



# Memorial Family Medicine Residency Program

Annual Report 2020-2021

# From the Director

**Greetings from Memorial Family Medicine Residency!** This year has been filled with change, innovation, and resilience. I am thrilled to update you on the important and impactful work we've done and continue to do at Memorial.

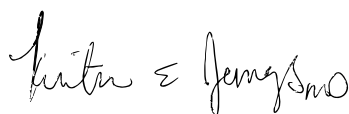
I'm extraordinarily proud of our faculty group. They have truly exhibited their passion, dedication, and talent as we have adapted to the challenges the pandemic has posed. Our new normal includes socially distanced noon conference didactics, a clinic flow that separates respiratory from non-respiratory conditions, modifying educational experiences for safety, virtual recruitment, and balancing the importance of education and service. Each of our faculty has leaned into leadership in unique and powerful ways and contributed immensely to the success of this past year.

I am supremely excited about the addition of a new faculty member who plans to start in July. Dr. Kate Callaghan, current Health Services and Management (HSM) fellow and 2020 graduate of Memorial Family Medicine Residency, will be joining our faculty group in July 2021 upon graduation from her fellowship. Dr. Callaghan has been an impressive leader, astute clinician, and remarkable educator during her time at Memorial. Her passion for providing care to underserved patient populations will help to continue to propel our mission of providing excellent patient care within our local South Bend community. You can learn more about her many accomplishments in our HSM update.

Our residents continue to be an inspiration to us all as they have risen to the challenge of learning amidst a pandemic. Our intern class, nearly complete with their first year of training, do not know what it is like to be mask-less while at work or providing patient care. They have adapted to not only caring for our usual host of complicated patients, but also learning how to care for those that are infected with COVID-19 and have done so with grace and poise. All of our residents have been integral to our hospital and community response and have demonstrated a level of character that I continue to be immensely proud of. Amidst that, they have also continued to excel in other areas; once again they've scored above the national average on their in-training exams and operated at a high level in the clinic and hospital settings. I am thrilled to add to this remarkable group with the match of our impressive class of 2024. Despite deploying a novel virtual recruitment process, we continue to match extraordinary students from around the country to join our prestigious residency program.

The pandemic has posed many challenges as we adapt to constant change. It can be difficult in times such as these to continue to propel initiatives that help to advance our program. I am so proud of our team for not only adapting to the change, but also continuing to work towards making Memorial one of the best residency programs in the country. Our program continues to be one that cares deeply about the education of our residents and prepares them to be leaders in their future practice. We continue to work on our point of care ultrasound curriculum, Medication Assisted Treatment for Opioid Use Disorder, education surrounding diversity and inclusion, providing important wrap around services for our fragile patients, and being a beacon to our community. Our Alumni Spotlight featuring Dr. Michael Kozak highlights so many of the qualities we hope to continue to cultivate in our current residents. Our alumni, our current residents, our faculty—our people—remain our greatest resource and the “secret ingredient” to our tremendous success.

I remain extremely optimistic as we continue to cultivate our program. Our impressive faculty group and residents will assuredly ensure continued successes at Memorial as we continue to strive to live up to our values: excellent education for family medicine residents, great patient care, advancing the specialty of family medicine, and serving our community. Thank you for your continued support of the program. Wishing you and yours well!



**Tina Jennings, MD, FAAFP**  
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



Marion Mahone, MD  
Faculty Hospitalist



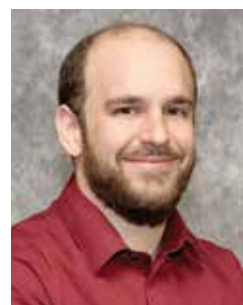
Linda Mansfield, MD  
Director, Sports  
Medicine



Jason Marker, MD  
Associate Director  
Clinic Director



Gerald Morris Jr., MD  
Faculty



Gregory Pouliot, PhD  
Behavioral Medicine  
Director



Matthew Reed, MD  
Faculty Hospitalist



Rachel Schuster, DO  
Associate Director



Emily-Rae Singh, MD  
Faculty Hospitalist



Randall Suttor, MD  
Associate Director



# Class of 2021 Graduates



## **Ryan Berns, MD**

Ryan grew up in Wisconsin (you betcha!) and received his undergraduate and Masters of Public Health degrees from the University of Wisconsin-Madison. He then earned his medical degree from the Medical College of Wisconsin-Green Bay before taking his talents to Memorial for his residency training. During residency, he completed the Sports Medicine curriculum, presented original research and multiple cases at the AMSSM annual meeting, and enjoyed covering Clay High School sporting events. Next year, Ryan will be staying in South Bend for the Notre Dame Sports Medicine fellowship. Ryan could not have accomplished any of this without the support of his loving wife and high school sweetheart Kailynn, and their three beautiful daughters; Elliott, Brynn, and Maren. In his free time, Ryan enjoys being a #GirlDad, spending time with family & friends, and exploring the great outdoors!



