

# Family & Community MEDICINE

Summer 2025

## CELEBRATING 50 YEARS OF FAMILY MEDICINE AT MIZZOU!

DR. RICHELLE KOOPMAN, our fifth and current chair, and DR. JACK COLWILL, our first and founding chair, reflect about family medicine, our department and their experiences as chair of the UNIVERSITY OF MISSOURI DEPARTMENT OF FAMILY AND COMMUNITY MEDICINE

I'm **RICHELLE KOOPMAN**. I'm a family doctor, physician researcher and fifth chair of this department. I've been here since 2007, so that's coming up on 18 years.

**How is the environment of this department different from other family medicine departments you've served?**

**DR. KOOPMAN:** Well, I was at another academic department before I came here, and I found Mizzou to be surprisingly different in a very good way. This is a very collaborative place. Not that my other department wasn't collaborative, but it is amazing the degree to which the people here really understand that their colleagues are working on different parts of our mission, yet they support each other in those different endeavors.

It feels like everyone is rowing in the same direction to a remarkable degree, actually. And I imagine this happens because of a leadership that allows it to happen.

**You are currently one of those leaders whom you've talked about, right? What does that role mean to you?**

**DR. KOOPMAN:** It's a great responsibility. The people are very, very important to me, and it's my job to make it easy for them to do their jobs. I want to help fuel their passions, and especially not to extinguish their passions.

I also want to go out and find more of the very best people, recruit them and give them opportunities to learn, grow and find joy in their jobs. So, it's a big responsibility, and I think doing well in the leadership part of my role can make all the difference.

**Chairs in your department have provided leadership even after they've retired ... why?**

**DR. KOOPMAN:** I employ three of our four past department chairs. And why wouldn't I ask three of the most inspirational leaders in our department's history ... who maybe have a little bit more time on their hands and lots of experience under their belts ... to help me? And they do. They all have unique strengths that help keep the department running.

Could we do it without them? Probably, but not as well.

I'm **JACK COLWILL**. I'm professor emeritus and first chair of this department. I came to this institution in 1964 and have stayed here for the past 61 years.

**Can you explain your history with the department?**

**DR. COLWILL:** We were the evolution of an earlier department called Community Health and Medical Practice, which was home to a number of loosely associated programs. And that department was here when I arrived, as was Dr. Sherwood Baker. Sherwood Baker had been directing MU's general practice residency program since 1963.

Family practice was not recognized as a specialty until the late '60s. Dr. Baker initiated the campaign to establish a family practice residency in 1969, soon after the American Board of Family Practice was created. By the mid '70s, we had developed the Family Practice Residency and earned full department status. MU changed our name to Family and Community Medicine and appointed me as chair.

By 1973, Dr. Baker had recruited two new faculty: Georgia Nolph, MD and Roger Hofmeister, MD, and we had enrolled our first class of residents, Dennis Keithly and Alan David. Since they graduated in 1975, our residency has trained more than 550 family doctors.

**Were there challenges in establishing family medicine as a specialty?**

**DR. COLWILL:** Our biggest challenge was gaining institutional support. Back in the time when I went to medical school, it was commonly viewed that general practitioners were doctors who had the least amount of training but were all things to all people. The specialty of family medicine evolved from an effort to establish a more formal training program and board certification for general practitioners. But many people opposed the idea.

State legislators around the country were deeply concerned about the loss of the old general practitioner and the need for someone to replace them.



RICHELLE KOOPMAN, MD, MS  
CHAIR AND PROFESSOR

JACK COLWILL, MD  
FOUNDING CHAIR AND PROFESSOR EMERITUS

CELEBRATING  
50 YEARS OF  
FAMILY MEDICINE  
AT MIZZOU

INTERVIEW CONTINUED  
ON PAGE 15

# CHAIR'S MESSAGE

## RESTORING JOY IN PRACTICE & CELEBRATING 50 YEARS

Over the past 18 months, we have been on a mission to restore Joy in Practice at FCM. I'm pleased to report that we've made significant headway on this work. We had previously identified patient portal messages that went directly to the physician and documentation of clinic visits as the major time-sinks and joy-eaters in our practices. One of our physicians was getting more than 6,000 portal messages a year! That is just not sustainable. I'm pleased to report that we have made significant headway in both areas.

We have been piloting AI-assisted documentation for about 15 months, and in early August we made this service freely available to all of our clinicians, including residents! And over the last 18 months, we have been slowly adding RNs to each clinic to be the first contact for portal messages, and removing physicians as first contact. We are currently hiring our last four RNs, which will complete our mission, and removing all clinicians across our 10 clinics, again including residents, from being first contact for patient messages. Dr. Regina DePietro recently told me that this reduced her inbox burden from about 30 to 4 messages a day, a change that she called "life-altering." Astounding that she was handling 26 messages a day that didn't need a physician – what a waste of resources – a waste now averted!

Our brighter more joyful future also includes hiring seven fantastic physicians whom you will see highlighted in this newsletter. We're excited to expand our primary care, sports medicine and palliative care capacity.

And we just had an amazing celebration of our 50th anniversary, which you will see prominently featured in this newsletter. For me personally, it was a special time to have all four of my chair mentors gathered in one place. It was a great joy to celebrate and connect our past, with our present and with our future!



**RICHELLE KOOPMAN, MD, MS**  
**CHAIR AND PROFESSOR**  
**JACK AND WINIFRED COLWILL CHAIR**

# MU FAMILY & COMMUNITY MEDICINE

## FCM FAMILY UPDATES

- **PAIGE BEAUPARLANT, MD**, assistant professor, has joined our FCM faculty and is seeing patients at Ashland Family Medicine, which is located 15 miles south of Columbia. She is attending for residents in clinic and on our family medicine inpatient service.

After earning her MD from University of Missouri in 2022, Dr. Beauparlant enrolled in MU's Family Medicine Residency. She completed her training in June.

Dr. Beauparlant and her husband, Miles, have two children, August and Mil-lie, and a dog, Watson. They are big MU Tiger fans, especially MU's football team.

- **EMMA COOPER, MD**, assistant professor, has joined our FCM faculty. She is seeing patients at Battle Avenue Family Medicine, Columbia; she is attending for residents in clinic and on our family medicine inpatient service, and she is teaching medical students.

After earning her MD from Jefferson's Sidney Kimmel Medical College, Philadelphia, in 2022, Dr. Cooper enrolled in MU's Family Medicine Residency. She completed her training in June.

Dr. Cooper enjoys life in Columbia with her partner, Kevin, an ENT resident at MU, and their cats, JoJo and Maxey. She likes running, hiking, reading, dancing, and spending time with family and friends. Go Irish and Fly Eagles Fly!

- **BRENT DUDENHOEFFER, MD**, and
- **CHEYENNE DUDENHOEFFER, MD**, both assistant professors, joined our FCM faculty. Brent and Cheyenne, who are married, are seeing patients at Fulton Family Health, a clinic located 30 miles east of Columbia. They are also attending for residents in clinic and on our family medicine inpatient service, and they are teaching medical students.

After graduating from University of Missouri School of Medicine in 2022, Dr. Brent and Cheyenne Dudenhoefter enrolled in MU's Family Medicine Residency and completed their training in June.

Brent and Cheyenne are loyal fans of the KC Chiefs and MU Tigers; they like walking their dog, Lily, and spending time with family. Brent enjoys board games, volleyball, basketball and fishing. Cheyenne enjoys reading a good book.

- **SAM HOLT MCNAIR, MD**, assistant professor, joined our FCM faculty and is seeing patients at Callaway Physicians, a clinic located east of Columbia in Fulton. He is attending for residents in clinic and on our family medicine inpatient service, and he is teaching medical students.

After earning his MD from University of Missouri in 2022, Dr. Holt McNair enrolled in MU's Family Medicine Residency and completed his training in June.

Dr. Holt McNair and his wife, Jensen, have two children, Jude, 3, and Florence, 1. When he's not working, Dr. Holt McNair enjoys spending time with his family, being outdoors and gardening.

- **ALLYSON SANDERS, MD**, assistant professor, recently joined our FCM faculty and is seeing patients at South Providence Family Medicine, Columbia, and she is doing outpatient attending for residents. Dr. Sanders also has a joint appointment with Missouri Sports Medicine, a unit of MU Orthopaedic Surgery, and is practicing sports medicine.

