



Highlights

- **Three new faculty members and three additional residents** joined the residency this year. The new faculty includes a fulltime pediatrician, a fulltime family medicine/OB and a part-time clinical pharmacist. This is another step towards the projected expansion which was granted to us two years ago.
- **Need for a new site:** By year 2008 there will be 18 residents and 11 faculty members and the need for additional examination rooms, patient parking, etc. has become critical. We are seeking relocation. Finding a new, suitable home is not an easy task; it is a slow process, and so is the implementation of our EMR (EHR). Both are expected to happen in 2007.
- **The accreditation review:** It takes months

to fill out the famous PIF (Program Information Form) as a preamble to the reviewer's site visit which took place in October: all curriculum were updated and re-written to reflect the new emphasis on the six "competencies" and the new RRC guidelines. Our documentation was impeccable and hopefully impressed our visitor. We should hear about our accreditation status early in '07.

- **The residency is a hub of teaching activities** for students in many disciplines: medical students, premed students, Centra Health LPN students, athletic trainers, governor school students, medical assistants and lab technicians, etc... We receive many praises and several awards for our dedication and commitment to this activity.
- **The ever changing landscape:** Several issues surfaced on the local medical scene with an increase in adult hospitalists' care and questions about unassigned pediatric admissions: the residency played a major role in problem solving by hiring a pediatrician who covers unassigned admissions: experiences in pediatric care has significantly increased.

News from the faculty

What a busy and challenging year it was for **Charlie Driscoll**: preparation for our accreditation review, head of the RRC, editor-in-chief for Resident and Staff Physician, Conference chair for the 14th Annual 3-day Conference on Civil War Medicine which took place in Lynchburg in October, etc. **Charlie** is a juggler and does so with incredible stamina and talent. His presence on the national scene of residency directors is noted with annual presentations on RRC Updates in Kansas City and at the ACGME Annual Education Forum in Kissimmee, FL. Wife **Jackie** is an example of courage and fortitude that impresses us as she continues to suffer her chronic neurological disorder. Joyful family events have kept her spirit going to include their son's summer wedding in

California, transmitted via teleconference piped into her room where friends were assembled, so she could actively participate in the ceremony. She also looks forward to her children's visit every few months. **Charlie** is at her bedside every day, and his dedication and care is an inspiration to us all.

Dean Gianakos continues to serve as associate director of the residency. He is also Medical Director of the Free Clinic and sits on the editorial board of Patient Care. He enjoys getting residents (and graduates) to coauthor the column the *15-Minute Visit* as you'll read below. His piece "*Transport*" appeared in the "*On Being a Doctor*" feature in the February issue of the Annals of Internal Medicine (144:3, 216).

Alex Wilgus '96 is our technology wiz and our official "geek squad" ... What would we (I) do without his expertise? He is our EBM watchdog as well! He was the author of the Clinical Update 324 of the AAFP Home Study on Obstructive Sleep Apnea, and Clinical Update #130 of the AAFP Home Study on Prostate Cancer Screening. He was also the co-author (with **Anne Mounsey & David Slawson**) of Diagnosis and Management of Endometriosis in the August 06 issue of American Family Physician.

Bill Crow continues to be a role model for residents in training and was presented with the 2006 *Spirit of Family Practice* award, an honor he holds very dear. He also continues to pursue his interest in oncology and submitted

an article on *Oncologic Emergencies* to Resident Staff Physician (no word yet) and completed a CD ready for distribution on *Oncology for the Primary Care Physician*. As you know family is most important to **Bill & Caroline** who always find a way to combine CME with family visits. This took them to Williamsburg where daughter **Katie**, her husband and two grandsons live (now 6 and 2). They are rightfully proud of their son **William's** achievement who was promoted to associate director of Art Education at the Metropolitan Museum of Art, and was invited to an exclusive international meeting at the Getty Museum in LA. **Bill & Caroline** enjoyed a bit of international travel with a summer vacation in Quebec. Finally **Caroline** dedicates part of her time to the Gentle Sheperd Hospice program, a rewarding though challenging experience.

