

KCUUMB

C O M M U N I C A T O R



Serving Up a Personal Touch

*Two Class of 1975 alums share
their experiences in introducing
patients to concierge medicine*



Climbing the Ladder to Success

Nii-Daako Darko, D.O. (COM '06)

After earning a doctor of osteopathic medicine from Kansas City University of Medicine and Biosciences in 2006, Dr. Darko completed a residency in general surgery at Grady Memorial Hospital in Atlanta. He is currently in the first year of a trauma/critical care fellowship at the University of Miami's Jackson Memorial Hospital.

While Dr. Darko anticipated the long hours and high stress associated with his general surgery residency, he took pleasure in being able to care for people from diverse backgrounds.

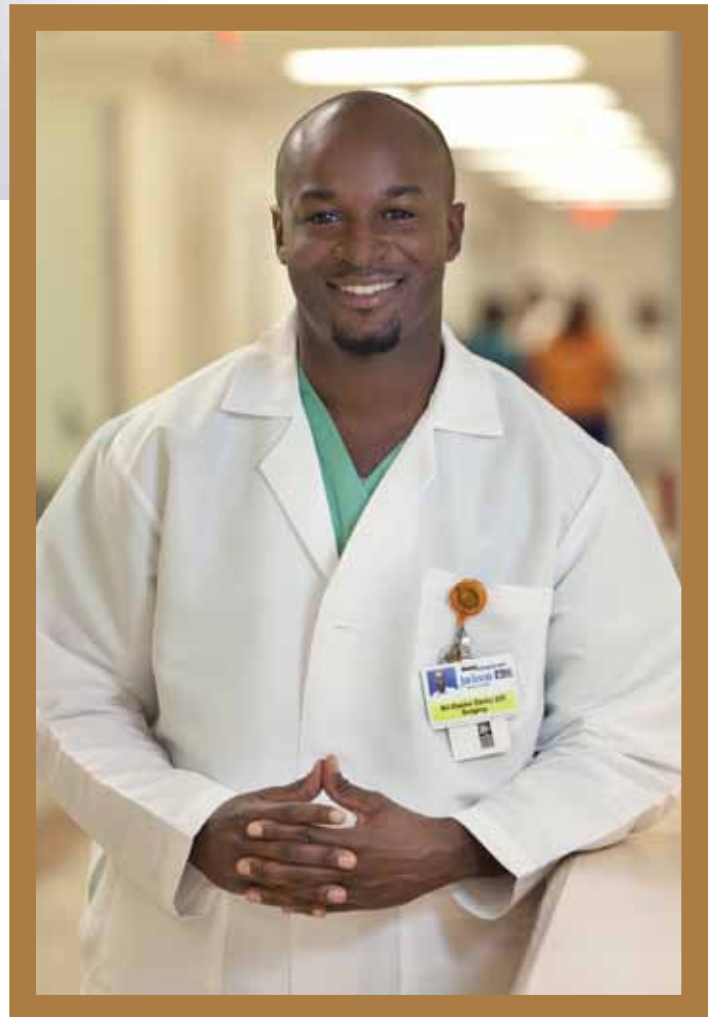
"I felt as though I was on the front lines of health care," he said. "The majority of my patients were indigent and without insurance. They needed help the most and were so gracious to receive care."

While at KCUMB, Dr. Darko was awarded the Medical Pavilion Physicians' Hall of Sponsors Scholarship.

"Scholarships not only assist in lowering the financial burden of tuition, but also provide the recipient with a strong connection to KCUMB's storied history," he said.

Dr. Darko is appreciative of the role KCUMB played in helping him fulfill his dream of becoming a physician.

"The OMM training has helped me to treat my post-operative patients in ways that leave my colleagues in awe," he said.



"Being a physician, I believe, is the last noble profession. I am humbled every day by what my patients tell me – things they don't even tell loved ones. It is such a privilege to have my patients' full trust when I operate on them."



H. Danny Weaver, D.O. (COM '84)

The type of collegial debate that takes place daily amongst faculty, staff and administrators is fundamental to the foundation of institutions of higher learning. It is woven into the fabric of higher education, much like having a cup of coffee to start each day has a way of becoming part of your routine – you don't have to think about it, you just pour yourself another cup.

Although sometimes difficult to address touchy subjects, a back-and-forth style of communication is beneficial for a variety of reasons, primarily because it often leads all those involved down a path toward new ideas and often the best possible decision.

In my relatively new role as president and chief executive officer at Kansas City University of Medicine and Biosciences, I am fortunate to be able to rely on the skills and advice of many talented people – the University's Leadership Team, members of the Board of Trustees, faculty and alumni – whom have all played important roles in making this transition a smooth one.

I am also privileged to have had the opportunity this past summer to take part in the annual Harvard Seminar for New Presidents. Since 1989, the five-day seminar in Cambridge, Mass., has served not only as a welcome orientation to the role of university president, but also as a launching pad of sorts for many successful leaders from institutions across the country. The opportunity to build strong relationships with other academic leaders from across the country was invaluable for me, and I anticipate that many of those in attendance will continue to share our experiences and use each other as resources long into the future.

The individual sessions, many of which focused on case-based scenarios, reiterated the need for university presidents to fight against developing tunnel vision and, instead, to focus on how our decisions impact the whole picture.

Topics covered during the various sessions included building an administrative team, leading the strategic planning process, managing change while respecting an institution's traditions and culture, interacting with a governing board, perspectives on financial management, academic leadership, the fund-raising process and more.

While the topics covered were obviously of great importance, the time away from the daily tasks required of me at KCUMB also provided me with a

wonderful opportunity to reflect on what I have learned over the past two years and to look forward to a bright future for our alma mater.

During my time at KCUMB, I have been particularly proud of how the University community has embraced our current situation as an opportunity to move forward. The dedication of faculty, staff, students and alumni to making improvements in their own areas will undoubtedly make KCUMB a much stronger, more sound institution moving forward.

In many ways, the Harvard Seminar for New Presidents has helped reframe the way I will approach certain issues. It not only reinforced the need for common-sense leadership, but also gave me the tools to better evaluate and to respond to situations as they arise.

I am honored to also have been selected to attend Harvard's Seminar on Crisis Leadership in Higher Education, which takes place this spring. I anticipate this to be a very energetic, intense and deeply informative seminar with an incredible opportunity to share not only my own personal journey and experience in dealing with crisis, but also to receive the tools and knowledge necessary to better assist in future crises.

Again, I want to thank you for everything you do in support of KCUMB and our students. Your generosity and commitment to the University and its students will ensure that those students have the best possible resources and opportunities available for them, allowing them to become the best trained and most knowledgeable physicians, ethicists and researchers this University has ever produced.

May your holidays be filled with joy and happiness. ●

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COMMUNICATOR

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Editorial Director
SCOTT SUMMERS

Art Director
CORTNEY CHRISTENSEN

Vice President for University Relations
NATALIE LUTZ

President and Chief Executive Officer
H. DANNY WEAVER, D.O. (COM '84)

We welcome your responses to this publication.

Please write to:
EDITOR, KCUMB COMMUNICATOR
KANSAS CITY UNIVERSITY
OF MEDICINE AND BIOSCIENCES
1750 INDEPENDENCE AVENUE
KANSAS CITY, MO 64106-1453

Send Email to:
COMMUNICATOR@KCUMB.EDU

Visit:
WWW.KCUMB.EDU/MYLETTER

Please send all address changes to Christine Wahlert, executive director of alumni and donor relations, at cwahlert@kcumb.edu or visit <http://www.kcumb.edu/alumni2/updateinfo.asp>.

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COLLABORATION, COMPASSION AND ONE ALUM'S WORK ON HIV

A KCUMB alum explains why he has dedicated his life to learning more about HIV



CONCIERGE MEDICINE: PERSPECTIVES ON A TREND

Two Class of 1975 alums share their experiences in shifting their traditional medical practices to concierge

THE FITNESS GURU

A KCUMB alum takes his passion for diet and exercise to a new level



KCUMB LENDS A HAND FOLLOWING JOPLIN TORNADO

After an F5 tornado devastated Joplin, KCUMB alumni, faculty, staff and students pitch in to get the community on the road to recovery

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We Asked ...

WHAT WAS YOUR FIRST DAY OF MEDICAL SCHOOL LIKE?

I arrived in KC, went to orientation with Dr. KJ Davis stating, look to your right and get to know that person, because he probably won't be here when you graduate. I felt bad and realized I was on the end seat. On the first day, the anatomy assignment was six pages. I thought 'This is a cinch. At 2 a.m., I felt comfortable with 1.5 pages.

f Larry Mattingly, D.O. (COM '64)

It was my first time away from home. My parents still refer to this as "running away." It was 1985, I was 21 and scared to death. Today, my daughter is a second-year medical student. Time flies when you are having fun. Thank you, KCUMB, for giving me the opportunity to live my dreams.

f Randi Kodroff, D.O. (COM '85)

I thought I was going to get there early on the first day. Obviously, 15 minutes early isn't considered early to med students, and I sat near the back. I think one guy got there two hours early to get a front-row seat.

f Scott Richins, D.O. (COM '10)

Got Something to Say?

Submit a Letter to the Editor at www.kcumb.edu/myletter or by email to communicator@kcumb.edu. Please limit your letter to 175 words. We cannot guarantee that your letter will be printed. Letters may be edited for length, style, clarity and civility.

On our first day, the Dean of Medicine, Leonard Mennen, D.O., told us that in four years we would be fully trained physicians. During the next four years, KCCOM accomplished just that. I still value the broad-based, patient-centered medical education provided to my classmates and me. It wasn't until I entered residency and could compare my training with others from different institutions that I realized what an excellent medical education we had received.

f John Newland Redwine, D.O. (COM '78)

I remember getting up very early because I was nervous that I wouldn't make it to class on time. I couldn't sleep that well anyway. I remember thinking how amazing it was to be learning with all these incredibly smart people and overwhelmed with the amount of information in the day. I remember someone passing out during the needle safety video and classmates yelling for a doctor!

f Adam Fahrenholtz, D.O. (COM '10)

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OCCE@KCUMB.EDU

REGISTRAR'S OFFICE
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REGISTRAR@KCUMB.EDU

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SCORE1@KCUMB.EDU

STUDENT AFFAIRS
816-654-7210
STUSERVICES@KCUMB.EDU

UNIVERSITY RELATIONS
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FLASHBACK PHOTO ...

College of Osteopathic Medicine students pose for a snapshot in 1958.

What do you remember most about your time at KCUMB? If you have an interesting historical photo, email it to communicator@kcumb.edu with a brief description. We cannot guarantee that your photo will be printed.