After earning her MD from University of Louisville, KY, in 2021, Dr. Sanders enrolled in MU's Family Medicine Residency. She completed her training in 2024, then began MU's Primary Care Sports Medicine Fellowship.

Dr. Sanders and her husband, Brad Vivace, an MU Orthopaedic Surgery Resident, enjoy the restaurants, breweries, trails and parks that make Columbia such a great town to live and work.







• **CHRISTINE DEETHS, MD**, assistant professor, joined our FCM faculty and the MU Hospice and Palliative Medicine Team. In addition to practicing outpatient palliative medicine at Ellis Fischel Cancer Center, Dr. Deeths is rotating and doing consults with the inpatient palliative care service.

Dr. Deeths grew up in St. Louis, then moved to Kansas City to attend UMKC School of Medicine. She earned her MD in 1995 and finished her family medicine residency at Kern Medical Center, Bakersfield, CA, in 1998. And in 2023 she completed a Hospice and Palliative Medicine Fellowship at Wright State University, Dayton, OH.

Before joining our FCM family, Dr. Deeths practiced in Wisconsin and Bakersfield, CA. She also worked at Bothwell Hospital, Sedalia, MO, and at urgent care clinics in Overland Park, KS, and at KU. Most recently, Dr. Deeths practiced and taught palliative medicine at Wright State University.

Dr. Deeths is a single parent of two young adult children, Timothy, who is a loyal Chiefs fan, and Rebecca, who likes musical theatre. Their family includes two Chinchillas, Iggy and Mahomie, and a fish, Amo.

In her free time, Dr. Deeths enjoys traveling with her children. She is active in her church, volunteers for children's causes and swims regularly. Dr. Deeths is an avid reader and hopes to someday write a book.



**FAREWELL: KATHY BOECKMANN, MA**, who joined our FCM family 25 years ago to manage the department's fundraising, alumni relations and communications efforts, is retiring in September 2025.

"I've enjoyed my job immensely – especially producing the FCM newsletter, and I cherish the relationships I've developed through the years, not only with our department family, but also with our FCM alums," says Kathy.



**WELCOME: HANNA CALDWELL, MPH**, was recruited in November 2024 to manage our department's strategic communications. Before FCM, Hanna worked on marketing and communications projects for Mizzou, and she served as a research consultant for All of Us, an NIH grant that is closing its MU site this year.

"I'm excited about my role and the opportunities I have to work with faculty and staff who are committed to family medicine and the future of our department," says Hanna.



• **KATHLEEN QUINN, PhD**, associate dean for rural health at MU School of Medicine (SOM) and adjunct professor of Family and Community Medicine, retired in December 2024, after playing a pivotal role in developing and growing the medical school's rural mission for the past 25 years.

Dr. Quinn secured nearly \$47 million in grants as the associate dean for rural education; most of these grants, which included Family Medicine faculty as key collaborators, focused on rural health care and training. Dr. Quinn led the Office of Health Outreach, Policy and Education and the Rural Scholars Program, and she served as senior program director for MU Extension's Community and Professional Health Education prior to retirement.

The recipient of three degrees from MU, Dr. Quinn was recruited by the SOM to serve as rural health education coordinator in 2000. Four years later, she was promoted to director of the Office of Rural Health, and in 2014, she was named associate dean for rural health.

As a leader of rural health programs throughout her career at the SOM, Dr. Quinn developed a deep understanding of the challenges many Missourians face in accessing health care. She is proud of MU's rural health initiatives and the unique opportunities the programs provided.

"Our programs provide on-site training in rural communities, where students learn about that population firsthand from our faculty. I believe we've produced some of the best physicians in Missouri. Many go on to rural practice and become leaders in their communities," she says.

In December 2024 Dr. Quinn was recognized with the Missouri Department of Health and Senior Services Rural Health Champion Award, a fitting award that encapsulated her remarkable decades of service.

### THE LEFEVRE FAMILY A 2025 Gold Standard Legacy Family!

Presented by the Mizzou Alumni Association, the Gold Standard Legacy Family Award honors a family who has made an outstanding impact on the University of Missouri over multiple generations of Tigers.

PHOTO LEFT TO RIGHT: Michael LeFevre, MD, MSPH, *professor emeritus*; and his son Nicholas LeFevre, MD, MSAM, *associate professor*; who is married to Whitney LeFevre, MD, *assistant professor*



### MU FAMILY AND COMMUNITY MEDICINE FACULTY/ALUM KUDOS

**TIFFANY BOHON, MD**, associate professor of FCM and Orthopaedic Surgery, was named Head Team Physician for USA Swimming at the World University Games, which took place in Berlin in July 2025.

**KRISTEN DEANE, MD**, associate professor and associate residency program director, attended the 2024 AAMC Mid-Career Faculty Leadership Development Seminar.

**REGINA DEPIETRO, MD**, assistant professor and associate clerkship director, was accepted into STFM's 2025 New Faculty Scholar Program.

**KEVIN EVERETT, PhD**, professor and research director, was chosen to participate in ADFM's Building Research Capacity Fellowship.

**CANDY LINCOLN, MD**, assistant professor, attended the 2025 AAMC Early-Career Faculty Leadership Development Seminar.

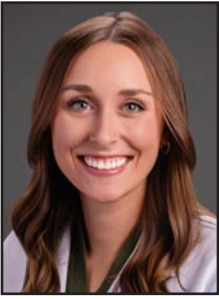
**NATALIE LONG, MD**, associate professor and clerkship director, was inducted as president of the Missouri Academy of Family Physicians at the 2024 Fall MAFP Conference.

**ALICIA LUDDEN-SCHLATTER, MD, MSAM**, associate professor, **JOSH SMOTHERS, MD**, assistant professor, and **CARL TUNINK, MD, MSAM**, assistant professor, were accepted into the 2025-2026 class of STFM's Emerging Leaders Fellowship.

**ROBERT PHILLIPS, MD, MSPH**, executive director, ABFM Center for Professionalism and Value in Health Care, was honored with a 2024 outstanding service award by the National Academy of Medicine.

**Dr. Robert Phillips is an MU Family and Community Medicine alum: 1998 RESIDENT, 2000 FELLOW!**

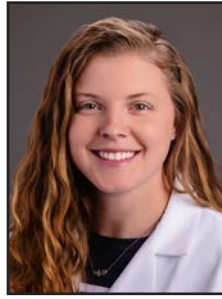
# CONGRATULATIONS 2025 RESIDENCY GRADUATES



FAMILY MEDICINE FACULTY

## Paige Beuparant, MD

Paige, her husband, Miles, their children, August and Millie, and dog, Watson, are living in Columbia. Paige joined our faculty and is practicing at Ashland Family Medicine, Ashland, and she is attending for residents in clinic and on our inpatient service.



## Cara Conrad, DO

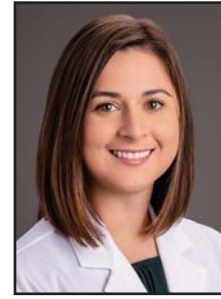
Cara enrolled in Notre Dame's Sports Medicine Fellowship, South Bend. After completing her training, Cara will join her husband, Wyatt Eikermann (2025 RES), in Cuba, MO, where she will do outpatient family medicine at Missouri Baptist Hospital, Sullivan, MO.



FAMILY MEDICINE FACULTY

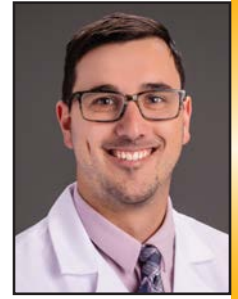
## Emma Cooper, MD

Emma, her partner, Kevin, an MU ENT Resident, and their cats, JoJo and Maxey, are living in Columbia. Emma joined our faculty and is practicing at Battle Avenue Family Medicine, Columbia, and she is attending for residents in clinic and on our inpatient service.



## Abrea Cridlebaugh, MD

Abrea, her husband, Brody, and daughter, Elsie, moved to Sedalia, MO, where she is doing outpatient and inpatient medicine at Bothwell Family Medicine Associates. Abrea also joined the Bothwell Family Medicine Residency faculty.



FAMILY MEDICINE FACULTY

## Brent Dudenhoeffer, MD

Brent and his wife, Cheyenne (2025 RES), are living in Columbia. Brent joined our FCM faculty and is doing outpatient medicine at Fulton Family Health, attending for residents in clinic and on our inpatient service, and he is teaching medical students.