Pat Pletke '82: One of the great community honors is to be recognized for one's work and achievement; **Pat** was one of this year's recipients of the *YWCA of Central Virginia's Academy of Women* award in the health category. Many family, colleagues and friends attended the spring gala in her honor. **Pat's** commitment to volunteerism again finds many outlets: She continues to serve on the board of the Lynchburg Academy of Medicine – *access to care subcommittee* and was voted *President-elect* giving her two years to prepare for the presidency. She was also appointed to the Board of Directors of the Free Clinic- having received from this agency the 2005 "Lifesaver" Award. She was accepted by the MSV Foundation into the *Claude Moore Physician Leadership Institute* along with 19 other Virginia docs, including our local **Tom Eppes & Dan Carey**. She joined **George Wortley** and two residents on her 2nd mission trip down Copper Canyon in Mexico. And **Pat** keeps raising the bar with physical challenges. She is a dedicated yoga practitioner and a does not shy away from strenuous efforts; she ran for the 3rd time the Marine Corps marathon in Washington, DC, raising money in support of the Leukemia & Lymphoma Association.

George Wortley continues to juggle...

He spends four days a week at the Big Island Center, a week on rotation on the inpatient service and a day in Lynchburg. Nothing ever surprises us about **George's** athletic challenges. Among his many outrageous endeavors he completed in May a solo 100 mile race in 24 hours. **George** continues to inspire residents to accompany him on mission to the Mexican Copper Canyon: **Pat Pletke '81, Tate Woodward '07** and **Joe Hodges '07** joined him on the November trip. It was **George's** 7th descent into the canyon. On the home front **Susan** is working as a nurse on the Long Term Acute Care (LTAC) at Virginia Baptist Hospital, son **Michael** got married on the beaches of Torch Lake, MI, forcing **George** to miss out on this year's graduation. **Michael** is enrolled in the Ph.D. program of biomechanics at the University of Tennessee, Knoxville, focusing on (what else?) but running shoes.

David Gregory enjoys teaching and helps us meet the standards of Excellence as a residency. He coordinated the many life support training sessions (PALS, ACLS, etc) and directed the ALSO Course lectures which were held in Lynchburg and included residents from Roanoke, Portsmouth, Norfolk and Lynchburg. He wrote an article: *Pertussis Not Just For Kids Anymore*, selected for publication in the August issue of the *AAFP*. **David** has a lot of projects on the front burner to bear fruit next year, to include a study on pediatric obesity. On the family front, **David** keeps his evenings quite busy with activities with both of his sons: he is Cub Scout den leader, and, for the 5th year, coaches Lynchburg United Soccer. Wife **Claire** has been involved in the Healthy Lifestyle Coalition and provided food for thought along with healthy treats to all of us. She works as a nutrition counselor at BWTX.

Brenda Stokes '99 keeps many balls in the air! Regular faculty responsibilities, OB coverage, Lynchburg City School Health Advisory board, administration of a "Healthy Life Style" grant dealing with childhood obesity, antismoking education and of course care of two beautiful, active and curious sons. She attended The Better Bones Workshop in

Las Vegas, NV, focused on *Osteoporosis*. She was the author of the January 06 *AAFP Home Study* (Clinical Update 320- January 2006) on the *Management of Papanicolaou Test Results*. She is still item writer for the ABFM recertification exam. For a spring vacation, she and **John** spent almost two weeks in England.

Terry Thompson '04 and family came back "home" in mid-winter and we were delighted that after a brief stay in Upstate New York, **Terry** would return to the residency and teach. He is spending a bit of time dusting his ob skills to accumulate the experience required to provide ob coverage. **Terry** is our Director of Recruitment, no small responsibility. He and **Dean Gianakos** published an article on *Hematuria* in the *15-Minute Visit* column of the June issue of *Patient Care*. **Terry** also contributed to the 14th Annual Conference on Civil War Medicine with a poster on *Medicinal Plants* which attracted quite a bit of attention.

Sam Namenek is still around after 31 years of witnessing the constant evolution of residency education. This makes for an exciting and challenging job! To keep abreast of changes and to mingle with other BS faculty she attended two STFM conferences, one in Austin, TX, in the Spring, and one in Chicago in the Fall. She published a book review in the journal of *Families, Systems & Health* on *the Psychopathology of Functional Somatic Syndromes*. On the home front, **Rebecca, Kevin** and their two little ones (3 & 5) are doing well in their community of Mebane, NC. **Rebecca** is still doing research in the department of Family & Community Medicine at Duke University. **Todd and Heather** have learned to pack and go as they managed two moves in one year- from Reno to Denver and Denver to Bluefield, VA, seeking a quieter pace of life.

