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# Monitor

PHYSICIANS DEDICATED TO THE HEALTH OF THE COMMUNITY

2019 - Issue 3

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# Monitor

PHYSICIANS DEDICATED TO THE HEALTH OF THE COMMUNITY

The Vanderburgh County Medical Society Monitor is published bi-monthly by the **Vanderburgh County Medical Society, Inc.**  
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# Contents

- President's Message ..... 5  
*by Chris Chacko, M.D.*
- VCMS Board Members ..... 6
- The Director's View ..... 8  
*by Chris Patterson, VCMS Executive Director*
- Tri-State Medical Alliance ..... 10  
*by Ann Almquist, President*
- Consultation..... 11  
*by Michael B. Hoover, M.D.*
- Annual Golf Scramble Highlights..... 12-13
- Just for the Health of It..... 15
- ISMA Convention ..... 16
- Lifetime Financial Growth ..... 17
- Vanderburgh Medical Alliance ..... 18  
*by Heidi Lance, President*
- From the Desk of the Health Officer ..... 22  
*by Ken Spear, MD, Vanderburgh County Health Officer*
- Stop Trying To Be The Energizer Bunny... 24-25  
*by Talya Kosstrin, Integrative Health & Wellness Coach, Progressive Transformation*
- Memorable Destinations & Doctors Outbound..... 26
- Calendar of Events ..... 29
- VCMS Member's Birthdays..... 30



The Vanderburgh County Medical Society is an Alliance of Physicians dedicated to the promotion of the Art and Science of medicine, to the continual Improvement of Community Health, and to the Advocacy and Protection of the Patient Physician Relationship. The purpose of this organization shall be to unite and strengthen the local medical community, to inform the public on matters of health and medical care, and to promote the best in medical care in our community.

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# President's Message

## Your Legacy and Impact

As I write this final message as the VCMS president, it has got me thinking about the roles we have and our efforts to make a difference. It has been a good term for me starting back in January of 2017 and has certainly gone by fast. Perhaps just like high school or college student, you couldn't wait to grow up and get into the school and start the semester, but then before you know it, the year is done, and then the 4 years are done, and you're a senior, ready to go on to the next chapter of your life.

Usually, by this time of year, some of us have attended a high school or college graduation ceremony. One particular story really resonated with me over the last couple of weeks. Perhaps, you may have heard or read about the Morehouse College graduation ceremony. This year's commencement speaker, Robert F. Smith, a billionaire technology investor and named the wealthiest African-American by Forbes in 2018, spoke to the nearly 400 graduates and their families. While commencement speakers come and go, it was his action that gained the most attention. During his speech, he announced that he would be paying off all of the student loans of the 2019 graduating class. In watching the video of the speech, the initial reactions of the students and faculty were of shock before there were thunderous applause and celebration of the audience. Smith said, "on the half of the eight generations of my family that has been in this country, we're gonna put a little fuel in your bus" in providing a grant to pay for their student loans. He continued and expected that the students would "pay it forward" the generosity they would be seeing. It is estimated that his gift would total around \$40 million.

Can you imagine what that would feel like for a graduating senior and certainly for their families? That Sunday morning was already momentous for those graduating, but I am not sure anyone knew just how significant that day would be for them. Many had to work hard, both financially and academically, just to get to graduation, and at that moment, receiving such a gift would be life-changing. The actions of this one individual will send ripples in the lives of so many. These students are unburdened from their undergraduate loans and can pursue their passions, business ideas, advanced degrees, and various career paths with an incredible weight lifted from their shoulders. What an inspiration it is to hear of such generosity. It would be fascinating to listen to the stories of those graduates years down the road in what one man's action will do and the legacy he has set into motion. And although I am betting that most of us don't have a spare \$40 million to donate, I believe that each of us has something we give, that we do that can be a spark and a blessing for someone else. For these seeds that we sow today, we hope someday to see how things turn out, but perhaps many of those things that we do or things that we say will be of benefit to those around us for years or perhaps generations to come.

As physicians, you are a difference maker. The work you do leaves a lasting impression on those who are privileged to work with you and to be cared for by you. Being a part of the VCMS, together we are working to care for you and our medical community, and want to leave seeds of change that will benefit our practices tomorrow, and also for the physician or provider to come in the next few years, or perhaps for the physicians to come when we are long gone. Your time, your efforts are not in vain. Your hard work and compassionate care have a ripple effect on your patients and this whole Tri-state area.