FAMILY MEDICINE FACULTY

## Cheyenne Dudenhoeffer, MD

Cheyenne and her husband, Brent (2025 RES), are living in Columbia. Cheyenne joined our FCM faculty and is doing outpatient medicine at Fulton Family Health, attending for residents in clinic and on our inpatient service, and she is teaching medical students.



## Wyatt Eikermann, DO

Wyatt moved to Cuba, MO, where he is doing outpatient family medicine at a new clinic he is setting up at Four Rivers Community Health Center. He looks forward to his wife, Cara Conrad (2025 RES), joining him in Cuba after she finishes her sports medicine fellowship.



FAMILY MEDICINE FELLOW

## Levi Harris, DO

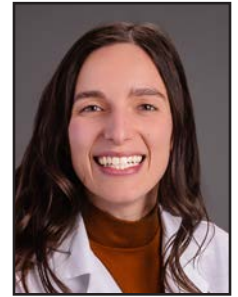
Levi and his wife, Lauren, are living in Columbia. Levi is enrolled in the University of Missouri's year-long Primary Care Sports Medicine Fellowship program.



FAMILY MEDICINE FACULTY

## Sam Holt McNair, MD

Sam, his wife, Jensen, and their children, Jude and Florence, are living in Columbia. Sam joined our FCM faculty and is doing outpatient medicine at Callaway Physicians, Fulton. He is also attending for family medicine residents in clinic and on our inpatient service.



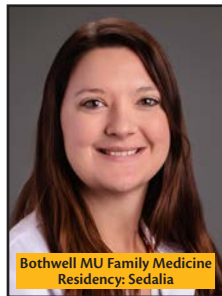
## Paige McCaleb, MD

Paige and her partner, Nathan, their daughter, Ruth, and dog, Alfie, moved to rural central Pennsylvania, not far from Paige's hometown. There, Paige will practice outpatient family medicine with the Mount Nittany Health system.



## Addison McGuire, DO

Addison and his husband, Grayson Mynatt (2024 RES), moved to Lakeview, Chicago, IL. Addison is practicing outpatient family medicine at Howard Brown Health, the largest LGBTQ+ health organization in the Midwest.



## Brittany Pendergraft, MD

Brittany and her fiancé, Ryan, moved to Tallahassee, FL, where she is doing a one-year OB fellowship. After she finishes her training, they will return to Sedalia, and Brittany will practice at Bothwell Family Medicine Associates.



## Elise Sherman, MD

Elise, her husband, Tyler, and their daughter, Georgia, moved to St. Louis, MO, where she is practicing outpatient family medicine at Mercy Primary Care Clinic in Kirkwood, MO.



## Alaina Studdt, MD

Alaina is moving back to her hometown, St. Louis, MO, where Alaina will work in an urgent care clinic.



## Nick Williams, MD

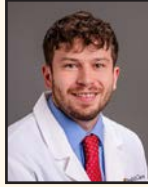
Nick, his wife, Heather, and dog, Forest, moved to Milwaukee, WI. Nick is practicing outpatient family medicine at Aurora Health Care, a hospital-affiliated clinic located in Menomonee Falls.



## WELCOME FAMILY MEDICINE RESIDENTS



**Shane Bolina, MD**  
Saint Louis University



**Devin Breckenridge, MD**  
University of Missouri  
Columbia



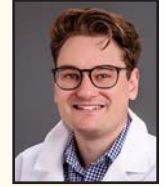
**Maaria Chaudhry, MD**  
Saint Louis University



**CJ DeBiase, DO**  
AT Still University COM  
Kirkville, MO



**Tiffany Edwards, MD**  
University of Missouri  
Columbia



**Evan Juranek, MD**  
Southern Illinois University  
Springfield



**Natasha LaGrega, MD**  
University of Kansas  
Kansas City



**Lucie Lamb, MD**  
University of Missouri  
Columbia



**Katie Long, MD**  
University of Missouri  
Kansas City



**Marcus Mallen, MD**  
University of Missouri  
Columbia



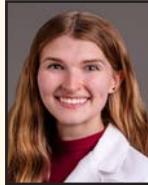
**Cameron Meyer, MD**  
University of Missouri  
Columbia



**Kelly Moore, DO**  
Ohio University COM  
Athens



**Karolina Pogorzelski, MD**  
University of Missouri  
Columbia



**Audrie Rushton, DO**  
AT Still University COM  
Kirkville, MO



**Neehar Shah, MD**  
University of Missouri  
Kansas City



**Julia Townsley, MD**  
University of Arkansas  
Little Rock



**Hayden Hackman, DO**  
Edward Via COM  
Monroe, Louisiana



**Joseph Stegman, MD**  
University of Kansas  
Kansas City

RESIDENTS:  
Bothwell  
MU Family  
Medicine  
Residency,  
Sedalia

### INTEGRATED RESIDENTS: FOURTH YEAR UNIVERSITY OF MISSOURI MEDICAL STUDENTS



**Amory Carter**



**Maggie Hellmann**



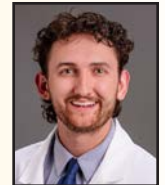
**Dylan Hood**



**Lea Khoukaz**



**Morgan Kluge**



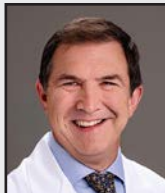
**Adam Orf**

## CONGRATULATIONS 2025 FELLOWSHIP GRADUATES



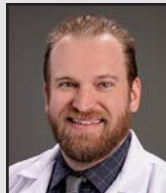
GERIATRIC MEDICINE

**Mohammad Al Bataineh, MD**  
Mohammad stayed in Columbia to begin a cardiology fellowship at the University of Missouri.



HOSPICE & PALLIATIVE MEDICINE

**Michael Miller, DO**  
Michael and his wife, Amy, returned home to Casper, WY, where he will start a palliative care program along with Banner Wyoming Med Center.



GERIATRIC MEDICINE

**Ryan Peach, DO**  
Ryan and his fiancé, Janki, moved to Birmingham, AL, where he joined the faculty at University of Alabama Department of Geriatrics.



SPORTS MEDICINE

**Allyson Sanders, MD**  
Allyson and her husband, Brad, stayed in Columbia where she has joint faculty appointments in our department and MU Orthopaedic Surgery.



HOSPICE & PALLIATIVE MEDICINE

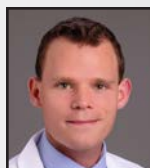
**Rachel Warnert, MD**  
Rachel, her husband, Robert, and son, Harold, returned home to Minnesota where she is providing palliative care at a community hospital.

## WELCOME FAMILY MEDICINE FELLOWS



SPORTS MEDICINE

**Donald Hamm, MD**  
Family Medicine Resident ('25)  
Altru Health: Grand Forks, ND



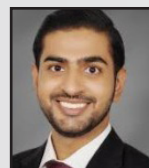
SPORTS MEDICINE

**Levi Harris, DO**  
Family Medicine Resident ('25)  
Bothwell/MU: Sedalia



HOSPICE & PALLIATIVE MEDICINE

**Ihtisham Qayum, MD**  
Geriatric Medicine Physician  
Mem Hermann Hosp: Houston, TX



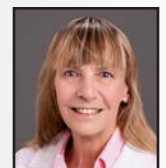
GERIATRIC MEDICINE

**Asad Ur Rehman, MD**  
Hem/Onc Fellow ('25)  
St. Louis University



HOSPICE & PALLIATIVE MEDICINE

**Raina Shanks, DO**  
Emergency Medicine Physician  
Kootenai Health: Coeur d'Alene, ID



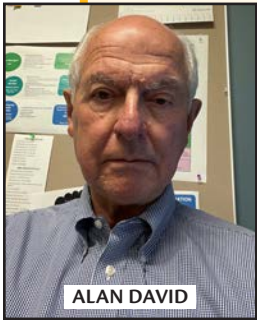
HOSPICE & PALLIATIVE MEDICINE

**Melissa Stapp, MD**  
Emergency Medicine Physician  
Mercy Hosp: Washington, MO

## “WHAT ARE YOU DOING & WHAT ADVICE DO YOU HAVE FOR OUR 2025 MU FAMILY MEDICINE GRADUATES?”

### Alan David, MD

#### ● RESIDENCY CLASS OF 1975



ALAN DAVID

I retired from the faculty at the Medical College of Wisconsin (MCW) as Chair Emeritus in fall 2020, after serving 20 years in that role. I chaired three other Family and Community Medicine departments before I joined MCW.

