

Happy New Year!



Highlights

- **On July 1, the residency turned 30!** Before this landmark anniversary, we had to say goodbye to its founder, Dr. **Don Shotton**, who died in the spring after a long illness. His legacy is without a doubt an important one to all of us who are – or have been- associated with the residency since its inception.
- From its humble 1975 beginning the residency has maintain a steadfast path. From a 2 year program x 4 residents it has gained in reputation and size. We project incremental growth with a **5-5-5 slate for 2006-07.**
- Moving towards the widespread utilization of electronic medical records, and after thoughtful examination of the options, the residency decided to start with electronic prenatal EHRs: e-Natal. We are still a long way from the dream of a paperless practice...

News from the faculty

Charlie Driscoll maintains a life of active leadership both locally and nationally. As head of the RRC (Residency Review Committee), he has been traveling extensively going over ACGME/RRC-FM documents submitted by residency directors for accreditation purposes. He was the recipient of the *Association of Family Medicine Residency Directors 2005 Program Director Recognition award* and was honored in June at the Kansas City annual meeting of residency directors. In October he also received the *Excellence in Teaching Award* from Virginia Commonwealth University/MCV. He was selected for this award by medical students who rotate through our office. In addition to his frequent presentations at our Wednesday afternoon conferences, **Charlie** made a number of presentations at national leadership

meetings: *RRC updates* at RAP and at the National FMRD meeting in Kansas City. He was also an invited speaker of the Iowa Academy of Family Physicians' meeting and presented a scientific paper on "*Evidence Based Allergic Rhinitis*" and offered his thoughts on "*Preparing Your Program for an RRC Visit.*" **Charlie** serves as Editor-in-Chief of Resident & Staff Physician. And in line with his interest in Civil War Medicine he presented a paper on the Hospital System of the Western Theater at the National Conference for Civil War Medicine. Wife **Jackie** is facing her prolonged illness with great courage. She always delights in her children's and grandchildren's frequent visits.

Dean Gianakos is on the Patient Care Board of Editors and has been

a mentor in encouraging residents to write and publish scientific papers as will be noted repeatedly in this letter. He authored the article: the *15-minute Visit. Difficult-to-control asthma* which was published in the September 05 issue, and co-authored a number of papers listed elsewhere. In his quiet corner office, **Dean** also writes literary essays which get published in various professional journals: *Transport* accepted for publication in Annals of Internal Medicine, *The Art of Open-Ended Questions* published in the Spring 2005 of The Pharos, *The Sheila experience* in The American Journal of Medicine. **Dean** volunteers his time and expertise as medical director of the Free Clinic of Central Virginia and all physician faculty volunteer of their time as well.

Alex Wilgus '96 office is a testament

to the variety of responsibilities he holds: medical director of the clinic, PDA “tech”, teacher (passionate about practice management) and expert in Information Mastery: his first InfoPOEM was issued in June “*Adjunctive abciximab with angioplasty for AMI reduces mortality.*” **Alex** completed his Faculty Development Fellowship at UVA, with a concentration on information mastery. He made a presentation at the AAFP spring meeting in San Francisco on *Coding*. And his paper on *Endometriosis* was accepted for a spring publication in the AAFP journal *Family Physician*. For relaxation, **Alex and Anne** spent a two-week vacation in Hawaii, as they did last year. Is that a new tradition?

Brenda Stokes '99 continues to be a busy woman: she is in charge of the maternity curriculum- no small responsibility as the context for ob care remains complex. And she has been on the road: she went to Marco Island, FL, for a workshop on *item writing* for the American Board of Family Medicine. She attended the AAFP meeting in San Francisco and the Birdsong at the Homestead. She is on the OB Quality Improvement committee at the hospital. Her paper on the *Management of PAP Smear* has been accepted for publication in the upcoming issue of *Clinical Update*. She also has her fingers in a lot of community initiatives especially dealing with youth. She continues to head the *Tar Wars* anti-smoking program which has infiltrated many local public schools; she is on the health advisory school board for the Lynchburg City Schools. And she was the engine behind a \$25,000 grant which was funded by the Centra Health Foundation to address issues of obesity.

Bill Crow continues to serve as director of scholarly activities, and is proud of the 2005 residency

output. He has completed the task of putting to CD his PowerPoint *Oncology Lectures* which have been so well received. His intention is to share them with residents and faculty and to offer them to graduates upon request. He also wrote 30 oncology questions for **Bope's** supplement to the revised edition of **Rakel's Review of Family Medicine**. This summer he attended the VAFP meeting in Virginia Beach and ran into **Roger Hofford** and **Brigitte Small '03**, and in November he attended a Pediatric meeting in Williamsburg. Why Williamsburg? It is the opportunity for him and **Caroline** to visit with their daughter, son-in-law and grandchildren. Their son, who works for the metropolitan Museum of Art in NYC, came to visit for thanksgiving. **Caroline** works part time at the Macon Bookshop, and remains a thoughtful behind-the-scene caretaker of us all. **Bill** is a member of the Hospital Executive Committee and continues to drive his legendary (newly repainted) 1991 Oldsmobile.