## **Brian Jones, DO**

Brian graduated from Brigham Young University in Provo, Utah with a degree in Exercise Physiology. He then attended A.T. Still University School of Osteopathic Medicine Arizona, where he was able to train in Mesa, Arizona and Cincinnati, Ohio. His motivation and strength throughout his medical training has come from his wife, Kelli, and his 4 children, Brinley, William, Emeline, and Leo. They always provided an abundance of encouragement and patience during this difficult journey. After residency, Brian will join a busy outpatient practice in Columbus, Indiana. He is looking forward to being closer to family and the beautiful countryside of southern Indiana.



## **Amber Lichtenbarger, MD**

Amber grew up in South Bend. After 8 years as a personal banker at First Source and then Chase Bank, she returned to pursue a degree in biology at IUSB. She then attended medical school at Indiana University School of Medicine's South Bend campus at Notre Dame. She decided to go into family medicine for the opportunity to practice broad-spectrum medicine, develop long-term patient relationships, and take care of families. After graduation, she will be joining Beacon's Ireland Road Medical Group. In her free time, she and her husband Kevin enjoy hiking, biking, and camping with their three daughters, Lily, Emma, and Chloe, and watching their daughters' volleyball games.



## **James McCarrey, DO**

James graduated from Brigham Young University where he met his wife, Sariah. Together they moved across the country where he earned his medical degree from Lincoln Memorial University – DeBusk College of Osteopathic Medicine. He was humbled and honored to match at Memorial where he could train under such amazing physicians. After graduation, he will be staying with Beacon and continue doing outpatient medicine at the Schwartz-Wiekamp clinic in Mishawaka where he looks forward to having weekends off like a normal person. Outside of residency, James enjoys spending time with Sariah and their three boys Henry, Calvin, and Todd.



## **Autumn Menkedick, MD**

Autumn is originally from Guilford, a small town in Southern Indiana. She received her undergraduate degree from the University of Southern Indiana in Evansville and attended medical school at Indiana University in Terre Haute. While in residency, she met her spouse, Jose, and was recently married on March 13th, 2021. After graduation, she has plans to join an outpatient practice in rural Cambridge City. She is excited to be back near family in Southern Indiana. Autumn enjoys trying new restaurants and breweries, hanging out with family, and taking walks with her husky, Koda.



### **Jacob Nafziger, DO**

Jacob was born and raised in Archbold, a small town in Northwest Ohio. It was there he met his wife Devin, while they were first graders in Ms. Heckel's class. They were married the summer after graduating college, nine days before starting medical school at Ohio University Heritage College of Osteopathic Medicine. Jacob's residency search brought him and his family to Memorial as he was looking for a program with a reputation for strong inpatient and outpatient training. Memorial has provided that and more. After residency, the Nafzigers will be moving back to their hometown where Jacob will practice outpatient family medicine, be the medical director of the local nursing home, and round on his own patients when admitted to the small county hospital. Jacob and Devin's biggest joy in life is raising their two children. Henrik (Rickie) is a bright and thoughtful 3 year old who has never thought of a question he didn't ask out loud and Charlotte, a 3 month old sweetheart who is currently the favorite because she can't ask questions yet.



### **Kyle Ramthun, MD**

Kyle has spent his entire life in Michigan but has thoroughly enjoyed his time in Michiana. He grew up in metro Detroit, attended Calvin College in Grand Rapids, and graduated from the Wayne State University School of Medicine in Detroit. Kyle is extraordinarily grateful and eternally indebted to the teachers, mentors, and colleagues that he has had the pleasure of working alongside the past 3 years. He was happy to be a part of the most successful Journal Club class in recorded residency history and was humbled to win the Carter Award his third year. His wonderful wife, Andrea (the original Dr. Ramthun), has also enjoyed serving the South Bend community as a dentist. Their 2 children, Adelaide and William, dominate the majority of their time, but they are not complaining. Kyle enjoys craft beers, exercising with his family, Lake Michigan, and tossing children dangerously high into the air. He will be moving back to Michigan to work as an outpatient Family Doctor in Holland.



### **Mary "Betsy" Sutherland, MD**

Betsy grew up in West Michigan with her parents and six younger siblings. She received a degree in Elementary Education from Tennessee Temple University and taught 3rd grade for three years. Inspired by her sisters' health challenges she felt called to pursue medicine. Her pre-requisites were completed at Purdue and St. Louis University. She completed medical school at St. Louis University School of Medicine where she earned a Distinction in Global Health for her longitudinal work in anti-human trafficking. In residency, Betsy re-introduced the national Reach Out and Read program to E. Blair Warner and was actively involved in the recruiting process. Betsy was also elected Chief Resident. In her free time, Betsy loves to read, teach, have low-skill outdoor adventures, and play with her eight nieces and nephews. She also enjoys involvement in the local faith community. She is passionate about family, literacy, and trauma-informed care. After graduation she is thrilled to continue outpatient practice here in South Bend at HealthLinc Centennial.



