars, blood pressure, and weight to their doctors. Nurse partners will consult with the multidisciplinary team as they monitor this information and provide feedback to help patients better manage their illness.

GOAL THREE: Help family physicians manage populations of people. To achieve this goal, specific reports need to be created. Information generated in these reports would (1) alert physicians about which patients are not meeting pre-identified targets for their chronic illness, (2) document how specific doctors are doing at helping patients meet their targets, and (3) summarize how well each practice is doing at managing their patients’ chronic illnesses. With Medicare and many insurance companies adopting ‘pay for performance’ policies, these reports could impact physician compensation and ultimately improve quality of care.

As MU Family and Community Medicine leaders look to the future and their vision for the new model of family medicine, they are collaborating with their Cerner colleagues to enhance the “medical home” concept. Features of the “medical home” are:

- An electronic information system, including the EMR, supports patient care.
- Health care is relationship-based.
- Care is focused on health improvement.
- Patient care is provided by a multidisciplinary health care team.
- Patients are taught to self-manage their disease.
- Health care is provided independent of doctor visits.
- Community resources are part of the health care process.

The right information for the patient … just in time

Our Deepest Sympathy to the Families of

JOHN SALMONS, PhD, who passed away in Albuquerque, NM, this summer. Dr. Salmons, a former faculty at MU’s College of Engineering, is survived by his wife, Ruth. Ruth was the first administrative manager at MU Family Medicine, serving the department from 1976-83.

BARBARA CAVENAGH, who passed away in Wales, UK, this August. Mrs. Cavenagh was married to AJM (Sandy) Cavenagh, MD, a former faculty member and preceptor for MU Family Medicine. Dr. Cavenagh retired from general practice during the early 90s.
AMANDA ALLMON, MD

As a new faculty member, Amanda will see patients at the Woodrail Clinic and teach in our residency program. She and her husband, Jason Hoffman, had their first child, Graham, in June.

PAUL ANGLETON, MD

Paul, Sara, and their son, Eli, moved to Chillicothe, a town of 6,000 in central Illinois. Paul is in private practice with another family physician at the Order of St. Francis Medical Group Clinic.

SARAH CURRY, MD

Sarah, Steven, and their baby, Truman, returned home to Sikeston, MO, where Sarah practices medicine with a group that includes MU Family Medicine graduate Cully Bryant.

KRISTEN DEANE, MD

As a new faculty member, Kristen is an associate director of our residency program and will see patients at Woodrail Clinic. She and her husband, Kurt Tarwater, are expecting their first child this fall.

SIMON MCKEOWN, MD

Simon, Julie, and their children, Jonah, Christian, Rory, Sophie, Rosanna, Dominique, and Brenden, moved to Mexico, MO, where Simon works at Audrain Hospital Clinic with Family Medicine alum Justin Jones.

RYAN MCWILLIAMS, MD

Ryan’s father, grandfather, and great-grandfather have all been family physicians ... family medicine obviously runs in the family. Ryan has headed to the Pacific northwest and plans to practice medicine with a group.

ERIN PIONTEK, MD

Erin inherited her love for medicine from her parents; both have careers in health care. She moved to St. Louis to practice with MU Family Medicine alum Matt Beckerdite at O’Fallon Family Medicine Clinic.

SCOTT ROOS, MD

Scott, Jan, and their children, Henry and Annicka, moved to St. Louis where Scott practices at O’Fallon Health Central. This family medicine clinic is part of the BJC Medical Group.

BJ SCHULTZ, MD

BJ, Sue, and their son, Samuel, are living in Columbia while BJ completes the sports medicine fellowship program at MU. He sees patients at Green Meadows Family Practice Center.

NATALIE SEFTON, MD

As a new faculty member, Natalie sees patients at Green Meadows Family Practice Center and teaches residents. Tony Choi, her husband, is an orthopedic resident at MU.

JEREMY SWINDLE, MD

Jeremy, Rebecca, and their children, Sabine and Jacob, moved to Newberg, a town 35 minutes southwest of Portland, OR, where Jeremy practices at Providence Medical Group.
Do not be afraid to take calculated risks, both professionally and financially, early on in your career. Remember, you have a track record of good decision-making, and, with a bit of careful homework, you should be capable of further successful choices.