Pat Pletke '82 continues to quietly earn residents' respect and praise as preceptor: She was again honored with the *Preceptor's Award*. She has been involved in sponsoring two Somalian (Bantu) families. She also served at the Free Clinic and was this year's recipient of the *Lifesaver Award*. For years she has coordinated our literacy project. This year she and **Kelly Brooks** were approved for a grant from the Centra Health Foundation to carry out the project *Reach Out and Read* allowing us to purchase brand new and age-appropriate books given out at our Well Child Checks. She continues to serve on the board of the Lynchburg Academy of Medicine and serves as a State delegate. Her scholarly work took her to Chicago in the fall where she and **Sam** presented a seminar *Enhancing feedback using the Myers-*

Briggs typology. And to keep her body and mind in harmony **Pat** is a practitioner of yoga and a dedicated early morning walker: she trained and completed the walking Marine Corps Marathon in Washington D.C. Congratulations, **Pat!**

George Wortley started the year honorably, accepting the *Service Award for the Southeast Region of the American College of Sports Medicine* at their January meeting in Charlotte, N.C. He was also named the *2004 Outstanding EMS Physician* for the Blue Ridge Emergency Medical Services. **George** was invited again this year to teach a portion of the *Wilderness Medicine* Course which many MCV students rave about. And for relaxation, he and **Susan** celebrated the arrival of spring with a Caribbean Cruise aboard the *Explorer of the Sea*. In July they spent a week in Iceland enjoying its spectacular landscape of lava desert, portentous peaks and waterfalls, as well as bathing in its famous hot springs. **George** was one of 130 athletes to run and complete the 55K trail ultra-marathon run over the mountains and glaciers. And aside from providing the usual medical coverage of adventure racing and ultra-distance trail running (now routine), **George** completed his 4th JFK 50-mile ultra-marathon in November.

David Gregory had a busy year, whether at his desk or away from the office. He reorganized the pediatric curriculum struggling to find sufficient inpatient census. He maintains his certification as course director for ALSO and has joined forces with other Virginia residencies to offer this advance training in Lynchburg for residents from around the state. “It” finally came out in the summer of 2005; the much anticipated *AAFP monograph on the Care of the Patient in Long-Term Facilities*, a collaborative effort led by **David**, with contributions from

Charlie Driscoll, Pat Pletke and Dean Gianakos. David's article on *Pertussis* was accepted for publication in the American Family Physician. He contributed 30 questions for the chapter on *Care of the Newborn* for Dr. **Bope's** supplement to the revised edition of Rakel's Review of Family Medicine. He has made several proposals for upcoming scientific assemblies: one on *Pediatric Hypercholesterolemia* for the July VAFP meeting and, one with **Pat Pletke**, on *Evidence-Based Long-Term Care* for the AAFP annual meeting in Washington, DC. **David** is a peer reviewer for the Family Practice Inquiries Network. **David** has also done some travel: he attended the Birdsong Pediatric conference in the spring and just returned from Los Angeles where he attended a scientific conference on *Osteoporosis*. And for fun, **David** coaches his son **Ben's** soccer team and plays soccer for Southern Air. Family is doing well. Wife **Claire** is back working as a nutrition counselor.

Bob Elliott is still our Tuesday preceptor, covers the service on rotation with the rest of the faculty, and oversees, with **Alex Wilgus**, our Journal Club renamed: *Information Mastery Practice*; it is a much more participatory activity when we divide in small groups and access various sites to help answer a clinical question. The emphasis is on level of evidence. It certainly is the way of the future, practical and up to date. **Bob** continues to practice in Hurt, VA, with **Becky Young '96**, where he is a regular preceptor for 3rd year medical students from UVA.

On April 8 **Sam Namenek** was sworn in as a US citizen after 38 years of American living and 5 + years of waiting for the Homeland Security Department to find her non-deportable! It was an anticlimactic event but certainly an important milestone. Otherwise responsibilities with the residency have changed little except that in all areas,

the administrative maze has become more complex and time consuming. Also more time is well spent doing consultations in the clinic. **Sam** had the opportunity to attend two STFM meetings: one in the spring at Amelia Island, FL, where she lead a debriefing group after each of the three plenaries, and one in Chicago where, with **Pat Pletke**, she co-presented a seminar on the use of the Myers Briggs. On the family front, good news to report: **Todd** (29) is doing very well, living in Reno, NV, with **Heather** and enjoying the outdoor amenities of the area: golf, snowboarding, and tennis... and to support these pleasures, he works hard at his job with Western Union. And I delight seeing my two grandchildren grow happy and bright: **Anneke** (almost 4) and **Ethan** (2) are lucky kids: **Rebecca and Kevin** are still a 2-hour drive away in their quaint little town of Mebane, NC, **Rebecca** still doing research in the Family Medicine department at Duke. So **Sam** gets her fill of grand-mothering with frequent visits.