### **Dyllan Tiburzi, MD**

Dyllan grew up in west-central Illinois in Benld. He attended University of Illinois at Springfield for undergrad and earned his medical degree from University of Illinois College of Medicine – Rockford. April and Addison (the cat) have tolerated his time away while always being incredibly supportive. He would say that his greatest accomplishment of residency is having the opportunity to be here in the first place and get to spend not just 3 but 4 years with some of the best colleagues he could imagine having. Dyllan will spend the 2021-2022 academic year as the Health Services Management Fellow while finishing his MPA degree at IUSB. While away from work, Dyllan enjoys fishing, spending time with family, escape rooms, buying pens (much to April's chagrin), and smoking the best meats in town (according to April).

# 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



Allyson DiMagno, MD



James Handtke, DO



Kallie Kram, MD



Audrieanna Kramer, MD



Garrett Muhlstadt, DO



Deborah Pavey, MD



Megan Spencer, DO



Kaitlin VanderKolk, MD



# Class of 2024



**Daniel Brannen**  
**Hometown:** Waterford, Wisconsin  
**Undergrad:** Southwest Minnesota State University  
**Medical School:** A.T. Still University - Kirksville College of Osteopathic Medicine  
**Hobbies/Interests:** Weight Lifting, Cooking, Woodworking, Highland Games, Automotive Mechanics, Hunting, Fishing, Packers, Badgers, Bucks, Brewers, Fantasy Football, Video Games, Card/Board Games



**Keith Christian**  
**Hometown:** Fort Collins, Colorado  
**Undergrad:** Colorado State University  
**Medical School:** University of Cincinnati  
**Hobbies/Interests:** Playing cards (500), lifting, blues/salsa dancing



**Victoria Drzyzga**  
**Hometown:** Grosse Ile, Michigan  
**Undergrad:** Wayne State University  
**Medical School:** Oakland University William Beaumont School of Medicine, Rochester, MI  
**Hobbies/Interests:** volleyball, reading, exploring new restaurants/bars/coffee shops, attending Detroit sporting events



**Kathleen George**  
**Hometown:** Farmington Hills, Michigan  
**Undergrad:** Kalamazoo College  
**Medical School:** Wayne State University School of Medicine  
**Hobbies/Interests:** Sports, reading, movies, trying new food & drink, travel, art fairs, making people laugh



**Jesse Gettinger**  
**Hometown:** Bremen, Indiana  
**Undergrad:** Pontifical College Josephinum  
**Medical School:** Indiana University School of Medicine  
**Hobbies/Interests:** spending time with family, BBQ smoking, playing board games, and reading



**Ethan Schimmoeller**  
**Hometown:** Fort Jennings, Ohio  
**Undergrad:** The Ohio State University  
**Medical School:** University of Cincinnati College of Medicine  
**Hobbies/Interests:** Gardening, running, reading



**Garrett Shanks**  
**Hometown:** Georgetown, Indiana  
**Undergrad:** Taylor University  
**Medical School:** Loma Linda University  
**Hobbies/Interests:** gardening, hiking, camping, reading



**Bailey Swan**  
**Hometown:** Belvidere, Illinois  
**Undergrad:** American International College Springfield, MA  
**Medical School:** University of Illinois Chicago College of Medicine - Rockford  
**Hobbies/Interests:** Spending time outdoors hiking, riding bikes or waking our dogs, playing volleyball and enjoy downtime with family and friends playing games or watching movies.



**Zackary Wages**  
**Hometown:** Joplin, Missouri  
**Undergrad:** Missouri Southern State University  
**Medical School:** Kansas City University  
**Hobbies/Interests:** Spending time with my wife and 2-year old daughter, volleyball, running, ping pong, board/card games

# Our New Norms: Adapting Amidst Adversity

Much has changed this year. The need for exceptional, accessible, patient-centered care has not. Since March, we've implemented and updated countless protocols to keep our team and patients safe.

## Virtual Recruitment

October 28th marked the start of our '20-'21 recruiting season. This year looked different than any year previously because all of our interviews were conducted virtually. After months of restricting, we utilized 'real-time' sessions and pre-recorded videos to connect medical students with as many faculty and residents as possible. Although nothing can replace a live visit, we feel confident we were able to highlight the unique aspects of our program and most, importantly, our amazing culture.