BILL BIRKBY, MD
RESIDENCY CLASS OF 1976

DR. BIRKBY is a practicing general pathologist, partner in Boyce & Bynum Pathology Laboratories in Columbia, and the laboratory medical director at Columbia Regional Hospital. In 1991, he quit practicing family medicine to enroll in the four-year pathology residency program at MU. He began employment with his current group in 1995.

Dr. Birkby and his wife, Lynn, have three children and two grandchildren ... and another grandchild due on Halloween.

“I hope you enjoy family medicine as much as I have during the past 30 years. If you’re pursuing a career in private practice, arrange to have help so it’s easier to balance work and family.”

CHUCK JANOVSKY, MD
RESIDENCY CLASS OF 1976

DR. JANOVSKY has practiced family medicine at Health Partners Medical Group, a multispecialty practice located in Michigan City, IN, since completing residency. He currently serves as director of LaPorte County Health Department and medical director of a local nursing home.

Dr. Janovsky and his wife, Teresa, have three children and two grandsons.

“Go towards something, not away from it.”

LARRY JOHNSON, MD
RESIDENCY CLASS OF 1976

DR. JOHNSON is board certified in emergency medicine and has been doing ER work for the past 10 years. He is on staff at Fulton County Health Center, a hospital located in the rural community of Wauseon, OH.

Dr. Johnson has been married 34 years. He had three children, but one of them, a daughter, died of bone cancer in 1996. He has six grandchildren, plus another one on the way.

FOLEY’S RULES OF THE ROAD FOR GRADUATING RESIDENTS

1. Do what Jack Colwill even suggests might be a good idea.
2. Believe none of what you hear, half of what you see, and all of which you smell.
3. A Smith and Wesson beats four aces.
4. Every fact you have learned at Missouri won’t last 10 years; every habit Mizzou instilled will serve a lifetime.
5. Read a real book once in a while or live in the dark.
6. Never get your honey where you make your money.
7. Leave it at work and go home.
8. In the long run, we’re all dead.
9. Believe in God and hope He returns the favor.
10. Don’t bet against the Buckeyes.

ANDY FOLEY, MD
RESIDENCY CLASS OF 1976

DR. FOLEY has been one of two student health physicians at University of Dayton (UD) for three years. Before coming to UD, he directed the St. Elizabeth Family Practice Residency Program until the hospital closed its doors.

He is still married to Janis, which, he says, “is good for a plenary indulgence.” His daughter is in a PhD program, studying English, at Stony Brook (SUNY), and his son has started college at UD. He is still writing and trying to get published. (NOTE: Dr. Foley is available for wisdom consults.)

Andy Foley (right) with A. Sherwood Baker, MD, an early faculty member and “father” of the MU Family Medicine Residency Program.
“Listen to your patients; they will tell you the diagnosis.”
LYNN BROADFIELD, MD
RESIDENCY CLASS OF 1986

DR. BROADFIELD works at Mountain View Medical Group, CO, a large partnership that practices office-based medicine. She also serves as medical director of Open Bible Free Clinic. This health care facility serves indigent families in Colorado Springs.

Dr. Broadfield enjoys skiing, traveling, and pets. She, her husband, Berry Huffman, and their 10-year-old son, Noah, have a bird, a snake, and a dog.

“Remember that there are a variety of things a family doc can do. Consider the PHS ... you won’t need a business office, and the Corps offers a wide range of clinical, research, and administrative roles. Plus, you’ll have the opportunity to respond to disasters and other public health threats.”
GENE FREUND, MD
RESIDENCY CLASS OF 1986

DR. FREUND serves in the United States Public Health Service (PHS). He currently works with the Centers for Medicare and Medicaid Services (CMS), addressing quality of care issues for Medicare.

Dr. Freund is married to Claudia Denton (since 1988), and they have two children, Grace (14) and Carl (9). He races and sails his folding trimaran on the Chesapeake Bay and still plays guitar (and family still says, ‘No! Don’t sing!!!’). His Weimaraner keeps him running most mornings.

“Never stop reading or learning, for everything you learn will be useful and valuable one day. Appreciate how well trained you are as a Mizzou residency grad. Your opportunities are limitless.”
PHIL SMITH, MD
RESIDENCY CLASS OF 1986

DR. SMITH is chief medical informatics officer for Adventist Health System in Orlando, FL. Adventist owns and operates 36 hospitals in 10 states. His office is in Zephyrhills, where he serves part-time as vice president of medical affairs for a 154-bed hospital.