Mike Gillette, our favorite medical ethicist, continues to challenge our reasoning and impress us with his remarkable fund of knowledge. He is with us 5 times a year, leading lively seminars and remains available on call pretty much all the time. He was elected to the city council last year, and is serving with equanimity (believe me!) and care.

Janet Hickman, our dedicated dermatology teacher, continues to give monthly outstanding presentations to our group. She collaborated in the organization of a dermatology day in November focused on *Diseases of Ethnic Hair and Ethnic Skin* with Dr. **Amy McMichael** from Wake Forest as faculty. **Janet** is also making history in Lynchburg as the first elected woman President of the Lynchburg Academy of Medicine. Her agenda is clear with a focus on access-to-care and physician/patients' advocacy. A woman president? "It is about time"!

The Match & New Interns

March 15 was good news day for us! Against rather grim national statistics we were able to fill our entering class with four interns. Unfortunately one person dropped out so we had to "scramble" to complete the class. The new interns are: **Julie Suppa, MD** from Manassas, UVA undergraduate and graduate of UVA medical school. Her fiancé **Gordon** is a tenured faculty in the department of religion at Randolph Macon Woman's College. **Ralph Kaczynski, MD** is originally from Poland, and a graduate of Akademia Medyczna in Gdansk. He is a trained Radiology & EEG tech and practiced in Florida and Illinois. He is married to **Annamaria. Verna Cabigas, MD** is from Florida. She went back to the Philippines to study medicine at her father's Alma Mater and graduated from the University of the East. Her undergraduate degree is from the University of Florida in Gainesville. **Hana Filipova, MD** is a graduate of Palacky University Medical School in the Czech Republic. She also completed a preliminary internship at Southern Illinois University School of Medicine. **Hana** is married and the mother of a teenage son.

We also welcomed a second year resident who decided to change her specialty from OB to FM. **Jennifer Omaster** had spent a month with us as a 4th year medical student and decided to return close to home and to family medicine (she is from Appomattox and her family lives on Smith Mountain Lake). **Jennifer** is a 2002 graduate of EVMS. She is engaged to **Jay Burgart**.

The Family Grows

Valerie Renninger '94 & Mark announced the birth of their second child and first son, **Adam**, who was born on November 15, 2004

Mike Cook '03 and Becky announced the birth of their first child, a daughter **Stella** born on January 8 at Virginia Baptist Hospital

Bill and Carolyn Crow announced the birth of their second grandchild, and second grandson, **Matthew William**, born to their daughter **Katie** on February 20 in Williamsburg

Becky Melton, RN and husband **Dwayne** announced the birth of their first child, a daughter, **Norah**, born on June 1 at Virginia Baptist Hospital

Charlie & Jackie Driscoll announced the birth of their 8th grandchild, a grandson **Aidan Roger** born on June 1 in Salt Lake City, UT.

Chad McCreary '06 and Caryn announced the birth of their second child, and second daughter **Aubrey Beth-Ann** born on December 18 at Virginia Baptist Hospital

The Symposia

Caring with Awareness 4th Annual Conference: Focus on the Adolescent Patient was held on April 27 in the auditorium of Lynchburg General Hospital. It drew a large and varied crowd of professionals. **Pamela Herbert '06** assumed responsibility for organizing the event and she was rewarded by its success. **Pamela** opened the conference with a brief explanation about her interest in this age group, followed by **Dr. Jeanie Booth & Ginny Huntington** who are experts on the topic and provided a backdrop for the next two speakers: **Dr. Nancy McLaren & Dyan Aretakis, FNP**, both from UVA Teen Health center who discussed *Adolescent Health & Sexuality*. And to top and conclude the event a panel of teenagers discussed candidly "in their own voice" their experiences of being teenagers.

To some *The Birdsong Pediatric conference* feels like a family reunion. This year the following attended: **Pat Pletke '82, Brenda Stokes '99 (and son Andrew), Becky Young '96, Susan Hundley '00, Nicole Scanlon '06 and David Gregory**.

The 24th Annual Family Medicine Symposium took place on the last Friday in June in the Craddock auditorium at VBH, which was filled to capacity with around 70 physicians and health professionals in attendance. This was our largest crowd, and for good reasons: as we celebrated our 30th anniversary the symposium opened with a very moving and inspiring presentation by one of our own, **Colin Green '87**, who is a colonel in the army and chief director

of primary care at the Womack Army Medical Clinic. **Colin** had spent some time in Iraq, *13 moons* to be precise, and he shared with us his experience and humanitarian work. We were treated to some beautiful photography and to **Colin's** proverbial sense of humor! The rest of the symposium offered a nice variety of topics with speakers chosen by the senior class for their outstanding contribution to their education: Drs. **John Prahinski** (orthopedics), **Jeff Wilson** (Rheumatology) and **Alan Kauppi** (Endocrinology). We were also honored by the participation of **Diane Bebee, MD**, residency director at the University of Mississippi in Jackson. She has an impressive resume of leadership positions with the Residency Review Committee, Residency Director's Council and the "Future of Family Medicine Task Force 2." Impressive also was her presentation on *Female Specific Diagnosis and Treatment*. And even more impressive were her thoughtfulness and very kind and inspiring graduation speech.