We are so proud of the diverse group of students that matched with us during this unprecedented year and believe them to be the best and brightest individuals pursuing a career in medicine today. We're looking forward to getting to know each one better and welcoming our nine new interns to the program next year!

## Physician Wellness & Resiliency

Physician wellness and building resiliency are core obligations to both our residents and faculty, especially given our current pandemic environment. A resident-driven, and faculty-supported, wellness committee has been charged with leading these efforts for our program. Some of their initiatives include:

- Quarterly noon conference series to address wellness, burnout, and resiliency from a resident's perspective
- Mentorship opportunities between residents and faculty
- Retreats for each PGY, as well as an annual all resident retreat
- Access to our "relaxation room," which features essential oils, full spectrum light, massage chair, etc.
- Bi-annual needs assessment survey designed to identify what each cohort needs regarding wellness
- "Open Agenda" sessions for each PGY year, facilitated by our Behavioral Medicine Director
- Telemedicine

COVID-19 has presented challenges to providing care to our most vulnerable patients. As a result, we've implemented some important changes:

- Well side and sick side separations
- Changes to rotation schedules and patient scheduling
- In-office Respiratory Clinic



Thinking back to March, when I was a 4th year medical student and the world was changing overnight, I worried I'd miss my opportunity to help. That certainly didn't end up being the case. I knew I'd have hard days these last few months. I miss shaking hands with patients, giving 'high-fives' during well child visits, and hugging a patient that received terrible news. But, I try to think of the unique blessings of learning and working during this time. I'm grateful for each breath I am given, for being called to this line of work, and for the hope that there may be an end in sight.

– Kaitlin VanderKolk, MD  
PGY1



# 2020-2021 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 sport 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. Recently Dr. Mansfield added an introductory musculoskeletal ultrasound training session to the first year Sports Medicine – Ortho rotation as well.

## 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.

## 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 Jordan Geroski, MD and resident Cody Ward, MD had cases accepted for poster presentations. Unfortunately, for the second year in a row the AMSSM National Meeting was forced to go virtual due to the COVID-19 Pandemic. However, the residents were able to share their presentations with their colleagues in the virtual meeting format.

## 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. Beacon provides certified athletic trainers to ten area high schools. Drs. Linda Mansfield and Michael Messmer, sports medicine fellow Dr. Jordan Geroski, as well as residents Drs. Ryan Berns and Dr. Cody Ward provided sideline and training room coverage for several of these schools. Dr. Mansfield and Dr. Geroski 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, Tucker Balam, and several of the residents. This is a great opportunity for the residents to get experience providing medical coverage for collegiate level sporting events. Fellows cover all division 1 sports at Notre Dame. COVID-19 made the sporting events look slightly different this year, and the Beacon Sports Medicine team played a key role in helping to develop safety policies to help make sure it was possible for these to happen.

## 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. Unfortunately, this year this event was unable to be held safely due to COVID-19 and was canceled. However, we look forward to manning the medical tent on September 25th under the medical directorship of Dr. Mansfield on the date on which the Sunburst races have been rescheduled for this year. The incoming fellows and residents are awaiting the postponed Sunburst Races and will be 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 2021-2022. New fellows Ryan Berns, MD (one of our 2021 residency graduates) and Tyler Lucas, DO will be starting 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.



# Curriculum

## Obstetrics Program

Memorial Family Medicine Program has a long tradition of offering an outstanding obstetrics experience within the framework of a traditional family medicine residency curriculum. Many of our graduates continue to incorporate obstetrics into their practices and utilize these valuable skills domestically and abroad. Memorial residents provide 24-hour coverage of the Childbirth Center, a busy unit that in 2020 delivered 2500+ patients. The residents are an integral piece within the Childbirth Unit and manage triage, perform vaginal deliveries, care for high risk pregnant patients, and assist in cesarean deliveries. They help to manage nearly every patient arriving to the unit. Our unopposed program assures that our residents are at the frontline of providing inpatient OB care without competition from other learners. Due to the increase in volume of obstetrics at Memorial Hospital, we recently transitioned to an OB hospitalist model providing a greater infrastructure for support and education for our residents. In addition to the inpatient experience, our residents care for approximately 400 OB patients per year at E. Blair Warner Family Medicine Center. This continuity of care, oftentimes to marginalized patients, provides a great opportunity for holistic care as well as service to our community.