I am honored to have been a part of your VCMS leadership and am just one spoke in the wheel, a person on the team, as we all work toward making a difference where we are. I look forward to serving on the board as Darla Grossman will take over as our president at the Annual meeting on June 13th at the Bauerhaus. Please come out and join us that evening. She will do an outstanding job in representing and serving our medical community. Thanks for reading and being a part of the legacy and inspiration of your VCMS.



Chris Chacko, M.D.  
VCMS President

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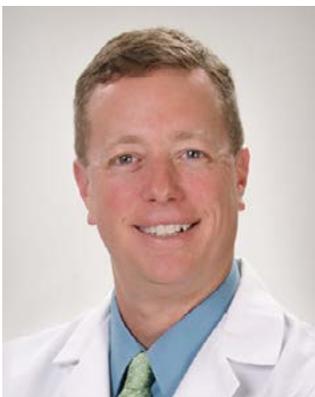
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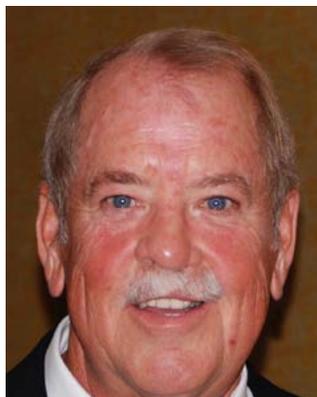
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# The Director's View



**Chris Patterson**  
VCMS Executive Director

## Why aren't you a member?

Odds are if you are reading this you are most likely a member. You received the Monitor by mail or by email or browsed our website and found it. I ask the question today "Why aren't you a member" because this is something we need to be asking our colleagues. In almost three years since I have taken the position of Executive Director, we have hosted physician socials, held fundraisers to fund medical school scholarships. We created a physician wellness program to combat stress and build resiliency, organized community events to help mitigate fears children have while visiting the doctor and help educate our community on how to live healthier and happier lives. We held numerous financial workshops that guided us through estate planning, retirement, and essential financial planning. Lastly, we brought in an educator that helped

us to learn how to breathe, focus on your patients (even the annoying ones) and how to deal with a demanding administration as employed physicians.

For the first time, we are going to embark on a membership drive. This event will take place on September 22 at Bauer's Grove. We will have a picnic for the whole medical community. I encourage you as members to reach out to your non-member friends and participate in this fun event for all ages. There will be no cost and many fun activities to do rain or shine!

As I mentioned in my last column, we recently lost a physician to suicide. This left many of us looking at each other and saying why didn't I know or why didn't I ask if he was OK. I fear that maybe he didn't feel as though he was part of our community. Perhaps if he had engaged with others, he would still be here. I guess this is something we will never know for sure, but as we move forward and offer sustainable programs and services for our members, this is a valid question to ask ourselves. Do we feel as though we are a part of this medical community? If not, why so? What programs can we provide to help? Do we need to be more of an advocate for you within the systems that you are employed?

This is your medical society. I encourage you to get involved, attend events, invite colleagues, ask questions, join committees, make suggestions, mold, and shape what is here now and has been since 1845.

See you at the picnic!

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**Tri-State Medical Alliance** was thrilled to close out our 2018-2019 year with many impactful community events!

Above, is our **Community Outreach Luncheon** awarding \$20,000 to local, health-related charities in Evansville and Henderson.

Below, is our TSMA team serving at our **Little Lambs Mother's Day Brunch** hosted with the sole purpose of honoring all the moms of Little Lambs.

We look forward to our BRAND NEW **Style Show** theme being debuted this fall – *"Celebrate the Seasons! BOLD. Bright. Beautiful!"* Join us September 26 at the Evansville Country Club for a runway featuring fashions for all the upcoming seasons!



*Interested in joining us in our community initiatives?  
Please visit our website to learn more! [www.tristatemedicalalliance.org](http://www.tristatemedicalalliance.org)*

# Consultation



Michael B. Hoover, M.D.