Collaboration, Compassion and One Alum's Work on HIV/AIDS

Story by Christopher Ryan

Photography by Don Gerda



Leonard Calabrese, D.O. (COM '75), has garnered many honors over the years. So many, in fact, that one wouldn't blame him if he had grown accustomed to breaking new ground.

Among his many honors and accomplishments during more than 30 years as an immunologist and rheumatologist at the famous Cleveland Clinic:

- Dr. Calabrese was instrumental in reporting the first clear instance of human immunodeficiency virus (HIV) transmission from a man to a woman to another man.
- He was part of the first cardiac transplantation involving a man with HIV.
- His team of collaborators was the first to describe in detail some of the autoimmune and autoinflammatory problems that can arise in patients with HIV disease, such as unusual forms of arthritis, as well as bone and muscle disease.
- He is the first and only person to hold two endowed chairs at the Cleveland Clinic.
- He has earned both the Phillips Medal for Public Service from Ohio University and the Bruce Hubbard Stewart Award for Humanitarianism.

However, as important as these academic and investigative high points might be, they fall far short of defining the man who heads the Cleveland Clinic's Section of Clinical Immunology, manages its Clinical Immunology Clinic, heads

up a renowned continuing medical education program and travels the world sharing his knowledge and experiences.

Most recently, Dr. Calabrese's focus on HIV and its effects helped earn a \$3 million grant from the Richard J. Fasnemyer Foundation. The grant will fund research aimed at a deeper understanding of HIV, the immune response to the infection and wider implications of the virus.

Patterns and Stories Emerge

From his metaphorical double seat in the R. J. Fasnemyer Chair in Clinical Immunology and the Theodore F. Classen, D.O., Chair in Osteopathic Research and Education, Dr. Calabrese can see a long way. His view reaches back more than three decades to the dawn of the age of AIDS and forward to that point beyond the horizon when a cure for acquired immune deficiency syndrome has been found.

To the breadth of Dr. Calabrese's vision, his colleagues would add an appreciation of its depth. They say he considers the rise of HIV and its consequences as not only the elements of a deadly worldwide epidemic, but also the impetus for a tsunami of scientific advancement and social change.

Clinical immunologist Michael Lederman, M.D., a faculty member and researcher at Case Western Reserve University School of Medicine, has been Dr. Calabrese's research collaborator since the 1980s. He will work with Dr. Calabrese on the new study.

“Len sees a broader picture than most of us do,” Dr. Lederman said. “It’s the way he puts things together. He sees patterns and stories that the rest of us miss. And his insights are spectacular.”

For Dr. Calabrese, the story of HIV/AIDS is both a scientific adventure and a human drama. He remembers the time, in the early 1980s, before HIV and AIDS had a name.

“There was a whiff of a hint of something very novel, very complicated, very mysterious,” he said of the still-unknown virus. “It was like a snowflake in an avalanche. You just don’t know what’s coming.”

“I was immediately struck by the gravity of it and the drama of it and was able to make some very fine collaborations. It launched us on a lifelong journey that’s still evolving but with many twists and turns.”

Soon, the story of HIV/AIDS will take another turn as Dr. Calabrese and his colleagues use the Fasnemyer Foundation grant to look at the pattern of response – or lack of response – to immune-based therapies. The hope is that new knowledge derived from the study will lead to the fine-tuning of HIV treatment.

However, the research has two other goals, reported in the Cleveland Clinic’s grant announcement:

- To “study those individuals who are at high risk, but have not contracted the HIV infection, including the establishment of a cohort of HIV-negative individuals who engage in high-risk behaviors to explore what factors protect them from infection”
- To “examine the immune system response to drugs that reduce symptoms, but do not cure inflammatory conditions, such as multiple sclerosis or Crohn’s disease, and additionally explore the similarities among autoimmune diseases not previously thought to be related, such as HIV, rheumatoid arthritis and inflammatory bowel disease”

In other words, the research is a search for larger patterns, a search that previous efforts to understand HIV have made possible.

Revealing the Best About People

It might seem strange to think of the story of HIV/AIDS as one of discovery and positive change. More than 30 million people worldwide have died of AIDS-related causes since the epidemic began, according to the Joint United Nations Programme on HIV/AIDS. Where adequate care and antiretroviral drugs are not available, the devastation goes on. For millions of individuals and families, the epidemic has been catastrophic.

Given the suffering HIV has brought to the world, Dr. Calabrese is very clear about what has to be done.

Dr. Calabrese and Elizabeth Kirchner, a certified nurse practitioner, visit with a patient at the Cleveland Clinic. Dr. Calabrese has dedicated much of his professional career to learning more about HIV.

“It’s not if there will be a cure,” he said. “There must be.”

He is not sure the cure will be found in his lifetime, but he is certain it will come eventually.

In the meantime, there is the unfolding story with its emerging patterns, both in the laboratory and in the universe of human interaction.

“The progress on HIV has transformed the way we view the sum total of immunologic diseases,” Dr. Calabrese said. “It has influenced everything I’ve seen in medicine and life, from the purely scientific to the social aspects of history.”

HIV has changed the way we think of people with sickness, he said. It has made death much more humanly real because of the youth of many of the victims. It changes the way we see people who are underserved. Much more than a matter of infection and antibiotics, HIV is an epidemic that we experience through the very fabric of our lives.

“HIV is a metaphor for so many things in illness,” Dr. Calabrese said. “Even if you’re marginalized, if you stand up for your rights, people can be empowered. Other diseases, like breast cancer, have really taken their model from the activism of people with HIV. It taught that people can be educated and that fear and anger can turn to compassion.”

“It has also shown that we get fatigued easily and that most of us are now bored,” he said. “We’ve heard enough of this disease. But it reveals much more of the best about us.”

By making sickness and death more real, HIV has helped increase the human capacity for empathy, Dr. Calabrese believes. It brings with it an enhanced recognition of a shared human condition and can lead to the kind of patient care he has long advocated and tried to practice.

“Being empathetic really goes both ways,” he said. “There’s this kind of instantaneous mutual empathy that doctors, I hope, are experiencing from time to time.”

“It’s more than a prescription pad and a sick patient, and it’s quite a privilege to participate in that,” Dr. Calabrese said.

Continued on page 6





Dr. Calabrese talks with a patient at the Cleveland Clinic. He recently received a \$3 million grant from the Richard J. Fasnemeyer Foundation to continue his HIV research.

Establishing a Lifelong Commitment to Learning

Abby Abelson, M.D., has worked with Dr. Calabrese for approximately nine years. She is chair of the Rheumatologic and Immunologic Disease Department at the Cleveland Clinic, where Dr. Calabrese is on staff. She has seen how Dr. Calabrese participates in empathetic patient care.

For Dr. Calabrese, patient care is “not about taking care of a disease,” she said. “It’s about taking care of a patient. His patients adore him. He gets to know them and their families very well. He sets an example of the kind of complete physician that we strive for all our trainees to become.”

However, Dr. Calabrese knows that, when it comes to HIV and, for that matter, any immunologic or rheumatologic disease, empathy and the best patient care are not enough. He knows that empathy can make dying easier for patients, but empathy combined with science and knowledge can help them live.

HIV is a metaphor for how human beings might deal with a life-threatening challenge. But Dr. Calabrese also thinks it’s a metaphor for the need to undertake lifelong learning.

“In the beginning of HIV, there was little science and a lot of compassion because that’s all you had,” he said. “Today, it’s the most scientific of all diseases to care for, driven by molecular patterns of medicine, with rapidly changing, complicated laboratory principles being applied to human care.”

What arose from the change in emphasis from compassion to technology was a new commitment to continuing professional development, led in large part by Dr. Calabrese.

“He is responsible for huge CMEs and seminars that are renowned the world over for the ability to bring rheumatologists and other physicians who deal with patients with rheumatologic diseases up to date on the latest science in the area,” Dr. Abelson said.

In fact, Dr. Calabrese believes continuing education is particularly vital to his discipline because of the opportunities HIV has made possible. He has called the virus the “focal point of the greatest advance in understanding the human immune system of anything in our lifetime.

“We have this organism that we know more about than any organism on the planet,” he said. “We’ve learned so much about the immune system, and it continues to instruct. It’s just a lens of the discipline.”

Passing that knowledge to future practitioners and researchers calls for the finest continuing education available.

Balancing Technology with a Dose of Compassion

For Dr. Calabrese, the evolving patterns of science and social history within the ongoing HIV/AIDS story come together in the patient-doctor relationship. The \$3 million grant from the Richard J. Fasnemeyer Foundation means new research and new knowledge to pass on through continuing education. The endowed chairs he occupies also offer means to more research and learning.

But he is skeptical of putting too much emphasis on the science to the detriment of compassion. Physicians and researchers who lose sight of compassion risk losing their balance.

“They’ve switched from compassion-based care to this technology-based care,” he said. “I like to think that all of us engage in the most sophisticated technological form of medicine, but it is served by ongoing compassion for the patient. You can’t be a technocrat. You have to have the appropriate amount of empathy.”

If there are any doubts about whether Dr. Calabrese practices what he preaches, Dr. Abelson will gladly squelch them. She insists that he is not only empathetic and compassionate, but also humble and highly collaborative, and these qualities are responsible for his success.

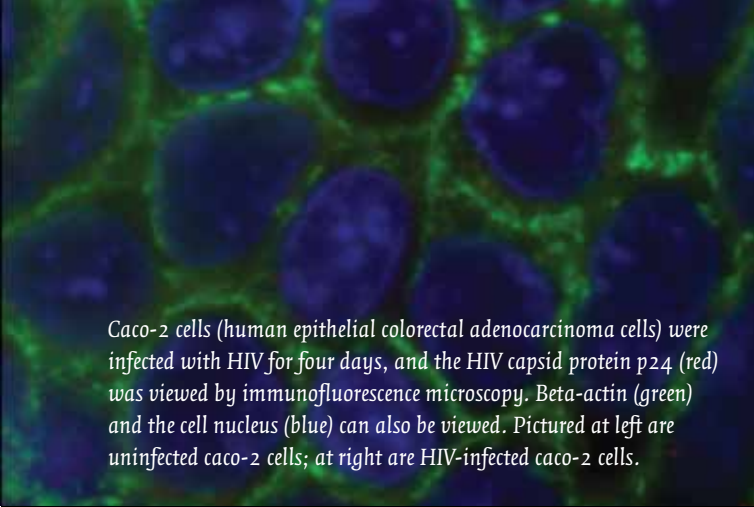
Besides his strong commitment to patient-centered medicine, Dr. Calabrese is an excellent research collaborator, she said.

