

# in our family



The alumni newsletter of the University of Wisconsin Department of Family Medicine and Community Health | Winter 2023

## Wisconsin EATS Healthy

A growing effort to improve health and hope.

Fruits and vegetables have a significant impact on overall health and are essential to creating community level nutrition security—the consistent and equitable access to healthy, safe, and affordable foods essential to optimal health and well-being. The 2020-2025 Dietary Guidelines for Americans recommend adults consume 1.5-2 cup equivalents of fruits and 2-3 cup equivalents of vegetables daily to prevent and treat nutrition-related chronic conditions including obesity, type 2 diabetes, cardiovascular disease, and cancers. Unfortunately, only 1 in 11 (11.6%) adults in Wisconsin with low income meet the fruit intake recommendations and 1 in 14 (7.6%) meet the vegetable intake recommendations.

The White House Conference on Hunger, Nutrition, and Health was held in September 2022 and was the first such conference convened by the White House in more than five decades. It outlined five “pillars” for reducing hunger in the US and improving nutrition security:

- Improving food access and affordability.
- Prioritizing the role of nutrition and food security in health including the prevention and management of disease.
- Help consumers make healthy food choices (and have access to healthy foods).
- Supporting physical activity.
- Enhancing nutrition and food security research.

Dr. Brian Arndt, a physician at the UW Health Verona Clinic, believes access to fresh



*Brian Arndt, MD*

produce is crucial to treating and preventing nutrition-related chronic conditions. He has worked with the Madison Area Food Pantry Gardens (MAFPG) since 2007 to provide people living with nutrition insecurity access to high quality, fresh, and culturally relevant produce. Over the years, Arndt has inspired a shared vision

to ensure “Wisconsin EATS Healthy” (Enhanced nutrition security for all, Amplified partnerships and collaboration, Transformed regional food system, Sustainable practices and economic stability). Numerous partners have influenced the evolving vision and helped inspire the development of his DFMCH food is medicine website. The website emphasizes increasing access to local produce, providing healthy snack and meal planning ideas, and linking clinicians and their patients at the point of care to resources including FoodShare, nutrition incentive programs such as Double Dollars, and insurance benefits related to food is medicine such as medically tailored meals for patients with congestive heart failure.

“It is critical to understand factors leading to low produce consumption among individuals with low income in Wisconsin and to identify roles and relationships among partners in our produce supply chain who can collaborate to increase it. We need to keep working together

*Continues on page 9*



Department of Family Medicine  
and Community Health  
UNIVERSITY OF WISCONSIN  
SCHOOL OF MEDICINE AND PUBLIC HEALTH

Qualitative and Health Experiences Research Lab page 3

Meet the 2022 graduates page 4

Madison alumna is co-director of new Gender Services Clinic page 8

Dr. Melissa Stiles receives Excellence in Mentorship Award page 11



Dear Friends,

**W**elcome to *In Our Family*.

Our lead story discusses the impact of the Wisconsin EATS Healthy program for people living

with food insecurity.

We also highlight our new Qualitative and Health Experiences Research lab led by Dr. Rachel Grob.

You'll find out where our newest graduates are practicing and see a few photos from our COVID-delayed 50th Anniversary Celebration that finally took place in August.

Finally, you'll learn about our new Gender Services Clinic and Co-Director Ronni Hayon, MD, as well as get to know Dr. Melissa Stiles who recently received an Excellence in Mentorship Award.

As always, please stay in touch. We want to hear from you, too!

### David Rakel, MD

*Chair, Department of Family Medicine and Community Health, University of Wisconsin School of Medicine and Public Health*



More news at: [fammed.wisc.edu/news](https://fammed.wisc.edu/news)

## News Briefs

### Naturopathic Medicine Examining Board Appointment

David Kiefer, MD, was appointed to the newly established Naturopathic Medicine Examining Board by Wisconsin Governor Tony Evers. The Naturopathic Medicine Examining Board regulates the practice of naturopathic medicine and will lead on initiatives in the field of naturopathic medicine across Wisconsin. Dr. Kiefer is joined by four naturopathic doctors and two public members. He will serve in this appointment until July 1, 2025.



### Barrett Named Site PI for Sinusitis Study

Bruce Barrett, MD, PhD, was named site principal investigator for a \$23 million Patient-Centered Outcomes Research Institute (PCORI) grant to study sinusitis. Led by Daniel Merenstein, MD, the "Nasal Steroids, Irrigation, Oral Antibiotics, and Subgroup Targeting for Effective Management of Sinusitis" study aims to compare the efficacy of nasal sprays and oral antibiotics, identify the patient subgroups that benefit the most from oral antibiotics versus nasal sprays, and identify which patient subgroups improve with supportive care and do not require nasal sprays or oral antibiotics.