The end of the year events (symposium, dinner, picnic) are always an opportunity for graduates to "come home". This year 10% of the graduates participated in one or the other event: they are: **Andy Blay '79, Colin Greene '87, Linda Beahm '88, Ginger Blanks '91, Dan Johnson '98, Kori Jackson '02, Michael Cook '03, Linwood Watson '04, Raena Pettitt '04, Terry Thompson '04** (and the whole family), and of course **Pat Pletke '82, Alex Wilgus '96 & Brenda Stokes '99**- all three members of the faculty.

Obituary

We were very saddened by the death of infants **Christian and Jeremiah**, twin sons of **Krystal Defibaugh, RN** (Big Island Center) and husband **Vincent**. **Christian** died on January 7 and **Jeremiah** on January 10 at the University of Virginia Medical Center. They were a few days old.

Dr. Don Shotton, founder of the residency and Associate Director from 1975 to 1988, died on January 29 at Westminster Canterbury Health center after a lengthy illness. He was 84 years old. He is survived by his wife **Betty** of 59 years, three daughters, **Lynne, Jeannie and Betty**, their husbands, by a son **Donald**, and by several grandchildren.

Barabara Vaughter's mother, Alline Penn Thomas, known to many of us, died on April 8 at Lynchburg General Hospital after a long illness. She was 75 years old. She left to mourn two daughters, three sons, one foster daughter, nine grandchildren and a very large extended family.

Eric McKenna, MD, our "reluctant" ob faculty during the 90's died in the spring after a long struggle with ALS.

Mike Winfree, RN, well known to most of us since he had been a triage nurse at the ED for the last 23 years and occasionally worked in our office, died on July 19 in Norfolk from injuries he received in a swimming accident at Nagshead, N.C. He was 49 years old. He is survived by his mother, his fiancé, two children, a brother, a sister, nephews and nieces. He was well known in the community for his love of life and challenges. He very much enjoyed acting and photography. He is greatly missed.

Patti Davidson's sister, Bonnie Davis, died on December 19 at the age of 53. She was the pedestrian victim of a vehicle accident.

Graduation & Awards

The **Lynchburg Family Medicine Residency** held its 29th commencement ceremony on Friday, June 24 at Oakwood Country Club to honor three graduating residents. **Andrew B. Cook, D.O.**, who joined an emergency department in Oak Hill, West Virginia, **Priya Sivaraman, M.D.** who joined a family practice group in Gastonia, near Charlotte, North Carolina and **Madhur Solanki, D.O.** who joined a family medicine group in Berryville, near Winchester, Virginia.

The graduation ceremony was an opportunity for residents to honor their teachers and present several awards. The *Spirit of Family Practice Award* was presented to **George Wortley, IV**. **Chad Hoyt**, cardiologist, received the *Teachers of the Year Award*, **Pat Pletke** was honored with the *Preceptor's Award*, **Christopher Mawn** accepted the *Senior Residents' Award* on behalf of his group, **the Blue Ridge Ear Nose Throat & Plastic Surgery, Inc.** "**Sam**" **Namenek** was also honored with the *Senior Residents' Award* and **Kelly Brooks** received the *Staff of the Year award*. **Madhur Solanki '05** was presented the *Society of Teachers in Family Medicine (STFM) Teaching Award*. **Bob Elliott**, this year's graduation speaker, offered inspiring words of farewell.

News from Former Faculty

Pat Crow and MaryKay are enjoying their Sun City living and miraculously escaped the hurricanes. **Pat** continues to assess the future of family medicine, with pessimism, still dreaming of a specialty defined as "coordinator of care." And he generally deplors the way of the present health care system. He continues to be teaching, lecturing and helping folks with medical insurance problems, and I am sure he must be having fun with Medicare Part D... He is also coordinator of the *Men-to-Men* prostate cancer group. **MaryKay** is the lead EMT for the volunteer emergency squad. Out of state travels have been few this year, but Faber, Missouri ("home") remained their prime destination.

Mike Okin is still in private practice with the Piedmont Family Practice group almost next door to us. Many LFM

graduates have joined the group over the years to include **John Ed Williams' 85**, **Kim Combs '99** and **Matt Johnson '00**. **Mike** has continued to serve as chair of the residency board committee and we appreciate his years of service.

Roger Hofford is still enjoying his work as director of the Carilion FP residency in Roanoke and staying in shape with bike riding. For **Cyndy** the year was more of a challenge as she had to endure successive back and neck surgeries: we wish her prompt and full recovery. After working close to home, daughter **Laura** will be moving to Northern Virginia to work in her field of technical theater.