“He realizes that people working together become much more,” she said. “He’s all about synergy. Bringing people together ends up being much more than the sum of the parts.

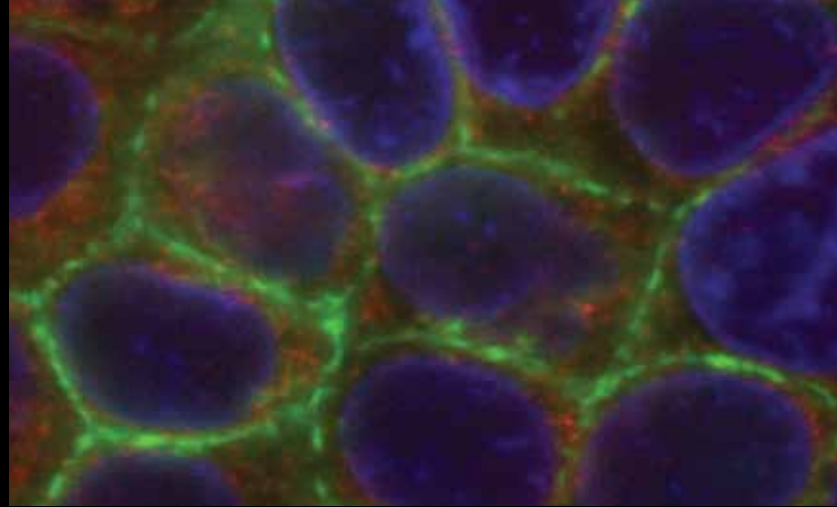
“It’s just so exciting working with someone who is so enthusiastic and energetic,” she added. “He’s always coming up with innovative ideas for new projects, new areas of collaboration and working so everybody can achieve what sometimes seems unachievable.”

And so the story grows. ●

GOT SOMETHING TO SAY ABOUT THIS STORY? SUBMIT A LETTER TO THE EDITOR AT WWW.KCUMB.EDU/MYLETTER OR BY EMAIL TO COMMUNICATOR@KCUMB.EDU.



Caco-2 cells (human epithelial colorectal adenocarcinoma cells) were infected with HIV for four days, and the HIV capsid protein p24 (red) was viewed by immunofluorescence microscopy. Beta-actin (green) and the cell nucleus (blue) can also be viewed. Pictured at left are uninfected Caco-2 cells; at right are HIV-infected Caco-2 cells.



KCUMB Researchers Hope to Improve Performance of HIV Drugs

Tracey Taylor, Ph.D., associate professor of microbiology, sees a bright future for research collaborations among disciplines. She and her current collaborator, Mary Peace McRae, Pharm.D., Ph.D., associate professor of pharmacology, are a good example of the trend.

Dr. Taylor and Dr. McRae have been working together for approximately five years, studying a phenomenon affecting patients infected with the human immunodeficiency virus (HIV). For unknown reasons, which the two researchers are slowly revealing, some of the drugs these patients take to combat their illness successfully reach the bloodstream, but fail to penetrate “reservoirs” of the virus in their bodies.

One of these reservoirs is the gastrointestinal tract. Others include the brain and genital tract. It is not known whether the virus remains dormant in these reservoirs or replicates. Whatever the case, Dr. McRae said, the question she and Dr. Taylor want to answer is, “What kind of factors might impair drug penetration into these tissues in the GI tract?” specifically the gut-associated lymphoid tissue, or GALT.

Penetrating HIV Reservoirs

“We know people can get adequate concentrations of HIV-fighting drugs in the blood, but we just don’t know about tissue penetration,” Dr. McRae said. “We know the drug gets absorbed because you can measure the levels in the bloodstream, but what we don’t know is that it gets where it needs to be. It’s a distribution problem rather than an absorption problem.”

The two researchers have developed an experimental model by culturing two sets of cells – an epithelial layer suspended above lymphocytes – that mimics the GI tract. They infect the cells with HIV and look for changes in proteins responsible for transport or metabolism of HIV drugs.

“We started with just enterocytes, the cells that line the GI tract,” Dr. Taylor said. “HIV doesn’t technically infect

those cells. It infects t-cells, the immune system. Now we’ve made our model more complex, and we’re collecting blood from volunteers and studying their lymphocytes to make it more similar to (the human system).”

At the moment, Dr. Taylor and Dr. McRae are focusing on a specific protein – p-glycoprotein – that lines the GI tract and is responsible for keeping drugs out of the system and forcing them to pass out of the body. HIV-infected people seem to produce more of this protein. However, Dr. Taylor said, there is likely more than one protein involved.

“If we could prove that part of the problem with the reservoir is that you have poor drug distribution to the reservoir site, then that gives everybody more of a focus on how to combat the problem,” Dr. McRae said. “The development of new therapies that would circumvent the gatekeepers to distribution is the ultimate goal.”

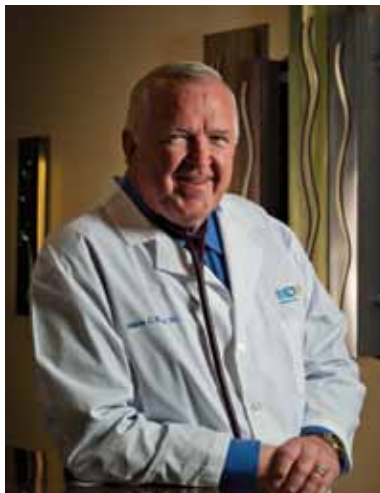
Because of their teaching schedules, Dr. McRae and Dr. Taylor have done their research primarily during the summer with students serving as lab assistants. They now have another full-time researcher, a student, thanks to a grant from the National Institutes of Health.

The hope is their research could eventually lead to making existing drugs far more effective by penetrating to the HIV reservoirs. Whether the virus is dormant in the reservoirs or replicating, it will be under more potent attack. ●

Dr. McRae, left, prepares samples while Dr. Taylor loads them onto a gel. The two KCUMB researchers have been working together for the past five years, studying why some drugs fail to penetrate gut-associated lymphoid tissue (GALT) in the gastrointestinal tracts of patients with HIV.



Dr. Turner, left, and Dr. Feder, both graduates of the Class of 1975, recently shifted their practices to focus more on concierge medicine. Although their methods differ, both are happy with the change.



Concierge Medicine: Two Perspectives on an Emerging Trend

Story by Christopher Ryan

Photography by Bruce Mathews
and Mark Skalny



Merle Turner, D.O. (COM '75), and Joel Feder, D.O. (COM '75), were in the same medical school graduating class. Now they practice more than 1,000 miles apart, Dr. Feder in Overland Park, Kan., and Dr. Turner in Chandler, Ariz.

Both men are primary-care physicians, who began practicing before the rise of managed care and have maintained their private practices for decades. In other words, they have a lot in common.

However, perhaps the most interesting commonality is a conclusion to which they both came quite recently. After all these years, they found themselves wanting to turn back the clock. They looked at their patients and their practices and longed to rediscover the ideal of patient care that attracted them to medicine in the first place.

Too much had changed in the way medical care is delivered in this country to allow for a simple step back into the past. They couldn't just quit seeing as many patients so they could spend more time with some of them. The reimbursement system made that alternative impractical. They would have significant problems supporting themselves.

So they chose a direction that is only about 10 years old, but that is finding a niche, especially in primary care: concierge medicine. Although Dr. Turner and Dr. Feder have taken somewhat different roads on the journey, both of them are pleased with their decision. They believe their patients are also happy with the change.

The Rise of a New Practice Paradigm

Viewers of the television program "Royal Pains," which follows the fortunes of a doctor who is forced out of his practice in the city and becomes a physician to the rich and famous, will have a hint of what concierge medicine is. But it is only a hint, not an accurate picture. Essentially, physicians who take the concierge route charge an annual fee – usually \$1,000 to \$2,500 – to patients looking for greater access to their doctors and more personalized care.

Concierge physicians do not have to fend entirely for themselves. A number of national organizations provide

help getting started and maintaining a concierge practice. Dr. Feder relies on Concierge Choice Physicians, LLC, for support, and Dr. Turner joined MDVIP.

Concierge Choice Physicians manages and provides resources for a percentage of patient fees, Dr. Feder said. The group hosts sessions to introduce patients to the concept and also handles billing. According to Dr. Turner, MDVIP provided an on-site representative to help his patients understand and enroll for concierge services.

Dr. Turner and Dr. Feder agree that the cost can be a deterrent to some patients hopeful to take advantage of the benefits of working with a concierge physician. The fee is in addition to insurance, which is necessary to cover referrals and other expenses, so it is clearly an added expense. On the other hand, the fee includes care for children up to 26 years old who are covered by their parents' insurance.

MDVIP, the organization Dr. Turner belongs to, lists a number of benefits from concierge care. According to MDVIP's estimates (www.conciergeclinic.net), concierge patients experience fewer major illnesses and complications and are hospitalized less often. The group cites 2005 hospitalization rates comparing MDVIP physicians to top-performing health plans in a number of states, including California, Connecticut, Florida, Georgia, Maryland, New Jersey, Nevada and Virginia.

The results are impressive. Across the eight states mentioned, hospitalizations averaged almost 70 percent fewer for the concierge doctors than the overall health plans. For Medicare patients, hospitalizations were reduced by as much as 65 percent, and for patients with commercial insurance, the reduction in hospitalizations was as much as 80 percent.

Wayne Lipton, managing partner with Concierge Choice Physicians, Dr. Feder's affiliated group, said there are still fewer than 5,000 doctors practicing concierge medicine nationwide, and they are almost exclusively primary-care physicians. The concierge approach is obviously not for specialists, for example, because they are likely to see patients once or twice or over a relatively brief period. Concierge care is, after all, about getting to know the patient and spending more time providing care.

Lipton also points out that physicians who do decide to take the plunge into concierge medicine have a choice how they do so.

"Originally, it was the full-model approach," Lipton said. In other words, the physician would drop up to 75 percent of the practice's patients and have the remaining patients pay the fee.

Then, about six years ago, Concierge Choice Physicians adopted a hybrid model. Physicians would spend a small proportion of their time delivering concierge care while

Dr. Feder enjoys the additional time he gets to spend interacting with his concierge patients, and his patients have been happy with the extra access they receive. While taking on concierge patients, Dr. Feder chose to keep his traditional practice.

maintaining their traditional practice. The hybrid method is now the most common.

Dr. Feder has adopted the hybrid model, and Dr. Turner has chosen the full model. Both physicians are happy with their choices.