Dr. Smith and his wife, Beth, live in New Port Richey, FL, where he practiced until 1997. Beth is active in Bible Study Fellowship, and Dr. Smith is on the board and vice president of a church planting organization in West Africa. They have three children, a daughter who recently married and is a copy editor for an Arkansas newspaper; a son studying computer engineering at University of Illinois-Champaign; and a daughter who just started Flagler College in St. Augustine, FL.

“Keep on the cutting edge with technology … observe and act on the changes in health care delivery.”
JIM NAHLIK, MD
RESIDENCY CLASS OF 1986

DR. NAHLIK maintains a private practice in west St. Louis County and is chief of family practice at Missouri Baptist Medical Center.

“No matter where you practice — rural, suburban, or urban — you need to be part of a larger network of physicians that manages patients in your area with a region-wide EHR.”
TOM JEVON, MD
RESIDENCY CLASS OF 1986

DR. JEVON has worked as a solo family doctor in suburban Boston until this past summer, when a new family doctor from Tufts Residency joined his practice. For years, he has been involved in a large physician network, and he is currently leading the deployment of the EMR for the 150 doctors in his Physician Hospital Organization.

Dr. Jevon is married to Louise Richardson, and they have three children, Ciara (17), Fiona (15), and Rory (12).
When we asked 1986 MU Residency Alums

“What Advice Do You Have For Our 2006 Family Medicine Graduates?”

They Responded

“Keep your perspective. Know who your patient is, and know who the doctor is. Know what your patient wants, and know what the doctor wants. Listen to your patient, and listen to what the doctor tells the patient. Deliver what your patient needs, and keep your own needs met.

Humor, compassion, feeling, comfort, love, and joy. I have heard it said that medical school and residency remove these from doctors. If that is so, please remember to collect them at the door and take them with you before you leave. They belong to you, and you will need them in your practice. If you find a colleague who misplaced some of these, share yours. Don’t be afraid to touch your patients or to be touched.”

STEVE SLOAN, MD
RESIDENCY CLASS OF 1986

DR. SLOAN has practiced in Green River, WY, for 20 years and currently serves as medical director of the outpatient clinics and long term care center of Castle Rock Hospital District. He is active in the Wyoming Medical Society, serving on its board for 15 years and as its president in 2000-01. Dr. Sloan earned the 2006 Wyoming Medical Society Community Service Award.

Dr. Sloan’s wife has served two terms as president of Wyoming Medical Alliance. His son attends Western Wyoming Community College; his daughter attends University of Utah.

“Do it for love. Money buys precious little of real value, and at the end of the day, your greatest contribution will likely be the time you spend with your family and friends.”

STEVE CRANE, MD
RESIDENCY CLASS OF 1986

DR. CRANE is program director of a rural track residency program in Hendersonville, NC. He is very involved in a number of local, regional, and state initiatives aimed at improving quality of care, improving access to care for the uninsured, and helping other rural practices adopt EHR through a RHIO model.

Dr. Crane is still blissfully married to Kate Sloss, also a 1986 MU Family Medicine Residency graduate. Dr. Sloss maintains a solo rural practice in Bat Cave, NC. Their oldest daughter (born during third year of residency) is a junior at UNC-Asheville. Their son is a freshman at UNC-Chapel Hill, and their youngest daughter just started high school.

“Find good colleagues with whom to work — you’ll need them in academics and private practice.

Be a good partner; it will make your job and your life easier.”

LOU SANNER, MD
RESIDENCY CLASS OF 1986

DR. SANNER completed the Robert Wood Johnson Academic Fellowship Program at MU in 1988. He then joined the University of Wisconsin Department of Family Medicine (UWDFM), where he served as residency program director until 2002. Today, Dr. Sanner is an associate professor at UWDFM, and he teaches, practices, and serves as medical director at Northeast Family Medical Center. His academic interests center around resident education, particularly training for underserved rural and urban practice.

Dr. Sanner, who has recently remarried, has four children, ranging in age from 21 to 31, and two grandchildren.

“It’s a great time for family medicine because change begets opportunity. Once you get over the fear, there are all sorts of things you can do with your training. I’m a good example of that. For me, it was palliative care.

Patients are great. Enjoy your practice and have fun at work...

those are the memories you will keep later in life.”

