



# Memorial Family Medicine Residency Program

Annual Report 2019-2020



# From the Director

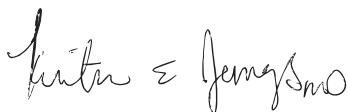
Greetings from Memorial Family Medicine Residency. It is with much excitement and some trepidation as I report to you amidst our COVID-19 Pandemic.

This year has been filled with many remarkable achievements. Our faculty have grown in wonderful ways and are working at a high level to provide excellent education for our residents while also continuing to assess our curricula to ensure it has the maximum impact. We are maturing many of our new educational initiatives including: our suboxone program, point of care ultrasound, our quality improvement curriculum, and our osteopathic curriculum. We continue to critically assess how to be on the cutting edge of family medicine education and innovate in ways that will arm our residents with the best tools possible for them to enter the practice of their choice upon graduation from Memorial.

Our residents continue to be our greatest asset. Again, scoring above the national average on their in-training exam and operating at a high level in the clinic and hospital settings, they continue to impress us all with the care they provide for their patients and the dedication they demonstrate with regard to their own education. We proudly celebrated the impressive achievement of our chief resident, Dr. Kate Callaghan, in her receipt of the AAFP Award for Excellence in Graduate Medical Education. This award is bestowed to 12 family medicine residents nationally and awarded to only the best and brightest residents in our country. Kate's achievement is a reflection of the type of residents who chooses to train at Memorial and the continued high level of training and experience they receive while continuing their educational journeys at Memorial.

As I reflect on many of our accomplishments from the past year, it seems like they happened a lifetime ago. We have all had to stretch to find ways to prepare for and respond to this challenging landscape that the COVID-19 pandemic has laid before us. It is always remarkable to me to see how people can adapt for the better during difficult times, and this has been absolutely true at Memorial. The pandemic has impacted every facet of how we provide education to our residents and the way we deliver patient care. I have been utterly impressed with our faculty and residents as we have been forced to rewrite and re-do how we provide education and how we provide care to our most vulnerable patients in South Bend, IN. Within a day, we revamped our clinic to provide a respiratory and non-respiratory side to ensure we are able to see all patients that need our help and that our access is not compromised. We have quickly educated our faculty and residents on aspects of medicine that we did not have to think about much before the beginning of this year: social distancing, the importance and finite resource of personal protective equipment, and how to treat a disease process none of us have seen before in history. We remain poised and ready to continue to rise to the needs our community may have surrounding the pandemic. Change can be unsettling for many, yet every day a new change needs to be made, and I remain impressed with the Memorial team's adaptation during this historic time.

During unsettling times, it can be reassuring to look towards our future. With our remarkable match of geographically diverse candidates, the retention of several of our current third-years for fellowships, and the continued engagement and commitment of our current residents and faculty, I have no doubt we will weather this storm and come out the other side stronger and better. Now more than ever, we wish you and yours health and happiness and thank you for your continued support of our program.



**Tina Jennings, MD**  
Program Director

# The Memorial Family Medicine Residency Program Faculty



Tina Jennings, MD  
Program Director



Janel Charlton, MD  
Senior Associate Director



Tucker Balam, DO  
Associate Director  
Director, OB Fellowship



Anton Crepinsek Jr., MD  
Associate Director



Matthew DuPre, MD  
Associate Director



Rachel Schuster, DO  
Associate Director



Marion Mahone, MD  
Faculty Hospitalist



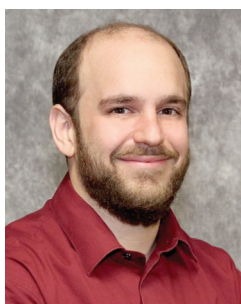
Linda Mansfield, MD  
Director, Sports  
Medicine



Jason Marker, MD  
Associate Director  
Clinic Director



Gerald Morris Jr., MD  
Faculty



Gregory Pouliot, PhD  
Behavioral Medicine  
Director



Matthew Reed, MD  
Faculty Hospitalist



Emily-Rae Singh, MD  
Faculty Hospitalist



Randall Suttor, MD  
Associate Director



# Class of 2020

## Graduates



Jonathan Aubry, MD

Jonathan graduated from Benedictine University and earned his medical degree from the University of Illinois-Rockford. During residency, Jon completed the Sports Medicine curriculum, presented multiple cases at the AMSSM annual meeting, and froze on the sideline while covering many sporting events. He matched into a Sports Medicine Fellowship at the University of Florida, and after graduation will be moving to Gainesville to complete an additional year of training, unless sports are cancelled forever. Jon couldn't have done any of this without his beautiful wife Libby, amazing son Jackson, golden retriever Gracie, and the support of his extended family. In his free time, Jon enjoys spending time with his family, traveling to and hiking in mountainous areas, exploring SW Michigan, and trying new breweries along the way. He looks forward to completing training in the near future, and having a more regular schedule for once!