Bob Elliott ended his appointment with us in May, as **Terry Thompson** was slowly fulfilling fulltime faculty responsibilities in **Bob's** place. **Bob** had been part-time faculty for the last seven years and had been most respected and recognized with several awards. **Bob** is now fully devoted to his practice in Hurt.

We miss seeing him around the clinic. Thank you **Bob** for your years of service!

Jodi Ettare, Pharm. D. joined the residency in June as a part-time member of the faculty. She attends on inpatient rounds twice a week, and gives a monthly Wednesday afternoon presentation.

Jodi is a graduate of MCV School of Pharmacy. After a primary care specialty residency in Wilmington, NC (Coastal AHEC) she worked as a retail pharmacist for 2 years offering on-site precepting to pharmacy students. This year she accepted a position as clinical pharmacist at LGH which includes a part-time position at LFMR. **Jodi** is the president of the Lynchburg Pharmacists Association chapter and has a strong interest in patient education. She is married to **Vince**, also a pharmacist, and became the mother of their first child in October of 06.

Stacey Hinderliter, MD, pediatrician, joined the faculty in October as fulltime faculty member and pediatric hospitalist. She is the former director of pediatrics for the Central Virginia Health district and worked in the Lynchburg Health Department for the last 10 years: many of you must remember her skilled teaching and wonderful sense of humor. **Stacey** earned her medical degree at the University Of Pennsylvania School Of Medicine in Philadelphia, served as resident in pediatrics at Children's Hospital in Washington, DC, and was awarded a fellowship in neonatology at Johns Hopkins. **Stacey** is a strong patient advocate, interested in health promotion. She began a *Reach Out and Read* (ROR) program to promote early literacy by making books a routine part of pediatric care. **Stacey** is married to **Jim Clark**, who works for B&W and is the mother of 15 year-old **Natalie**.

Mike Gillette never fails to challenge us and inspire us during his regular medical ethics seminars. He continues to serve on the city council and was this year's recipient of the *NCCJ Humanitarian Award*, demonstrating his personal commitment to respect and understanding among people of diverse racial, ethnic and religious background.

Janet Hickman continues to provide monthly outstanding dermatology lectures and

measures her effectiveness as a teacher with a pre-lecture quiz (or is it the talent of her students?) She served as this year's president of LAM and certainly injected great energy and creativity.

The Match & New Interns

Last year the residency had been granted approval to increase its size from 4 residents per year to 6. So, as noted above, the challenge is being met gradually: the present complement of residents is 5-5-5: This provides easier service coverage, but we are bursting at the seams of the building. We are dreaming to move to more suitable accommodations. We did well on the match: let me introduce the new faces that joined us:

Michael Javernick, MD joined the second year class: **Michael** is a 2004 Cum Laude, AOA graduate of Georgetown University, in Washington, DC. He spent three years as a resident in emergency medicine at the University of Florida, Jacksonville, and decided that this specialty did not meet his needs. He has an interesting pre-med history as he graduated in 1988 from Colorado State University with a BS in Zoology, and in 1993 with a Master of Fine Art. For the following 6 years he taught art at the School of Art, Washington University in Saint Louis. **Michael** has received numerous awards for his art work, and is published extensively. **Michael** is married to **Lisa Mensch, MD**, adult psychiatrist. They had their first child **Carley Castilian** in July.

Jamie Matherly, DO is a graduate of Nova Southeastern School of Osteopathic Medicine in Fort Lauderdale, FL. She completed her first undergraduate degree at Liberty University in 1993, her second bachelors degree at Georgia State University in Atlanta, and went on to do research in graduate school and at UCLA. **Jamie** was determined to return to her favorite place to be close to her family. **Jamie** spent two months with us during her fourth

year: it soon became clear that LFMR was the right place for her. **Jamie** is the mother of a three year old son, **Ethan**.

John Mattei, MD has an interesting story to tell. After practicing as a chiropractor in New Jersey for over 28 years, and as he approached his 50th birthday, **John** decided to go back to medical school. His undergraduate degree is from Rutgers University (NJ), his graduate education from Neumann College, Aston, PA and medical degree from University of Health Sciences in Antigua. **John** is married to **Joann**, a real estate agent. They have six children, ranging in age from 29 to 10 (one of them is a pre-med student). **John** is a serious athlete, who competed in the US Track & Field, throws the discus and enjoys power lifting.

Lori Nelson-Madison, MD is a born and bred Virginian! She completed her undergraduate degree from Radford University and her medical education from the University of Virginia. She was the recipient of several primary care scholarships. **Lori** is married to **Timothy Madison**.