PHIL WHITECAR, MD
RESIDENCY CLASS OF 1986

DR. WHITECAR completed a national health service rotation right after residency; then he joined the Family Medicine faculty at Wright State University in Dayton, OH. Today he is an associate professor and associate director of the Dayton Community Family Medicine Residency Program. Dr. Whitecar is board certified in pain medicine and is in the process of developing a palliative care service in the hospital.

Dr. Whitecar and Deborah, his wife of 28 years, live in Beavercreek. Their sons, Stephen and David, attend college.
“Find a professional niche that allows you sufficient latitude to pursue medicine as a passion and a calling rather than as a means to financial reward. The pressures to do the latter are great and growing. Only by doing the former, in my view, can one have a satisfying and meaningful impact long term.”

MARK ELLIS, MD
RESIDENCY CLASS OF 1996

DR. ELLIS completed the faculty development fellowship at MU in 1999, and shortly thereafter, he joined the faculty at Cox Family Medicine Residency in Springfield, MO. During his six ‘very satisfying’ years with Cox Residency, Dr. Ellis’ responsibilities included teaching, full-range clinical practice, administration, and research regarding patients’ and doctors’ views of spiritual assessment.

During that time, he met, courted, and married Marcia Nichols, and on March 12, 2003, they were blessed with twin sons, Ryan and Garrett. For Dr. Ellis, the past year has witnessed his transition to private practice, also with Cox Health (Center for Family Medicine Associates). His wife’s completion of a master’s degree in counseling, and Ryan’s and Garrett’s mastery of everything from the alphabet to hanging spoons from the ends of their noses.

‘Other than serving as a big, hairy play-toy for Ryan and Garrett, my free time is occupied in various activities at my church, writing poetry, running, and (when I get the chance) music in various forms,’ says Dr. Ellis.

“Get an EHR. Learn about electronic access of information. Almost everything is available electronically now. Think about getting an MBA, especially if you are going to be involved in the management of your practice or hospital.”

JOHN DELZELL, MD
RESIDENCY CLASS OF 1996

DR. DELZELL is currently a Jayhawk. Until July 2005, he had been the program director at University of Tennessee Saint Francis Family Medicine Residency. He left that position to live closer to his family in Missouri. He joined University of Kansas School of Medicine faculty and now serves as an associate professor and associate director of predoctoral programs. Dr. Delzell loves the Department of Family Medicine at KU. They are doing exciting educational research and are in the middle of a curricular redesign for the entire medical school, he says.

David, Dr. Delzell’s son, is 7 years old and in the second grade. ‘He continues to amaze me with his brilliance, his humor, and his energy,’ says Dr. Delzell. David was diagnosed with Fanconi’s anemia in May 2004. This is a progressive aplastic anemia that will eventually require him to have a bone marrow transplant. Right now the only consequence is thrombocytopenia and a slight anemia. He is fortunate to be cared for by the best hematologists in the country at St. Jude Children’s Research Hospital, Dr. Delzell explains.

“Remember, no matter how busy your practice gets, you should strive to balance home life and work.”

KRISTIN MALAKER, MD
RESIDENCY CLASS OF 1996

DR. MALAKER completed a sports medicine fellowship at MU in 1998. Since then, she has focused on emergency medicine, working first at Boone Hospital in Columbia for seven years. For the past three years, she has worked the ER at St. Mary’s Health Center in Jefferson City. Dr. Malaker enjoys ER work and appreciates the freedom it allows. During her career, she has maintained a strong interest in dermatology and lectures on this topic annually to the AAFP.

Dr. Malaker is married to John Tate, a physical therapist who works in Boonville. They live in the house they built on 150 acres in Rocheport.
**BRIAN MAHAFFEY**

“Find a place that you enjoy living, find great partners, and find good friends inside and outside of medicine. Even though your practice may be overwhelming at times, remember to enjoy life and your family. Bottom line, love what you do. Even though medicine can be very frustrating, it is the best profession... period.”

**DR. MAHAFFEY** joined St. John’s Clinic in Springfield, MO, eight years ago after finishing his sports medicine fellowship at MU. As a primary care sports medicine specialist at St. John’s Orthopedic Specialists, his practice is mainly nonsurgical orthopedics. He is the team physician at Missouri State University (MSU) and the primary care provider for all athletes at MSU. He also consults for other colleges and high schools in southwest Missouri.