Kimberly Azelton, MD

Kimberly grew up in Michigan, received her undergraduate degree at Weimar College, and completed medical school at Loma Linda University in California. The full spectrum family medicine residency at Memorial drew her back to the Great Lakes area. During residency she became certified as a lifestyle medicine physician through the American College of Lifestyle Medicine. Next year, she will be completing the Health Services Management and Masters in Public Affairs fellowship. She will be utilizing this training to open a direct primary care practice in conjunction with her church back in Michigan called Lansing Family and Lifestyle Medicine.



Katharine Callaghan, MD

Katharine (Kate) Callaghan graduated from the University of Notre Dame where she earned degrees in theology and preprofessional studies. She then earned her medical degree at Vanderbilt University School of Medicine. The greatest honor Kate received during residency was being elected Chief Resident by her peers. She was also humbled to receive the AAFP's Award for Excellence in Graduate Medical Education and to have the opportunity to speak numerous times with undergraduates about the intersections between theology and medicine. Kate will spend the 2020-2021 academic year as a Health Services Management Fellow, finishing her MPA degree at IUSB and thoroughly enjoying the opportunity to remain knit into the residency community at Memorial. Outside of work, Kate enjoys good conversation, folk music, reading fiction (preferably aloud), running, and backpacking.



Mitchell Daugherty, MD

Mitchell Daugherty received his undergraduate degree from the University of Illinois and his medical degree from the University of Illinois-Rockford. Mitchell met his wife, Lauren, at Memorial Hospital while taking care of a mutual patient in his first year of residency, and they were recently married on May 2, 2020. After graduation, Mitchell will be working for a year as a sports medicine fellow at The Ohio State University and plans to practice primary care sports medicine after fellowship. Mitchell enjoys hunting and fishing in his spare time as well as spending time with his wife and family.



# Class of 2020

## Graduates



Timothy Day, MD

Tim grew up about an hour south in the communities of Culver and Winamac, IN. He attended Indiana University for his undergraduate education and the University of South Carolina for medical school. Dr. Day took a bit of a circuitous route to medicine that included naturalist work on fishing vessels in the Bering Sea and served his country as a Combat Engineer officer in the US Army. Tim will return to his hometown to practice full spectrum family medicine at Pulaski Memorial Hospital. He will practice Inpatient, Outpatient and OB. He is married to his high school sweetheart, Diana, and they have 2 children, Annabelle and Wyatt. In his free time, Tim enjoys spending time with family, camping, fishing, and considers himself an aspiring hobby farmer.



Johnny Gerardot, MD

Johnny is originally from Fort Wayne, Indiana where he graduated from Purdue University - Fort Wayne. He earned his medical degree from Indiana University. While in medical school, he met the love of his life, Kristin, and she graciously agreed to move to South Bend with him for residency. Staying with Johnny is a decision she totally does not regret. One of his greatest joys during residency was the birth of his son, Parker. His major accomplishments in residency include being elected Vice-Chief by his peers and having the opportunity to train with his amazing colleagues and faculty. After graduation Johnny will be staying in town to practice outpatient Family Medicine with Beacon Medical Group Main Street.



Megan Ishikawa, MD

Megan graduated from Indiana University-Purdue University Indianapolis. She earned her master's degree in public health with a concentration in epidemiology from the Indiana University Richard M. Fairbanks School of Public Health and her medical degree from the Indiana University School of Medicine. She will join Indiana University Health Arnett Family Medicine in West Lafayette to practice outpatient medicine in addition to hospital rounding with the Indiana University School of Medicine Arnett Family Medicine Residency. In her free time, she enjoys traveling around the world and learning new languages, watching sports and running outside, taking pictures and drinking coffee.



Brent Pickett, DO

Brent graduated from Utah State University and then attended A.T. Still University for his medical degree. Early in his medical education Brent became passionate about sports medicine. He enjoyed covering Clay High School sports during residency. He has a beautiful wife, Katie, and three children: Brooks, Eleanor, and Amelia. In his free time, Brent has served as Sunday school teacher and a youth leader in his local congregation of the Church of Jesus Christ of Latter-day Saints. Following graduation he will start a one year sports medicine fellowship at Duke University. Brent's biggest regret in residency is not following through with fighting Ryan Enck in the parking lot after clinic.



Frederick Ruckersfeldt, MD

Born in Kansas and growing up in Indiana and Illinois, Frederick graduated from The Master's University in Santa Clarita California and received his medical degree from the Carver College of Medicine at the University of Iowa. After graduation, he plans to stay on at Memorial Hospital for an additional year to complete the Obstetrics Fellowship. He plans to use this training pursuing full scope Family Medicine, likely in the rural Midwest. He also has interest in work overseas. He and his wonderful wife of 9 years, Mary, are the proud foster parents of two busy girls. In addition to spending time together as a family, Frederick fills his free time with birding, traveling, photography, gardening and enjoying new foods.