### Expansion Grant Supports New Addiction Medicine Fellowship Position

The UW DFMCH Addiction Medicine program received a Wisconsin Department of Health Services Graduate



Medical Education Residency Expansion Grant totaling \$150,000. This grant will help support a second addiction medicine fellowship position for two years beginning July 1, 2023. The UW DFMCH Addiction Medicine Fellowship is led by Program Director Randall Brown, MD, PhD, FASAM (above left), Associate Director Kellene Eagen, MD (above middle), and Fellowship Coordinator Heather Williams (above right).

## Stay in Touch!

Address changed? Have news? Let us know at [fammed.wisc.edu/alumni/alumni-form](https://fammed.wisc.edu/alumni/alumni-form)

Visit our website at [fammed.wisc.edu](https://fammed.wisc.edu) or find us on social media:



[facebook.com/wifamilymedicine](https://facebook.com/wifamilymedicine)



[twitter.com/widfm](https://twitter.com/widfm)



[youtube.com/wifamilymedicine](https://youtube.com/wifamilymedicine)

Published by the University of Wisconsin  
Department of Family Medicine and Community Health

610 N. Whitney Way, Ste. 200, Madison, WI 53705-2700  
Email: [laura.cruz@fammed.wisc.edu](mailto:laura.cruz@fammed.wisc.edu)  
Editor: Laura Cruz

# Rachel Grob, MA, PhD

## Grob leads new Qualitative and Health Experiences Research Lab at DFMCH

A new diagnosis or complicated chronic illness can leave patients and families feeling anxious, worried, and confused when navigating the health care system, insurance companies, and care options. These all-too-common aspects of health care deserve thoughtful, patient-generated solutions for improvement. Thanks to people like Rachel Grob, MA, PhD, who believe qualitative research holds the key to advancing quality patient-centered care, actionable ideas for change are being prioritized. As the inaugural director of the new DFMCH Qualitative and Health Experiences Research Lab, Grob brings expertise from serving as the director of national initiatives for the UW Center for Patient Partnerships (CPP) and from her current position as chair emerita of the US Health Experiences Research Network and current chair of DIPEX International – both organizations building capacity to conduct impactful qualitative research about people’s personal experiences of health and illness.

“Dr. Grob brings qualitative and mixed methods expertise to the DFMCH research enterprise and innovative resources to support investigation of the experiences that patients have in their interactions with the health care system—a hugely important and terribly neglected area of research and advocacy,” said DFMCH Vice Chair for Research Bruce Barrett, MD, PhD.

The Lab enhances a long-standing partnership between the Center for Patient Partnerships and DFMCH, building on CPP’s substantial portfolio of health experiences action research. Grob and a small team of researchers, program coordinators and postdoctoral students, will work to advance the understanding of health care from the perspective of patients and families. The new lab serves as an umbrella for a fertile portfolio of national and international work.

“This lab symbolizes the department’s commitment to elevate health experiences research by holding a space to collaborate and consult on the important qualitative work being done across the country and throughout the world,” shared Grob.

In addition to securing grant funding, mentoring, publishing, and participating on expert panels and committees, Grob and her colleagues and collaborators will design innovative initiatives to promote evidence-based health care system change. One initiative already underway is to adapt the Experience-Based Co-Design (EBCD) method for placing patients’ diverse experiences at the center of care improvement to enhance primary care for long COVID patients who struggle, along with providers, to understand long COVID and its social impact. It’s a project Grob says