As director of St. John’s sports medicine program, Dr. Mahaffey provides administrative and medical oversight of the program and its 30 athletic trainers. He is just finishing his second year as chair of St. John’s Clinic board of directors.

It has been great to practice in his hometown and work for his alma mater, where he played baseball, Dr. Mahaffey says. With regular rotators from Cox Family Practice Residency program, he enjoys the opportunities he has to teach, too.

Dr. Mahaffey and his wife, Sandy, spend a lot of time with their two daughters, Lauren (13) and Samantha (10), who are involved in various sports activities. When time permits, they like to travel and play an occasional game of golf.

**DEBORAH WEEMS, MD**

“Follow your heart.”

**DR. WEEMS** moonlighted in the ER while practicing family medicine with a group in Jefferson City during the first years after residency. Realizing that she enjoyed ER work more than family medicine, Dr. Weems moved to Kansas City seven years ago and accepted a job with HCAEP, a company that provides emergency services to hospitals in the KC area. She currently works the ER at Research Medical Center-Brookside Campus and is in the process of earning certification in emergency medicine.

Dr. Weems and her husband, Fred, live in an unusual house they built in downtown St. Joseph, MO. Completed five years ago, their house has been described as an “adult playground” and includes a huge library, darkroom, recording studio, fiber art studio, and secret passageways. This house has drawn a lot of media attention. In fact, in November, it will be featured on “Off Beat America,” a television show produced by HGTV.

Dr. Weems has four children, Gabriel (14), Aaron (11), Jolie (8), and Eli (3). Her husband, Chris, works at Loyola University.

“Living in New Orleans has been an adventure this year. We were extremely lucky to have been only minimally affected; our house is fine. We are all holding our breath to see how this year’s hurricane season evolves,” Dr. Wiseman says. “I was on duty in the hospital during Katrina and would not like to repeat the experience. Nevertheless, Chris and I are committed to rebuilding our city.”

“Do what you enjoy, and enjoy what you do. Take care of yourself and your family as well as your patients. Keep an open mind, and do not close off your options, as medicine is changing at the speed of light. Be open to new ideas — and this advice is coming from an Old Dog.”

**DR. MANK** has been working for the VA as a community outpatient clinic provider in Mexico, MO, for the past four years. “I love it,” he says. Three years ago, he went back in the Air Force Reserves. He was active duty Air Force for four years out of residency. In the Reserves, he is assigned to an Aeromedical Staging Squadron as a flight surgeon. Basically his task is to prepare and clear medical patients for flight out of the Area of Operations. To date, he has not been deployed to a combat zone.

Dr. Mank and Christine, his wife, went to Hawaii for their 30th anniversary last year. This year they went to Kansas City. ‘Can’t go to Hawaii every year,’” he says. Rachel, their only child, turns 25 this year. She has completed her first year in the osteopathic program at Kansas City. Between Rachel and season tickets for the Chiefs, Dr. Mank spends a lot of time in KC.

“Do what it takes to have the kind to practice that you want, that you believe in, even if it’s not easy or not well supported by the current medical system. Your patients will love you, and hopefully, the system will catch up.”

**PAM WISEMAN, MD**

**DR. WISEMAN** works at Tulane University School of Medicine as assistant professor of clinical family medicine. She has an active practice, including obstetrics, and is medical director of a school-based health center. She also directs the third-year family medicine clerkship. Dr. Wiseman is currently involved in a state-level collaboration to redesign the regional health care system, and she was recently named one of the ‘Best Doctors’ in New Orleans by a local magazine.

Dr. Wiseman has four children, Gabriel (14), Aaron (11), Jolie (8), and Eli (3). Her husband, Chris, works at Loyola University.

‘Living in New Orleans has been an adventure this year. We were extremely lucky to have been only minimally affected; our house is fine. We are all holding our breath to see how this year’s hurricane season evolves,” Dr. Wiseman says. ‘I was on duty in the hospital during Katrina and would not like to repeat the experience. Nevertheless, Chris and I are committed to rebuilding our city.’

“Do what you enjoy, and enjoy what you do. Take care of yourself and your family as well as your patients. Keep an open mind, and do not close off your options, as medicine is changing at the speed of light. Be open to new ideas — and this advice is coming from an Old Dog.”