The Hybrid Model

Two of the four doctors working out of Overland Park Family Practice are doing concierge medicine. Dr. Feder has been at it only since June 2011, but he is excited about the future.

"This is really ideal and the way I envisioned medicine when I first got into it," he said. "I'm a family doctor. I need to know what's going on with the dynamics of the family."

Concierge medicine gives him the time to learn those dynamics. For the concierge fee, his patients receive one free, comprehensive physical each year. The examination includes an EKG, hearing and vision screens, nutritional counseling, a wellness evaluation and lab work. Rather than the standard 30 minutes, Dr. Feder spends a full hour with each patient so he can answer questions and find out what's going on in the patient's life, job and family.

"This really brings me back to family medicine," Dr. Feder said. "This program takes me back 30 years, and I really enjoy it. As to whether it will grow or not remains to be seen."

At least two issues can affect growth of a concierge practice, Dr. Feder believes. One is the economy. Many people do not think they can afford the extra expense of concierge care. The other is the Affordable Care Act. Until the details and effects of the act are clear, patients will have concerns about which direction to go.

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Dr. Turner chose to convert his traditional family practice into a full-fledged concierge practice, a decision that he has not regretted. While the switch has lessened his patient load, he believes he provides better care now.

This uncertainty is one reason to choose the hybrid model of concierge medicine. After signing up his initial concierge patients, Dr. Feder saw his enrollment slow significantly. He does not know how long the slow period will go on, but he is glad he kept his traditional practice.

“We’re going to have to grow it one patient at a time,” he said. But he does expect his concierge practice to expand. In the meantime, his concierge patients allow him to enjoy the kind of practice he has longed to have.

“I have a patient who is a mother, and has a young child who had an ear infection,” he said. “It was the weekend. She didn’t just want to get the doctor on call. She called me. I took care of it. She was happy. I was happy. The kid was certainly happy. That’s the plus side of it.”

Dr. Feder would encourage any primary-care physician to look into the possibilities of a concierge practice.

“For the physician, I really don’t see any downside to it,” he said. “I think you would have to limit the number of patients. It takes more time. Over 100 patients, you would have to set aside time for them every day. You would have to schedule an hour a day for concierge.”

His other suggestion: Keep the traditional practice alive. It is contrary to the route taken by Dr. Turner.

The Full Model

Dr. Turner has been practicing concierge medicine for just a little longer than Dr. Feder. He started in September 2010. His fundamental reason for adopting the concierge model is the same as Dr. Feder’s. He can spend more time with his patients and provide better care, he believes.

“So much of the diagnostic process is not in the exam, but in listening to the patient and the symptoms and the innuendoes they imply,” Dr. Turner said. “That’s where the true diagnostic ability comes into play is listening to a patient. If that time is compromised, then it’s very frightening to me.”

The time to perform good diagnostics has been compromised, Dr. Turner believes, and it will be further reduced if the Affordable Care Act results in the addition of 35 to 45

million patients to the health-care system. It will become increasingly difficult for patients to get an appointment and for physicians to spend any time at all figuring out what’s wrong with them.

The solution that works for him is full-model concierge medicine, despite the challenges.

This is “not the best of economic times to go concierge,” he said. But he had decided he was either going to change his way of practicing medicine or retire. He thought he still had enough to offer to find an alternative.

He joined MDVIP which, like Dr. Feder’s group, helped him enroll patients and continues to handle billing and marketing for a percentage of the patient enrollment fee. So far, he has no regrets.

“Each one of my appointments is 30 minutes, and the physicals are an hour and a half,” he said. “You just can’t do that in traditional medicine.”

Dr. Turner said that the number of physicians in the MDVIP program has increased from 220 only two years ago to approximately 450 today.

To go the full-model approach, Dr. Turner did have to reduce his patient load significantly. He was able to adapt with the help of his colleagues at Warner Family Practice, who blended his overflow patients into the office’s traditional practice.

“Whether to do it all at once is a matter of choice,” he said. “You have to be sold on the concept – that it’s going to mean better patient care and a better life for the physician.”

Where Medicine is Going?

Although they have taken slightly different paths, both Dr. Turner and Dr. Feder enthusiastically recommend concierge medicine for other primary-care physicians. Dr. Turner believes it would be difficult to carry on a traditional practice and a concierge practice at the same time. Dr. Feder is doing it and finds it a good solution.

Perhaps the point is that physicians are different, and they might thrive under either model. The important thing, they agree, is to choose the one that will give the individual physician the most satisfaction and his or her patients the best care.

Concierge medicine is about time – more time for physicians to spend with their patients. The new paradigm might well remain a model that fills only a relatively small niche. Somewhat ironically, only time will tell. ●

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The Fitness Guru

KCUMB Alum Has Written the Book on Exercise and Health ... Literally

Story by Sadie Clement

Photography by Eric Gordon

These days, it might not be a stretch to describe J. Warren Willey, II, D.O. (COM '96), as a health and fitness fanatic. But it wasn't always that way.

Dr. Willey, who has written three highly rated books on diet and exercise, became devoted to living healthy out of necessity, after spending much of his childhood as a patient at an asthma clinic in Boulder, Colo. By the age of 11, he was taking several medications and using inhalers to breathe.

"I was a very sickly kid," said Dr. Willey, now 43.

As he grew up, he began to realize there were things he could do to lessen his health problems.

"I started to realize that when I ate certain foods, I got sicker," he said. "I began cutting out those foods that were making me feel bad." Then, a breakthrough. At 12, his father bought him a membership at the local gym.

"I rode my bike there every day," he said. "I started seeing the benefit of diet and exercise and realized it helped my asthma. Eventually, I got off all the meds."

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Enthusiastic about exercise and physical fitness, Dr. Willey began sharing his passion with others through his books. He finds time to exercise regularly, waking up at 4 a.m. to check on patients and heading to the gym at 6 a.m. for an hour-long workout.



A year later, at 13, he started developing diets for body-builders. All through high school, he worked as a personal trainer, eventually using the money he earned to pay his way through college at Colorado State University, where he earned an undergraduate degree in biology and exercise physiology.

In 1992, he furthered his education by starting medical school at Kansas City University of Medicine and Biosciences.

“The four years of medical school and subsequent residency at the Mayo Clinic were the only years of my life that I wasn’t training others,” said Dr. Willey, whose writings include “What Does Your Doctor Look Like Naked? Your Guide to Optimal Health,” “Better Than Steroids!” and “The Z Diet.”

After residency, Dr. Willey opened The Fitness Medicine Clinic in Colorado.

“My clinic did very well – so well that I was never home,” he said. “I realized I was working too much and didn’t set up the business well enough to operate without me being present.”

In an effort to spend more time with his family, he sold his clinic and moved to Idaho for a fresh start.

“God and family first, and business in there somewhere down the list,” he said, listing his priorities. He and his family still live in Idaho, where Dr. Willey is the medical director at Pocatello Immediate Care and Weight Loss Center.

Dr. Willey is still passionate about diet and fitness. He works out daily and competes in body-building competitions.

“I want to show my patients that if I can do this, they can, too,” he said. “I’m not just telling them, ‘You do this,’ and not setting an example. I do it myself.”

“Too many doctors just walk in and tell their patients, ‘Hey, you need to lose weight and exercise,’ then they walk out of the room,” he added. “They don’t explain how to do it. That’s why I wrote the book.”

The book he is referring to, “What Does Your Doctor Look Like Naked? Your Guide to Optimal Health,” has received rave reviews from many readers on Amazon.com.

Rob Gioia, D.D.S., a resident of Ontario, Canada, sought out the help of Dr. Willey after reading one of his books.

“I have been an avid exerciser and marathon runner over the past three years,” Dr. Gioia said. “I take pride in leading my patients on the path to health and wellness by serving as an example of what exercise and good nutrition can accomplish.”

It is that interest in healthy lifestyles that led Dr. Gioia to read “What Does Your Doctor Look Like Naked? Your Guide to Optimal Health.”

After reading the book, he contacted Dr. Willey, not only to learn more about sport-specific nutrition, but also because he was interested in finding out more about osteopathic medicine.

“Dr. Willey has served as an invaluable mentor to me over the past year and a half,” said Dr. Gioia, who flew to Idaho to shadow Dr. Willey and listen to him lecture. “Dr. Willey has also been a great source of information. During my shadowing experience, I enjoyed watching him instantly put patients at ease. It was quite evident that each patient left the office feeling like their visit was successful and that they were well on the road to recovery.”

In his second book, “Better Than Steroids!,” Dr. Willey explains the diet’s effects on the human body.

“I wanted people to know that food is just as powerful as steroids, if you know how to use them,” Dr. Willey said. “The secret is diet. Anyone can exercise. The ones who look good are the ones who know how to eat.”

Part of that learning process is developing an understanding of what calories really represent and mean in a person’s overall diet plan, he said.

“People don’t understand calorie equivalency,” Dr. Willey said. “If you eat a donut that has 650 calories, you have to run two and a half hours on a treadmill to burn it off. The easiest way to lose weight is to modify your diet.”

After reading “Better Than Steroids!,” Mandie Ursenbach went to see Dr. Willey at a local seminar.

“I was excited to see him,” she said. “It was like seeing a fitness god!”

And, it was a beginning of a new start for Ursenbach.

“That seminar was when my life-changing journey began,” she said. “Over the course of the next five months, I lost over 30 pounds and took my body fat percentage from 33 percent down to 16 percent.”

Dr. Willey said the top complaint he gets from new patients is fatigue.

“We teach them a new lifestyle,” he said. “They get the look they want and the energy they need, and they do it all naturally with foods and exercise. There are no fancy tricks,

“ I want to show my patients that if I can do this, they can, too. I’m not just telling them, ‘You do this,’ and not setting an example. I do it myself. ”

– J. Warren Willey, II, D.O. (COM ’96)

no gimmicks. We just tell them to cut out the bad stuff and replace it with the good. It can be done.”

Another common complaint Dr. Willey hears from patients is that they simply do not have the time to exercise. To encourage those patients, Dr. Willey shares his own personal schedule. He wakes up at 4 a.m. and goes to a local nursing home to check on his patients there. At 6 a.m., he heads to the gym for an hour-long workout. From there, he goes to his office and works until 6 p.m.

The lesson for his patients is clear.

“I tell them, ‘If I can do it with my busy schedule, you can, too.’” ●

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Dr. Willey’s Four Tips to Feel Better Faster

No. 1: Cut out liquid calories. No pop, juice or anything with fructose.



No. 2: Add a lean protein to every meal. A meal without protein is a waste of calories.