Don Branson continues to be hard at work at his practice of occupational medicine on Lakeside Drive, a division of CVFP. We see him occasionally at our

Wedding Bells & Diamond Rings

Sharon Louise Diamond '07 & Michael Frederick Myrsten were married on April 9, 2005 in Newport News, VA, and enjoyed a honeymoon at Disney World

Nicole Scanlon '06 and Doug Rawlett were engaged around Thanksgiving and announced their wedding for next fall.

Pamela Herbert '06 and Michael Minkler were engaged on December 27 and announced a late summer 2006 wedding.

Wednesday afternoon conferences and I see him at our bimonthly CME committee. He and **Charlotte** get to occasionally see their grandchildren, but all of them are so far away from Lynchburg. It is hard to believe that his oldest son who lives in Spain has children who are already young adults...

News from the Residents

Pam Herbert '06 was elected chief resident. She attended the chief resident meeting in Kansas City, and later the AAFP meeting in San Francisco with **Pat Pletke** and **Brenda Stokes**. **Pamela** is also a member of the board of the Lynchburg YWCA.

Rosemary Harwood '06 co-authored an article with **Dean Gianakos** which was published in the June 05 issue of Patient Care: *The 15-Minute Visit: Restless legs syndrome*.

Nicole Scanlon '06 was this year's resident to join **George Wortley** on his annual fall trek down to Copper Canyon in Mexico. She returned with a few sore muscles and with rolls and rolls of pictures attesting to her enthusiasm.

Sharon Diamond '07 was resident representative on the AAFP committee on *Special Constituencies* and served on the *Gay, Lesbian, Bisexual, and Transsexual & New Physicians* committee. **Sharon** enjoys writing as exemplified by several publications in Patient Care: *The 15-*

minute visit: a guide to patient encounters in the real world of office practice" an article on *Female urinary incontinence* published in the January 05 issue, and *When the patient complaint is fatigue* published in the April 05 issue. **Sharon**, as assistant-chief resident, traveled to Kansas City in late spring to attend the AAFP meeting. Busy woman!

Joe Hodges '07 article on *Obstructive Sleep Apnea* was published in the December 05 issue of Patient Care

News from former Residents

It has been a year of change for **Len Cohen '77** who left his Bedford City practice to join **Matt Tattom's** Physicians' Treatment Center in Lynchburg for a few months. In mid-December **Matt '93** opened the Lake Medical Center, a new practice in Huddleston- in Bedford County near Smith Mountain Lake, and **Len** returned to his old stomping ground. This practice offers traditional primary care and emergency services, including stabilization. I understand that there is a little helipad at the end of the driveway for emergency transport. **Len** is still a motorcycle fan and a long standing member of the Motorcycling Doctors Association. On the family front he and **Meg** continue to care for their LARGE menagerie and for their growing family and grand-family.

Fred Sloan was honored at the 2004 Regional Blue Ridge Medical Services Council award program (BREMS) with the award for excellence in EMS. He is now retired from the practice of medicine, even though he keeps up with his CME, which gives us a chance to occasionally welcome him at our Wednesday afternoon conferences. **Shawn** & children and grandchildren are well.

Andy Blay '79 came to visit in late March and gave two presentations. He first shared *clinical pearls* and then presented in detail his interesting and creative way of practicing medicine. Open daily from 9 to 5, the Cooks Clinic is a two person practice: **Andy** and his nurse of 20+ years. Located in a small house on the road between Harrisonburg & Dayton he accepts no insurance and patients pay with cash, check or credit cards at the time of the visit. **Andy** conveyed enthusiasm and freedom from the slavery of insurance companies.

Gary Levine' 80 & **Debi** continue their fulltime work at East Carolina University. **Arielle** and her fiancé moved to Alabama in January and announced their wedding for June, 06 in Raleigh, NC. **Katrina** graduated from the School of Science and Math in Durham, NC in May, and is finishing her first semester at North Carolina State University.

I am always in awe of **Pat Pletke '82's** ability to juggle work, family and walking. **Phil** continues to work with computers, is a soccer referee, and has taken to the regular practice of yoga. **Sarah** (24) is working for the department of Education

in the public policy and planning area. Within a week of starting this job she headed to Louisiana to help assess the hurricane's impact and begin the process of rebuilding the education system. **Monica** (22) graduated from William and Mary this past May and found a job at the American Academy of Child & Adolescent Psychiatry. Both **Sara** & **Monica** live in Washington DC. Son **Andrew** (18) graduated from High School in June. Since then he has remained close to home and works in construction.

Dunk Carter '82 is still in Altavista practicing with Dr. **Slusher**. His practice was bought by Centra Health: so he joined the expanding Centra Health network of rural practices. **Dunk** is an active and thoughtful member of the CME committee.

Randy Crumpler '83 & **Tom Brammer '86** are still in practice together in Garner, near Raleigh, North Carolina. Their large practice of 10 family docs & 3 NPs moved into a new building this year. They are very proud and pleased with their innovation – may be a first in the US- of having a CT scanner on the premise. **Randy** says it makes good economic sense but the initiative was first met with opposition from competing specialties. The **Crumpler family** is doing well: **Marie Glenn**, now 17 is a senior in High school looking at College (Wake Forest may be), and **Thomas** is now 13.