I have always thought it would be good to be a consultant. No, not a surgical consultant, although that has been very good over the last forty or so years, but a business consultant. Ride in on your white horse, and with a few wise tips and twists, transform a failing enterprise into a wildly successful one. Or, ride in and deliver a bunch of unworkable, idiotic ideas that either has to be totally discarded or if implemented, lead to the failure of the business. Either way, you get paid and ride on to the next job. I have seen both kinds. I have witnessed exorbitantly expensive consultations, the recommendations of which, after a painful trial at implementation, had to be totally abandoned. I have also seen inexpensive consultations with simple recommendations, which, when followed, made the business more successful and better place work for all employees. So I'm thinking, why not do it. Get a pack of five hundred business cards that say, "Michael B. Hoover, M.D. Consultant. " But what, you may ask, would you consult about? Well, anything that anybody wanted me to, of course. I probably wouldn't be that good in astrophysics, or anything that had anything to do with science, technology, manufacturing, marketing, HR, IT, PR, RFP, ROA, CSS, B2B,

CR, KPI, SWOT, or ET, the Extraterrestrial, but they probably wouldn't consult me for any of that anyway. If they did, I could fake it. I do know something about doctors and hospitals and the relationships between them, and I know that those relationships are not really that good. So that's it. That's what my consulting firm will specialize in. Wait a minute. To be a consultant, first, I have to write a book. OK, here you go, a quick synopsis of the first chapter of my new, and soon to be New York Times best-selling book:

## A Primer on Hospital-Employed Physician Relations

Doctors, when you chose to join an employed medical staff, you decided to be a member of a corporate entity. Whether you like it or not, your success will depend on the success of the entire enterprise. While your patients will and should always be your primary concern, you will have to contribute your time and expertise to your company as well as your patients.

Hospital executives, realize, admit and embrace the fact that every dollar that comes to your institution (except the Foundation and the Coffee Shop) comes because a patient (client, if you insist) has an encounter with one of your physicians or other providers. Make sure that every vice president and manager has this concept clearly in his or her mind, and acts accordingly.

Doctors, if you think that by joining an employed medical staff you no longer have to worry about the business aspect of your practice and that you can just see your patients and leave all the annoying business stuff to somebody else, you are sorely mistaken. If you don't mind your business, someone who perhaps knows a lot less than you do may mind it for you, to your detriment.

Hospital executives, you want the best medical staff that you can possibly get. (Don't you?) Don't expect professionals of this quality to be meek and subservient. You have no choice but to include your doctors in your business decisions, and it goes without saying, in your decisions about the patient and community care. Making the choices and presenting them for a rubber stamp will not work. You say doctors can be difficult? Too bad. If you want thoroughbreds, expect them to be skittish and high strung.

Doctors, no, you are not the hospitals only interest, and to a high degree, they expect you to look out for yourselves.

Hospital executives, never expect or demand that your physicians go along with something that they think will be detrimental to the care of their patients. This includes forcing patients to go outside of the community for care which is fully available locally, but perhaps only available from your competitor.

Doctors and hospital executives always ask the question, "What is in the patient's best interest?" If you act at all times with your patient in mind, you are already on the path to success. It won't be easy, but you can do it.

OK, I have to get writing.

# THANK YOU FOR ATTENDING AND SUPPORTING THE VCMS ANNUAL GOLF SCRAMBLE FUNDRAISER

With your support and participation, we raised over \$20,000 for the IU School of Medicine-Evansville scholarships!

Thank you Victoria National Golf Club for hosting us and we hope everyone enjoyed the beautiful day on the course!

Thank you to the ladies of the Vanderburgh Medical Alliance for assisting at registration and throughout the scramble.

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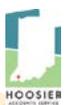


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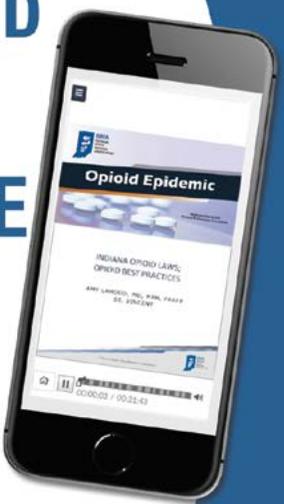


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# Vanderburgh Medical Alliance

The Vanderburgh Medical Alliance is happy to introduce the 2019-2020 Board of Directors!



Left to Right: Immediate Past President & Treasurer – Heidi Lance; First Vice Presidents – Gina Meckler & Charleen Spear (not pictured); Second Vice Presidents – Geeta Rodrigues & Fran Vix; Corresponding Secretary – Sherie Hambidge; Parliamentarian – Dorisann Rusche; Membership Secretaries – Marty Vibul & Cindy Behrens (not pictured); Historian – Tori Pugh; and Presidents – Joann Elfar and Sabrina Koleilat. Also not pictured is Recording Secretary - Anne Marie Vick.