Jaisimaran (Jaisi) Sidhu, MD was born a British citizen. Her family moved to California when she was very young, as her father established a family practice in Portersville: she received her undergraduate degree from UCLA and her MD from Saint George's University in Grenada. **Jaisi** is married to **Surj**, a land developer in California.

Solomon Woreta, MD was born in Dessie, Ethiopia. He moved to the United States in the 90's. He received an undergraduate degree in nursing from Temple University in Philadelphia. He practiced as a registered nurse in ICU and surgical units for several years until attending medical school in Lublin, Poland where he received his degree in 2004. He pursued nursing until joining the residency. **Solomon** is married and the father of a 7 year old son.

The Family Grows

Chris Hudson '96 & Denise announced the birth of their fourth child and second daughter **Lena Karis**, born on November 26, 2005 in Fremont, MI.

Madhur Solanki '05 & wife Maryam announced the birth of their first child, a son, **Rohan**, born February 4 in Winchester, VA.

Michael Javernick '08 & wife Lisa Mensch announced the birth of their first child, a daughter, **Carly Castilian**, born on July 7 at Virginia Baptist Hospital, Lynchburg.

Joe Hodges '07 & wife Jessica announced the birth of their third child and first daughter, **Hadyn Victoria** born on July 21 at Virginia Baptist Hospital, Lynchburg.

Krystal Defibaugh, RN (Big Island office) & **husband Vincent** announced the birth of their son

The Symposia

Twana Dixon '03's legacy lives on with the thoughtful title she proposed four years ago for our annual cross-cultural symposium: **Caring with Awareness. This year's 5th Annual Conference: Focus on the Gay, Lesbian, Bisexual and Transgender Patient** took place on the last day of April and attracted the largest audience ever, filling the Craddock Auditorium to capacity. **Sharon Diamond-Myrsten '07** did a fantastic job at providing a varied program with film clips, lecture, panel and small group discussions.

To some *The Birdsong Pediatric conference* at the Homestead in Virginia feels like a family reunion.- a small one this year: in attendance among others were **Pat Pletke '82**, **Amy Shepard '98** (and daughter **Caitlin**), and **Lisa Langenburg '97**, with husband **Scott**, their four children and extended family.

Tyler Austin born on August 4 at Virginia Baptist Hospital.

Tate Woodward '07 & wife Jenny announced the birth of their second child and second daughter **Ava Claire** born on September 22 at Virginia Baptist Hospital

Jodi Ettare, Pharm.D. & husband Vince announced the birth of their first child, a daughter, **Arden Wray** born on October 16 at Virginia Baptist Hospital

Mike Cook '03 and Becky announced the birth of their second child and first son, **Seth Anthony**, born on October 18 at Virginia Baptist Hospital.

Tammy Combs & Warrick Allen announced the birth of their second son, **Bryson**, who was born at Virginia Baptist Hospital on December 27

The 25th Annual Family Medicine Symposium was held, as always, in conjunction with graduation, on June 30 at Virginia Baptist Hospital Craddock Auditorium. The senior class selected and introduced the speakers as a way of honoring them for their teaching and support of the residency. The program was varied covering the wide landscape of family medicine: Drs. **Ron Fisher** made a presentation on *Prostate Health*, **Bill Crow** on *Oncological Emergencies*, **Mike Milam** on *Sepsis*, **Tim Courville** on *Ear Infections* and **Scott Garrett** concluded the symposium with an entertaining and instructive look at *Civil War Medicine: Maybe They Were Not So Barbaric...* The symposium was well attended and well received and former graduates were once again welcomed.

Obituary

Dr. John (Jack) Matthews, retired Family Physician from Appomattox, died on March 17, 2006. He was the widower of Hattie Harris. He is survived by his wife Marlene Elizabeth Hanley Matthews, two daughters, a son, seven grand-children and a host of extended family members. For those of you who remember the early days of the residency, you must remember **Dr. Matthews'** strong and loyal support: he came regularly to precept residents in the office at VBH. He was a mentor to many, and an inspiration to all of us. His smile, his enthusiasm, his wisdom and his dedication will long be remembered. We offer our condolences to his family.