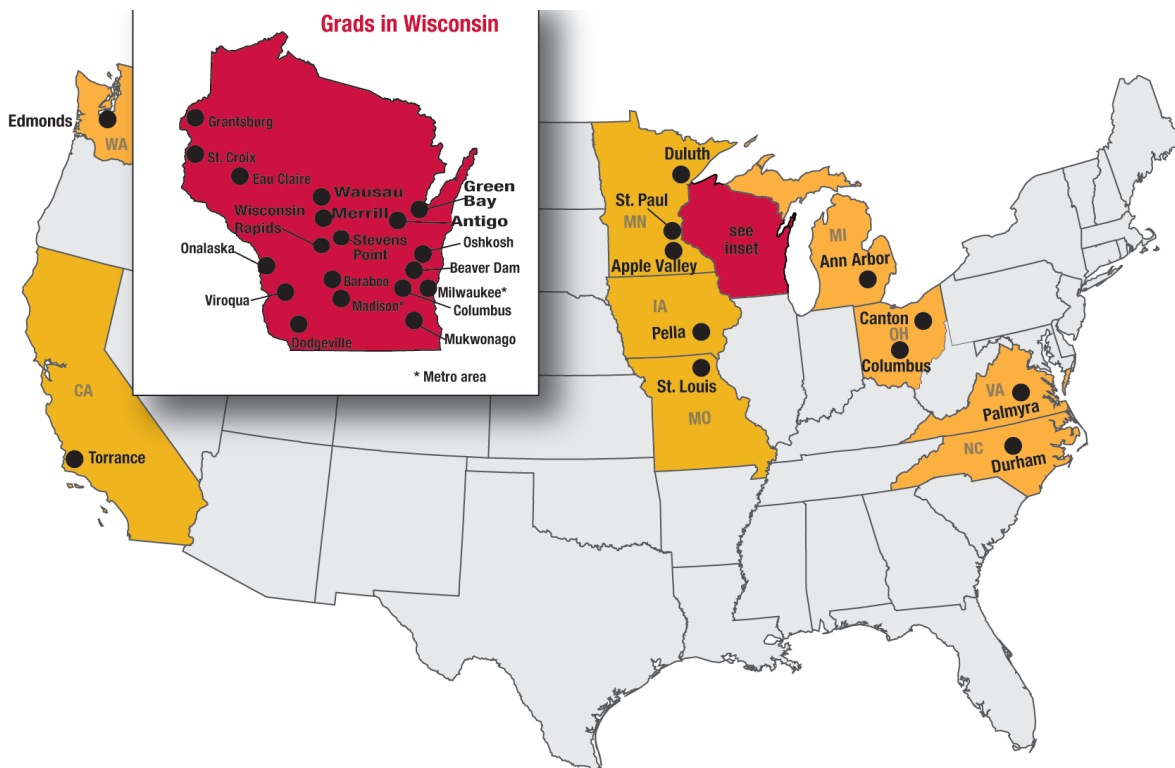
*Dr. Rachel Grob believes in listening to the wisdom of patients.*

closely aligns with the mission of the DFMCH Office of Community Health.

“A lot of the qualitative work we do is pretty cohesive with the work of the Office of Community Health,” added Grob. “Listening to the wisdom of patients is one of the many values the lab shares with the OCH and I look forward to working alongside my DFMCH colleagues to advance these efforts.”

For more information on the Qualitative and Health Experiences Research Lab, or to request consultation on qualitative work you are undertaking, contact Dr. Rachel Grob at [rachel.grob@fammed.wisc.edu](mailto:rachel.grob@fammed.wisc.edu)

# Meet the 2022 Graduates



DFMCH residents who graduated in 2022 are in 19 Wisconsin metro areas and nine additional states. Is one near you?

## DFMCH-Sponsored Residency Programs

### BARABOO RTT



**Jamie Petzke, MD**  
St. Clare Hospital  
(Baraboo, WI)



**Jack Masee, DO**  
Minnesota

### MADISON RESIDENCY PROGRAM



**Nicole Altman-Meyers, MD**  
Upland Hills Health  
(Dodgeville, WI)



**Anne Drolet, MD**  
Swedish Birth  
and Family Clinic  
(Edmonds, WA)



**Megan Dudek, DO**  
UW Health  
Yahara Clinic  
(Madison, WI)



**Brenna Gibbons, MD**  
UW DFMCH  
Academic Fellowship  
(Madison, WI)

MADISON RESIDENCY PROGRAM CONT.



**Tyler Grunow, MD**  
UW Health Oregon  
Clinic  
(Oregon, WI)



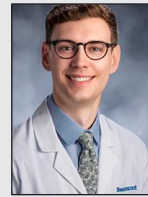
**Danielle Hartwig, MD**  
UW Health Yahara Clinic  
(Madison, WI)



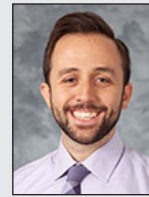
**Melanie Hellrood, MD**  
Aspirus Family Health  
Specialists  
(Wausau, WI)