Both **Bill Brown '86** and **David Randolph '86** have left their practice to move on to something new and different. **Bill** is a consultant for a drug company and **David** left Lewis Gale Hospital in Roanoke and returned closer to home.

As noted above, **Colin Greene '87** visited us in late June as our first symposium speaker. He shared his moving and inspiring military experience with a well illustrated presentation "*The Thirteenth Moon: a Family Physician in Wartime Iraq.*" He came with his two daughters, **Ginny** (16) and **Ellyn** (14) who have an interest in medicine and attended the symposium and graduation. They were able to stay overnight and join us at the annual residency picnic at the **Driscolls'**. **Colin** is colonel in the army and stationed at Fort Bragg where he serves as chief of the Primary Care medical center.

Linda Beahm '88 lives in Bedford and left her Village Family Physician practice in

Moneta to accept a position as a hospitalist at the Bedford Memorial Hospital. She is also very involved in the care of the elderly patient and has a special interest in hospice and palliative care. Husband **John's** non-profit organization did not receive funding, so **John** is now spending more time caring for family and for his elderly parents. **Linda** and **John** are finding much joy in raising their two sons: **Eli** (9) is a 4th grader and, among many things, enjoys Karate, piano and Legos. **Nathan** (7), a 1st grader, is an active and compellingly charming little boy. As always the family is very active in the church, especially with the choir.

Cindy Hadley '88 and **Steve** are still living in Geneseo, NY, but this year has brought about several changes. **Cindy** gave up her private practice to become the medical director for a brand new center for Nursing & Rehabilitation. **Steve** is in full recovery from prostate cancer. **Allison** and her fiancé **Rudy** moved back from Seattle to "home" and are planning a June 10 wedding. **Allison** is a reporter for a newspaper and **Rudy**, a mortgage specialist. **Kristen** is full of energy and talents: she plays JV basketball and volleyball, violin, flute and sings (she was in a musical), and was in the elite Philharmonia group at the Hochstein School of Music.

Keith Metzler '89 accepted a position with Central Virginia Family Physicians (CVFP). He will first see patients at the Monelison Family Physicians' office until he opens a second Blue Ridge Primary Care, walk-in office in Madison Heights.

Karen Johnson '90 sends good news from Westminster, CO, where she has been for the last 15 years. She is co-owner of her practice (7 docs & 2 NPs) and busy with administrative responsibilities. **Rick** is still in automation, deigning hard drives for computer, and (stunning) blue eyed **Ryan** (9) enjoys soccer and baseball and makes mom and dad very proud.

Ginger Blanks '91 & husband **Greg** remain very loyal members of the LFMF family. **Ginger's** presence at the symposium, picnic, graduation and **Greg's** availability to new residents as a real estate agent are much appreciated. Their five children, ranging in age from 16 to 2 ½ are doing very well... **Ginger** continues to work part-time with her sisters & al at the Moneta Family Practice.

News from former residents cont.

David Waller '92 paid us an impromptu visit in the fall as he and daughter **Danielle** were making the college tour. **Danielle** is interested in Randolph-Macon Woman's College- an institution I can only highly recommend! **David** just bought into his practice in Suffolk, VA, a traditional 5-physician group with a small hospital practice. Wife **Tamara** is working as a physical therapist in a nursing home, son **Matthew** (15) and daughter **Rachel** (10) are doing well.

Holly Smith '92 is still the only doc in the small community of Rural Retreat, VA. She sent our way **Kim Lacy**, 4th year medical student who used to work with her in her former life as a nurse. **Kim** spent a month with us and we hope that she will decide to spend the next three years here as well!

As noted above **Alex Wilgus '96** continues to be a most valuable member of the faculty. We (I) rely much on him for his facility and expertise with digital technology and for his skills as our information master. **Anne** is finishing a master's of Arts in Liberal Studies (MALS) at Hollins University. Their three boys (**Micah, Jonah and Caleb**) and one daughter (**Kezziah**) and the family pets keep them very busy as they are generous volunteers for a lot of children centered activities.

Becky Young '96 still lives in Lynchburg and practices in Hurt with **Bob Elliott**. She spends long hours in the office. She also finds time to serve on the Residency board of Directors. Thank you, Becky! **Becky & Bill's** three children are now young adults who have left the nest.

Lisa Langenberg '97 and **Scott** send news and a family picture from Grosse Pointe, Michigan. **Lisa's** practice is growing, and so are the four children: from **Christopher** ready to start high school to **David** starting kindergarten with **Zachary** and **Elizabeth** in-between.