No. 3: Get adequate sleep. Sleep is one of the best things you can do for your body.



No. 4: Manage your stress. It’s hard to modify what causes stress, but you can change how you manage it. These are practical things anyone can do to feel better. You just have to try.



The four tips above are from Dr. Willey’s latest book, “The Z Diet,” which helps readers better understand the relationship between diet and exercise, and focuses on long-term weight-loss maintenance.

“Lose the weight anyway you want and keep it off,” Dr. Willey said. “It doesn’t matter how you lose the weight, this

book will teach you how to keep the weight off.”

For more information on how you can help your patients get started on the path to wellness, visit www.drwilley.com to learn more about his books, read his blog and view daily tips and recipes.

KCUMB Alumni, Staff Help with Joplin's Healing Process

Story by Liz Marsh

Photography by Jaime Green and William Sullivan, D.O.



After enduring one of America's deadliest tornadoes – an F5, multiple-vortex tornado May 22 that ripped a mile-wide, 13-mile-long path and left a death toll of 161 – the town of Joplin, Mo., is slowly picking up the pieces.

Within the rubble, several heroic and miraculous stories have emerged, including a few involving Kansas City University Medicine and Biosciences alumni. Here are a handful of the courageous efforts of KCUMB alumni during and after the Joplin tornado.

A Quiet Sunday Afternoon

William Sullivan, D.O. (COM '90), and his wife, Patricia, were folding laundry in their Pittsburg, Kan., living room when they heard the first of three tornado warnings. The couple had planned on heading just across the state line to Joplin later that afternoon to shop, but the self-proclaimed storm chasers decided to track the approaching storm instead.

The Sullivans didn't expect to see much. The imminent threat was over Crawford County, Kan., mostly farmland. In fact, at one point the couple stopped for gas and contemplated going home. But when a Weather

Channel chase team whizzed by, they jumped back in their pickup truck and tailed after the storm crew.

They acknowledged that a more reasonable reaction would have been to turn the truck around and head home to Pittsburg, where they practice at Via Christi Hospital. But for Dr. Sullivan, a veteran of both wars in Iraq and Afghanistan, and his wife, a nurse practitioner and former EMT and firefighter, their instincts pointed them straight to the impact zone.

Following the chase team to the outskirts of Joplin, Dr. Sullivan witnessed the tornado touch down.

"It was surreal. I just thought, this can't be happening," Dr. Sullivan said.

As two of the first responders to the scene, Dr. Sullivan and his wife were overwhelmed with the destruction and significant number of casualties. Arriving at what was left of St. John's Regional Medical Center, the couple saw people crawling out of upside down cars and firefighters pulling themselves out of the rubble that was left of their station.

"My first thought was, 'How are we going to help all of these people?'" Dr. Sullivan said. "It was by far more than anything I had ever dealt with."

While the visuals were enough to put anyone into shock, including one firefighter who stood at the scene with a blank stare on his face, the sounds were more terrifying, Dr. Sullivan said.

“There was an eerie silence,” Dr. Sullivan said. “The only sound was the hissing from a damaged oxygen tank at St. John’s getting ready to blow.”

Slowly, Dr. Sullivan began to hear people moving, unburying themselves. “It was a low-level noise of terror that grew into screams that sent chills up my spine.”

Despite the horror and the hissing oxygen generator mere yards away, Dr. Sullivan began extricating the injured from the debris.

The first of those rescued was 16-year-old Malachi Murdock. Murdock, along with friend and fellow actor Lucian Myers, had performed in a play earlier that night at the Stained Glass Theatre, located in an old St. John’s parking lot. While Myers suffered head and arm wounds, he was able to pull himself out from the rubble. It took both the combined efforts of Myers and Dr. Sullivan to remove Murdock, who had several head and facial injuries, including a smashed jaw, and was coughing up blood from a punctured lung.

“We had no supplies, so we had to be creative and use things from the destruction to treat patients medically,” Dr. Sullivan said.

Using a theatre cushion as a neck brace and clothing as tourniquets, Dr. Sullivan was able to stabilize Murdock and secure him with downed electrical wiring to a crude backboard made from a broken door. He was then able to load Murdock and another Level I trauma victim into the bed of his truck. With his wife in the back of the makeshift ambulance, Dr. Sullivan made the first of many treacherous trips to Freeman Hospital, the only hospital still standing in Joplin.

This photo of the Sullivans and another man transporting 16-year-old Malachi Murdock has become a classic depiction of the aftermath of the tornado that destroyed parts of Joplin and the many people who came to the rescue. Thanks to the photograph, the Sullivans have received much attention, including being recognized by Kansas Gov. Sam Brownback during a private reception and referenced by President Barack Obama during a speech in Joplin.

“There were no roads. I had to drive over what was the roofs and walls of my St. John’s colleagues’ offices,” Dr. Sullivan said. “It took over 30 minutes to get just four blocks from all of the destruction.”

Dr. Sullivan made five more trips over the next four hours, ferrying Freeman Hospital staff to the impact zone and the injured to Freeman. Transporting two patients at a time, Dr. Sullivan rescued 11 high-level patients, as well as triaged and treated countless others on scene.

While Dr. Sullivan pronounced seven victims dead on arrival that day – two at the theatre and five at a nursing home where a gas main ruptured – all of his transports survived, including Murdock, who made a full recovery.

“After 16 separate surgeries, Malachi looks stunningly good. You can’t tell cosmetically that he had been injured,” said Dr. Sullivan, who keeps in touch with both Murdock and Myers.

“We all have post-traumatic stress to deal with. We deal with it by supporting each other and discussing the positive things that have come out of it.”

Dr. Sullivan and his wife spent Father’s Day with the Murdock and Myers families, giving thanks for the boys’ recoveries.

‘Like a Scary Movie’

The Sullivans weren’t the only Via Christi staff members on the scene. Obstetrician Angela Shaw, D.O. (COM ’99), also ventured to Joplin after hearing the news.

“At my house we watch Disney, not the Weather Channel,” she said. “I was putting my kids to bed when

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First responders and residents survey the damage and search for victims in the moments following the devastating tornado in Joplin, Mo.

A Matter of Minutes

After taking care of his family, Joplin resident John Dougherty, D.O. (COM '92), KCUMB's associate dean for clinical education and medical affairs, and professor and chair of family medicine, headed straight to Freeman Hospital, where he knew he was needed. And while massive debris slowed him down, the most troublesome part of his commute was actually locating the building.

"For 17 years, I turned at the big oak tree," said Dr. Dougherty, who had practiced at Freeman Hospital for nearly two decades. "But with the landmarks gone, it was completely disorienting. It was as if someone had erased half the town."

Dr. Dougherty was in for another surprise once at Freeman hospital. After checking in at the Command Center and volunteering his services, Dr. Dougherty was told he'd be reporting to Chad Boulware, D.O. (COM '03), an emergency medicine physician. Ironically, Dr. Dougherty had written Dr. Boulware's letter of recommendation and had hooded Dr. Boulware during his KCUMB Commencement.

"When I walked in the room, Chad looked up and said, 'I have never been so glad to see you in my whole life,'" Dr. Dougherty said.

Together, the unlikely pair – once teacher and student – worked side by side in a conference room transformed into a triage ward for the next 14 hours, relying on "intuition" in lieu of X-rays and labs.

"I did stuff in that conference room that I never, ever thought I would have to do. And in no way shape or form

I got the call. I knew immediately that I couldn't stay home. I had to be there. I needed to be helping."

Not long after, Dr. Shaw was in a van full of fellow Via Christi nurses and nurse practitioners on her way to Joplin.

"I worked at a trauma center in Chicago, and that didn't prepare me for what I saw," Dr. Shaw said. "It was like a scary movie. We arrived after dark and there was no electricity. There was no light and wounded people were walking on the road dazed."

But the scariest part was the lack of communication. Working triage at Memorial Hall in Joplin, Dr. Shaw had a difficult time trying to reach other team members who were helping at McAuley High School. Occasionally, she would receive a text saying, "Need supplies!"

"It was almost worse than 9/11. On 9/11, the phone lines were tied up but there was still the Internet," said Dr. Shaw, recalling instant messaging her brother who was living in New York City at the time.

For members of one Joplin family, it took days of surfing the Internet to find each other. Dr. Shaw treated a man for head wounds who had been discovered in an overturned car. He knew only his name. It wasn't until his wife later showed up, also for head wounds, that they were united. The daughter later found both of them through an online survivor list.

But while Dr. Shaw witnessed heartbreaking casualties, she also witnessed the power of humanity.

"I was in awe of the amount of people who dropped what they were doing and came to help," she said.

"There were health-care providers from hospital employees to psychologists and from as far away as Arkansas on the scene."

Chad Boulware, D.O. (COM '03), and John Dougherty, D.O. (COM '92), pose for a picture in 2003 during Dr. Boulware's graduation from KCUMB's College of Osteopathic Medicine. The two alums worked side by side for 14 hours on the night of the Joplin tornado, relying only on each other, their intuition and whatever minimal medical supplies they could find.



would I think I would have to do again,” Dr. Dougherty said.

Dr. Dougherty, who still to this day wears his visitor badge from that night, gets choked up talking about the events in the triage ward.

“We saw what you would see in a lifetime in four hours,” he said. “Some bad stuff happened that night, but we got through it.”

What made it especially difficult, besides the nature of the injuries, was the fact that Dr. Dougherty knew many of the patients personally. Of the 150 people pronounced dead that day, Dr. Dougherty believes he knew about 60 percent. Twenty of those were once his patients.

What helped Dr. Dougherty keep going, besides adrenaline, was the sheer number of casualties.

“There were some people that you just couldn’t do anything for. It was hard, but then you look over their shoulder and there were 200 more people in need,” Dr. Dougherty said.

Following an exhausting day, which included helping Darin Haug, D.O. (COM ’01), executive vice president for academic and medical affairs and dean of the College of Osteopathic Medicine, in the Intensive Care Unit, Dr. Dougherty decided to assess the damage in town.

“It was like pictures of Hiroshima after the bomb

dropped,” Dr. Dougherty said. Nothing was left standing in parts, including the Walgreens that his wife and youngest son, Thomas, were headed to before the tornado warning.

“My wife was going to leave at 4:45 p.m. You don’t forget things like this,” Dr. Dougherty said. “It would have taken her 15 minutes to get there and an hour and a half to develop the pictures she had wanted. She would have been there right when it hit.”

Several people died at that Walgreens.

“That’s when it really hit me, everything that happened,” he said.