**Elise Malzer, MD**  
Prairie Ridge Health  
(Columbus, WI)



**Thomas Ridella, MD**  
Beaumont Haggerty  
Medical Associates  
(Canton, OH)



**Jeremiah Shaw, MD**  
DFMCH Integrative  
Health Fellowship  
(Madison, WI)



**AJ Sheehan, DO**  
Duke Sports  
Medicine Fellowship  
(Durham, NC)



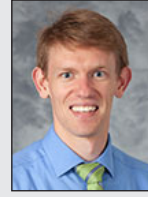
**Laura Shingleton, DO**  
Providence Medical  
Associates  
(Torrance, CA)



**Neal Smith, MD**  
Aspirus Plover Clinic  
(Stevens Point, WI)



**Jake Starsiak, DO**  
Ohio Health Sports  
Medicine Fellowship  
(Columbus, OH)



**Nick Sullivan, DO**  
UW DFMCH  
Academic Fellowship  
(Madison, WI)



**Morgan White, MD**  
UW Health Wingra Clinic  
(Madison, WI)

Fellowships



**Taylor Boland  
Rigby, MD**  
Olmsted Med.  
Center  
(Rochester, MN)



**Megan Bartz, MD**  
Prairie Ridge  
Health  
(Columbus, WI)



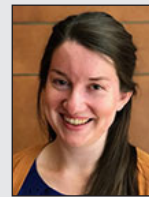
**Larry Wu, MD**  
OSU Family  
Practice  
(Gahanna, OH)



**Anna Wijatyk, MD**  
KHEIR Clinic  
(Los Angeles, CA)



**David  
Leinweber, MD**  
DFMCH  
(Madison, WI)



**KJ Hansmann,  
MD, MPH**  
Advanced Women's  
Health Fellowship  
(Madison, WI)



**Thomas Harris, MD**  
UW Health  
(Madison, WI)



**Maria Mora Pinzon, MD**  
REC Scholar with  
WI Alzheimer's Disease  
Research Center  
(Madison, WI)

Congratulations to the Class of 2022 Graduation Award Winners!

DFMCH-SPONSORED PROGRAMS

Baraboo RTT

- **Chief Resident Leadership Awards:** Jamie Petzke, MD, and Jack Massee, DO

Madison Residency Program

- **Chief Resident Leadership Awards:** Anne Drolet, MD, Brenna Gibbons, MD, Nicholas Sullivan, DO, and Gregory Starsiak Jr., DO.
- **Resident Teacher Award:** Nicholas Sullivan, DO
- **Clinical Teacher Awards:** Jensi Carlson, MD, Tessa Damm, DO, Amanda Goplen, APRN, Laura Chen, MD, Johnathan Fliegel, MD, Sreevalli Atluru, MD

- **Beth Potter, MD, Wellness Award:** Bethany Howlett, MD

ACADEMIC PARTNER PROGRAMS

Wausau Residency Program

- **Outstanding Medical Student Teachers:** Natalie Weeks, MD, Christopher Polonio, MD
- **Dr. Russell Clayton Esprit de Corps Award:** Samantha Rivera, MD
- **Outstanding Teaching Award:** Ross Trecartin, MD

Milwaukee Residency Program

- **Heip Trieu Memorial Award for Patient Dedication:** Katerina Chrisopherson, MD
- **Golden Find Award:** Zeeshan Yacoob, MD, Amanda Sessions, DO

- **Len and Jeannine Perushek Award:** Lawrence Moore, MD
- **Service to the Residency Award:** Alexandra Spindler, DO
- **Chief Residents Award:** Brianna Berti, DO, and Alexandria Spindler, DO
- **STFM Certificate:** Zeeshan Yacoob, MD
- **Administrative Specialist Excellence Award:** Madelyn Pickle, DO

## PROGRAM HIGHLIGHTS

### Academic Partner Residency Programs

#### AURORA LAKELAND RURAL TRAINING TRACK PROGRAM



**Jeffrey Favour, MD**  
Aurora Family Med.  
(Oshkosh, WI)



**Tiffany Jen, MD**  
Sentara Palmyra  
Medical Associates  
(Palmyra, VA)



**Jazmine Smith, MD**  
Aurora Family  
Medicine  
(Milwaukee, WI)



**Philip Zuka, MD, MS**  
Aurora Urgent Care  
(Menomonee Falls, WI)

#### EAU CLAIRE RESIDENCY PROGRAM



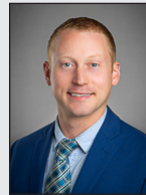
**Markus Eckstein, MD**  
Gundersen Health  
Systems  
(Onalaska, WI)