## OB Fellowship

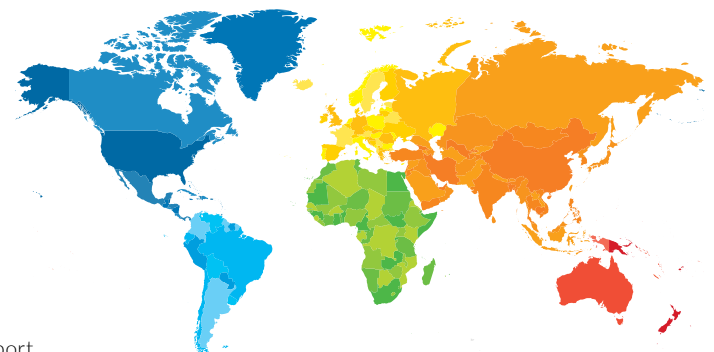
Since its inception in 2003, we have been pleased to offer a yearlong Family Medicine Obstetrics Fellowship to one candidate per year. The goal of the fellowship is to expand upon the education the resident has received during their family medicine residency and to teach surgical obstetrics; including 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 their future communities, both internationally and within the US. The structure of the fellowship allows for continued exposure to the breadth of family medicine which aids our fellows in maintaining a broad and current knowledge base. In addition to providing valuable patient care, the fellow serves as an important member of our educational team, helping to onboard new residents to the childbirth unit and mentor them as they develop important obstetric skills in the hospital and clinic.

# Our Physicians Around The World

Opportunities for international rotations remain a cornerstone of our program providing a unique educational and service experience for interested residents. Rotating and serving in the international community can have lasting impacts on the formation of residents and is often one of the most impactful experiences of their training. Over the years, our residents and alumni have had an impact in dozens of different countries with many of our alumni actively serving in this capacity, the seeds of this important service work planted during their time in residency. Since the inception of Memorial's international experience, we have sent 39 residents to countries around the world to serve and learn in under resourced settings. However, due to the COVID-19 pandemic, international travel has been limited this academic year. Despite these limitations, this year PGY-2, Dr. Jerome Pomeranz, elected to travel to a remote area of Alaska to work in a setting with an isolated and underserved population providing an opportunity for valuable cross-cultural outreach.

We have enjoyed generous financial support for this international rotation experience from our health system, minimizing the financial burden to the resident. However, we recognize with the changing healthcare landscape that this support is not guaranteed and have made efforts to start a Global Health Foundation Fund in the hopes of financially supporting international experiences in perpetuity independent of future budgetary limitations. Thanks to the generosity of many, we continue to make progress in developing this fund and are nearly to our fundraising midpoint having raised \$112,090 with a goal of \$250,000.

**We look forward to when the pandemic has stabilized and we can again safely send residents to serve internationally. The difference they have made is far reaching and extraordinary.**



# Memorial FMR Starts Process for Osteopathic Recognition

In the fall of 2014, the Accreditation Council for Graduate Medical Education (ACGME) and the American Osteopathic Association (AOA) announced the plan for a single accreditation system under the ACGME. In March 2020, MD's and DO's matched in the first "single" match. During that time, the AOA and other osteopathic societies worked to maintain the osteopathic culture in previously AOA-only programs as well as dually-accredited and interested allopathic programs. This has culminated in what is known as "Osteopathic Recognition"- steps taken by a residency program to ensure continuation of the principles of osteopathy. Memorial FMR has always been osteopathic-friendly. With an average of at least 1 DO per residency class, the culture and holistic nature of osteopathy has been embedded in this historically allopathic program.

Dr. Balam, with the help of Dr. Schuster, our 2 DO core faculty members, have started the osteopathic recognition process. This extensive process involves creating a structured didactics series dedicated to different osteopathic principles and practices, creating a dedicated osteopathic evaluation of milestones for our osteopathic residents, promoting osteopathic scholarly activity with case presentations and literature reviews, and bringing back the beloved osteopathic clinic, time dedicated each month for patients who would benefit from osteopathic manipulative therapy. Ultimately, osteopathic residents can sit for the American Osteopathic Board of Family Physicians boards if they chose (while the option to take the ABFM boards remains available). Currently, Dr. Balam and Dr. Schuster give an osteopathic lecture during noon conference about once per quarter. DO's and MD's alike have been very receptive to new osteopathic manipulative therapy techniques. It has been great to hear MD's successfully treating headaches with the "Killer Fingers" technique (sub-occipital release) or see how a DO resident can provide some pain relief to their patient with an HVLA or muscle energy technique. We are excited to add another aspect of patient care to our medical education for our residents!



## Scenes from 2020





# Health Services Management

## 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 health system management topics once or twice in their third and fourth years of residency, and contribute significantly to the overall teaching of health system management-related topics 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 of the HSM Program

Eighteen residents have graduated from the Health Services Management program, and there are currently four residents enrolled in the HSM curriculum. Dyllan Tiburzi, MD, is a PGY-3 preparing for his Fellowship year. Megan Boyk, MD, PGY-2 was also recently elected by her peers as the Program's Chief Resident for the 2021-2022 academic year. Allyson DiMagno, MD and Garrett Muhlstadt, MD are both interns in the program.