Alumnae Twanna Dixon-Cherry, MD '03 died in Smithfield, NC on June 7, 2006 at the age of 38. She was buried near Raeford, NC, her native home. She died following surgery to drain an abscess. Apparently her immune system had been compromised by long term immunotherapy. An autopsy showed a severely enlarged heart. She is survived by her husband, **Cederic Cherry**, by her parents **Lee and Doris Dixon**, one brother, two sisters, her maternal and paternal grand-parents and a host of aunts, uncles, nieces, cousins and friends. Our heartfelt condolences go to her grieving family.

Graduation & Awards

The Residency held its 30th commencement ceremony on Friday, June 30 at Oakwood Country Club to honor four graduates. Where did they go? **Rosemary Harwood, MD** joined the staff of the Johnson Health Center in Lynchburg, **Pamela Herbert, MD**, former chief resident, is part owner and medical director of the Blue Ridge Aesthetic Center in the Windhurst area of Lynchburg, **Chad McCreary, DO** joined a group in his hometown of Louisa, KY, and **Nicole Scanlon, MD** joined the Altavista Medical Center with Drs. **Dunk Carter** and **Ralph Slusher**.

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 **Dr. William Crow**. The physicians of the **Forest Women's Center** received the *Teachers of the Year Award*; **Dr. Patricia Pletke** was honored with the *Preceptor's Award*; **Teresa Henderson** with the *Senior Residents' Award* and **Cindy Allen** with the *Staff of the Year award*. Two *Director's Merit Awards* were presented: to **Dr. Ron Hill**, general surgeon and to **Mrs. Lauralyn Martin**, Director of Human Resources.

News from Former Faculty

Pat Crow, MaryKay & Homer the dog are still enjoying sunny Florida, in reasonable health (**Pat** had knee surgery in May). **Pat** is relentless in his advocacy for patients' rights and continues to teach seniors about Medicare and medical insurance. **MaryKay** continues her EMT work with the emergency squad. Travels to visit family and old friends took them to Sacramento, and Reno. They are active citizens, politically involved (**Pat** was president of the Democratic Club of Greater Sun City) and of course pleased with the results of the elections.

Mike Okin is still in his practice next door with **John Ed Williams '85, Kim Combs '99, Matt Johnson '00,** & **David Wodicka**. They are part of the Piedmont

Family Physician network and the only practice that continues to care for their own inpatients.

Roger Hofford & Cyndy are still enjoying living in Roanoke, close to **Cyndy's** family. **Roger** is still director of the FP Carillion residency and things are going very well: we experience more collaboration between our two residencies to everyone's benefit.

Don Branson left the Blue Ridge Occupational Medicine practice and is now fulltime with BWXT Corporation, still in the business of occupational medicine. He is an active member of the Centra CME committee and a frequent attendee at conferences including our own Wednesday afternoon didactic.

News from the Residents

Joe Hodges '07 was elected chief resident and **Julie Suppa '08**, assistant chief for 2006-07; they make a wonderful team. **Joe** attended the chief residents' meeting in Kansas City in May and the Scientific Assembly of the AAFP in Washington, DC in October.

Sharon Diamond-Myrsten '07 was appointed as the resident member of the VAFP Board of Directors representing UVA programs. She is also Virginia delegate to the AAFP Resident Congress. **Sharon** coauthored a chapter on *Dyspnea* with Drs. **Gianakos, Pletke and Thompson**. And as mentioned above,

she coordinated the *5th Annual Caring with Awareness Conference*.

Abla Hussein '07 and her daughter **Zeena** went to Lebanon in July for a pediatric elective to find themselves in the midst of violence and bomb threats: Beirut airport being closed they left the country by road via Syria and Amman, Jordan. As the family grieved the personal loss of **Abla's** father who died while she was there, the people of Lebanon were facing horrendous hardships. She wrote a very touching piece *'The Promise'* published in the October issue of *LAMLit*. She also wrote a case report, coauthored with **Dean**

Gianakos, on *Adenocarcinoma of the Lung Presenting as Nonresolving Pneumonia* which was published in the July/August issue of *Resident & Staff Physician*. She also published the *15-Minute Visit: Migraine Headache* in *Patient Care* of February 2006 and *Thyroid Nodule* in the August issue of *Patient Care*. She attended the AAFP Scientific Assembly in Washington, DC in October.

Verna Cabigas '08 has been very dedicated to residents' recruitment during the fall as we had an increasing number of applicants. She published the *15-Minute Visit: Epiglottitis* in the May issue of *Patient Care*.

News from former Residents

Back in Bedford County, **Len Cohen '07** is now mostly working at the new Physician Treatment Center near Smith Mountain Lake in Huddleston.