**Pamela Falcon, MD, PhD**  
Prevea Health Center  
(Green Bay, WI)



**Jordan Fraser, DO**  
Burnett Medical Center  
(Grantsburg, WI)



**Jonathan Rief, MD**  
Allina Apple Valley  
(Apple Valley, MN)



**Joseph Zbaracki, DO**  
Essentia Health  
(Duluth, MN)

#### LA CROSSE RESIDENCY PROGRAM



**Garrett Donaldson, MD**  
Pella  
Regional Health Center  
(Pella, IA)



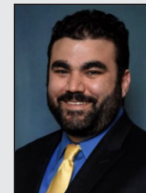
**Martin Erlandson, DO**  
Viroqua Family Medicine  
(Viroqua, WI)



**Mary K. George, MD**  
Gundersen Health System  
(Onalaska, WI)



**Laura Krueger, MD**  
St. Croix Regional  
Medical Center  
(St. Croix, WI)



**Zach Razavi, MD**  
University of Michigan  
Hospice and Palliative  
Medicine Fellowship  
(Ann Arbor, MI)

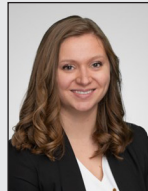


**McKenzie Thorp, MD**  
UW Health  
Beaver Dam Clinic  
(Beaver Dam, WI)

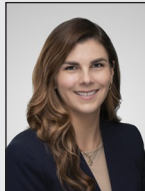
MILWAUKEE RESIDENCY PROGRAM



**Melissa Baughman, DO**  
Allina West  
(St. Paul, MN)



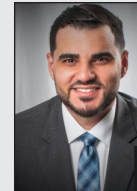
**Brianna Berti, DO**  
Aurora West  
Allis Medical Center  
(West Allis, WI)



**Katerina Christopherson, MD**  
Aurora Germantown Clinic  
(Germantown, WI)



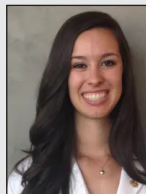
**Lawrence Moore, MD**  
Aurora Midtown Clinic  
(Milwaukee, WI)



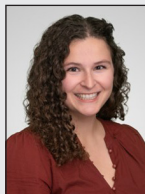
**Tamer Mustafa, DO**  
Undecided



**Madelyn Pickle, DO**  
Aurora Urgent Care  
(Milwaukee, WI)



**Amanda Sessions, DO**  
Aurora Urgent Care  
(Menomonee Falls, WI)



**Alexandrea Spindler, DO**  
Aurora Midtown  
(Milwaukee, WI)



**Mai Ly Thor, MD**  
M Health Fairview  
(St. Paul, MN)



**Zeeshan Yacoob, MD**  
Aurora St. Luke's  
(Milwaukee, WI)

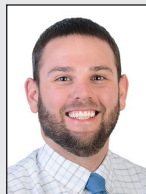
WAUKESHA RESIDENCY PROGRAM



**Matthew Andreoli, MD**  
Menomonee Falls  
Family Medicine  
(Menomonee Falls, WI)



**Trevor Argall, MD, MS**  
ThedaCare  
(Waupaca, WI)



**Christopher Kordick, DO**  
ProHealth Care  
(Mukwonago, WI)



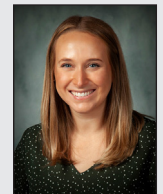
**Brian Kroll, MD**  
Access Community  
Health Center  
(Madison, WI)



**Colin Millar, MD**  
Prairie Ridge Health  
(Beaver Dam, WI)



**Sanam Salimi, MD**  
Waukesha Family  
Practice  
(Waukesha, WI)



**Lauren Thomas, MD**  
The Richland  
Hospital and Clinics  
(Richland Center, WI)

WAUSAU RESIDENCY PROGRAM



**Brandon Moul, MD**  
Wisconsin Rapids  
VA Clinic  
(Wisconsin Rapids, WI)



**Brittany Myszka, MD**  
Aspirus Doctors Clinic  
(Wisconsin Rapids, WI)



**Samantha Rivera, MD**  
Missouri Baptist  
Medical Center  
(St. Louis, MO)



**Jason Servi, DO**  
Marshfield Clinic  
(Merrill, WI)



**Ross Trecartin, MD**  
Aspirus Antigo Clinic  
(Antigo, WI)

# Ronni Hayon, MD

Co-medical director of new Gender Services Clinic sees dream become reality.