Our Installation of Officers took place at the beautiful home of Joann Elfar. After our meeting a wonderful presentation on historical Turkey was given by Aisha Tokad. Our lunch consisted of tastes of Turkey prepared by our presenter and friends.



Beef Boats filled  
With mashed potatoes



Patlican Salatasi  
Roasted Eggplant Salad



Bulgur Pilavi  
Bulgur Pilaf



Baklava

We are also very proud to announce that the Vanderburgh Medical Alliance has pledged a matching grant to the Allison Tenbarger Criminal Justice Scholarship that is being run through the Community Foundation. Prevention of domestic violence is one of many health-related areas that the VMA has supported.

Our fall fundraiser – Wine, Dine & Comedy Time is scheduled for Thursday, September 12, 2019 at the Pavilion at Tropicana. Tickets are \$60 and can be purchased on our website [www.vanderburghmedicalalliance.com/events](http://www.vanderburghmedicalalliance.com/events). Our comedienne, Leanne Morgan, is guaranteed to be a hit. Both a live and silent auction is planned, as well as a cocktail hour!



Heidi Lance, Immediate Past President  
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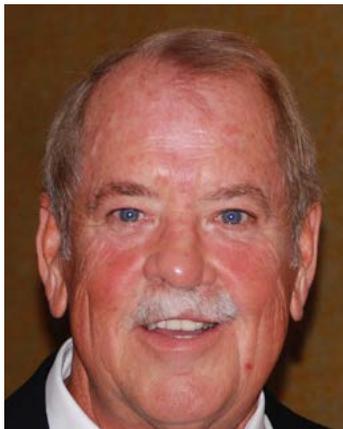
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# From the Desk of the Health Officer



Ken Spear, M.D.  
Vanderburgh County  
Health Officer



Most of what I will write are my opinions (some supported by research)

Several new Public Health issues are here and creating questions about the associated risks.

Many articles have been written about the effects of Marijuana use on driving. Several publications including Fortune, NBC, CNN, PEW Trust, Forbes, and Denver Post along with many others report increases in auto accidents and deaths. Articles debunking the increases can also be found. It is fair to say that it may take some more years to discover the truth about marijuana and driving risks.

Research suggests that frequent long-term cannabis use has been linked to the development of Psychosis or Schizophrenia. No significant link has been uncovered for anxiety\depression, although the relationship is very complex and involves the evaluation of all of the variables, such as demographic status and family environment.

Screen time is of more concern.

Too Much Screen Time Damages the Brain; Headline in Psychology Today Feb 27, 2014

When I was growing up the phone was off limits, used only for emergencies. Long distance calls were too expensive, time limits were placed on all calls, and party lines were the rule, not the exception.

We always knew what was important to all of the people on our party line.

We did not have a phone to answer any question; we used the Encyclopedia or walked to the library. No phone was in the car or at the dinner table. If a call

came at dinner time, the response was, we are eating and will call you back. The only thing that interrupted dinner was a death or some other bad news.

When we finally got bag phones, followed by Blackberries and the iPhone, I felt like I had lost all privacy. Now I could be reached any time, and with the advent of Robocalls, the phone is rarely silent. These phones can search the internet for answers, right or wrong, get directions, and connect to all sorts of social media. They have become our second brain.

Social media is the most insidious of all of the current issues. Youngsters and teens weigh and judge themselves by social media; thus depression, anxiety, loneliness, and failure of real human contacts can lead down a very dark road.

- Teens' use of electronic devices, including smartphones for at least five hours, daily more than doubled, from 8 percent in 2009 to 19 percent in 2015. These teens were 70 percent more likely to have suicidal thoughts or actions than those who reported one hour of daily use.
- In 2015, 36 percent of all teens reported feeling desperately sad or hopeless, or thinking about, planning or attempting suicide, up from 32 percent in 2009. For girls, the rates were higher — 45 percent in 2015 versus 40 percent in 2009.
- In 2009, 58 percent of 12th-grade girls used social media every day or nearly every day; by 2015, 87 percent used social media every day or almost every day. They were 14 percent more likely to be depressed than those who used social media less frequently. Clinical Psychological Science

With its immediacy, anonymity, and potential for bullying, social media has a unique potential for causing real harm, he said. "Parents don't really get that" (Dr. Victor Strasburger, a teen medicine specialist at the University of New Mexico)

The answers are not readily available, but I predict the impact will be more significant and more damaging than the current drug crisis we are experiencing unless society openly discusses the issue and gets ahead of it instead of learning too late.