We moved to Columbus, Ohio, where we have family. This was a little disconcerting since I went to the University of Michigan once upon a time, but it has worked out well.

As the pandemic subsided, I returned to teaching in 2023 and now precept residents about three half days/week at three Family Medicine Residency programs in the area.

I took up wood turning, and although I'm not very good at it, I've managed to produce some nice bowls and a couple other objects. I enjoy hanging out with my spouse Brenda, fishing, reading, family get-togethers and traveling.

#### ● MESSAGE/ ADVICE:

The content of family medicine is ever changing. But the process of how you perform that care is an art form that can provide a sense of mastery in which excellence can be achieved.

Accept the things you cannot change; have the courage to change those things in which you have the power to do so, and the wisdom to know the difference.

### Steve Broman, MD

#### ● RESIDENCY CLASS OF 1985

After 39 years of private practice (including two years with the National Health Service Corps), I retired from full-time family medicine/urgent care in June of 2024. Twenty-eight years of OB and multiple office/hospital procedures were career highlights, accompanied by the opportunity to grow with and learn from the families I was blessed to serve.

I continue to volunteer on missions but have more time for family and grandchildren ... and golf. I am VP of Colorado Principled Physicians (Coloradodocs.org), which mirrors Do No Harm in advocating for patients by emphasizing evidence-based medicine in all aspects of care.

#### ● MESSAGE/ ADVICE:

You have completed an outstanding residency curriculum that will prepare you well for your future vocation. Enjoy and cherish your patients – learn from them. An attitude of gratitude will serve you well.



STEVE BROMAN FAMILY

### Linda Blackwell, MD

#### ● RESIDENCY CLASS OF 1985

After graduating, I was at Mizzou Student Health Clinic with Susan Even for a few years. I then completed a geriatric fellowship at Oregon Health Science in Portland. I enjoyed 28 years in private practice in Bellingham, WA. I retired in 2018 but continue to volunteer.

Our family has expanded and now includes two granddaughters whom we get to see and babysit frequently. My sons remain in computer programming, and my daughter is an NP in Seattle. The Northwest, which offers many opportunities for hikes and sailings, is a wonderful retirement area.

#### ● MESSAGE/ ADVICE:

Find a meditation practice to center yourself. This allows you time for compassion and gratitude ... Compassion for your patients, and self-compassion which you need in this demanding profession.



LINDA BLACKWELL FAMILY



## “WHAT ARE YOU DOING & WHAT ADVICE DO YOU HAVE FOR OUR 2025 MU FAMILY MEDICINE GRADUATES?”

### Mark Knudson, MD, MSPH

#### ● RESIDENCY CLASS OF 1985

After 37 years at Wake Forest Family Practice, I retired in February of 2024. A few months later my wife retired from teaching preschool.

My 37 years included FP clinics, active OB practice, hospital in-patient service, running a procedure clinic for residents, and teaching students and residents. I have been Predoc Director, Residency Program Director (twice), Dean of Students and Vice Chair. All of that prepared me for my busy life as a retiree.

In the 16 months since I retired, my oldest daughter Jessica got engaged and married to Matt; my son Joshua and his wife Felicity had a baby (Adaya Noa), and my middle child Melissa got engaged to Peter. We have made multiple trips to NY to see Jessica and Matt in Brooklyn; to Rochester where Melissa completed a Ped Hospital Fellowship; and many trips to Oregon to see baby Adaya and parents.

After putting it off for years, I finally had my knee replaced in December and hope to fully recover so I am able to bike and hike again, and also dance at Melissa's wedding. Melissa has moved to Winston Salem where she bought a 100-year-old house, so I'm sure my future plans will include helping with projects around her house.

#### ● MESSAGE/ ADVICE:

As you start clinical practice, consider three groups:

- ◆ Obviously spouse/family comes first, as they must be happy so they can celebrate the great moments and support you in the hard parts of practice. Make sure they love the place you practice and the work you immerse yourself in. And no matter how busy you are, get home for family dinner, bedtimes and all children's events.

- ◆ Next, consider your staff. You will spend all day with your nurse and clinic staff. I had the same nurse for 35 years, and she became a dear friend. She made every day better and ensured my patients received the best care.

- ◆ Finally, you need colleagues who share a vision of what good medicine looks like; can advise you when you are unsure; can congratulate you when you do a great job, and can laugh (and cry) with you during all the important emotional parts of a practice.



MARK KNUDSON FAMILY

### Howard Hays, MD, MSPH

#### ● RESIDENCY CLASS OF 1985

Ten years ago in this same publication, I reported that I had recently retired from the Indian Health Service after more than 27 years with the agency. Well, that lasted about three years – I went back to the IHS as a contractor in 2017, and was brought on as the Chief Medical Information Officer for the agency in 2020. I'm waist deep in an effort to modernize the health information technology that supports quality healthcare at facilities across the country, and although I know I won't see this multi-year project to its completion, I'll be excited to see the first few sites go live before I retire for the second time in a couple years.

#### ● MESSAGE/ ADVICE:

I'm at a point in my life where I interact with health-care services more as a patient than as a provider – fortunately not a lot, but clearly that's the direction we are all headed. The technology is clearly better, the meds are unpronounceable, and the system, as a whole, is broken.

Focus on the human being in front of you – take a real history, do a real exam. Ask questions, present options, and map out a plan together. Maybe these things don't seem as important now as they were when we were in training, but the connection and the trust you build through those simple actions is irreplaceable.



HOWARD HAYS

### Terri Weber, MD, MSPH

#### ● RESIDENCY CLASS OF 1985

I am happily retired for six years and have had a variety of volunteer "jobs."

Medicine took a hard turn to the corporatization side lately. The country has taken a hard pass on the value of science as well.

#### ● MESSAGE/ ADVICE:

Advocate for your patients, your staff and yourself. The priority of which of these needs the most attention will vary throughout your career.



TERRI WEBER

## “WHAT ARE YOU DOING & WHAT ADVICE DO YOU HAVE FOR OUR 2025 MU FAMILY MEDICINE GRADUATES?”

### Sylvia Wittels, MD

● RESIDENCY CLASS OF 1985



SYLVIA WITTELS AND HER HUSBAND

My husband, Joe Alcorn, and I are enjoying retirement. Reading, a poetry book club, friends, travel, music, orchard farming, cooking (occasionally). I look back fondly on my medical and elementary school careers, and also my six-year period of owning a movie theater.

● MESSAGE/ ADVICE:

Enjoy your patients and the privilege of caring for them. Make sure you have enough time with them, and that might mean a push-back against corporate care or even going out on your own (something I wish I'd had the courage to do). And never neglect your family or your own well-being.

### Pat Herrick, MD

● RESIDENCY CLASS OF 1995

I continue to work at Olathe Kansas Health System, which is where I began my career after finishing residency. Liz and I live in the first house we bought when we moved here. After raising our kids, she started teaching again.

During COVID, all my practice partners were lured away to a Blue Cross-owned clinic. (I wouldn't want to go through that again.) My PA and I teach NFP classes through our local hospital.

The University of Kansas has since bought our hospital system. They are basing a new Family Medicine Residency out of our practice ... 1st class started July 1. Wish me luck!

● MESSAGE/ ADVICE

Employed physicians move around a lot. Check out opportunities, but don't underestimate the value of continuity.



PAT HERRICK FAMILY

### David Wakulchik, MD

● RESIDENCY CLASS OF 1985

I have been teaching at the Bryn Mawr FM Residency for the past nine years and plan to go part time at the end of 2025. All of the changes in medicine and the economics of health care were factors in my decision to semi retire.

I still love patient care and working with residents, but I want more free time in my life! My four children are scattered across the US, and I now have six grandchildren! And even though I know that it's not easy to travel to their homes and visit everyone, I'd like to try that for a while!

I've been very fortunate to have good health. I'm still very active with biking and gym etc., and I hope to do more traveling soon!

I'm not sure what the next several years will hold but eager to try out some new clinical scenarios.

● MESSAGE/ ADVICE:

♦ Enjoy your work, your colleagues and your patients; they will provide strong professional rewards as well as support for you.

♦ Don't hesitate to ask for help and advice from trusted colleagues and friends; others can see strengths and weaknesses that you might not be able to see.