Until recently **Dan Johnson '98** continued to be actively involved with residents- during their ER or AC rotations, and I heard only praises about his dedication to teaching and his advocacy of residents. He and **Lisa Riddlebarger** co-authored an article on *Contemplating Suicide* in the April issue of *Resident & Staff Physician*. **Dan** however decided to move on to a different type of practice and accepted a position at one of the Lynchburg Physician Treatment Centers with **Matt Tattom '93**.

For the last two years **Amy Shepard '98** and husband **Geoff** have enjoyed country living in upstate New York. Their three children, ranging in age from almost 6 to 18 months are doing well. **Amy** is still with her private group (80% time) and covers hospital. **Geoff** travels much for his work as a consultant.

Kim Combs '98 fills her plate very full, with her fulltime practice "next door" and the care of her two active sons. Husband **Matt** is frequently out of town on business as a consultant, while continuing to be a DJ on a local radio.

James Frost '99 has retired from the military, is back from Germany and living in Hilton Head with his wife **Barbara**.

As noted above **Brenda Stokes '99** is spreading herself thin with the many responsibilities she assumes. Aside from being frequently on call for OB and for the service, she is very involved in community activities. Husband **John** is managing mortgages with Countrywide Mortgage Company. And we get to see their two growing sons (**Andrew 7** and **Thomas 4**).

Susan Hundley '00 has left **Bob Elliott & Becky Young** and her practice in Hurt to go back to fulltime hospitalist work at LGH.

Bob Armock '01 is also fulltime hospitalist with Central Virginia Family Physicians (CVFP). And **Alice** continues to be a dedicated writer. In the spring they visited with **Brigitte Small '03** and **Doug**, and in the fall traveled to Michigan, home away from home.

According to **Dr. David Cannon** who has met her there, **Sharon DeMocker '02** is participating in the Integrative Medicine Residential Program in Arizona with Andrew Weill. It is a partially residential program and partially on line.

Nilar U is completing her residency at the Aultman Family Medicine Residency program in Canton, Ohio. She was awarded a \$1,000 grant by the American Cancer Society for her project: *Effect of Smoking Cessation Counseling During an Acute Illness*.

Brigitte Small '03 is enjoying her practice in Kilmarnock, VA. She and **Doug** have been busy designing and building a new home which should be ready for a spring move-in. The picture we received demonstrates the progress they are making on this large

one-story home overlooking the water. What a peaceful setting! In the spring they visited with **Anitha Lokesh '03, Lokesh** and their two children in Winston Salem, NC.

Linh Nguyen '03 and **Doan** send frequent news and pictures of their little **Adora**- not so little anymore but so charming. They spent a few weeks in the spring back in Vietnam. In September, between hurricanes Katrina and Rita, **Linh** left Sheppard AFB with 55 members of his unit to go to Keesler AFB near Biloxi, MS. **Linh** has written an excellent essay about his experience of the hurricane devastation and has made several public appearances. His essay was approved by the Air Force Public Affairs for publication and for broadcasting in Vietnamese and in English in some major news media including *AAFP News*. His efforts lead to a major donation for the hurricane victims. Congratulations, **Linh!**

During his tenure in the residency **Linwood Watson '04** really impressed us all with his stubborn dedication to the importance of immunization. It was no surprise that he would be the co-author, with **Dean Gianakos** of the article in the August 05 issue of *Patient Care: The 15-minute visit: Pneumococcal vaccine*. He also continues to write for the *Lumbee Health Letter*

Terry Thompson '04 and family live on the Finger Lakes in New York State, and **Terry** joined a small traditional practice, combining hospital and ambulatory care. But the **Thompsons** have a hard time staying away from Lynchburg! We have seen them several times over the course of the year. It is hard to tell what **Terry's** next move will be but I would not be surprised if he and family were to become Virginians again... and it would be to our delight! To be continued...

Madhur Solanki '05 & Maryam are sending very good news from near Winchester, VA. In the last few months they crammed many life changes: a new home (they had built) and new jobs for both of them. **Madhur** is in a small family medicine group, already quite busy. **Maryam** started a job as a PharmD consultant which proved to demand more than a fulltime effort.

Priya Sivaraman '05, husband **Subu** and daughter **Shamiksha (3)** moved to Belmont, NC. Her article co-authored with **Dean Gianakos** was published in the *Patient Care* issue of July 05: *The 15-minute visit: Microcytic anemia*

News from the nursing & lab staff

Becky Melton, RN, offered her resignation to accept a position for 3rd shift work on CCU at LGH. In anticipation of the needs for being a day-time mom, **Becky** left us early February leaving a trail of commendable accomplishments and the memory of a sweet and generous character. **Becky** had been the recipient of the Craddock-Terry Excellence in nursing while a member of the staff. She was replaced by **Tammy Greer, RN**, who had been the recipient of the Craddock-Terry award for Pediatrics and was well known by the residents. Among her many responsibilities, **Tammy** is heading up the nurse-run Coumadin clinic.

A month later, we said goodbye to **Carol Riggins, RN**, who had been with us since 2000. She is now working as Centra Health's thoracic health educator while pursuing a master's degree in nursing. **Carol** was replaced by **April Laughlin, RN**, who came to us after working for many years at the ER.