# Class of 2021



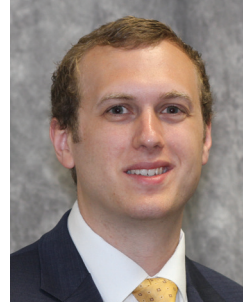
Ryan Berns, MD



Brian Jones, DO



Amber Lichtenbarger, MD



James McCarrey, DO



Autumn Menkedick, MD



Jacob Nafziger, DO



Kyle Ramthun, MD



Mary "Betsy" Sutherland, MD



Dyllan Tiburzi, MD

# Class of 2022



Miriam Adrianson, MD



Megan Boyk, MD



Natalie Burkhart, DO



Caitlin Casey, DO



Michael Keller, MD



Jay "Bradley" Lankford, DO



Chinyama Munakampe, MD



Jerome Pomeranz, MD



Cody Ward, MD



# Class of 2023



**Madeline Chandler, MD**  
**Hometown:** Nixa, MO  
**Undergrad:** University of Notre Dame  
**Medical School:** Creighton University School of Medicine  
**Hobbies/Personal Interests:** Playing softball, soccer, and racquetball; cycling; playing and writing trivia; baking; and doing jigsaw puzzles



**Allyson DiMagno, MD**  
**Hometown:** Fairport, NY  
**Undergrad:** Cornell University  
**Medical School:** Oakland University William Beaumont School of Medicine  
**Hobbies/Personal Interests:** Soccer, running, cooking, and baking; She plays the flute and also played basketball in college



**James Handtke, DO**  
**Hometown:** Demotte, IN  
**Undergrad:** Huntington University  
**Medical School:** Chicago College of Osteopathic Medicine at Midwestern University  
**Hobbies/Personal Interests:** Road biking, mountain biking, soccer, camping and cooking



**Kallie Kram, MD**  
**Hometown:** Burton, TX  
**Undergrad:** Texas A&M University  
**Medical School:** Baylor College of Medicine  
**Hobbies/Personal Interests:** Sports, reading, traveling, and baking; Her family runs a livestock operation and raises cattle in rural Texas



**Audrieanna Kramer, MD**  
**Hometown:** Muncie, IN  
**Undergrad:** Indiana University–Purdue University Indianapolis  
**Medical School:** Indiana University School of Medicine  
**Hobbies/Personal Interests:** Camping, hiking, group exercise, dancing, ultimate Frisbee, and card games



**Garrett Muhlstadt, DO**  
**Hometown:** Olivet Nazarene University  
**Undergrad:** Hope College  
**Medical School:** Marian University College of Medicine  
**Hobbies/Personal Interests:** Basketball, baseball, soccer, and volleyball, but describes his high school self as “a three sport benchwarmer”



**Deborah Pavey, MD**  
**Hometown:** Indianapolis, IN  
**Undergrad:** Wheaton College  
**Medical School:** Indiana University School of Medicine (Terre Haute campus)  
**Hobbies/Personal Interests:** Board games, hiking, knitting, and baking deep-dish pizzas



**Megan Spencer, DO**  
**Hometown:** Albion, MI  
**Undergrad:** University of Michigan  
**Medical School:** Michigan State University College of Medicine  
**Hobbies/Personal Interests:** Hiking, gardening, and bird-watching, and says she has a black belt in bird identification



**Kaitlin VanderKolk, MD**  
**Hometown:** Arvada, CO  
**Undergrad:** University of Notre Dame  
**Medical School:** University of Colorado  
**Hobbies/Personal Interests:** Piano, singing, painting, traveling, and hiking; She once walked the Camino de Santiago in Galicia, Spain



# Our Physicians Around The World



**Susan Cheng, MD**  
**Class of 2018, Liberia, Africa**

I had the privilege of spending a one-month international rotation as a resident at ELWA Hospital in Liberia, Africa. Help was always needed in the ER, surgical ward and obstetrical ward. I learned about the brevity of life and how precious each moment is. I had the privilege of learning from these missionary and African doctors. Their resilience and their strength under constant adversity inspire me.



**Alexander Porte, MD**  
**Class of 2019, Kenya, Africa**

I served at Tenwek Mission Hospital in Bomet, Kenya for four weeks, working alongside the lone pediatrician at the hospital. He runs the NICU, PICU and the general Pediatrics Ward – an enormous task for one attending – and he needed help. This hospital has been around since the 1930s. I was there for a small blip in its history. And yet, I will never be the same. I learned a new health system and new scope of pathology, all within the context of a new culture. I experienced the responsibility of being an attending for the first time. I met Kenyan physicians who challenged me by their example of faith and compassion. My gratitude for this experience cannot be quantified. It has been the defining moment of my residency. I encourage other residents to seek out similar challenges and likewise be forever changed.