# What is appropriate screentime for my child?



Based on American Academy for Pediatrics guidelines



For children younger than 18 months, avoid use of screen media other than video-chatting. Parents of children 18 to 24 months of age who want to introduce digital media should choose high-quality programming, and watch it with their children to help them understand what they are seeing.

For children ages 2 to 5 years, limit screen use to one hour per day of high quality programs. Parents should co-view media with children to help them understand what they are seeing and apply it to the world around them.



For children ages 6 and older, place consistent limits on the time spent using media, and the types of media, and make sure media does not take the place of adequate sleep, physical activity and other behaviors essential to health.

## Other helpful tips:

Do not make screen time a part of childcare or supervision for children under 5 years of age.

Designate media-free time together, such as dinner or driving, as well as media-free locations at home, such as bedrooms.

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# Stop Trying To Be The Energizer Bunny



**Talya Kostrin**  
Integrative Health &  
Wellness Coach,  
Progressive Trans4mation

It is so important to listen to your body to determine what you crave physically, emotionally, and spiritually. However, sometimes we are so “Go! Go! Go!” that we miss the flashing signals indicating it is time to stop, take a step back, and pay attention to what we truly need. When we don't acknowledge these needs, it can wreak havoc on our body: increase our stress levels, impact our sleep, and lead to inflammation and a slew of issues including burnout.

We are being pulled in so many directions – work, family, friends, volunteering – it can become overwhelming. However, it's strange that we somehow “find the time” to do all of these other things, but can't “find the time” to take care of ourselves. But I've got news for you: the time will never appear unless you make yourself a priority and create the time. If you continuously push yourself to the limit and constantly choose to complete tasks over nourishing yourself, you will eventually burn out – and doesn't that defeat the goal of being more productive?

I get it, trust me. The adrenaline rush you receive from marking off your to-do list provides a sense of accomplishment; and if you are unable to complete every task, you may feel like a failure. In many cases, you may also feel guilty

for taking time away from these tasks to focus on you. Therefore, you end up working harder and longer, but that means something else has to give – that “thing” is usually yourself.

This topic hits close to home as I recently had my own burnout experience. As a coach, it is so important to make sure I nourish my body and mind so that I can be at my best for my clients and everyone else in my life. Due to some recent personal challenges, I was being pulled in various directions and did not realize the toll it was taking on me. Yes, I was still making the time to go to the gym, but it took more of an effort to do so due to a lack of energy. Yes, I was eating a primarily whole-foods based diet, but my cravings increased. I was extremely stressed, sleeping poorly, breaking out, experiencing a decrease in motivation, and my overall health was suffering.

I hate to admit that I actually felt guilty for thinking of taking a few days off, but hey, I'm human. But I knew the only way I could truly show up for others is if I put myself first. I decided to put a halt on major projects so that I could unwind and recharge for a few days – and boy was it beneficial!

Pay attention to where you are right now. Have you been experiencing a lack of energy or increased stress? Have you paused to analyze how you are truly doing? Ask yourself the following questions:

1. “Each day, do I make sure to consider my feelings and needs?”
2. “Am I on my to-do list every day?”
3. “Do I often say yes to others and no to myself?”
4. “Do I feel guilty when I take time for myself?”
5. “Have I been continuously going, non-stop?”

Chances are at least one of these questions provided an “aha” moment because unfortunately, most of us have been there at some point or another. Now I know you may be thinking, “Talya, I can't possibly just pause my life and take a vacation now!” I hear you. The good news is there are many things you can do daily to nourish your body and mind, so you can be your best self and avoid burnout.

- Create time for you first thing in the morning - Do NOT, I repeat Do NOT check your email right away. Before you begin the daily grind and get caught up with starting your to-do list, carve out time for you. See what works for you whether that be: a walk, exercise, journaling, drinking a cup of tea, or listening to a meditation. Perhaps just start by taking a few long body stretches in your bed.