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. 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 IAFP, a Past President of the AAFP Foundation, and a Past Director of the AAFP. He currently serves as the Vice President of the St. Joseph County Board of Health and

is the Lead Faculty for the AAFP Foundation's Emerging Leader Institute. He is also the General Chair of the AAFP's new "Leading Physician Wellbeing" program.

- 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 AAFP Foundation. He is in private practice in South Bend, Indiana and serves an integral role in our community as the Chair of the Michiana Opioid Task Force.
- Dr. Michael 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. He works for HealthLinc FQHC in South Bend and his practice hosts many Residents who want to experience the best of how we serve these often challenging patients and is featured in this year's "Leadership Spotlight". Dr. Mary (Betsy) Sutherland, a 2021 program graduate and Chief Resident, has joined his practice.
- Dr. Keyna Martinez practices at 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. She also has taken a leadership role at the residency and in Beacon Health System's response to Diversity, Equity, and Inclusion.
- Dr. Leah Craft is practicing at Beacon Medical Group – Cleveland Road in South Bend and hosts our Residents in her practice. She models for our Residents the very best in how compassionate relationship-building leads to great medical care.
- Dr. Schuster is a core faculty member at the Residency and successfully coordinated last year's virtual recruiting and interview seasons. She continues to practice OB and is helping Dr. Tucker Balam to achieving Osteopathic Recognition for the Residency program.



### Kimberly Azelton, MD

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.

The Fellowship and Master of Public Affairs program through IUSB has offered her the unique ability to study these types of innovations and healthcare delivery models. She will be starting Lansing Family and Lifestyle Medicine, in partnership with the Lansing, Michigan's Seventh-Day Adventist church upon completion of her HSM fellowship. She will be piloting a Direct Primary Care micro-practice model utilizing a multi-disciplinary team to provide inexpensive but high quality care. For her IUSB Capstone project, Dr. Azelton is piloting a randomized controlled trial comparing usual diabetic care to the addition of virtual health coaching for E. Blair Warner's underserved population. Her goal with the Capstone project and in her Lansing medical practice model is to make lifestyle medicine and whole person care accessible, inexpensive and high quality in everyday workflows.



### Katharine Callaghan, MD

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

area nonprofits: "Michiana Young Life" and "Our Lady of the Road" (an outreach of the St. Peter Claver Catholic Worker). Dr. Callaghan then attended Vanderbilt University School of Medicine and was delighted to return to South Bend in 2017 to begin her Intern year at Memorial's Family Medicine Residency program. She was honored by her peers to be selected to serve as Chief Resident in the 2019-2020 academic year and was recognized with several awards during her time in residency including AAFP Award for Excellence in Graduate Medical Education, IUSB Master of Public Affairs Academic Excellence Award, and Michiana 40 Under 40 Award.

Dr. Callaghan is completing her Health Services Management (HSM) Fellowship during the 2020-2021 academic year. For her IUSB Master of Public Affairs Capstone project, she investigated the effect of different financial structures on financial sustainability in primary care clinics for the underserved. This project allowed her

to explore healthcare finance and how best to leverage financial resources to meet the needs of underserved populations. In addition to completing this project, she spent her year as a Fellow caring for patients, educating residents, and completing her coursework for her MPA. Dr. Callaghan also began teaching as an Adjunct Professor at the University of Notre Dame's Hillebrand Center for Compassionate Care in Medicine.

Dr. Callaghan is thrilled to be joining the Memorial Family Medicine Residency faculty team in the 2021-2022 academic year after graduation from her fellowship year. She looks forward to continuing to pour into the community through patient care efforts that will allow her to serve "the least of South Bend" at the bedside, and she is equally excited to have the opportunity to be part of the formation of future family physicians. She will bring to her faculty role an eagerness to further develop the Care of the Underserved curricular track, and is excited to explore new relationships with community partners to ensure Memorial Family Medicine Residency continues to be on the cutting edge in training clinicians to effectively meet the needs of under-resourced populations. She will continue to be an active member of the Residency's wellness committee and looks forward to having new ways to mentor in this role. Along with her work at the residency, Dr. Callaghan will continue as an adjunct professor at the University of Notre Dame.

# Leadership Spotlight

Michael S. Kozak, MD, MPA



If you had asked me prior to 2020, I would have probably described myself as working at a Federally Qualified Health Center (or FQHC). However, FQHCs were originally conceived as community health centers, a name I hadn't given much thought to until now. This year, amidst a pandemic, racial strife, and disjointed federal guidance, it is clear to me that our role in the community has become central. As the medical director for Healthlinc's South Bend sites, I feel incredibly fortunate to bring so much of what Memorial's residency program taught me to our patients in need.