**Jonathan Ditty, MD**  
**Class of 2019, Mafraq, Jordan**

I was blessed to be able to learn firsthand from some incredible doctors and nurses on how to provide compassionate care across countless barriers. The patients came from many surrounding countries with heartbreaking stories of lost loved ones from war and lost livelihoods from terrible disease. The “American hospital” as they called it was often the last hope for people who had been turned away from other hospitals due to lack of finances or legal status. It was humbling to work alongside these incredible volunteer physicians and I am thankful to have had the opportunity to spend a month learning from them during residency.

# 2018-2019 Report on Sports Medicine

## Procedural Training Remains a Core Part of the Fellowship Program

MSK ultrasound training remains a strength of the sports medicine fellowship program and is recognized by governing bodies as a core requirement in the education of sports medicine fellows. Joint injections and fracture care are other skills being taught to the residents and fellows. Also at the sports medicine clinic, innovative procedures such as PRP injections and percutaneous tenotomies continue to be performed. Fellows are graduating well-trained to go out into practice and help their patients with the use of these techniques.

## Annual Training for Emergency Preparedness Prior to Fall Sports Season

A hands-on learning experience coordinated by Beacon has become an annual event in the sports medicine program. It involves residents, fellows, attending physicians, and athletic trainers from both the Memorial and Saint Joseph hospital systems participating in a practice session for the care of a cervical spine injured athlete. They practice removal of football equipment and spine boarding of an athlete who is injured on the athletic field through multiple scenarios. This joint training session gives health professionals the opportunity to familiarize themselves with each other and to improve protocols, giving our community's athletes a higher level of safe participation. The fellows undergo additional training in spine boarding on ice with Notre Dame Hockey.

## Presentations accepted for the AMSSM National Meeting

The American Medical Society for Sports Medicine accepts case and research presentations annually for its national meeting. Sports Medicine fellow Lucas Stowers, MD and resident Brent Pickett, DO had cases accepted for poster presentations. Ryan Berns, MD had a research project accepted for a poster presentation. Jon Aubry, MD had a case accepted for an oral podium presentation. Unfortunately, the AMSSM National Meeting was canceled due to the COVID-19 Pandemic. However, the residents were able to share their presentations with their colleagues as residency noon conference presentations.

## Local High Schools and Two Colleges in South Bend well served by Beacon Certified Athletic Trainers and Physicians

The relationship between the South Bend Community School Corporation and Beacon Sports Medicine continues. Memorial provides certified athletic trainers to Riley, John Adams, Clay, and Washington High Schools. Laville High School and Edwardsburg High School also have ATC's provided by Memorial Hospital. Drs. Linda Mansfield and Michael Messmer, sports medicine fellow Dr. Lucas Stowers, as well as residents Drs. Brent Pickett,

Mitch Daugherty, Jon Aubry, and Ryan Berns provided sideline and training room coverage for these schools. Dr. Mansfield and Dr. Stowers visited Holy Cross College and IUSB weekly during the academic year to attend to injured athletes. These schools also had physician coverage for basketball games provided by Drs. Mansfield, Messmer, and several of the residents. This is a great opportunity for the residents to get experience providing medical coverage for collegiate level sporting events. Residents and fellows also cover annual intramural boxing tournaments at Notre Dame. Fellows cover all division 1 sports at Notre Dame.

## Sunburst Medical Tent Volunteers Well-Prepared to Handle Casualties of the Race

Attending physicians, fellows, and residents are among the volunteers in the medical tent at the Sunburst Races every year. Under the medical directorship of Dr. Mansfield, the fellows and residents are awaiting the postponed Sunburst Races and prepared to treat everything from minor injuries requiring first aid to heat stroke, which is treated in ice immersion baths on site.

## Sports Medicine Fellowship Match

The sports medicine fellowship, which is a collaboration between the family medicine residencies at Memorial Hospital and Saint Joseph Regional Medical Center, filled both positions for the academic year 2020-2021. New fellows Jordan Geroski, DO and David Johnson, DO start July 1, 2020 and are looking forward to their sports medicine training year, which includes treating athletes at the high school, NAIA college level, and at Notre Dame University. In addition, three of our residents matched in reputable sports medicine training programs throughout the nation. Mitch Daugherty will be continuing his training at The Ohio State University. Brent Pickett will be training at Duke University. And Jon Aubry will be training at the University of Florida under Dr. Jay Clugston, a 2001 graduate of our fellowship program.





# Additional News

## Reach Out and Read



"We don't have any books at home. What kind of books does she need?" This sincere interaction with a mom concerning her 8-month-old daughter inspired a clinic wide project. The benefits of early literacy efforts have been well documented, and it was clear that this was an opportunity for intervention. Memorial Physician Philanthropy Council honored us with a grant to start our own Reach Out and Read Program.

Reach Out and Read is a national organization that helps provide new books for pediatric patients at every well-child visit from 6 months to 5 years old. Not only is the book a fun gift for the patient, it also serves as an assessment and teaching tool. With it, the patient can demonstrate milestones such as grasping, pointing, and identifying pictures, and the physician is able to model developmentally appropriate interactions for parents and child.