♦ Make sure that you take time to live and to develop other hobbies and skills. Medicine will drain you if you don't regularly leave it behind.

♦ Enjoy your family. They will grow and be gone in a flash, and you want to be there for them!



DAVID WAKULCHIK FAMILY



## “WHAT ARE YOU DOING & WHAT ADVICE DO YOU HAVE FOR OUR 2025 MU FAMILY MEDICINE GRADUATES?”

### Laurel Walter Baumstark, MD

● RESIDENCY CLASS OF 1995



Thirty years have passed, and I am still thankful for the rewarding work I've experienced in family practice and ER, and in supporting birth centers and midwives around the state.

While my greatest passion continues to be parenting five children and three grandchildren, I've been thrilled to work part time which has

allowed me to balance family, missions and travel. This year, two of our children started their residencies in family medicine with maternity and pediatric anesthesia in KC. Helping them prepare for this season brought back many memories of my first month of residency.

I hope and pray they find wise supportive mentors like we had at MU. For me, I found renewed gratitude for so many exceptional teachers, especially Elizabeth Garrett, Vicky Straub, Jack Colwill and Mike LeFevre. So many of their wise words still guide me today.

#### ● MESSAGE/ ADVICE:

My wish for the next generation is that you nurture your own health of mind, body and spirit, so you are able to help others do the same for the next 30 to 50 years or longer.

Follow your passion and be brave enough to think outside the box. Medicine still needs innovators and pioneers to shape a healthier future, and this is a great place to start!



LAUREL WALTER BAUMSTARK FAMILY

### Jim Stevermer, MD, MSPH

● RESIDENCY CLASS OF 1995

I continue to practice at Callaway Physicians, where I started my faculty role in 1996. Some things have changed – Callaway Community Hospital is no more, and some things have not – Callaway Physicians is in the same building and I continue to have exceptional clinical partners and staff to work with. Over the last few years, I've been in various roles as FCM Department Vice Chair. I'm in the middle of my fifth year on the US Preventive Services Task Force (USPSTF), which has definitely been the most stimulating experience of my career.

Judy and I live in Fulton, and she continues her seasonal work with the Missouri Department of Conservation, collecting seeds for prairie restoration in our area. Our daughter, Fern, is a music teacher in northern Virginia. She's there with her husband, Ethan, who plays trumpet in the Navy Band, and our granddaughter, Millie.

#### ● MESSAGE/ ADVICE:

Relish the relationships you develop with your patients – we are privileged to have the opportunity to develop long-term connections with a wide variety of people. Few careers provide the depth and breadth we experience in family medicine.

Keep yourself as healthy as you can, and take the time you need to do so.

Nothing is more important than your family.



JIM STEVERMER AND HIS WIFE

### Paul Bloomquist, MD

● RESIDENCY CLASS OF 1995



PAUL BLOOMQUIST

I am working full time doing clinical medicine in the Indian Health Service (IHS) at Phoenix Indian Medical Center.

#### ● MESSAGE/ ADVICE:

Spend half and save half.

Also, if you plan to commission in the Commissioned Corps of the US Public Health Service, do it early.

## “WHAT ARE YOU DOING & WHAT ADVICE DO YOU HAVE FOR OUR 2025 MU FAMILY MEDICINE GRADUATES?”

### Ernie Wallace, MD

● RESIDENCY CLASS OF 2005



ERNIE WALLACE

It is hard to believe that it has been 20 years since graduating from Mizzou's FP residency. I have remained at the same job my entire career. I currently run the urgent care department of a multi-specialty group, Quincy Medical Group, in Quincy, Illinois.

My department, known as the ambulatory care center, is very unique in urgent care in that we can do labs, X-rays, IV fluids, CT scans, EKGs, IV antibiotics, and other things that many urgent care clinics can't do. This allows us to offer ER-level services in a fraction of the time and cost while also keeping people out of the hospital.

I am the Chair and manage the department with three other partners and a couple other physicians who work on the weekend. We are open seven days a week and see nearly 25,000 to 30,000 encounters annually.

I still love my job very much. It is exciting and fairly unpredictable day-to-day, but that keeps it rewarding. In my downtime, I enjoy traveling, golfing and spending time with family.

● MESSAGE/ ADVICE:

Do what you love. There are lots of niches in family medicine. I thought I was going to do traditional family medicine but found a real home in urgent care and enjoy it very much.

Keep your life balanced with work and real life. Find a good organization and solid people to work with ... your team is very important.

### Alph Wise, MD

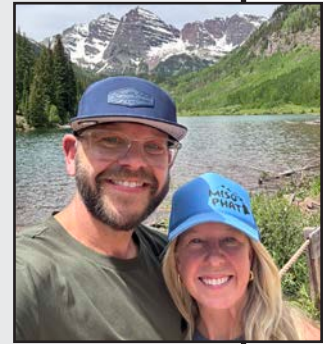
● RESIDENCY CLASS OF 2005

I have been in private practice in Walnut Creek, CA, which is about 30 minutes outside of San Francisco, since 2006.

I have loved raising my family here. My wife, Amy, and I have five kids – ages 25 to 15. Our older two are out of college, our third child is a junior at UC Irvine, and our youngest are twins who just finished their freshman year of high school. We love the mountains and are always up for a little adventure.

● MESSAGE/ ADVICE:

Say yes to everything in the beginning, but then try to find a pace you can maintain for the long term. This is a marathon, not a sprint. Get rid of things that will make you want to quit if you have to keep doing them.



ALPH WISE FAMILY

### Kristina Anderson, MD

● RESIDENCY CLASS OF 2015

I currently live with my husband and son in St. Louis, where I practice full-time ambulatory/clinic medicine for SSM Healthcare. I transitioned from full spectrum academic medicine back in 2019.

My husband, son and I love to explore STL, travel, go to Blues games, and spend time with family and friends.

● MESSAGE/ ADVICE:

- ♦ Take every opportunity to laugh!
- ♦ Cherish the trust it takes to build continuity with patients.
- ♦ Find and maintain boundaries that protect your well being and your peace. “No” is a complete sentence.
- ♦ Continue to be a lifelong learner ... both in the science \*and\* the art of medicine.



KRISTINA ANDERSON FAMILY  
WITH ST. LOUIS BLUES' PLAYER ROBERT THOMAS



“ WHAT ARE YOU DOING & WHAT ADVICE DO YOU HAVE FOR OUR  
2025 MU FAMILY MEDICINE GRADUATES? ”



SETH FREEMAN FAMILY

**Seth Freeman, MD**

● RESIDENCY CLASS OF 2015

Professionally, I've been a faculty member here at University of Missouri Family Medicine since finishing residency. I see patients and serve as the medical director at our Battle Avenue Family Medicine clinic, located on the north side of Columbia.

Personally, I'm trying to wrap my mind around middle age and being a dad to teenagers!

● MESSAGE/ ADVICE:

Engaging in your health ... mental, emotional, spiritual and physical ... allows you to better serve your patients, colleagues and family.

**Chris Howse, MD**

● RESIDENCY CLASS OF 2015

I have practiced in Clinton, IL, for the past 10 years, and I also provide coverage at a small clinic in Heyworth, IL.

Emily, my wife, is the school counselor at our local high school. We spend the majority of our time taking our children, Olivia (12), Avery (12), and Logan (9), to baseball, basketball, volleyball, football and/or soccer games.

● MESSAGE/ ADVICE:

Trust your training and know your value! You're going to do great things.



CHRIS HOWSE FAMILY

**Natalie Long, MD**

● RESIDENCY CLASS OF 2015

After residency, I joined the faculty at MU and in addition to my clinical practice (still includes OB), I have been involved in medical student and resident education.

After eight years directing a course for 1st year medical students, I transitioned into the role of family medicine clerkship director last year. I love being able to share the joys of family medicine with all of the 3rd year medical students!

I'm a faculty director for MedZou, MU's student-run clinic, and I currently serve as president of the Missouri Academy of Family Physicians.

When not at work, I'm busy with my four kids and a schedule packed with activities. I now have two teenagers at home!

● MESSAGE/ ADVICE:

Don't be afraid to reevaluate your goals frequently and strategically. Defining your priorities, both professionally and personally, will help you create a life you love.