The first UW Health Gender Services Clinic (GSC) welcomed patients in May 2022—the culmination of years of planning that started in 2017 with a devoted steering committee. The clinic represents a crucial step in promoting health equity for LGBTQIA+ individuals in the community who have traditionally been marginalized in areas of physical and emotional health rooted in complex systems of stigmatization and oppression.

“Historically, transgender, non-binary, and gender-nonconforming people have been marginalized and, quite frankly, traumatized by a health care system that doesn’t understand or prioritize medically necessary gender affirming services,” shared Ronni Hayon, MD, co-medical director of the GSC. “Many of

clinic increases access for patients throughout Wisconsin and from all over the country.

According to a 2015 National Center for Transgender Equality survey, transgender, nonbinary, and gender expansive individuals delay care due to fear and/or mistreatment, negative health care experiences, and face complicated insurance barriers compared to cisgender individuals.

Gender Services Program Coordinator Callen Smith, RN, MSN, believes UW Health has a responsibility to improve equity.

“The more knowledge we bring together, the better care we can bring for our patients. At UW Health, we have a health care team providing expert care, but many services are siloed throughout the organization. Bringing these services together to one space provides better access to patients and more collaboration across specialties,” said Smith.

The GSC offers 11 different specialties, in three different clinic sessions, with six to seven different specialties in each session. For example, a single patient may receive consults with behavioral health, endocrinology, ENT facial Plastics, family medicine, plastic surgery, and speech/voice in one location on the same day instead of over several separate appointments.

New patients work with GSC registered nurse navigators to complete a comprehensive intake assessment and follow up at their provider’s home clinic. In addition to providing high quality direct patient care, the GSC will help train the next generation of affirming clinicians by offering training and educational opportunities.

“Ultimately, we hope that trainees



Ronni Hayon, MD

will go on to provide truly affirming care and advocate for change in their own communities so that TNG people and their families can thrive,” added Hayon.

Smith is optimistic but believes the work to improve LGBTQIA+ health care is far from over.

“I feel honored that I have been trusted to do this work and despite so many uncertainties, I feel hopeful,” continued Smith. “I have seen awareness, education, and services continue to grow and have high hopes for the future of health care if we continue in this direction.”

More information about the UW Health Gender Services Program: <https://www.uwhealth.org/services/gender-services>



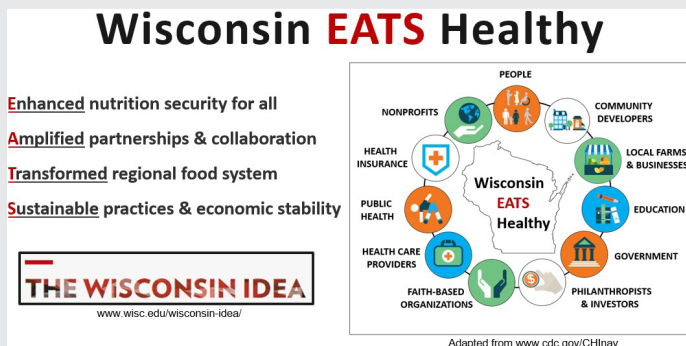
us who provide gender-affirming care have been daydreaming about this clinic for many years.”

The GSC is a true multi-disciplinary clinic where patients can access a full array of coordinated clinical services in an environment that is inclusive, welcoming, and affirming of each person’s gender identity. The centralized



## EATS (continued)

to increase the emergency food system's fresh local produce supply, aggregate it, lightly process it, and distribute it with coordinated transportation logistics," explained Arndt. "As we do this, we'll naturally shift our focus from addressing food insecurity to the creation of nutrition security. Clinicians have daily opportunities to improve community-level nutrition security by linking our patients to



local produce options. I hope the website is a springboard at the point of care to facilitate conversations about how to practically increase overall produce consumption."

## PLANTING THE SEED

When MAFPG was founded in 2000, the goal was to provide local food pantries with excess produce collected from farmers' markets, but the demand proved much greater than the supply. Soon partnerships were established with generous landowners to create gardens to specifically supply food pantries throughout Dane County. With advocacy and leadership provided by Dr. Arndt and Dr. James Bigham (formerly a Verona Clinic resident, now at UW Health Odana Road Clinic), the UW Health Verona Clinic Food Pantry Garden was created in 2008 as part of that collective. Its yield supplies about 1,000 pounds of produce annually to the Badger Prairie Needs Network in Verona. Other MAFPG partnerships have sprouted at eight other Dane County locations, and collectively the garden network has contributed 2.3 million pounds of produce over the past two decades to 30 food pantries and other food programs throughout Dane County.