While we were in the process of applying for our program, we started with less formal interventions. Over 1,200 gently used and new children's books were gathered by the Memorial Residency family. Volunteers from the residency helped sort and organize the books according to age appropriate content. The team began to distribute the donated books and to use them in the clinic to encourage a literacy rich environment as we anticipated implementation of the program. The clinic teams even had a book inspired pod decorating contest to celebrate and encourage literacy.

E. Blair Warner is now an official Reach Out and Read site and providers have been trained to incorporate the books into well-child visits. Our first set of brand new books has been shipped and is set to arrive in the next couple weeks. We anticipate a full launch of our program as our clinic returns to all routine well-child care.





# Curriculum

## Memorial Family Medicine Residency Program

### Obstetrics Program

Our residency program has a long tradition of offering an outstanding obstetrics experience within the framework of a traditional family medicine residency curriculum. Our graduates have gone on to incorporate obstetrics into their practices and utilize those skills at home and abroad. Our residents provide 24-hour coverage of the Memorial Childbirth Center, a busy unit that averages 200+ deliveries

monthly. They are the frontlines for triage, labor, delivery and our antepartum unit seeing nearly every patient arriving to the unit. As Memorial Family Medicine Residency is unopposed there are no other residents competing for this experience. In addition to the inpatient experience, our residents care for approximately 400 women per year at Beacon Medical Group E. Blair Warner Family Medicine Center.



Betsy Davis, MD OB Fellow

### OB Fellowship

Since its inception in 2003, we have been pleased to offer a yearlong Family Medicine Obstetrics Fellowship to one candidate per year. The goal of the fellowship is to expand upon the education the resident has received and to teach surgical obstetrics; including cesarean sections, tubal ligations, and advanced ultrasound skills. This exposure to higher risk obstetrics and the procedural skills they develop are a great asset to the communities in which they practice. The structure of the fellowship is designed in such a way as to allow continued exposure to the breadth of family medicine, and to maintain a broad and current knowledge base. Each fellow is expected to create and present a research project. The fellow serves as a mentor, and an active member to the educational team, teaching residents in the clinic and the hospital.

## Welcome Dr. Schuster

Dr. Rachel Schuster, Memorial Family Medicine residency class of 2018, joined the faculty in June of 2019. She was chief resident during her third year and completed the Health Services Management fellowship, receiving her Masters of Public Affairs from Indiana University in May 2019. During her fellowship year, she took an active role in implementing the Medication Assisted Therapy program at the E. Blair Warner Clinic. She created a handbook to guide residents and faculty in their care of patients with opioid use disorder and evaluated how Suboxone therapy affects emergency department use of the EBW clinic patients for her masters' capstone project. She was incredibly honored when she was offered to join the faculty – she could not think of a better place to transition into the role of an attending and continue to support full spectrum family

medicine education. She continues to provide inpatient, outpatient and OB care. Her favorite day is a day that includes seeing patients in clinic, rounding on a resident "grouper," and delivering a baby. When not working with the residents, she and her husband Randy can be found walking around the neighborhood with their dog Judy.



Rachel Schuster, DO

# Health Services Management

## An Introduction

The Health Services Management (HSM) curriculum was developed in 1997 as a partnership with Indiana University South Bend. A resident in this curriculum extends their residency by one year to allow time to earn a Master of Public Affairs in Health Services Management degree. During the HSM Fellowship year there is ample opportunity for electives, which has allowed graduates to tailor their curriculum to make their degree most useful for the practice opportunities they will pursue after graduation.

The residents in the HSM curriculum provide noon conferences on practice management topics once or twice in their third and fourth years of residency, and contribute significantly to the overall teaching of practice management in the curriculum. These fourth year residents function as junior faculty by staffing the E. Blair Warner Family Medicine Center, providing adjunct teaching support on the Staff Medicine service, and sharing results of system-based research that they are doing as a part of their Master's degree with their peers.

## Accomplishments/ Successes

Sixteen residents have graduated from the Health Services Management curriculum. There are currently four residents enrolled in the HSM curriculum. Katharine Callaghan, MD (this year's Chief Resident) and Kimberly Azelton, MD are both completing their Fellowship year in 2020/21. Other residents in the program include Dyllan Tiburzi, MD, PGY-3 and Megan Boyk, MD, PGY-2. Of the first 16 residents who have graduated from the

HSM curriculum, five have won the coveted AAFP Award for Excellence in Graduate Medical Education (formerly the Bristol-Myers Squibb Award or Mead Johnson Award). Dr. Callaghan was a winner in last year's class of award recipients.

Dr. Jason Marker was the inaugural graduate from this program in 2002 and, after 15 years in rural private practice, returned to Memorial Family Medicine Residency in 2017 as an Associate Director. He serves as the Clinic Director for the E. Blair Warner Family Medicine Center and as the faculty advisor to the HSM program. Dr. Marker is a Past President of the Indiana Academy of Family Physicians, a Past President of the American Academy of Family Physicians Foundation, and a Past Director of the American Academy of Family Physicians. He currently serves on the St. Joseph County Board of Health and as the Co-chair for the AAFP Foundation's Emerging Leader Institute, a national year-long leadership development course for medical students and family medicine residents.