Time becomes your most precious resource, so find ways to cultivate the growth of your passions and say no to the things that take you away from your interests and priorities. It won't always be easy to achieve balance, but working hard is easier when you are doing the things you care deeply about.



NATALIE LONG FAMILY

## “WHAT ARE YOU DOING & WHAT ADVICE DO YOU HAVE FOR OUR 2025 MU FAMILY MEDICINE GRADUATES?”

### Andy Horine, DO

#### ● RESIDENCY CLASS OF 2015



ANDY HORINE

I've lived and worked in Carrollton, MO, since finishing residency in 2015. I am now the CMIO for Carroll County Memorial Hospital. I still practice family medicine in a busy rural health clinic associated with the hospital, cover ER at least one night per week, and take care of friends and family in my hometown.

I'm able to help with all aspects of EHR integration within our organization and also work to fulfill our mission as a small rural hospital. I feel that I have great balance between a full-time clinical practice

and opportunities to venture into leadership roles that have always been fun and challenging for me.

In my free time I enjoy working on anything mechanical: old cars, engines, all terrain vehicles, and generally just turning wrenches.

#### ● MESSAGE/ ADVICE:

Medicine is forever challenging ... from the moment we decided to pursue the role of physician through medical school, residency and practice ... the day-to-day work can narrow our vision.

I encourage you to keep a broad scope on life and in medicine. If a day doesn't go well – even pushes you further than you thought possible, remember that on the other side of that day is a life full of joy and experiences that are worth pursuing.

Cherish the experiences you've had with your med school and residency colleagues. While some of these were difficult, they were at the same time, some of the best times you've had, helping you grow, learn and become more resilient. Look forward to a career filled with more memories than you can ever imagine!



BLAKE CORCORAN FAMILY

### Blake Corcoran, MD

#### ● RESIDENCY CLASS OF 2015

My family and I just made a big step up in the PAC-2, moving from Pullman, WA, where I was working for Washington State University as a team physician, to Corvallis, OR, where I am now a team physician for Oregon State University.

We love it here.

#### ● MESSAGE/ ADVICE:

- 1: Don't listen to Dr. Seth Freeman.
- 2: Listen to Dr. Natalie Long.
- 3: Ask ChatGPT "how to leverage AI responsibly and effectively in practice."

### Kenneth Tan, MD

#### ● RESIDENCY CLASS OF 2015

I will be starting my 11th year at Hedrick Medical Center in Chillicothe, MO, practicing outpatient family medicine.

My wife, Whitney, and I are also full-time Uber drivers shuttling around our kids, Lainey (11) and Emma (8), to their sports events and other activities.

#### ● MESSAGE/ ADVICE:

**Tailor your practice to your strengths, making sure it includes work you enjoy doing. Know your limits and when to refer. Learn all of the shortcuts in your EMR so you can be efficient and not bogged down in charting. Also, employers always ask for more, so be confident in your worth.**

Most importantly, take time off work to be at your family's events, hang out with friends, and travel. I recently read a statistic that said by the time your kids are 12, you will have spent 75 percent of the time you'll ever spend with them in their lives. So take the trip.



KENNETH TAN FAMILY

### Allie Kolker, MD

#### ● RESIDENCY CLASS OF 2015

I'm an associate professor at MU's Department of Family and Community Medicine, and I care for patients in both outpatient and inpatient settings.

I serve as the medical director of our South Providence Family Medicine clinic and medical director of our family medicine obstetrical service.

#### ● MESSAGE/ ADVICE:

**Foster relationships with your patients ... being with patients is the best part of my day!**



ALLIE KOLKER FAMILY



## “WHAT ARE YOU DOING & WHAT ADVICE DO YOU HAVE FOR OUR 2025 MU FAMILY MEDICINE GRADUATES?”

### Carlos Moreno, MD, MSPH

#### • FELLOWSHIP CLASS OF 1985

I am in my 30th year as Professor and Chair in the Department of Family and Community Medicine at the McGovern Medical School at UTHealth-Houston. You may ask, why? The best answer is that I love what I do.

The combination of patient care, teaching and administration keeps me busy. I'm never bored. I spend 30-40 percent of my time seeing my own patients, often with a medical student. I have patients who have been with me for 25+ years. I now understand the beauty of developing long-term relationships with patients. These relationships give me energy. I spend about 10 percent of my time precepting residents in an ambulatory setting. The remaining 40-50 percent is spent on administration.

I am fortunate to have a stable department and excellent colleagues. I value the opportunity to support and advance their careers. I have grown the research capacity of the department.

My wife of 37 years, Rosanna, and I enjoy travelling as often as we can. In the past three years, we've been to the UK, France, Ireland, Spain, Portugal, Mexico and Morocco.

Our daughter, Analissa, lives in Austin and works in the IT sector. I am once again running and have completed two half marathons this year. Why stop working? Life is good.

#### • MESSAGE/ ADVICE:

Remember that it is a privilege to be a physician. Make your patients well-being a priority. Take the time to listen to your patients' stories and learn from them. Your words and your touch can have a healing effect. Set a high standard for yourself. Find time to take care of yourself.

You will witness many changes, discoveries, treatments in your medical career. Cultivate a burning desire to keep learning. Be prepared for changes. Trust your instincts. Make your own path and enjoy the journey. Whatever you choose to do, have fun doing it. Always reach back and help others achieve what you have had the opportunity to accomplish.



CARLOS MORENO AND HIS WIFE



CARLOS MORENO  
AND HIS DAUGHTER

### Lee Chambliss, MD, MSPH

#### • FELLOWSHIP CLASS OF 1995

I retired from full-time academic medicine in January 2025. I noticed that my ability to "hear" young physicians – aurally, linguistically, and emotionally – was beginning to fade. Consequently, I am passing this responsibility to the capable hands of a younger generation. I continue to guest precept regularly, metaphorical ear trumpet firmly in hand.

Perhaps I will still practice medicine in some capacity; I'm taking six months to explore whether and how I might do so. In the meantime, Carey and I are planning adventures – backpacking, canoeing and traveling – while making plenty of time to enjoy our five-year-old granddaughter.

#### • MESSAGE/ ADVICE:

Personal interactions with my patients were the constant, sustaining, and most missed part of my career. Professional and personal crises, learners, academic and reimbursement fads come and go, but helping and working with another person over years is priceless.



LEE CHAMBLISS AND HIS WIFE

## “WHAT ARE YOU DOING & WHAT ADVICE DO YOU HAVE FOR OUR 2025 MU FAMILY MEDICINE GRADUATES?”

### Kevin Craig, MD, MSPH

• FELLOWSHIP CLASS OF 2005



KEVIN CRAIG FAMILY

I continue to work in MU's FCM department where I serve as medical director of the MU Supportive and Palliative Care Program and program director of the MU Hospice and Palliative Medicine Fellowship.

My wife, Angie, and I find happiness in raising our two boys here in Columbia; both will be attending high school next year! How time flies.

Angie likes gardening; she works at a local flower farm, as well as our garden at home. We continue to enjoy traveling to national parks and concerts and also visiting our local parks and trails!

#### • MESSAGE/ ADVICE:

You have been a great class of family medicine resident physicians to work with these past three years! I have thoroughly enjoyed getting to know each of you! I hope you continue to practice patient-and-family-centered care, utilize the serious-illness communication skills you have learned, and take care of yourselves!

Your calls and questions are always welcome, whether you need someone to talk to, someone to listen, or maybe some advice. Trust your training. All of you are ready to practice as family physicians. Godspeed, Class of 2025!

### Chris Farmer, MD, MSPH

• FELLOWSHIP CLASS OF 2005

I'm currently practicing sports medicine at Columbia Orthopaedic Group where I've been for the past 15 years.

My wife, Christi, substitute teaches, and she runs Tags of Hope, a nonprofit store that offers clothing and books to children and teens in foster care.

We have three children. College grad working in California, incoming pre-med junior at Iowa, and incoming accounting freshman at Mizzou. In my free time, I enjoy woodworking.

#### • MESSAGE/ ADVICE:

Your first year out will be full of change. There is much to still learn professionally and personally, and you can't afford to be unconsciously incompetent.

Avoid the temptation to progress to lifestyle inflation with your first "real job." Establish a firm financial foundation now and get out of debt before life gets any busier. Your future self will thank you.