## TENDING THE CROPS

According to Arndt, collecting surplus produce from farms and markets (gleaning) and growing produce are both critical to MAFPGs' mission but none of it would be possible without volunteers, as MAFPG only has a single paid employee (Forward Garden farm manager). Annually, about a quarter of the total produce donated is

gleaned. In 2022, over 2,000 volunteers of all abilities and backgrounds, regardless of previous gardening experience, worked over 10,000 hours to glean, plant, maintain, harvest, package, and

distribute produce. That's more than double the volunteers the program boasted prior to 2020. During the early days of the pandemic when pantries and food programs had to pivot in their distribution logistics, MAFPG volunteers and community partners chopped veggies and created 10-oz steamer bags with bilingual labels.

The influx of volunteers has allowed MAFPG to expand total acres planted with a continued focus on more than 60 culturally relevant crops including bok choy, okra, tomatillos, hot peppers, bitter melon, collard greens, mustard greens, Asian eggplant, and perennial fruits including strawberries. The 2022 harvest increased 40% compared to 2020 providing 30 organizations nearly 120,000 pounds of fresh produce. It was distributed through the food pantry network and local meal programs including healthy snack and weekend meal programs in several local schools where 1 in 6 kids don't have regular food access.

## HARVESTING A BRIGHTER FUTURE

Arndt hopes the latest expansion with Forward Garden at the 15-acre Pope Farm Homestead in the Town of Middleton will help meet the increasing demand. Forward Garden

is adjacent to the 105-acre Pope Farm Conservancy, the new Pope Farm Elementary School, and the future Pope Farm Middle School. The proximity of the garden to the schools offers an opportunity to get students involved in the mission while they learn about the lifecycle of plants while simultaneously cultivating a spirit of service to our community.

## SUSTAINABILITY

As the volunteer base increases, expansion plans at Forward Garden include planting orchards and terraced gardens as well as an onsite greenhouse with hydroponic growing technology to get closer to a year-round fresh produce growing model.

"Having nearly 1,500 students adjacent to the farm who can help tend to our flock of 30 chickens and learn the nitrogen cycle through hydroponics all while learning how to feed a community and nurture nature seems like part of the holy grail in experiencing the excitement of what our future of community medicine can look like," explained Arndt.

Efforts to honor conservation and reduce food waste are also part of MAFPGs' expanding mission. A high-volume rainwater collection system nourishes the plots, and a high-tech onsite walk-in cooler helps ensure the freshest produce possible reaches food partners (typically within 24 hours of harvest). MAFPG contributes imperfect produce to Little John's Kitchens who processes it and incorporates it into chef-quality microwave ready meals, which further reduces food waste while serving our community's needs. A pilot started in the spring of 2022 to collect pre-consumer compost from BeneBlends, Forage Kitchen, These Days Juice Co, the Verona Clinic's breakroom, and a few individual households, including Dr. Arndt's, has saved more than 20,000 pounds of food waste from the Dane County landfill and in turn created healthier soil at Forward Garden.

More information:

MAFPG, <https://foodpantrygardens.org/index.html>

Wisconsin EATS Healthy and the DFMCH's evolving food is medicine website, <https://www.fammed.wisc.edu/food-is-medicine/>

Suggestions for web content, [brian.arndt@fammed.wisc.edu](mailto:brian.arndt@fammed.wisc.edu).

# DFMCH Celebrates Anniversary

The Department of Family Medicine and Community Health celebrated 50 years with a weekend of events in August honoring current and former staff, faculty, and residents. Though the department reached its 50th anniversary milestone in 2020, COVID-19 delayed in-person gatherings making this year's commemoration extra special.

Highlights included a formal dinner at Monona Terrace featuring a keynote address by American Medical Association Chief Health and Science Officer Frederick Chen, MD, MPH, and a family picnic at Vilas Park in Madison.

It was a great opportunity to connect with the many new and old friends who have contributed to the success of DFMCH over the years. Thank you!



Current DFMCH Chair, David Rakel, MD, (back row, center) joined some past chairs in a picture with department founder, Marc Hansen, MD, (front row, center) at the DFMCH 50th Anniversary Dinner. Back row from left: James Davis, MD, MS, (interim chair 2006-2008); Rakel; William Schwab, MD, (interim chair 2020-2021). Front row from left: Valerie Gilchrist, MD, (chair 2008-2020); Hansen; John Frey, MD, (chair 1993-2006).