Dr. Brandon Zabukovic, who graduated from the HSM curriculum in 2006, was honored as one of the first winners of the Pfizer Teacher Development Award given by the American Academy of Family Physicians Foundation. He and his practice partner Dr. Michael Kozak (also a HSM graduate) have brought a wealth of experience in Medication Assisted Therapy to the table in helping the Memorial Family Medicine Residency Program launch their own Suboxone Program. Dr. Zabukovic leads the Michiana Opioid Task Force and has helped keep his practice and the residency linked into emerging community programs for medically disenfranchised

patients who need these services. Dr. Kozak's work with a large HIV/AIDS population and other medically fragile populations is a role model for the work we do at the residency.

Many HSM graduates still practice in our community where they share their expertise with the current resident physicians through a variety of teaching venues. Dr. Keyna Martinez, who has practiced at Beacon Medical Group Lakeville for many years, has transitioned her practice to Beacon Medical Group Bremen – a new site that has been born out of the merger between Beacon Health System and Community Hospital of Bremen. She frequently lectures on practical patient management topics at noon conference, but also hosts many residents on their rural family medicine rotations. Dr. Marion Mahone is one of Memorial Hospital's Academic Hospitalists who provide inpatient adult medicine teaching full-time on the Staff Medicine service on an alternating basis with program alum Dr. Matt Reed. Our most recent HSM graduate, Dr. Rachel Schuster, has joined our core faculty and is already making countless contributions to the formation of future family physicians.

Looking ahead to the 2020-2021 academic year, our two Fellows have much planned in their academic program. We look forward to sharing with you next year the results of their work.



Dr. Azelton grew up in Michigan and completed her undergraduate degree at Weimar College in California. She remained in California for medical school at Loma Linda University. The full spectrum family medicine residency at Memorial Hospital drew her back to the Great Lakes area. During residency she

completed her certification through the American College of Lifestyle Medicine. Her interest lies in team-based modalities to deliver lifestyle medicine and spiritual care in the setting of primary care.

She joined the masters in public affairs program through IUSB after being offered a partnership in opening a clinic, Lansing Family and Lifestyle Medicine, back in Michigan. She is partnering with her church to provide primary care and lifestyle medicine in Eaton County. She is planning on piloting a direct primary care micro practice model to provide inexpensive and quality care. The health services management rotations and IUSB classes have already been an invaluable resource for the early planning stages of this project. She is looking forward to learning from the administrators in BMG the intricacies of business and practice management. During her capstone project she plans to explore practical ways that outpatient clinics can incorporate lifestyle medicine in their daily workflows.



Dr. Katharine (Kate) Callaghan grew up in Iowa City, IA and graduated from the University of Notre Dame where she earned degrees in theology and preprofessional studies. Having fallen in love with South Bend and its people, she stayed in the city for an extra year after graduation working with two nonprofits in the area. She then

attended Vanderbilt University School of Medicine. She was delighted to return to South Bend in 2017 to begin her intern year at Memorial's Family Medicine Residency program. Having been elected by her peers, she had the honor of serving as chief resident this past year.

Dr. Callaghan will spend the 2020-2021 academic year as a Health Services Management Fellow, finishing her Master's in Public Affairs degree at IUSB and thoroughly enjoying the opportunity to remain knit into the residency community at Memorial. After her fellowship year, she looks forward to striving to holistically care for marginalized patients in the South Bend community. She is grateful for the opportunity the HSM curriculum offers to gain proficiency in some of the business aspects of healthcare delivery. She anticipates that her capstone project will focus on analyzing various financial models which can be implemented to offer care to under resourced patients, with an eye toward assessing which model might be most sustainable in the South Bend community.

She also plans to seek diverse teaching opportunities with students at various levels of medical training throughout this year and beyond. She looks forward to regularly engaging in education efforts with residents and undergraduates on topics related to clinical medicine, clinician wellness, and the intersections between theology and medicine.

## Integrated Primary Care

Our residency utilizes an integrated primary care (IPC) model of service delivery that allows for the co-management of chronic medical conditions, enabling physicians to receive help from behavioral health regarding medication adherence, lifestyle modification, and psychological antecedents/sequelae of physical disease. The clinic team consists of Dr. Matthew Jackson, a licensed psychologist, and Jennifer Carter, a licensed social worker. Both are experts at addressing crisis situations, performing psychiatric evaluations, and engaging in targeted behavioral intervention. Additionally, Dr. Gregory Pouliot is available for inpatient consultation as well as backup support in the clinic. As such, our IPC model has been able to effectively meet the behavioral and psychosocial needs of our patients in a collaborative, multidisciplinary fashion.