I'm a 2015 graduate from Memorial's residency program and I stuck around for an extra year in the health services management track. I now practice in Healthlinc's Centennial office attached to Memorial Hospital. I always knew that I wanted to work with an underserved population. In high school, college, and med school that meant diving into issues of social justice, equity, and disparities – particularly in HIV. But as I was preparing to pursue the actual practice of medicine, I wanted to ensure that I was able to meet the complex needs of this patient population. I joined Memorial's residency program in 2012 to try to meet this challenge. After graduating, I joined fellow Memorial alumni Drs Zabukovic and Craft at Memorial's Neighborhood Health Clinics, working at both the hospital (Centennial Clinic) and a clinic within the Center for the Homeless. I loved what I was doing and considered my work to be my dream job, working within Beacon's system to care for patients from all walks of life, but with a special emphasis on underserved populations. We were doing the work of a community health center, but without the resources of an FQHC. In 2019, Beacon and Healthlinc partnered in what was a mutually beneficial transition of our clinics to

Healthlinc management. Believing in this mission and this transition, I remained on as the medical director for the South Bend sites and have loved the care we've been able to provide.

Soon after I took on this role, COVID hit. This came at a time when equity and access to healthcare has been getting more support, but COVID shined a bright light on the disparities. I was thrilled that both our state and county governments worked extensively with us at Healthlinc to provide early access to much needed testing for some in our community in greatest need. While testing was still scarce, we were able to provide drive-up testing to both our patients and the community. We were testing at several residential homeless centers and even South Bend's homeless "tent city." In the New Year, we were able to offer vaccinations at our clinics beginning in January, providing access to patients. (Some would tell us that they hadn't intended to get the vaccination, but because they were in a place they trusted and it was and being offered to them, they took up the vaccines. With federal assistance, we also arranged vaccine events for homeless and at risk populations. We organized community events open to all where I vaccinated Notre Dame Professors alongside construction workers after having just finished an event giving vaccines at the Center for the Homeless. This felt like community health.

The importance of community health was clear long before COVID. Family medicine programs love talking about how "full spectrum" they are. I loved training at such a high level in complex medical, pediatric, and obstetric patients at Memorial. However, what I didn't fully appreciate was how "full spectrum" can go beyond obstetric care and ICU management. The spectrum of care can (and often needs to) extend into realms of medicine that may be ignored. For me (and within South Bend), that meant treating HIV, something that I had a passion for. Later, that helped prepare us for providing treatment for opiate abuse and hepatitis C, which were both identified as community needs. Thankfully, the foundation of innovation was already laid down by the residency's leadership and later by Dr. Zabukovic as I transitioned to my first job. That spirit of innovating to meet the novel needs of our patients carries through in the residency's training today. I love working with the current residents and some alumni in assisting in treating substance use disorders and HIV in their own patient population.



This period in our country's life brought into focus what we can offer as a community health center/FQHC – our patients who may have greater needs don't have to have fewer resources. With the transition to working in a formal FQHC setting, we have community health workers, social workers, clinical pharmacists, and passionate providers working as a team to meet our patients where they are. I'm proud to do what we do and it's our foundational training in residency that has allowed us to do this well. In exciting news, this has also been a big year for building. At our clinic, we are excited to have brought on 2017 Memorial grad Drew Schmucker and are bringing on current chief resident Betsy Sutherland to be part of the team too. Our role in the community will continue – God willing, it won't be addressing a pandemic the next go around. With our background and training in the unopposed can-do innovative Memorial mindset left imprinted on all of us, I'm sure we'll find areas of need and provide the access to quality care our patients deserve.



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## Alumni News

### Brandon Zabukovic, MD

Class of 2005

Co-founded River City Real Estate, LLC and Primary Care Partners of South Bend and opened private practice in August 2020.

### Tina Jennings, MD

Class of 2014

Welcomed daughter, Penelope, in June 2020.

### Alex Porte, MD

Class of 2019

Became site medical director at Pacific Garden Mission, the largest homeless shelter in Chicago.

### Brian Mehlhaus, MD

Class of 1991

Chair of the Boone County Public Health Board and also the Medical Director for the Boone County Public Health Nursing. He served as the Jurisdictional Commander for our Boone County Emergency Management Taskforce to deal with Covid. In addition, he is also President of the Boone Community Schools Board of Directors.

### Benoit Herbert, MD

Class of 2019

Welcomed daughter, Holly Camille, in Fall of 2020.

### Angela Puthenveetil, MD

Class of 2018

Welcomed son, Theodore Suhale, in January 2021.

### Jason Marker, MD

Class of 2001

Selected by the AAFP to develop and lead their new "Leading Physician Wellbeing" program. 2021 is the program's inaugural year with 7 hand-picked faculty leading 100 physician/scholars through a 10-month curriculum focusing on physician well-being education and advocacy, leadership development, and performance improvement skill-building.