## Stop Trying To Be The Energizer Bunny continued...

- Do a mental check-in every morning - Ask yourself, "What do I need today to fuel me physically, emotionally, and spiritually?" Then look at your agenda and see where you can add yourself to your "to-do list."
- Set aside time to relax – To help reduce stress, choose a relaxation technique that makes you feel good. Go to a yoga class. Read a good book. Sit in silence. Listen to music. Create a piece of art. Plant flowers. Do some deep breathing. What brings you relaxation and joy?
- Stop to fuel your body with whole foods – Take a break to eat a well-balanced fiber-rich meal and be fully present. Rather than scarfing your food in front of the computer, step away from what you are doing, savor the meal, and chew thoroughly.
- Breathe Deeply - Slow down your heart rate, and get grounded. Inhale to the count of 4, hold, and exhale to the count of 4. Play around with the length of the inhales and exhales until you find what feels best for you.
- Exercise regularly– Carve out time to do some type of movement each day to get the blood flowing, declutter your mind, and recharge. Acknowledge that there are days that it may take a bit to get started, but once you complete your workout, you will feel ready to take on the world! Think about your "why" and the motivation to feel energized.
- Keep moving – Set reminders to stand, stretch, and move around. This will help clear your head and reenergize you without the coffee.
- Set boundaries and ask for help – Don't overextend yourself—learn to say "no" to others. Repeat this mantra: "I matter. My wants and needs are just as important as anyone else's. I am allowed to say NO to others and YES to myself." Ask for help and delegate tasks; you'd be surprised how much help you will get if you just ask for it.
- Take off your work hat – Rather than running into the house and immediately starting your evening chores, sit in the car for a few minutes and recalibrate. Listen to a good podcast, get lost in your favorite song, relax with meditation, or take a few deep, long breaths.
- Set a technology cut-off time - Set a time each day when you completely disconnect, unwind, put away your laptop, and turn off your phone.
- Make sleep a priority. You need to recover and rejuvenate. Allow yourself to unplug and disconnect for the night. Give yourself full permission to turn off your brain. When you sleep better, you will think more rationally in the morning, you will be more energized, you will make better decisions, and you will be able to respond to situations more calmly.
- Tell yourself you have done all you could today – Be kind to yourself and acknowledge all of the positive things you have completed versus focusing on the items you didn't finish. Trust the universe and know that you are at the exact place where you need to be at this moment in time. Things can wait until tomorrow.

Most important, release the guilt when you choose to take the time for you. Get rid of the thoughts such as, "this is a waste of time, or I should be doing something else that is more productive." You ARE being productive because you are nourishing your body and mind. Change your mindset from "I don't have the time for me" to "I will create the time for me." You do not always need to be running around like the energizer bunny, or your battery will die. I challenge you to reclaim your health and put yourself first. Prioritize the most important thing that matters, YOU!

When you make the time for yourself, you will be more focused, increase your energy, and be more productive – Triple win! So when you face the choice of completing a task that probably can wait versus taking the time for you, I challenge you to choose yourself!



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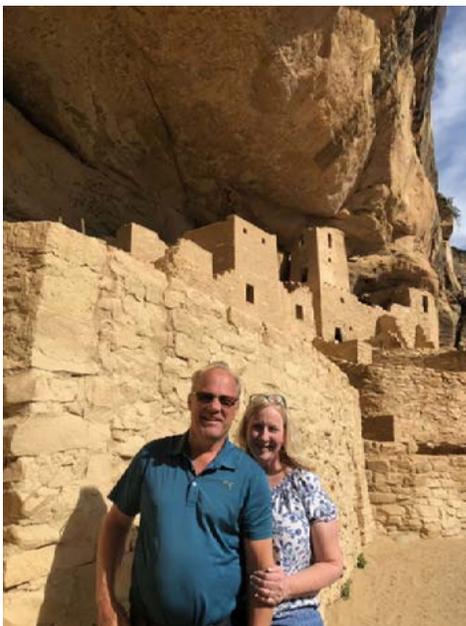
*If you would like your recent family vacation photo (non-scenic) in future Monitor Publications, please email [cpatterson@vcmsdocs.org](mailto:cpatterson@vcmsdocs.org).*