Fred Sloan attends often our Wednesday afternoon conferences yet he is not actively practicing medicine at this time. Instead he and **Shawn** are busy grandparents as children and grandchildren now live in the Lynchburg area. They do take regular vacations away from home: in the fall they went to the Bahamas. Among his many hobbies **Fred** has fun with the stock market.

Gary Levine '80 & wife Debbie are still in Greenville North Carolina, **Gary** still teaching at ECU. Their daughter **Ariel** was married in late May.

Robin Roden '80 and husband **George Corrent** have finally re-settled in Naples, FL, after four successive moves. **Robin** is "kinda" retired from the practice of medicine for the time being but keeps up with literature and boards toward future employment, while **George** gave up academic teaching to open a private practice in general ophthalmology. **Ryan** (14) and **Cianan** (12) are growing tall, soon to over tower mom and dad...

Pat Pletke '82 & family are well. **Sara** is working for a private foundation in the field of education in Dallas, TX, **Monica** was accepted in the nursing program at Georgetown University School of Medicine starting in January, and **Andrew** works fulltime in construction. **Phil** and **Pat** are regular yoga practitioner and walk many miles, rain or shine.

Dunk Carter '82 continues to practice with **Dr. Slusher** in Altavista in a Centra Health facility. They have a brand new, state of the art office. He was delighted to welcome **Nicole Scanlon '06** as a new partner.

Dennis Perry '86 & Debbie are going through the empty nest syndrome: **Rachel** graduated with an outstanding

record from high school and received a valedictorian scholarship. She enrolled at MSU (10 minutes away from mom and dad) achieving again outstanding grades. **Kristen** is studying Audiology/Speech Sciences also at MSU and will graduate in May of this year. While cutting his private practice by 15%, **Dennis** took half-time responsibilities at the Ingham Regional Medical Center Hospital in Lansing, MI as Medical Director of Case Management and Utilization review. And **Deb** works part-time with **Dennis**, and enjoys quilting, sewing and home projects. Smooth sailing for the **Perrys**.

Cindy Hadley '86 & Steve must look back at the year past with a sense of pride and accomplishment. **Allison** was married in June and she & husband **Rudy** live nearby, in Rochester, NY. No question that Music is for **Kristen** more than a hobby: she plays violin, flute and guitar, sings, and plays in a jazz band. She is also a JV basketball player and a hard working student. And the **Hadleys** welcomed a new daughter **Lena**, a one-year exchange student from Ukraine. She provides a good excuse for tourism across the US.

John Hoffman '89 left the Rustburg Family Practice to replace retiring **Ken Powell** and to return to his patients in Appomattox, part of the Central Virginia Family Physicians (CVFP). He rejoins his partner **Tom Schalcosky '95**.

Keith Metzler '89 left his practice in Amherst to join the large network of the Physicians Treatment Center.

Jeff Gogel '90 continues to practice sacrocranial and other osteopathic care in Forest. He enjoys teaching and was a month-long preceptor for **Jamie Matherly '09** (at the time MS4) who eventually matched with us.

Karen (Bomberger) Johnson '90 keeps in touch from the state of Colorado. She is still with her same group in Westminster. She is rightfully proud of 10 year old son **Ryan**, an

honor roll student, a baseball pitcher, soccer player and a beautiful smiling young man. **Rick** is busy doing hard drive assembly design and renovating their 15 year-old home.

Mat Tattom '93 has the enviable skills of being a good business man as his Physician Treatment Center network continues to grow and offer acute care in various parts of the city of Lynchburg and surrounding counties. Many of the LFMF graduates are now working with him to include **Len Cohen '77, Keith Metzler '89, Dan Johnson '98...**

John-Paul Jones '94 left the emergency department after 9 years and joined the Central Virginia Family Physicians dividing his time between the Lakeside Drive site (replacing **Don Branson**, who left in November) and the Amelon Square practice in Madison Heights. In addition, he also accepted a position with Centra Health as medical director for Computer Physician Order management.

Cuong Do '94 and Thi are sending very good news of their life in Alexandria, VA. Their family life is very much at the center: **Austin** (8) & **Ian** (6) are so close in age that they share many of their activities: they are attending Vietnamese school, and are studying Spanish as well. They are also actively involved in swimming and soccer. **Cuong** and **Thi** stay mostly close to home, but they did enjoy a memorable trip to Las Vegas: **Cuong's** luck at the blackjack table once again paid well!