### David Wolken, MD

Class of 1999

In December 2020, assumed the position as Assistant Chief of Staff, Clinical Operations at Army Regional Health Command – Pacific. I am the Chief Medical Officer and advisor to the Commanding General for all clinical operations and strategic planning for the largest geographically dispersed Regional Health Command that includes five Medical Treatment Facilities (MTF) with over 14,000 (Army, Navy, Air Force, and Civilians) medical personnel delivering high reliable healthcare to over 500K eligible beneficiaries in 10 countries, four US States and across 11 time zones.

I also within the last year had the profound honor of being the Joint Field Activity Medical Outreach Surgeon for a Defense POW/MIA Accounting Agency's (DPAA) recovery operations in the Lao People's Democratic Republic.

# Giving Back at E. Blair Warner

## Food and Diaper Drive

In May, our team hosted a Food & Diaper Drive to support E. Blair Warner patients and their families. 40 local families benefited because of the generosity of our residency team, alumni, Beacon associates, and the Foundation. We handed out 40+ bags of food, hundreds of diapers, children's books, formula, and baby food. And, just as significant, some of our most at-risk patients felt supported, connected, and encouraged during an extremely challenging time.



EBW Annual Trash Pick Up





# GMEC Report

## 2020-2021 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 2020-2021 are:

Chelsea Buysse  
Dale Patterson, MD  
Donald Zimmer, MD  
Gary Fromm, MD  
Katharine Callaghan, MD

Kristine Jennings, MD  
Linda Mansfield, MD  
Lori Harding  
Mark Fox, MD  
Mimia Jenai White

Rachel Schuster, DO  
Stacey Patrick  
Lisa Schaefer  
Betsy Sutherland, MD  
Pierre Ovide, MD

The Memorial Hospital Family Medicine Residency currently has a full accreditation and expects to be surveyed by the ACGME in 2022.

Our program continues to value resident and faculty wellbeing. Our internal wellness committee has robust resident and faculty involvement and helps to guide our residency specific wellness initiatives including an internal burnout and needs assessment survey disseminated biannually, guiding wellness topics for our quarterly wellness didactic series, and helping to plan events to further enhance our community. We have dedicated infrastructure to create spaces within our building to support relaxation and physical activity with on-site workout equipment. Furthermore, our intentional team leader framework pairs a resident with an assigned faculty member who serves in a mentorship capacity to aid in the resident's professional formation.

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. There have been no ACGME citations for patient care issues.

Program evaluations are above average in all parameters. Evaluation completion rate is also high demonstrating investment from faculty and residents to provide feedback about the program.

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. We continue to have a 100% board pass rate for last five years.

The experienced faculty continue to demonstrate excellence in teaching and to develop their teaching skills. A new monthly faculty development series, in addition to support for faculty to attend national meetings, helps to keep our faculty on the cutting edge of educational topics. Residents have the opportunity to evaluate our faculty annually and during asynchronous times throughout the academic year-not only are evaluations effusively positive, there is a high completion rate assuring us that residents are invested in providing feedback. It is clear in reviewing these evaluations that our residents not only feel that faculty are exemplary educators, but also supportive mentors.

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.





# IDEA Committee



A new addition to our residency this year has been the IDEA (Inclusion, Diversity, Equity, and Antiracism) Committee. Over the past year, this committee has helped organize events such as the White Coats for Black Lives demonstration on Juneteenth and participated in a Black Lives Matter rally in downtown South Bend.

In conjunction with St. Joseph's Family Medicine Residency Program we were able to start an interactive book club over Zoom reading narratives specifically focusing on such topics as *How to Be An Antiracist* by Ibram X. Kendi and *White Fragility* by Robin DiAngelo. We were even fortunate to have the author, William Lopez, join us in a discussion on his book *Separated: Family and Community in the Aftermath of an Immigration Raid*. The book club has had a remarkable turnout from many residents including their loved ones.

The IDEA Committee was able to help facilitate discussions on racism in the workplace at our annual All Clinic Retreat in September 2020.

Another area of focus for the IDEA Committee has been to bolster our diversity series in our noon conference didactics. We have worked with our vice chief to continue to broaden our educational opportunities offered to residents and were very fortunate to bring in an expert from Western Michigan University as well as our local Beacon Medical Group President, Dr. Vince Henderson. Our committee continues to advocate and advance the residency's stance with Inclusion, Diversity, Equity, and Antiracism and continues to look for ways for our program to be at the front of change in healthcare.

## Scenes from 2020



# Where Are They Now?

## Memorial Family Medicine Residency Program Graduates

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

**1** Canada





## MISSION

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

## VALUES

**Trust  
Respect  
Integrity  
Compassion**

**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