Dr. Heather Schroeder with her husband Chip in Bora Bora



Dr. Kim and Susan Volz cruising the southern Caribbean on a ship named Konigsdam



Dr. Tim and Ann Almquist at Cliff Palace – Mesa Verde, Colorado



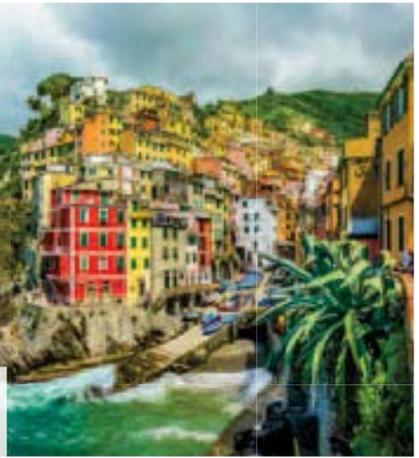
Dr. Sally Primus and family hiking in the Appalachians

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# Calendar of Events

## Save The Dates

Month	Date	Event
June	June 13 <sup>th</sup>	First District & VCMS Annual Meeting Bauerhaus • 6:00 pm
July	July 9 <sup>th</sup>	VCMS Executive Board Meeting VCMS Offices • 6:00 pm
July	July 13 <sup>th</sup>	Just For The Health Of It - Community Health Event CMOE (Children's Museum of Evansville) 10:00 am – 3:00 pm
September	September 13 <sup>th</sup> – 15 <sup>th</sup>	ISMA Convention Embassy Suites • Noblesville, IN
September	September 22 <sup>nd</sup>	Family Picnic at the Bauer Haus Time - TBD

**More exciting events to come!**

Stay updated on future events and visit the VCMS website at <http://vcmsdocs.org/events/>

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# Happy Birthday!

## June Birthdays

William B. Skaggs, MD	6/1
Andrew W. Tharp, MD	6/1
Stacie Wenk, DO	6/1
Daniel S. Brown, MD, MPH	6/2
Aly A. Razek, MD	6/2
Rupal S. Juran, MD	6/4
Jeffrey B. Hemmerlein, MD	6/5
O Monty Lackey, MD	6/5
Milan D. Gerlanc, MD	6/6
C Kenneth Fischer, MD	6/10
Bruce D. Fowler, MD	6/10
Emel B. Akin, MD	6/11
Louis B. Cady, MD	6/11
Daniel E. Michel, MD	6/12
Michael W. Daugherty, MD	6/17
Raymond L. Newnum, MD	6/18
Matthew M. Boyer, MD	6/20
Daniel J. Emerson, MD	6/20
Dana J. Vick, MD	6/21
Jason T. Franklin, DO	6/22
John O. Grimm, MD	6/22
James D. Mc Daniel, MD	6/23
John W. Deppe, MD	6/24
R Michelle Galen, MD	6/24
Kerry J. Newman, MD	6/25
David M. Sullivan, MD	6/26
Victoria C. Wilson, MD	6/26
Robert A. Vogt, MD	6/28
John R. Bies, MD	6/29
Eduardo De La Flor, MD	6/30
James F. Rold, MD	6/30

## July Birthdays

Harold E. Smith, MD	7/1
Mollie M. Laramore, MD	7/2
John P. Morgan, MD	7/2
James E. Gamble, MD	7/3
Lawrence C. Kilinski, Jr., MD, Pharm.D.	7/4
Frank J. Amodio, MD	7/5
Jugesh I. Cheema, MD	7/5
Maureen P. Kuhrt, MD	7/6
Alvin Korba, MD	7/7
Kenneth G. Combs, MD, FACP	7/10
Steve Makhecha, DO	7/11
Herbert D. Adams, MD, FACS, MBA	7/12
J Christopher Sartore, MD	7/12
Paul M. Kramer, MD	7/14
Norman D. Radtke, MD	7/15
James W. Renne, MD	7/15
Santiago Arruffat, MD	7/16
James D. Spiller, MD	7/20
Stephen L. Rose, MD	7/22
William J. Blanke, MD	7/23
Lee E. Hoagland, MD	7/23
Angela H. Martin, MD	7/23
Leon J. Stoller, MD	7/23
Scott M. Cordts, MD	7/24
John J. Thole, MD	7/25
Roger S. Shinnerl, MD	7/27
Kristin La Fortune, MD	7/28
John A. Bizal, MD	7/29
Roy A. DeFries, MD	7/29
Steven M. Herf, MD	7/29
Jason Lowrey, MD	7/29
Paul W. Morrison, MD	7/29
Thomas E. Schultheis, MD	7/31
Stephen K. Young, MD	7/31





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