CHRIS FARMER FAMILY

## RECOGNIZING OTHER 1975, 1985, 1995, 2005, 2015 MU FAMILY MEDICINE RESIDENTS AND FELLOWS

Dennis Keithly, MD ..... 1975 RESIDENT  
 Harold Koenig, MD ..... 1985 RESIDENT  
 Bud Murphey, MD ..... 1985 RESIDENT  
 Thomas Schnurr, MD ..... 1985 RESIDENT  
 Rebecca Lueckenhoff, MD (deceased) ..... 1985 RESIDENT  
 Ray Carter, MD ..... 1995 RESIDENT  
 Anita Fast, MD ..... 1995 RESIDENT  
 Nancy Tramil, MD ..... 1995 RESIDENT  
 Patrick Williams MD ..... 1995 RESIDENT  
 Jerry Brueggeman, MD ..... 2005 RESIDENT  
 Laura Eaton, MD ..... 2005 RESIDENT

Rebecca Fisher, MD ..... 2005 RESIDENT  
 Bach Nguyen, MD ..... 2005 RESIDENT  
 Ere Van Riessen, MD ..... 2005 RESIDENT  
 John Zygiel, MD ..... 2005 RESIDENT  
 Craig Luetkemeyer, MD ..... 2015 RESIDENT  
 Jamie Luetkemeyer, MD ..... 2015 RESIDENT  
 Mark Mueller, MD ..... 2015 RESIDENT  
 Morgan Schiermeier, MD ..... 2015 RESIDENT  
 Kate Williams, MD ..... 2015 RESIDENT  
 Jyotsna Reddy, MD ..... 2015 FELLOW





**DR. RICHELLE KOOPMAN CONTINUES:**

I know that if I called up Hal Williamson, he would help me, too. Hal hired me, so he's very important to me. I will never forget my last interview in his office when he said to me, "If I hire you, it's to be successful. There is no one here committed to

**DR. RICHELLE KOOPMAN**

your success more than me, and I will do everything in my power to make that happen." Those are pretty powerful words to say to a young faculty member, which is why I will always remember them.

**Talk about the people who have dedicated their careers to working for this department.**

**DR. KOOPMAN:** The tradition of excellence ... that's in all of our people. It's continuous learning, and always finding new skills. When I graduated from medical school, my residency, I didn't know how to be a researcher, but I got a degree and did a fellowship to figure that out. And several years ago, I didn't have much training in leadership. I got training for that, too. We are always evolving, and our faculty are doing that in some way. They're evolving and getting better all the time, even though they finished their training a long time ago.

**What's next for the department?**

**DR. KOOPMAN:** Our big goal is joy in practice. There are educational aspects, research aspects, and certainly clinical aspects to that. It's definitely a goal that requires innovation.

**What's not cool about being a family doctor?** I mean, you form relationships, there's detective work. It's helping people. It's understanding, explaining. It's really cool work.

What has made it not cool is the administrative burden of family medicine. The prior authorizations, the documentation, the unending messaging ... the administrative burden of practice can be huge. And we're working to weed that out. A lot still has to happen, but joy is one of our values, so we are going for it.

It's important that medical doctors find joy in their work because their happiness can impact patient care and our health care system.

**How are you able to support the amazing work you do?**

**DR. KOOPMAN:** These are skinny times, financially, and they are challenging times. One of our department's strengths is its endowments, of which we have several. Family Medicine endowments provide ongoing support for innovative educational and clinical programs, research and help for the underserved. We take the use of this money very seriously. We appreciate it and view it as a gift that provides permanent support for our efforts to do amazing things.

Sometimes we need to support programs and activities that are not revenue generating but still crucial to the department's mission.

In my own personal giving, I've always thought about what speaks to my heart ... places and experiences that I value and have benefited from. I know that many people have a special place in their heart for this department. But that shouldn't be enough. We ought to invest to sustain the things we value and have made an important difference for us and others. That's a really good thing to do, and it should make us feel really good to be able to do that, to steward something that's so integral to what we need as a society. Right?

But it takes money and resources to support these things. As chair, I know how important endowments are in our efforts to have an impact and do all the great things we are capable of doing. As chair, I promise you that you never throw money down a hole when you give it to Family Medicine. It's going to work, and we're going to do something fabulous with it.



**DR. JACK COLWILL CONTINUES:**

Their concerns were highlighted on *Marcus Welby, MD* which was a wonderful TV program that got national interest. It was the number one TV program during the '60s and early '70s. The impact of this show and Dr. Welby's role as a family practitioner created a major movement by state legislatures and medical schools to do what they had to do in terms of building a new specialty.

**DR. JACK COLWILL**

**When you got started, I imagine you saw the benefit of it. So what was your pitch to people to change their minds?**

**DR. COLWILL:** I think the fundamental issue was that doctors needed training to prepare for problems they would face as a personal physician for an individual and for a family. As time went on, people began to understand and agreed that this new specialty and the training it required was important and needed to replace the role of general practitioner.

**What about your time at Family and Community Medicine are you most proud of?**

**DR. COLWILL:** Oh golly. I guess what I'm most proud of are our graduates and the successes they've had. It is so rewarding to see what your graduates are doing and the impact that they're having.

When I came here, the Dean (Vernon Wilson) was a member of the AMA committee that established family medicine as a specialty. As we talked about being a faculty member here, he told me that gratifications come with time; they are not immediate. And time has shown that to be so true.

**Has the department lived up to what you thought it would become?**

**DR. COLWILL:** Yes, it's done exactly as I had hoped it would. Since 1975, we have turned out more than 550 graduates. We have trained many to be family medicine faculty, and many of our grads hold important leadership roles nationally ... board members and presidents, department chairs, deans and vice presidents. It's pretty impressive.

And there are a large number of graduates who practice in rural areas. When we established the residency, one of our goals was to improve health in rural and underserved communities. Our commitment to these populations continues.

**Can you talk specifically about what sets MU Family Medicine apart from other departments?**

**DR. COLWILL:** I'd say that it's about the people we've had. A goal we've hoped to accomplish throughout our history has been to recruit the stars ... and that's what we've done.

**What would you tell students who want to pursue family medicine but can't decide about coming to Mizzou?**

**DR. COLWILL:** I would tell them that Missouri has one of the best residency programs in the country, and they should plan to come here.

One of the things that's been most fundamental about MU Family Medicine is that we've always been a happy department, and over the years that positivity has emanated throughout the institution.

To view the video of  
RICHELLE KOOPMAN, MD, MS, our current chair, and  
JACK COLWILL, MD, our founding chair,  
reflect about family medicine, our department and  
their experiences as chair, please visit our website:  
[medicine.missouri.edu/aboutfcm](http://medicine.missouri.edu/aboutfcm)



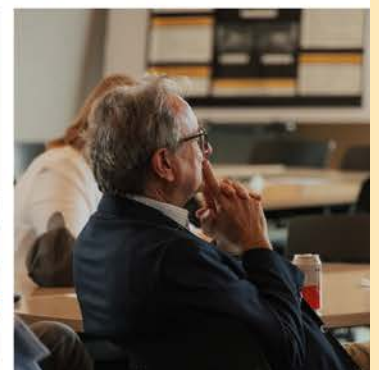


## Memories in the Making:

Reunion attendees braved the heat for a picnic, smiles, and a roaring good time with Truman the Tiger!

## Celebrating 50 Years of MU Family Medicine:

Residents, faculty, and alumni came together for the CME event.





# MU Family Medicine 50-Year Celebration Banquet

DR. BETSY GARRETT, professor emeritus, served as emcee of this special event



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9

1. Dr. Jack Colwill, founding chair
2. Dr. Alan David, Residency Class of 1975
3. Dr. Betsy Garrett with Dr. Roger Hofmeister (founding faculty)
4. Dr. Erika Ringdahl with her mother Dr. Georgia Nolph (founding faculty)
5. Dr. Roger Hofmeister (founding faculty)
6. Dr. Nancy Baker, daughter of Dr. Sherwood Baker (founding faculty), with guest

7. Dr. Richelle Koopman presents **Dr. Margaret Day** with the Jack M. and Winifred S. Colwill Professorship

8. Dr. Steve Zweig and Dr. Richelle Koopman present **Dr. Carl Tunink** with the David Oliver Family and Community Medicine Faculty Award

9. Justin Atkisson recognizes **Kathy Boeckmann** for her 25 years of exceptional service





**A HIGHLIGHT OF OUR 50-YEAR ANNIVERSARY** festivities included a commemorative bench dedication to Jack Colwill, MD, professor emeritus and founding chair of Mizzou Family Medicine. Under Dr. Colwill's 21 years of leadership, the department developed into a national leader in education and research.