Gregory Pouliot, PhD  
Behavioral Medicine  
Director



# Leadership Spotlight

A look into the life of Dr. Brady and Dr. Gardner who are still practicing full-spectrum family practice including obstetrical care



Matt Brady, MD

It's hard to believe Dr. Matt Brady graduated Memorial's Family Practice residency nearly 11 years ago. He did the primary care OB fellowship, so it's been 10 years since he moved from South Bend. He currently practices as an employed provider with Lifepoint Hospital system in Price, UT. He loves his current situation. He started his practice doing everything under the sun including inpatient, outpatient, ICU, colonoscopy, OB, newborn nursery, etc. He's since narrowed his scope and currently does outpatient full spectrum Family Medicine, OB, inpatient pediatrics and urgent care of which he

is the urgent care medical director. He loves the variety of stuff he does each day, but nothing keeps his practice young and personal like Obstetrics. He has close relationships with all his patients, but providing OB services truly makes him feel "part of the family". OB is one of a few hospital specialties that can go from 0 to 60 real quick and get your blood pumping equally as fast. Dr. Brady states there is no replacement for experience. If you choose to do it, commit yourself to the time it takes to get comfortable. Learn every procedure you can during residency and it will prepare you for a fulfilling career.



Ricky Gardner, MD

"I am living my dream." That is the answer that first comes to Dr. Ricky Gardner's head when he asks himself what he's been doing for the past seven years since he finished his residency at Memorial Hospital in South Bend. Currently, he is practicing full-spectrum family medicine in the small rural town of Tremonton, UT. Practicing in a small town has it's perks (all the police officers know him and have let him out of a few traffic violations) and some disadvantages (He often gets hit up for refill requests while grocery shopping.), but all in all, Dr. Gardner considers himself to be living, and practicing, in his personal slice of heaven.

an hour's drive from them. Dr. Gardner is honored that so many people in his little town chose to stay at their small hospital to deliver their babies, rather than go to the bigger hospitals close by. Nothing thrills me more than to spend time educating and caring for a mom throughout her pregnancy, then turning around and caring for her newborn in a seamless transition that family physicians can only provide. To be able to participate in this mother-baby care model is an honor he will always cherish.



He see patients four days a week in his outpatient practice. In addition to that, he helps staff the hospitalist service, work in the ER, and cover OB and trauma call. There is always so much to do! (Both a perk and a disadvantage.) As one of the two physicians doing OB (the other physician being his brother, yet another perk), he is plenty busy doing obstetric work. Vaginal deliveries, C-sections, VBACs... they do it all. Though they are a small town, they have several large hospitals within

Doing OB work has its challenges. He is not home as much as he would like to be. His kids know when he is not home, he is out helping one of the members of their community... their neighbors, and their friends. He doesn't sleep as much as he would like to. Dr. Gardner has always told people, "If I am going to be up in the middle of the night, it might as well be helping bring life into the world."

When all is said and done, there ultimately is no better way to keep your practice young, vibrant, and always changing than by practicing obstetrics.

# Alumni News

## Edna Becht, DO

Class of 2016

Welcomed Edessa Becht Schneiders into the world October 10, 2019.

## Mandie Booth, MD

Class of 2018

Has taken a leadership role with Virtual Care Task Force team gathering and re-vamping ways to integrate into normal non-pandemic time care.

## Brian Doyle, MD

Class of 2017

Welcomed Nora Harper on April 23, 2020.

## Benoit Herbert, MD

Class of 2019

Moving to California to finish training in General Surgery at Arrowhead Medical Center/Kaiser Permanente.

## John Kelly, MD

Class of 2019

Welcomed Jude Henry Kelly to the family on January 31, 2020.

## Joseph Marino, MD

Class of 2016

In March of 2019 began a leadership role as Vice Chief of Staff, Mercy St. Francis Hospital.

## Jason Marker, MD

Class of 2002

Selected to serve as the Vice President of the St. Joseph County Board of Health.

## Mettisa McLeod, MD

Class of 2005

Began working as a family physician full-time at the Department of Veterans Affairs in St. Louis.

## Conor Mullin, MD

Class of 2017

Now practicing Outpatient Family Medicine and routine Obstetrics at Metro U of M in Grand Rapids, MI. He holds leadership roles in Sexual Orientation and Gender Identity Initiative and recently completed additional training in HIV care for Primary Care at the University Chicago Mini Residency.

## Pranjal Patel, MD

Class of 2016

Completed his first year of pulmonary critical care fellowship at Loma Linda University in California and has been involved in research for COVID-19.

## Alex Porte, MD

Class of 2019

Welcomed daughter, Charlotte Reid, on November 12, 2019.

## Angela Puthenveetil, MD

Class of 2018

Married in September of 2019. Completed an Integrative Primary Care Fellowship and joined the faculty at the University of Arizona. Program Director for the Residential Integrative Medicine Fellowship.

## Robert Riley, MD

Class of 1987

Retired in 2018 after 26 years at the residency, 18 years of those as director and officially retired for good after spending the last two years at Urgent Care with South Bend Clinic.