Chris Hudson '96 and Denise are still in Fremont, MI, doing well and enjoying the busy life of a family with four children (ages 7, 6, 2 & 1). They have spent the year having a house built, which is no small adventure as many of you know!

Nothing really new in **Alex Wilgus '96 and Ann's** household: just the same hustle and bustle of caring for four active children!!. **Micah** did break an ankle (which may appear like a small

News from former residents cont.

matter) but he ended up in surgery at UVA to repair a poorly healed break. This meant back-breaking exercise for **Alex** who had to carry his teenage son.

Becky Young '96 left her practice of the last 10 years in Hurt and joined the Blue Ridge Medical Center in Arrington, VA (Nelson County)

Lisa Langenburg '97 undertook a pretty impressive athletic challenge: as a fund-raising initiative for the Leukemia & Lymphoma Society **Lisa** ran a half-marathon in Traverse City, MI, in May.

Dan Johnson '98 left the emergency department at Lynchburg General Hospital to join The Physician Treatment Center network. **Dan** was the on-site coordinator of our Emergency Medicine curriculum and was praised for his dedication and teaching. He is greatly missed in that capacity. **Matt Hanley** is now assuming the responsibility.

Amy Shepard '98 and daughter **Caitlin** stopped by the residency in April on their way to the Bird Song conference at the Homestead. **Amy** is a busy woman with her part-time practice, her three children, the horses and the demand of country living. As a result of a promotion husband **Geoff** is commuting once a week between Oneonta, NY and Detroit.

Susan Hundley '00 had left her practice in Hurt, VA to briefly join the CVFP hospitalist group at Lynchburg General Hospital. She recently accepted a fulltime position at Monelison Family Physicians in Madison Heights.

In the fall **Daniel Hey '00** left the Wiggington Family Practice and is temporarily working at the Centra Health Family Practice in Hurt with **Bob Elliott**.

Bob Armock '01 left his practice in Rustburg and joined the hospitalist group at Lynchburg General Hospital. He and **Alice** spent a memorable vacation in Peru.

Kori Jackson '02 is still practicing in Brookneal. She was this year's recipient of the *Physician of the Year Award* presented by Centra Health Medical System Organization (MSO).

We heard from **Nilar U** who is enjoying her new job in Maryland, after completing her residency in Family Medicine at Aultman, being board certified and having done some locum tenum work in Arizona.

Mike Cook '03 and Becky are hoping to move into their newly built home this coming February. In the meantime they live in an apartment with their active little **Stella** and newborn baby. **Mike** continues to work as a hospitalist at LGH and carries a few shifts at the ED.

Brigitte Small '03, Doug and Coco the dog are still living in Kilmarnock, on the Northern Neck of Virginia. They sent pictures of their new home which took two years "of effort, blood, sweat and tears" to build: what a beauty! It sits on the edge of the water in a magnificent setting. **Brigitte** has become an accomplished gardener. Their boat waiting at the dock must offer many hours of pleasure and **Doug** is about to join the Coast Guard Auxiliary.

Terry Thompson '04 is back "home." As mentioned above **Terry** decided to pursue his dream of academic medicine. In February he and son **Daniel** moved back to Lynchburg leaving **Melissa** and the girls in New York State to sell their home and manage the move. The family reunited in May.

Linwood Watson '04 offers some tip "If you want to encourage your patients to get pneumococcal vaccination, try opening the conversation with "If I gave you a dollar and told you that you could buy 23 things with it, would you consider that a good deal? That is what you get with the pneumonia shot- it is one shot that gives you coverage for 23 tough germs." This metaphor conveys the

importance of an adult pneumococcal vaccination in a way that is informative and positive and can be understood by a wide variety of patients, even those with low literacy levels."

Priya Sivaraman '05 practices in Stanley, NC. She published an article: the *15-Minute Visit: Chronic Cough*, published in the April Issue of Patient Care.

Pamela Herbert '06 has been a long time member of the board of the YWCA: she was chosen as co-president of the board for this year.

Wedding Bells & Diamond Rings

Arielle Levine, daughter of **Gary Levine '80 & Debbie**, and **Christopher Dozier** were married on June 3 in Cary, North Carolina

Tammy Greer, RN and Kelvin Thompson were married on June 27 in front of beautiful waterfalls near Gatlinburg, TN, in the Smokies. Following their wedding they enjoyed a cruise with **Tammy's** family, also in celebration of her parents' golden anniversary.