Current and former DFMCH faculty and staff, along with family and friends, gathered for a picnic at Vilas Park in Madison.



DFMCH alumnus, Dr. Frederick Chen, gave the keynote address during the department's 50th anniversary dinner.

## STAY IN TOUCH!

Got news or updates? Share them at: [fammed.wisc.edu/alumni/alumni-form](https://fammed.wisc.edu/alumni/alumni-form)

# Melissa Stiles, MD

Excellence in Mentorship Award highlights career of leadership and service.

**M**elissa Stiles, MD, recently received the Excellence in Mentorship Award from the UW School of Medicine and Public Health (SMPH) Group on Women in Medicine and Science (GWIMS). Established in 2021 as a chapter of the national organization, GWIMS centers activities around educating, connecting, and celebrating women in medicine and science at SMPH. The award is just the latest in Stiles' career as a leader and advocate in family medicine. She's also received the UW Health Leadership Physician Excellence Award and STFM Advocacy Award among other notable accolades.

Stiles graduated from the Madison Residency Program in 1991 and joined the DFMCH faculty the following year to serve as center director for the UW Health Belleville Clinic. She left briefly to complete a geriatric medicine fellowship at UCLA before returning as associate director of the Madison Residency Program in 2002. It was in this role that her passion for teaching blossomed.

"One of the most rewarding parts of my profession has been to serve as a mentor to medical students, residents, and faculty—the opportunity to guide mentees at whatever point in their career they are in has truly been an honor," said Stiles.

As the inaugural director of the SMPH Longitudinal Teacher-Coach (LTC) Program, Stiles helped develop

a program that pairs faculty-physicians with individual medical students to advise them throughout their education to foster critical self-reflection as part of lifelong learning. Coaches assist students in developing plans to achieve academic and personal goals and assure students are meeting the milestones of graduation competencies.

"I've been fortunate to have had wonderful mentors and see this role as integral in developing future family medicine physicians and educators," added Stiles.

In her support of future physicians, Stiles shares her deep connection to social issues that form the foundation of her career. She is a pioneer in getting problems like domestic violence and gun control recognized as health care issues within SMPH and has worked tirelessly with community leaders, policymakers, advocates, academia and practitioners on these and other issues including social justice, health care reform, falls prevention and healthy aging.

One of her current mentees, Julia Lubsen, MD, is inspired by Stiles' commitment to social issues.

"I am so grateful to Melissa Stiles for her thoughtful and skilled mentorship over the past 5 years. She helped me navigate the complexities of academic medicine, teaching and scholarship, while also being a supportive friend and an inspiring role model," shared Lubsen. "I continue



Melissa Stiles, MD

to be inspired by her advocacy and the positive impact she has on patients, learners, junior faculty and our community."

For more information about GWIMS visit <https://go.wisc.edu/6c-b4zg>. For more information about the Longitudinal Teacher-Coach Program visit <https://go.wisc.edu/erx94e>.

*One of the most rewarding parts of my profession has been to serve as a mentor to medical students, residents, and faculty.*  
—Melissa Stiles, MD



# Department of Family Medicine and Community Health

UNIVERSITY OF WISCONSIN  
SCHOOL OF MEDICINE AND PUBLIC HEALTH

610 N. Whitney Way, Ste. 200  
Madison, WI 53705-2700

Nonprofit Organization  
US Postage  
**PAID**  
UMS

# Remembering our Visionaries



marc hansen



john renner



lynn phelps



rudy hecht

## THE VISIONARIES FUND

*Honor our founders, innovators and mentors*



baldwin loyd



gene and linda farley

Many physicians, teachers, researchers and leaders built the UW Department of Family Medicine and Community Health into the great department it is today. By donating to the Visionaries Fund, you can honor those who shaped our department.

Learn more at: [go.wisc.edu/492vkf](http://go.wisc.edu/492vkf)

Address change? Have news? Let us know at [fammed.wisc.edu/alumni/alumni-form](http://fammed.wisc.edu/alumni/alumni-form)

Visit our website at [fammed.wisc.edu](http://fammed.wisc.edu) or find us on social media:



[facebook.com/wifamilymedicine](https://facebook.com/wifamilymedicine)



[twitter.com/widfm](https://twitter.com/widfm)



[youtube.com/wifamilymedicine](https://youtube.com/wifamilymedicine)