Since that day, Dr. Dougherty and his family have done everything from clearing neighbors’ houses to sorting supplies at command centers to help rebuild their community.

There’s still a lot of work to be done, but what the people need more than a helping hand, Dr. Dougherty said, is a sympathetic ear.

“Everybody in Joplin has a story and everybody needs to tell their story,” he said. “They may have told their story 100 times, but it’s still not enough.” ●

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KCUMB Relief Efforts Continue

Six months after a massive tornado ripped through Joplin, Mo., KCUMB is continuing with its relief efforts.

What has KCUMB done lately? ...

- Sent a semi-truck of supplies to Joplin
- Raised \$1,750 through Jeans for Joplin Day
- Participated in Box Tops for Joplin, to help rebuild damaged or destroyed schools in the area
- Donated 13 band instruments to “Banding Together For Joplin”
- Helped relocate puppies in need of homes from Joplin
- Raised money to help send a Joplin High School senior to college
- Set up triage clinics in Joplin and helped vaccinate the public

Find out more about KCUMB’s efforts in Joplin on Facebook by visiting www.facebook.com/KCUMBjoplin.



In the days following the tornado, KCUMB faculty, staff and students banded together to fill a semi-truck with supplies destined for relief efforts in Joplin, Mo. It was one of many ways the University community came together to help.

KCUMB's Homecoming



More than 300 KCUMB alumni and their guests gathered Sept. 21-24 for KCUMB's annual Homecoming celebration.

Those in attendance had the opportunity to participate in continuing medical education (CME) courses, get a first-hand glimpse of the new Student Activities Center and the new D'Angelo Library, take in the official investiture of H. Danny Weaver, D.O. (COM '84), as the University's 12th president and reminisce with old friends during special class reunion gatherings.

William Simon, D.O. (COM '89), a family physician in Wichita, Kan., said he enjoyed participating in the CME program and seeing all the changes that have occurred at KCUMB.

"I think they've made some great progress," Dr. Simon said.

William Evans, D.O. (COM '81), who made his first trip back to KCUMB since graduating in 1981, said he enjoyed having dinner with several former classmates and touring the campus.

"It's been 30 years for me, so a lot has changed," Dr. Evans said. "It's been wonderful to reconnect, share memories and share stories."

E. Patrick Mitchell, D.O. (COM '78), an orthopedic surgeon who brought his daughter, Mary, with him to show her around campus, was impressed with the prevalence of technology in the classrooms.

"When you look at all the technology they provide these students ... What a wonderful learning environment, what a wonderful teaching tool," Dr. Mitchell said.

"It makes me wish I was back in school. No, it doesn't," he added, with a laugh.

In addition to giving alumni and their guests an opportunity to soak in everything new at KCUMB, Homecoming also provided the backdrop for the University to recognize its newest Physicians' Hall of Sponsors scholarships and to officially honor a few of the many alumni and faculty for their remarkable professional achievements.

Physicians' Hall of Sponsors Scholarship Inductions

Class of 1959, established by H.J. Scarinzi, D.O. (COM '59)

H.J. Scarinzi, D.O. (COM '59), established this scholarship in honor of his classmates in the Class of 1959. Dr. Scarinzi retired from general practice in eastern Colorado in 1996. He currently teaches anatomy, physiology and medical terminology at Morgan Community College in Limon, Colo. He was named KCUMB's Alumnus of the Year in 2008. This is the fifth Physicians' Hall of Sponsors scholarship endowed by Dr. Scarinzi.

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Sept. 21-24, 2011



KCUMB Inaugurates Weaver as 12th President During Homecoming

One of the highlights of KCUMB's Homecoming celebration was the Investiture Ceremony for H. Danny Weaver, D.O. (COM '84), inaugurating him as KCUMB's 12th president in the 95-year history of the University.

Terrence Dunn, chairman of KCUMB's Board of Trustees and president and chief executive officer for JE Dunn Construction, presided over the ceremony. Administrative, faculty and student leaders joined dignitaries from the community for the special event.



Terrence Dunn, chairman of KCUMB's Board of Trustees, speaks to those gathered for Dr. Weaver's Investiture as KCUMB's 12th president.

Ronald Slepitzka, Ph.D., president of Avila University and secretary of KCUMB's Board of Trustees, delivered a congratulatory address on behalf of the academic community.

"I have witnessed your commitment to students, your desire to achieve what is best on their behalf, your passion for engaging your faculty and your deep hope that by so doing KCUMB might better serve this community," Slepitzka said. "I have come to know you as a person who cares deeply (about) and who has high aspirations for this University."

Following the presentation of the chain of office by Dunn, Dr. Weaver delivered his inaugural address, speaking of the strength the University draws from its long history and the importance of its seven core values – integrity, compassion, excellence, collaboration, intellectual curiosity, innovation and heritage.

"KCUMB has been blessed to inherit the result of courage, vision and passion of nearly a century's worth of generations of academic ancestors," Dr. Weaver said. "They possessed every one of the University's seven core values. If we all place each and every one of these values at the core of everything this University does and represents, we will accomplish the extraordinary." ●

Scholarship Inductions, continued

Allen F. Kossoy, D.O. (COM '81), and Elizabeth Kossoy

Allen Kossoy, D.O. (COM '81), and Elizabeth Kossoy established this scholarship to benefit KCUMB's future osteopathic medical students. One of Dr. Kossoy's mentors, the late James DiRenna, Sr., D.O. (COM '38), encouraged Dr. Kossoy to help future osteopathic physicians achieve their goals, and this scholarship helps fulfill that promise. Dr. Kossoy earned a bachelor's degree at Knox College in Galesburg, Ill. After graduating from KCUMB, he completed a residency in pediatrics at William Beaumont Army Medical Center in El Paso, Texas, and a fellowship in allergy and immunology at Fitzsimmons Army Medical Center in Aurora, Colo. After leaving the military in 1990, Dr. Kossoy and his family settled in Topeka, Kan., where he practices with the Cotton O'Neil Clinic.

Michael Kristopher Kolby Porter, established by Michael L. Baker, D.O. (COM '96)

Michael Baker, D.O. (COM '96), director of emergency medicine at Sharkey-Issaquena Community Hospital in Rolling Fork, Miss., established this scholarship in memory of his beloved nephew, Michael Kristopher Kolby Porter. Kolby was the son of Dr. Baker's sister,

Terri Strange, and Rodney "Chip" Porter. Kolby passed away Feb. 24, 2011, at the age of 19. Kolby left behind a life full of love and compassion for his family and friends in his lifelong home of Vicksburg, Miss. He was an accomplished athlete, especially in soccer, and also enjoyed baseball and basketball. He lived life with no regrets and always wanted to help people along the way. This scholarship will continue Kolby's desire to help people and to pass on his love, his vigor for life and his enduring compassion, especially to young people in the field of medicine.

Marilyn J. DeGeus, M.L.S., established by Darwin J. Strickland, D.O. (COM '65), and Suzanne Strickland

Darwin J. Strickland, D.O. (COM '65), and Suzanne Strickland established this scholarship in honor of Marilyn DeGeus, director of the D'Angelo Library at KCUMB. DeGeus, who has worked in the library at KCUMB for more than 43 years, has dedicated much of her career to helping KCUMB students reach their goals. She and Dr. Strickland met in 2009 during KCUMB's annual Homecoming and shared stories about their common roots in Iowa. This is the 15th Physicians' Hall of Sponsors scholarship endowed by Dr. and Mrs. Strickland. ●



William Legg, D.O. (COM '53), takes advantage of a rickshaw ride to make his way across campus. KCUMB hosted numerous events all over campus during Homecoming, including CME sessions, a picnic and more.



Alumni gather for refreshments on the patio of the Butterworth Alumni Center. More than 300 alumni and their guests participated in KCUMB's 2011 Homecoming celebration.

PROFILES IN LEADERSHIP: KCUMB'S 2011 ALUMNI AWARD RECIPIENTS

Story by Christopher Ryan

Photography by Bob Greenspan



Young Alumni Achievement Award

Matthew Diamond, D.O. (COM '03)

Matthew Diamond, D.O. (COM '03), learned something important from his father, Raymond Diamond, D.O. (COM '73), a physician in Columbia, S.C. – the respect an internal medicine specialist can receive from colleagues. Dr. Diamond made it one of his own life goals to find a place in the medical profession where he, too, could earn that respect through hands-on patient care dealing with a wide range of health issues.

“The good internists were the brightest guys in the room,” Dr. Diamond said. “If you had a question, you always went to them.”

Another of his ambitions is to become a full professor of medicine, a process that can take as long as 10 years to achieve. Thus far, he has worked two years at Georgia Health Sciences University in Augusta and serves an assistant professor of nephrology, hypertension and transplant medicine.

Dr. Diamond teaches about 20 percent of the time. As a clinical nephrologist, he also sees patients in the clinic and spends approximately 15 percent of his day in clinical research.

“I really like taking care of super-sick folks,” Dr. Diamond said. “I want to get people through their hardest times.”

Currently, Dr. Diamond's research involves systolic blood pressure intervention trials (SPRINT) and is funded by the National Institutes of Health. The five-year study of adults over age 55 with kidney or cardiovascular disease puts him in contact with people suffering from a variety of diseases and conditions.

“I go to work, and I work hard,” he said. “Hopefully, my impact will be better patient care down the road. Right now, I couldn't ask for a better job. It's a good kind of hard work.”



Alumni Service Award

Phillip Accardo, D.O. (COM '59)

For a man who loves to travel, Phillip Accardo, D.O. (COM '59), has spent a lot of time in one place. After moving to Kansas City when he was 15, he later studied osteopathic medicine at KCUMB and established and operated a family practice in the area before retiring 11 years ago when he and his partners sold the practice.

Of the many things Dr. Accardo learned over the years, one stands out for him: “If you want to change anything, you have to participate,” he said.

Dr. Accardo began participating early in his career. The ways in which he has served his profession, his alma mater and his community are numerous.

He has been an active member of the American Osteopathic Association since 1959, serving as the organization's vice president in 1994 and remaining a trustee today. He is a life member of the Missouri Association of Osteopathic Physicians and Surgeons and served as its president in 1976-1977, earning MAOPS' Distinguished Service Award in 1989.

A member of the KCUMB Alumni Association, he has served as president and a member of the Board of Directors. He has served KCUMB as a clinical associate professor of medicine.

Dr. Accardo also served as a member of the Jackson County Osteopathic Medical Association for many years, leading the organization as its president in 1967-1968. Dr. Accardo has been on the Advisory Board of the Independence (Mo.) Health Department and the Central Committee of the Health Care Foundation of Missouri. He has also provided volunteer services at the Jackson County Free Health Clinic.