**JERRY MANK, MD**

**RESIDENCY CLASS OF 1996**
**Work hard, and do what you like that gets paid for. Don’t look for external validation from the system or your peers. If you are doing good work, keep it up.**

**FRANK LAWLER, MD**<br> **FELLOWSHIP CLASS OF 1986**

**Dr. Birch joined our faculty as assistant professor. He sees patients at Green Meadows Family Practice Center, and he teaches medical students and residents.**

**Expect change. Expect that the job you sign up for will change and that you may change with it or you may choose to go elsewhere. Expect the challenges to be exciting.**

**Family Medicine is reasserting itself and exploring innovative approaches to care. This is the time for those with nontraditional ideas to promote their vision.**

**PAT ADAM, MD**<br> **FELLOWSHIP CLASS OF 1996**

**Be honest with yourself about what you truly enjoy and then pursue it with passion.**

**MICHAEL STIFFMAN, MD**<br> **FELLOWSHIP CLASS OF 1996**

**DR. ADAM and DR. STIFFMAN are married. They were 1993 residency graduates and then completed fellowship training in 1996.**

**DR. ADAM is associate program director at Smiley’s Residency Program at University of Minnesota. She continues to practice the full breadth of family medicine, including OB, and she does a fair amount of colposcopy and gives talks locally on the subject. Currently, Dr. Adam is conducting research on primary care teams improving care of the ‘heartsink’ patient.**

**DR. STIFFMAN maintains two practices with HealthPartners, an HMO established nearly 50 years ago in Minnesota. He practices family medicine at the HealthPartners-Woodbury Clinic, and he provides primary care for people with HIV at the HealthPartners Specialty Center – Infectious Disease Clinic.**

**Drs. Adam and Stiffman have three children, Alex (10), George (8), and Sam (6).**

**As practitioners, always be an advocate for your patient. Ask better questions, listen better to the answers. Your mission as a family physician is to focus on the human side of medicine.**

**KAAREN DOUGLAS, MD**<br> **FELLOWSHIP CLASS OF 1986**

**Dr. Douglas retired from family medicine last year after 30 years of teaching and patient care. Now an independent affiliate of VMdirect, she is promoting video communications on the Internet. The work is fun, exciting, and very different, she says. (E-MAIL: kaaren@helloworld.com) Dr. Douglas has two daughters and one granddaughter. Her husband, John Doyle, died of cancer nearly seven years ago.**

**FRANK LAWLER**

**KAAREN DOUGLAS**

**When we asked MU Fellowship Alums “What Advice Do You Have For Our 2006 Family Medicine Graduates?” they responded:**

**FRANK LAWLER**

**KAAREN DOUGLAS**

**PAT ADAM and MICHAEL STIFFMAN with their children.**
Dr. Blake relates well to students and wants them to be the best doctors they can be. “I have high standards and hold my faculty member didn’t appeal to him either. That’s why when thought of doing more clinical work did not appeal to me, so Dr. Blake retired in 2000, he agreed to work part-time at the faculty member. “Gradually over the years, I noticed that as my time in clinic decreased, so did my knowledge and abilities as a physician,” he says. “My relationships with students have always been rewarding but they seem to be stronger and more satisfying since I retired,” he says. “Maybe that’s because I’ve mellowed.” Dr. Blake enjoys most of what he’s doing these days and has no regrets about his decision to retire. “I feel good and am more relaxed,” he says. “If you ask my wife, she’ll tell you I’m happier and easier to live with.”

Cokie and Robin have been married for 39 years and have two sons. Their older son, Kevin, who lives in Madison, WI, is married and has an eight-year-old daughter, Ellie. Russell is married and lives in Prague.
MU DELIVERS EVERYTHING FROM A TO Z (ALLMON TO ZWEIG)

at University Physicians-Woodrail ... Its Newest Family Medicine Clinic

MU FAMILY MEDICINE opened another clinic this September. Four of the six physicians who practice there bring 100 years of family medicine experience to the Columbia clinic. Dr. Michael LeFevre, Dr. Daniel Vinson, and Dr. Steven Zweig have relocated from MUs Green Meadows Family Practice Center, and Dr. William Miller practiced in St. Joseph, MO, before joining our faculty this summer. Dr. Amanda Allmon and Dr. Kristen Deane completed residency training in June. The knowledge, commitment, and enthusiasm they share for their work and patients contribute to the high standard of care provided at the clinic.