Pamela Herbert '06 & Michael Minkler were married on August 26 in the beautiful Oakridge Estate of Nelson County. They enjoyed a honeymoon in Alaska, and have made Lynchburg their home.

Nicole Scanlon '06 & Doug Rowlett were married on September 30 at the Glenclyff Manor in Rustburg. They enjoyed a honeymoon cruising along the Mediterranean coast of France and Italy. They made their home in Rustburg.

Jennifer Omaster '07 & Carlton Jack (Jay) Burgart were married on October 7 in the First Christian Church in Lynchburg. They spent their honeymoon in Charleston, SC, and made their home in Lynchburg.

Jessica Woody, RN & Aaron Williams announced their engagement on July 1 and are planning a June 2007 wedding.

News from the nursing & lab staff

On February we said good-bye to **April Laughlin, RN** who had been with us less than a year and was a very efficient and knowledgeable nurse. She is missed. She accepted a nursing position at the University of Virginia hoping to eventually further her education with a master's degree in nursing. She was replaced by **Jessica Woody, RN**, who may be known by some of you who worked at UCP & on the pediatric floor. **Jessica** joined us at the end of April.

Debbie Greenway, RN, was the recipient of this year's *Clinician of the Year* Award presented by Centra Health MSO. She is a very proud mom: her son **Brad Butler** is #60 on the Buffalo Bills after being drafted in the 5th round of the 2006 NFL draft. Son **Bret** is a junior majoring in psychology at Virginia Tech and son **Brandon** a freshman at Tech as well.

Brenda Booze, RN, lived the dream of a life time: while in the Bahamas in May, she swam with the dolphins. The fall months were not as much fun as she broke her leg, had to be off for a few weeks and returned to work on crutches.

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's recipients were: **Teresa Henderson** (10 years) and **Brenda Stokes** (5 years).

News from the administrative staff & the "front office"

Teresa "T" Henderson has been with us for 10 years. She continues to stretch her responsibilities beyond the confine of the residency. She was named Virginia Division treasurer of the Lynchburg Chapter of the International Association of Administrative Professionals (IAAP) and remains active with the local chapter serving as secretary. One of her dreams came true by singing in nine performances of the Virginia Christmas Spectacular at Thomas Road Baptist Church. She and **Stuart** enjoyed a very special vacation cruise along the coast of Alaska and the week after her return **T** flew to Reno, NV for the International Convention of the IAAP.

Kelly Brooks & Debbie Greenway, RN, coauthored an article titled *Staff Meeting Tips* published in the December 2006 issue of Medical Office Manager. **Kelly** was installed as director of the Lynchburg Chapter of the *International Association of Administrative Professionals*. **Kelly's** son **Benjamin** is a corporal in the US

Marine Corps and will be deployed in the Mediterranean theater for a 6-month tour on the USS Bataan. And **Kelly**: asks for your support as she trains for her first half-marathon.

Cindy Allen continues to master the massive scheduling challenges afforded by the addition of extra faculty and residents and by the switch to a new computer system. She was honored with the *staff of the year award*.

Cathy Arrington welcomed her 7th grandchild born on Super Bowl Sunday. **Nevan** is her 6th grandson and the 4th grandchild to be delivered by our practice.

While **Tammy Combs** was on maternity leave, **Monica Dillard (Pat Pletke's daughter)** provided temporary help in the front office before starting her nursing school education at Georgetown University.

Pam Enochs welcomed a granddaughter, **Delaney Madison Wingfield**, born a year ago (1/3/06). **Pam** is still a passionate bowler and competed in the nationals in Reno, NV.

Time to mark your calendar:

6th Annual Caring with Awareness Conference

Focus on the Middle Eastern Culture
Craddock Auditorium
Virginia Baptist Hospital
Wednesday, April 25

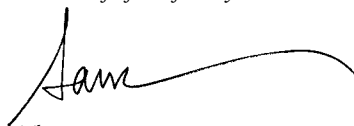
Annual Family Medicine Symposium

Craddock Auditorium
Virginia Baptist Hospital
Friday, June 27

And for those of you interested, the 26th Annual McLemore Birdsong Pediatric Conference is scheduled at The Homestead Resort in Hot Springs, VA, April 27-29.

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!



Therese

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Our website: www.lynchburg-fm-residency.com

[Please let us know of any error noted in your practice location. Thank you!]