“I miss seeing and interacting with patients,” he said. “You learn everything about the people as individuals and friends.”



Distinguished Service Award

Donald McCandless, Ph.D.

From 1975 until his retirement in 2008, Donald McCandless, Ph.D., served Kansas City University of Medicine and Biosciences as a professor of pharmacology. In 2002, he received the Missouri Governor's Award for Excellence in Teaching. In 1977, 1983 and 1986, he was named Professor of the Year by the University, and, in 1993, he was presented with the UMKC School of Pharmacy Lecturer of the Year Award.

There are a number of reasons Dr. McCandless was named among the "Heroes in Healthcare" by *Ingram's Magazine* in 2006, and they remain evident today. Some of them have to do with another award he received – the Ernest A. Allaby Award – DOCARE's most prestigious award and one of only seven presented in the international medical organization's more than four-decade history.

But Dr. McCandless is not finished yet.

As professor emeritus, he has expanded his interests and influence into an area he believes is vitally important in both the treatment of patients and the health of physicians: spirituality.

As part of the University's emphasis on spirituality, first-year medical students shadow hospital chaplains to see how they work with patients. In the second year, the focus is on palliative care. In the third and fourth years, students have the opportunity to explore end-of-life care through an elective course.

"The program gives students a chance to get to know themselves," Dr. McCandless said. "It allows a reconnection to spirituality and lets students deal with classmates on a different level. They learn who they are."

Dr. McCandless has a long and distinguished history of community service. He has worked to prevent drug abuse among children and teens, trained probation and parole officers, taught CPR, served as a volunteer chaplain to prisoners and sat on the board of directors of a shelter for battered women and children.



Alumni Achievement Award

Danny Jackson, D.O. (COM '80)

For 30 years, Danny Jackson, D.O. (COM '80), has had a family practice in the Mississippi Delta, in a town of about 2,400 people called Rolling Fork. He is one of three physicians – he's quick to point out there were four at one time – serving two of the poorest counties in the state, Sharkie and Issaquena.

Dr. Jackson is where he is because he was invited to be there. Rolling Fork's leaders knew they needed a doctor, so they went looking for one. They found Dr. Jackson at Kansas City University of Medicine and Biosciences. He accepted, and the rest, as they say, is history.

To hear Dr. Jackson tell it, it was not a difficult choice. First, he was a pioneer of sorts as one of the first osteopathic physicians in Mississippi. Second, he is from the South, graduating from high school in Maury City, Tenn., and from the University of Mississippi in Oxford with a bachelor of science degree in pharmacy.

Third, and most importantly, he saw a challenge and a place where he could have an impact.

"I've always felt I make a difference," Dr. Jackson said. "I serve a community with a lot of indigent patients."

Sharkie and Issaquena counties used to be cotton country. Now, they are home to large corn and soybean farms. The need for labor is small. Unemployment and poverty have taken their toll. And then there are the natural disasters, such as the big flood of 2011.

"The most unhealthy population in the world is right here in the Delta," Dr. Jackson said.

It is hard work being a rural physician. Time off is rare and precious. Dr. Jackson could have left and found work with better hours, but he has chosen to stay.

"I've been blessed," he said. "I really have." And besides, "there's no way I could have left. There'd be nobody here."



Star-Spangled Banner Medallion Edward Feldman, D.O. (COM '66)

It has been 44 years since the North Vietnamese military initiated one of the most protracted battles in United States military history at the Khe Sanh Combat Base in South Vietnam. Edward Feldman, D.O. (COM '66), was there for all 77 bloody, exhausting days. For the last day and a half, he led the American side because other officers were wounded and unable to carry out their duties.

But the moment Dr. Feldman would remember most clearly came earlier when a medic led him to the side of a young Marine whose abdomen had been pierced by a time-release bomb with an 81-mm shell attached. The device was live.

Dr. Feldman ordered nearby marines to build a sandbag barricade. Then, inside the makeshift bunker, the three men turned to disposing of the bomb and treating Pfc. Robert Mussari, knowing that touching the bomb casing with a metal instrument could cause premature detonation. With the engineer holding the flashlight and the medic assisting with the surgery, Dr. Feldman removed the projectile.

"I used tools and my hands to remove muscle and tissue away from the bomb," Dr. Feldman said. "I handed the bomb to the engineer, who took it to another bunker and detonated it while I closed the Marine up."

For this action and others, Dr. Feldman received the Silver Star. He has also been nominated for the Congressional Medal of Honor, the highest U.S. military award.

He credits both the medic who stayed with him to help with treatment and the engineer who advised him and made sure he had light to work with. To Dr. Feldman, they are equally heroes.

Dr. Feldman is now a practicing gynecologic surgeon in California. His passion is assisting disabled veterans, and he has helped develop a device to make it easier for disabled individuals to eat.

One more word about Pfc. Mussari: Dr. Feldman delivered his first child in 1978.



Alumnus of the Year Cynthia Morris, D.O. (COM '87)

Cynthia Morris, D.O. (COM '87), is on a mission. She is determined "to provide women with an opportunity to learn more about themselves and their bodies, so that they are empowered to direct their own health care."

Dr. Morris has spent her entire career in private practice advancing that mission. She has operated a solo practice in gynecology and general surgery of the breast since 2001 in Cuyahoga Falls, Ohio, because she values the freedom to listen to and talk with her patients.

Although Dr. Morris speaks of empowering women (and men) to direct their own health care, she does not mean they should be left to their own devices. In fact, she believes strongly in one of the goals of osteopathic medicine: treating the patient as a whole person.

"There needs to be one primary physician directing patient care," Dr. Morris said.

In a world of specialists, there is just too much room for mis- or non-communication as patients go from doctor to doctor. This is especially true, Dr. Morris believes, if physicians do not listen.

"People aren't comfortable talking about their problems," she said. "You have to be a good listener. Patients can tell us what's wrong, as long as we listen."

Not surprisingly, much of the joy Dr. Morris realizes from her work seems to derive from her relationships with her patients.

"They let you care for the most important thing: their lives," she said. "They let you truly 'practice' on them."

Dr. Morris has also played an important role at KCUMB during the past several years. As a member of the Board of Trustees from July 2008 until September 2010, she was so committed to serving that she once called in for a meeting from her hospital bed. She also served as the 2007-2008 president of the KCUMB Alumni Association. ●

KCUMB Alumni Invade the Sunshine State



Approximately 240 KCUMB alumni attended the 2011 American Osteopathic Association convention Oct. 30-Nov. 3 at the Orange County Convention Center in Orlando, Fla.

Many of the alums who took part in the event stopped by the KCUMB exhibit booth to learn more about the exciting things taking place at their alma mater. They were able to view the display recognizing members of the University's Conley Society, which honors those who have given \$1,000 or more to KCUMB in the past fiscal year, and Advancement staff introduced them to the new Facebook page designed specifically for KCUMB alumni, www.facebook.com/KCUMBAlumni.

Members of the KCUMB Alumni

Association – including those who joined during the event – received a complimentary KCUMB umbrella.

Alumni and their families also were invited to participate in a special KCUMB reception Nov. 1 at Cuba Libre Restaurant in Pointe Orlando, near the convention center. The night included fabulous food, a Flamenco dancer and a Latin band.

Make Plans Now for the 2012 AOA Convention in San Diego

Start making plans now to attend next year's AOA Convention in San Diego, scheduled for Oct. 7-11, 2012. Watch for more details coming in the Spring! You won't want to miss it. ●

H. Danny Weaver, D.O. (COM '84), president and chief executive officer, and his wife, Debra Albers, D.O. (COM '86), visit with guests Nov. 1 during KCUMB's reception for alumni and their families at Cuba Libre Restaurant in Pointe Orlando, Fla.

And the winner is ...

All alumni who donated during KCUMB's 2010-2011 fiscal year, which ended on June 30, were entered into a drawing for a \$100 gift card.

Merle Turner, D.O. (COM '75), won the drawing. Congratulations, Dr. Turner, and thank you for your gift!



Become a Part of the KCUMB-COM LEGACY FUND

Honor the Past, Shape the Future

The Legacy Fund honors KCUMB-COM faculty, staff, alumni and physician partners, both past and present, who have left a lasting imprint on student doctors of all generations.

All gifts designated to the Legacy Fund will be directed to specific programs benefitting faculty or educational initiatives and will be dispersed annually at the Faculty Senate's discretion.

A gift of \$500 is required for inclusion in the Legacy Fund.

For more information on how you can support the KCUMB-COM Legacy Fund, please call the Advancement Office at 816-654-7280, email alumni@kcumb.edu or visit www.kcumb.edu/legacyfund.

FROM THE ALUMNI ASSOCIATION PRESIDENT

Help Build a Stronger KCUMB-COM as a Member of the Alumni Association

William Halacoglu, D.O. (COM '91)

I am honored and privileged to serve as the KCUMB-COM Alumni Association's president for the 2011-2012 year. I look forward to working with the board and association membership to steer our great medical school to new heights.

The Alumni Association Board of Directors is committed to developing new methods of involvement and communication with the alumni community we serve. It is our goal to see that our Alumni Association is an organization in which everyone can be heard and be active in making KCUMB-COM a better place.

I hope to continue in the proud tradition of my predecessors. The cultivation of a strong and loyal spirit among alumni in support of the University can provide



great tangible and intangible benefits to the more than 1,000 members of the student body.

While our focus is always on the needs of current students and the quality of their education, maintaining a strong network of friends and colleagues is a benefit in itself. Those of you who attended the annual Homecoming activities Sept. 21-24 in Kansas City would have to agree that we have built a proud tradition, not only producing excellent physicians serving in every aspect of health care, but also many leaders who have guided our osteopathic tradition. Our campus is also one of the most impressive facilities in the profession, with up-to-date technology and top-notch resources for educating the next generation of osteopathic physicians.

If you didn't get a chance to join us for the Homecoming celebration, make plans to attend KCUMB's future CME activities. This will give you a chance to visit Kansas City and view firsthand the changes to our campus. You can find out more about all future activities at www.kcumb.edu.

I am proud to be serving as Alumni Association president and look forward to meeting or hearing from you. Please don't hesitate to contact me at bhalacoglu@hotmail.com.

Together, we will maintain the University's legacy of excellence in osteopathic medical education and secure a bright future for all involved with KCUMB-COM. ●

KCUMB Alumni Association Installs New President, Board Members

Kansas City University of Medicine and Biosciences' Alumni Association installed its newest members of the Board of Directors in September during the University's annual Homecoming celebration.