PHOTO: **Jack Colwill** is surrounded by the four chairs who have served since he stepped down in 1997.

FRONT ROW LEFT TO RIGHT: **Michael LeFevre** (FCM chair, 2019-24), **Jack Colwill** (FCM chair, 1976-97), **Steven Zweig** (FCM chair, 2008-18)  
BACK ROW LEFT TO RIGHT: **Richelle Koopman** (FCM chair, 2024-present) and **Hal Williamson** (FCM chair, 1997-2008)



## MICHAEL LEFEVRE, MD, MSPH HEALTH OF THE PUBLIC\* INAUGURAL PRESENTATION

### Cancer Control in the 21st Century: The Roles of the Family Physician OTIS BRAWLEY, MD

Bloomberg Distinguished Professor of Oncology and Epidemiology: Johns Hopkins University

**Dr. Otis Brawley is a globally recognized expert in cancer prevention and control. He has worked to reduce overscreening of medical conditions, which has revolutionized patient treatment by increasing quality of life and reducing health disparities.**



Dr. Otis Brawley, who earned his medical degree from University of Chicago, began his cancer prevention and detection training at the National Cancer Institute in 1988. He later served as Medical Director of the Georgia Cancer Center for Excellence at Grady Memorial Hospital in Atlanta, and from 2007 to 2018, he held the role of Chief Medical and Scientific Officer and Executive Vice President of the American Cancer Society. Dr. Brawley joined Johns Hopkins University as a Bloomberg Distinguished Professor in 2019.



MICHAEL LEFEVRE, MD AND OTIS BRAWLEY, MD

**\*MICHAEL LEFEVRE, MD, MSPH HEALTH OF THE PUBLIC** fund, created by Dr. Michael LeFevre's family along with donations from many friends and colleagues, supports an annual lecture on the health of the public for faculty, residents, students, and alumni. It also funds other departmental efforts that prepare future FCM faculty to provide service and leadership in public health research, policy, and advocacy.

To donate to this fund or another FCM endowment, click the **GIVING** link on [fcm.missouri.edu](https://fcm.missouri.edu)



# MU FAMILY AND COMMUNITY MEDICINE: THE FIRST 50 YEARS

PRODUCED BY

**BETSY GARRETT, STEVE ZWEIG AND JEFF BELDEN**

This newly published book tells the story of Family Medicine at Mizzou.

Its thoughtfully written content is personalized with photos of FCM leaders, faculty/staff, alums, and other special friends who have been a vital part of our department's history.

This book will inform, excite and impress you, and it will make you proud to be part of our FCM Family.

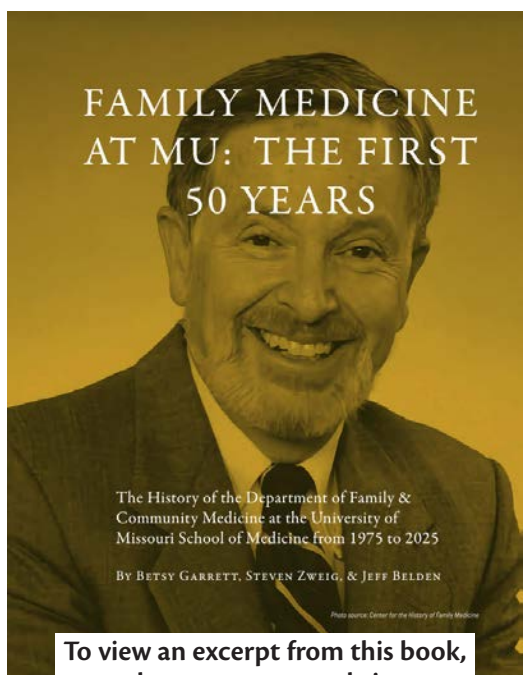
Targeted to celebrating fifty years of residency graduates, this story of the department features the impact of early leaders such as **Sherwood Baker, Georgia Nolph, Roger Hofmeister** and **Jack Colwill**. It traces the history and current state of our clinical programs, residency and fellowships, medical student education programs, and research and scholarship. **Mike LeFevre, Bernard Ewigman, Erika Ringdahl**, FCM librarian **Alex Henigman** and others contributed content. The final chapter marks reflections of each of the past chairs (**Colwill, Williamson, Zweig** and **LeFevre**) and looks to the future featuring our current chair, **Richelle Koopman**, and as well as other department leaders.

Everyone who makes a donation of \$250 or more to **The Future of Family Medicine (FFM) Endowment** will receive a complimentary copy of this book.

The FFM Endowment is committed to faculty development in key areas of support.

- Enabling faculty leadership in state and national organizations
- Improving teaching skills and educational innovation
- Mentoring clinical faculty to become practice-based researchers
- Funding presentation of scholarship at national conferences
- Advancing clinical skills for faculty and the next generation of learners

This endowment helps ensure that the department will continue to lead in the national landscape of family medicine by preserving its commitment to high-quality care, medical education, and impactful research and scholarship.



To view an excerpt from this book,  
please go to our website:  
[fcm.missouri.edu](http://fcm.missouri.edu)

We hope you will consider sending a donation to  
**THE FUTURE OF FAMILY MEDICINE ENDOWMENT**

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receive a complimentary copy of  
*MU Family and Community Medicine: The First 50 Years*

[Click here to make an online donation](https://mizzou.us/FutureFamMed)

<https://mizzou.us/FutureFamMed>



NOTE: If you prefer to purchase a copy of this book for \$70,  
please go directly to the publisher: [bit.ly/print-fcm-50](https://bit.ly/print-fcm-50)



BETSY GARRETT, MD



STEVE ZWEIG, MD



JEFF BELDEN, MD



ALEX HENIGMAN, MLS



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**Margaret Day, MD, MSPH**

**Vice Chair for Academic Affairs:**

**James Stevermer, MD, MSPH**

**Sr. Director, Dept/Clinic Operations:**

**Justin Atkisson, MHA**

**Questions and comments about this  
newsletter should be directed to:**

Kathy Boeckmann, MA  
[boeckmannk@missouri.edu](mailto:boeckmannk@missouri.edu)

To make an online donation, click the  
GIVING link on our MU FCM homepage:

**[fcm.missouri.edu](http://fcm.missouri.edu)**



### University of Missouri Hosts Workshop for Family Medicine Chairs

Family Medicine Department Chairs from across the country met at the University of Missouri, Columbia, for the annual New Chairs Workshop (NCW), co-sponsored by MU Family and Community Medicine and the Association of Departments of Family Medicine (ADFM). The primary goal of this three-day workshop, held October 13th – 16th, is to prepare newly appointed chairs for the challenges, expectations and responsibilities of their role. **JEHNI ROBINSON, MD**, Professor and Department Chair of Family Medicine at Keck School of Medicine, University of Southern California, Los Angeles, served as guest consultant, and seven new chairs participated in the 2024 workshop.

**Photo includes participants of the Fall 2024 New Chairs Workshop ... LEFT TO RIGHT:**

**John Barrett, MD**, University of Utah, Salt Lake City; **Christine O'Dea, MD, MPH**, University of Cincinnati; **Jehni Robinson, MD**, University of Southern California; **Amanda Weidner, MPH**, ADFM; **Beth Rosemergy, DO**, University of Missouri-Kansas City; **Stacy Brungardt, MA, STFM**; **Margaret Day, MD, MSPH**, University of Missouri; **Enitza George, MD, MBA**, State University of New York, Brooklyn; **Allyson Brotherson, MD, MS**, Hennepin HealthCare Minnesota; **Justin Wright, MD**, Texas Tech University, El Paso; **Jennifer Edgoose, MD, MPH**, University of New Mexico, Albuquerque; **Mike LeFevre, MD, MSPH**, University of Missouri; **Richelle Koopman, MD, MS**, University of Missouri; **Steve Zweig, MD, MSPH**, University of Missouri; **Justin Atkisson, MHA**, University of Missouri; and **Jack Colwill, MD**, University of Missouri.

### FALL 2025 NEW CHAIRS WORKSHOP: OCTOBER 12-15

For more information, please email Dr. Steve Zweig: [zweigs@missouri.edu](mailto:zweigs@missouri.edu)