April Laughlin, RN, had the experience of her life when she joined **George Wortley** and **Nicole Scanlon '06** on the fall mission trip to Mexico. We applaud her for daring to challenge herself to a not so easy trip. Her enthusiasm on her return is testament to the impact of such life-changing experience.

It was a sad July day when we said goodbye to **Pam Logan**, our lab technician who had been with us for almost 10 years. **Pam** had received frequent praises for the quality of her work, her kindness to patients and her dedication to teaching. **Pam** went back "home" to LGH where she had worked before. She was replaced by **Gerfa Lunnsmann**, who was no stranger to our practice since she filled in during other's absence.

Debbie Greenway, RN continues to lead the nursing staff. She attended the RAP meeting with **Teresa Henderson** in Kansas City in April. She is the proud mother of her three sons: **Brad**, 4th year at UVA on the football team, **Bret**, sophomore at Virginia Tech and **Brandon**, senior in high school and looking at his college options.

Recognition by one's peers is a high honor: **Barbara Vaughter, LPN**, was one of this year's recipients of the 2005 Craddock-Terry Excellence in Nursing. Of **Barbara** it was said "I was impressed by Barbara's dedication to her patients, particularly her special efforts in directing the assistance program [...]. **Barbara** has taken upon herself to fill out extensive paperwork and to go through the necessary administrative steps to help patients obtain the meds they need." Also **Barbara** knows how to balance work and fun: in July she and family enjoyed their 6th annual week-long Caribbean Cruise (St Thomas, Aruba, etc.), a well-deserved special time!

News from the administrative staff & the "front office"

Teresa Henderson has not lost her contagious smile even though she has been challenged this year with consecutive health problems: first she spent several weeks with her right arm in a sling after a shoulder surgery (not the best predicament for a right-handed administrator!). A few months later she had a coronary angiogram after experiencing severe chest pains... But this does not keep her from assuming important positions: among them she was inducted as 2005-06 president of the Lynchburg Chapter of the IAAP (International Association of Administrative Professional) which took her to Denver for its annual meeting. **Kelly Brooks** was inducted as its President Elect. **Teresa** also chaired the Centra Health Secretarial Networking Organization.

Cindy Allen also faced her share of health challenges this year: she was "relieved" to find out that it was only sarcoidosis... And then she suffered a bout of pneumonia. But she is back at her desk assuming with a smile her many tasks as she creates all the schedules, oversees residents' rotation documentation, answers the phone that keeps interrupting her concentration, etc... It takes quite a juggler to keep up with it all.

Kelly Brooks has been very busy this year with all the changes in information technology: In September she spent a week in Boston training on the Athena system. But **Kelly's** greatest challenge was to say goodbye to her son **Benjamin** (17) who joined the Marine late August. He celebrated his 18th birthday while in boot camp at Parris Island, SC, and in December **Kelly** proudly witnessed his graduation.

In March **Pam Miller**, main switch board operator, resigned from her position and returned to work as an ophthalmology tech in Drs. Lotano et al's office. She was replaced by **Susan Clark**.

At the end of September **Annamarie Kramer** resigned from her position as referral coordinator to work for GI Associates. Her position was reorganized: **Kathy Arrington** and **Tammy Combs** are now sharing the responsibility of referrals in addition to their regular job description.

Pam Enochs is a competitive bowler. This year she competed in the Nationals in Tulsa, OK, and came back pleased and proud of her performance.

And how time flies...

Every spring Centra Health honors its employees for their years of service. The residency was recognized as a true member of the Centra Health family in 1989, so several staff members who worked before that time missed out on many years of seniority. This year the following were recognized: **Barbara Vaughter** (20 years), **Bill Crow** (10 years), **Charles Driscoll** (5 years), **Pam Enochs** (5 years), **Annamarie Kramer** (5 years), **Alex Wilgus** (5 years) and **George Dawson** (25 years...)

And of course **Mable Foster** and **Donna Jackson**, our most senior employees, are still here without fail, learning new skills every day and keeping up with the ever changing world of billing & coding.

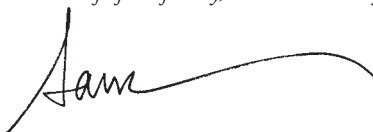
Time to mark your calendar:

Wednesday, April 26, 2006 – Craddock Auditorium, Virginia Baptist Hospital
5th Annual Caring with Awareness Conference
Focus on Gays, Lesbian, Bisexual and Transgender Patients

Friday, June 30, 2006 – Craddock Auditorium, Virginia Baptist Hospital
25th Annual Family Medicine Symposium

And for those of you interested, the 26th Annual McLemore Birdsong Pediatric Conference is scheduled at The Homestead Resort in Hot Springs, VA on April 21-23, 2006.

*As always we stay in touch, so stay in touch with us!
On behalf of the faculty, residents and staff I wish you and yours a happy New Year.*



Thérèse "Sam" Namenek

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