## Rachel Schuster, DO

Class of 2018

Joined the faculty at Memorial Family Medicine Residency, South Bend.

## Kari Sears, MD

Class of 2014

Treasurer/secretary of the Medical Staff

## Chris Sloan, MD

Class of 2017

Welcomed a third child.

## James Strycker, MD

Class of 2017

Transitioning to international work with a location TBD for 2022.

## Brandon Zabukovic, MD

Class of 2005

Became Board Certified in Addiction Medicine, participates as the Medical Director of YWCA Addictions program, expanded role in University of Notre Dame's Center for Compassionate Care in Medicine and co-founded River City Real Estate, LLC and Primary Care Partners of South Bend with a plan to open private practice in mid-August 2020.

# Giving Back at E. Blair Warner

## Memorial Family Medicine Residency Program Events

In keeping with the theme of giving back, Memorial Family Medicine Residency held several events to give back to our patients in most need.



### Thanksgiving Food Drive:

Every year, the employees, residents and faculty at Memorial Family Medicine Residency, identify families in need and prepare and package thanksgiving baskets for them. This year, we partnered with Beacon Health System who graciously donated several turkeys for us to provide these families. Under the leadership of our clinical social worker, Jenn Carter, and second year resident, Dr. Betsy Sutherland, we were able to provide meals for 9 families. It truly was a gift to be able to give back during this season of giving.



# GMEC Report

## 2019-2020 Academic Year

Medical Education Committee (GMEC) insures that Memorial Hospital complies with all Accreditation Council on Graduate Medical Education (ACGME) institutional and residency standards. The members of the GMEC for 2018-2019 are:

Janelle Blickensderfer, DO  
Kristine Borger  
Katharine Callaghan, MD  
Janel Charlton, MD  
Mark Fox, MD  
Gary Fromm, MD  
Kayla Goforth

Lori Harding  
Stacey Jackson  
Kristine Jennings, MD  
Linda Magnuson  
Linda Mansfield, MD  
Ranae Obregon

Pierre Ovide, MD  
Dale Patterson, MD  
Rhonda Reed  
Katrina Vanderveen, MD  
Mimia Jenai White  
Donald Zimmer, MD

The Memorial Hospital Family Medicine Residency currently has a full accreditation and expects to be surveyed by the ACGME in 2019. A detailed mid-cycle internal review of the residency program was performed in the 2011 that insured substantial compliance with the current ACGME standards.

Resident schedule and supervision were updated in 2011 and the program continues to maintain compliance with the ACGME Duty Hours Rules and the requirements for supervision. Duty hour reporting was reviewed by the residency and the GMEC. It was determined that the resident schedule and requirements continue to insure substantial compliance with current ACGME standards.

Milestones were introduced by the ACGME to evaluate resident physicians. These provide a framework for the assessment of the resident physician in key dimensions of the elements of physician competency in family medicine.

Our program has implemented milestones as part of our evaluation of every resident in our program.

The residency continues to expand the use of an electronic evaluation system. New Innovations software allows for the electronic evaluation of rotations and resident performance including the milestone based system implemented with NAS. The evaluations are now ACGME Milestone based and progressive through the 3 years of training. Our residents continue to perform exceedingly well on evaluations and on the annual in-training exam on which our 3rd year residents exceeded the national average score during their training.

The residents continue to be responsible for patient care in both the hospital and outpatient setting. They are also members of all of the medical staff committees and actively participate in the morbidity and mortality conferences that improve patient safety and quality of care. The revised curriculum meets

all of the requirements of the Family Medicine specific requirements effective on July 1, 2016. There have been no citations for patient care issues.

Program graduates continue to be pleased with their training and excel in their careers as documented elsewhere in this report. The annual survey of graduates was presented to the GMEC.

The experienced faculty continues to demonstrate excellence in teaching and to develop their teaching skills. The faculty development program included residency specific quarterly events as well as attendance at national meetings.

In summary, the Memorial Hospital Family Medicine Residency continues to be an excellent residency training program that is proud of the accomplishments of the residents, faculty and alumni.



# Live • Laugh • Love

## Memorial Family Medicine Residency Program Events



# Where Are They Now?

## Memorial Family Medicine Residency Program Graduates

68% of our grads  
are practicing in  
IN, IL, MI, OH



**1** Canada





# Memorial Family Medicine Residency Program

## Mission

**We deliver  
outstanding care,  
inspire health, and  
connect with heart.**

## Values

**Trust  
Respect  
Integrity  
Compassion**

## Beacon Experience

**I am valued,  
empowered and  
inspired to serve.**

**The Family Medicine Residency Program of Memorial Hospital supports the mission of Beacon Health System, and in addition strives to:**

- **Provide the highest quality of education to family medicine residents**
- **Provide the best possible medical care and service to our patients**
- **Advance the specialty of family medicine**
- **Improve the health of our community**



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Memorial Family Medicine Center  
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