William Halacoglu, D.O. (COM '91), officially took the helm of the organization as its new president, following the ceremonial passing of the gavel from Megan McBride, D.O. (COM '01), the outgoing president.

Newly elected members Joel Feder, D.O. (COM '75), and Leslie Wiscombe, D.O. (COM '71), also began four-year terms on Board of Directors.

Current members of the KCUMB Alumni Association's Board of Directors are:

- William Halacoglu, D.O. (COM '91), president
- Adam Whaley-Connell, D.O. (COM '01), president-elect
- Janis Strickland Coffin, D.O. (COM '98), vice president
- Megan McBride, D.O. (COM '01), immediate past president
- Ross Sciara, D.O. (COM '71), treasurer
- Beth Dollase, secretary (ex officio), KCUMB vice president for advancement
- Paul Dybedal, D.O. (COM '54), trustee
- Julie Edween, D.O. (COM '95)
- Joel Feder, D.O. (COM '75)
- Frederick Flynn, D.O. (COM '76), trustee
- Cameron Knackstedt, D.O. (COM '75)
- Libby Smith, D.O. (COM '99)
- Darwin Strickland, D.O. (COM '65), trustee
- Leslie Wiscombe, D.O. (COM '71)
- H. Danny Weaver, D.O. (COM '84), ex officio ●

Support Your KCUMB Alumni Association

Stay connected with KCUMB and former classmates as a member of the Alumni Association!

Your \$50 membership dues support many activities, including alumni receptions during various professional meetings, alumni mentoring panels for current students, and University-sponsored Continuing Medical Education programs.

Submit your \$50 Alumni Association dues today by calling 800-234-4847 ext. 7284, visiting www.kcumb.edu/alumnidues or mailing your payment to the KCUMB Advancement Office, 1750 Independence Ave., Kansas City, MO 64106.



Kansas City University of Medicine and Biosciences' Gold Society, established in July 2000, recognizes alumni and friends of the University who maintain a record of sustained annual giving for three or more years. These individuals have designated their gifts to support a variety of areas within the University and continue to give within each fiscal year. The historical clock tower represents the continuity and sustaining support of the University's Gold Society members.

Of the 7,500 KCUMB alumni, 903 qualify for the Gold Society – 13 percent of the University's active alumni.

The Gold Standard: Honoring Those Who Reach 15 Consecutive Years of Giving

Kansas City University of Medicine would like to thank the following individuals for their ongoing financial support of the University and its students:

David L. Acus, D.O. (COM '66)
J. Lewis Alderman, Ph.D.
William J. Bentz, D.O. (COM '75)
James D. Bernard, D.O. (COM '69)
John M. Brace, D.O. (COM '69)
Salvatore R. Campo, Jr., D.O. (COM '85)
Anthony G. Chila, D.O. (COM '65)
Donald L. Cohen, D.O. (COM '78)
Stephen J. Conte, D.O. (COM '66)
M. Bruce Farkas, D.O., J.D. (COM '64)
Larry B. Fishbaugh, D.O. (COM '66)
Shirley A. Fiske, D.O. (COM '78)
Charles I. Fried, D.O. (COM '62)

Frances F. Haas, D.O. (COM '95)
Frank A. Hale, D.O. (COM '62)
Joel D. Holliday, D.O. (COM '66)
Joseph D. Hull, D.O. (COM '77)
Larry W. Joyce, D.O. (COM '89)
Elliott H. Klain, D.O. (COM '74)
Kenneth J. Kobes, D.O. (COM '54)
Allen F. Kossoy, D.O. (COM '81)
Peter S. Moran, D.O. (COM '73)
Callis G. Morrill, Ph.D.
Michael J. Namey, Jr., D.O. (COM '81)
Lois A. Narr, D.O. (COM '90)
Philip W. Papparone, D.O. (COM '69)
David I. Papish, D.O. (COM '78)
Gladstone A. Payton, D.O. (COM '67)
James W. Phillips, Ph.D.
Brenda S. Prince, D.O. (COM '90)
Mal S. Riddell, D.O. (COM '77)

Donald W. Rinehart, D.O. (COM '64)
Douglas R. Rushing, Ph.D.
Ross A. Sciara, D.O. (COM '71)
Blake M. Slater, D.O. (COM '80)
Clifford N. Steinig, D.O. (COM '71)
Huey D. Tewis, D.O. (COM '75)
Rudi O. Wadle, D.O. (COM '59)
Ronald W. Wadle, D.O. (COM '64)
Richard O. Watson, D.O. (COM '61)
Betty Jo White, D.O. (COM '63)
Bruce R. Williams, D.O. (COM '87)

In addition to being members of the Gold Society, these individuals have further distinguished themselves by making annual contributions to KCUMB for more than 15 consecutive years. Again, thank you! ●

ALUMNI ANSWER THE CALL, PLEDGE \$40,000 DURING STUDENT PHONE-A-THON

Sometimes all it takes is a phone call to make a difference in the lives of KCUMB students, as was the case Oct. 17-27 when students reached out to alumni during one of two yearly phone-a-thon events.

Nearly 300 alumni pledged more than \$40,000 during the event. Donors were able to designate their gifts to any area of the University they chose.

KCUMB medical students not only raise money during the phone-a-thon, but also make some great connections with alumni, explained Christine Wahlert, executive director of alumni and donor relations.

"The phone-a-thon has turned into a great vehicle for students to find out more about different medical spe-

cialties, tips on residencies and even to connect with alumni for mentoring situations," Wahlert said. "That's one of the reasons this is such a great opportunity. Even if you are unable to support KCUMB financially, our students can learn so much from your experiences and they truly appreciate hearing from our alumni."

Want to Help?

Didn't receive a phone call? There's still time to make your gift.

Make a gift online at www.kcumb.edu/give, call 800-234-4847 ext. 7280 or mail your gift to: Advancement Office, KCUMB, 1750 Independence Avenue, Kansas City, MO 64106-1453. ●



Lyda Pung, a second-year medical student, visits with an alum during the fall phone-a-thon.

Long-Time Faculty Member Does What He Loves Most

As a child, Robert Stephens had always dreamed of becoming a professor. It started at the age of 10, while growing up in Topeka, Kan. It was a lofty goal at the time, since it meant he would have to become the first in his family to graduate from college.

Although his parents didn't attend college, his father instilled in him a passion for education and knowledge.

"My dad was a fantastically self-educated man," said Dr. Stephens, who now holds a Ph.D. and serves as associate dean of the College of Biosciences and professor and chair of anatomy. "He read a lot of books, including 'Einstein's Universe,' and told me I should read it. I still have the book on my coffee table today."

Dr. Stevens earned his undergraduate degree in biology from Washburn University in Topeka. Later, in 1981, he added a graduate degree in anatomy from the University of Kansas, where his graduate dissertation was the first in 25 years to receive honors.

A year after graduation, Dr. Stephens accepted a teaching position at KCUMB. Before the age of 40, he was a full professor and chair of the University's Anatomy Department.

"This was always what I wanted to do," Dr. Stephens explained. "I've done many things in my life that parallel my career, but never anything that I enjoyed more than being an educator. Today, I'm sitting exactly where I want to be."

Like many who have dedicated their lives to teaching, Dr. Stephens finds immeasurable joy in working

with the students and watching them learn.

"I love seeing the students," he said. "I find it to be energizing. I don't think there are many more noble purposes in life than to be an educator.

"Teaching is an art form," Dr. Stephens continued. "To be a great teacher is not about teaching; it's about driving the students. Providing an education is passing on a legacy."

Dr. Stephens also enjoys building upon his knowledge base from one year to the next.

"I'm in my prime right now," he said. "I'm just hitting my stride. It's a learning process. I love teaching, and that drives me."

Dr. Stephens teaches anatomy every fall to second-year medical students. He is proud of his work and believes his students are among the best prepared in the world.

"I would put my students up against any students at any school," he said. "They're just that prepared. I have high standards, and they meet and exceed those standards."

Douglas Rushing, Ph.D., dean of the College of Biosciences, has been a colleague of Dr. Stephens for nearly 30 years. Dr. Rushing said that Dr. Stephens has earned a reputation for being tough, but said students respect his knowledge and are always well prepared.

"He has an outstanding record as an educator," Dr. Rushing said. "Graduates from our University are highly experienced and knowledgeable



because of professors like Dr. Stephens."

In addition to being tough and well respected, Dr. Stephens is also well known for the stories he shares in class, one of which – the "naked runner" – has even inspired a T-shirt and an illustration inside a calendar for alumni.

The story of the naked runner originated in the summer of 2001, when Dr. Stephens decided to take part in a one-mile fun run in Parkville, Mo., not far from KCUMB.

"Once I got there, it looked like no one was there for the race," he said. "I thought, 'This is good. I'm going to win.' Then, about one minute before the race, the naked runners showed up."

To clarify, by "naked," Dr. Stephens means shirtless.

"They only have on shorts, shoes and a watch," he said. "They're the serious runners. There were about 100 of them. I was trying to figure out a strategy to get out of the race when the starting gun goes off.

"I'm just starting to reach my stride and they've already finished," Dr. Stephens recalled. "I just wanted to take off my sticker and go home, so I don't humiliate myself any further. The moral of the story is this: No matter what you do, strive to be the naked runner. Be the best. Be first. Leave the rest behind."

When it comes to educating KCUMB students, Dr. Stephens is the naked runner. ●

KCUMB Adds New Partners in Admissions Process

Agreements between Kansas City University of Medicine and Biosciences and two undergraduate institutions will provide additional avenues for prospective students to gain admission into KCUMB's College of Osteopathic Medicine.

In August, KCUMB entered a partnership agreement with Culver-Stock-

ton College that provides a framework for students to earn a bachelor's degree from C-SC and a doctor of osteopathic medicine from KCUMB in seven years, rather than eight. KCUMB entered into a similar agreement in October with the University of Missouri-St. Louis.

Through KCUMB-COM's Partners

Program, established in 1998, well-qualified undergraduate students at select institutions can apply for early admission to medical school during their sophomore year. Those students accepted will have a reserved seat in KCUMB-COM following completion of their junior year and will forgo their final year of undergraduate work. Admission into the program is dependant upon several criteria, including ACT score, undergraduate academic performance, community service, dedication to osteopathic medicine and successful completion of an interview at KCUMB-COM.

"We at Culver-Stockton are thrilled to enter into this new partnership with KCUMB," said Richard Valentine, president of C-SC. "This agreement will simplify our students' transition from undergraduate to medical school and ensure that they continue receiving the high-quality education to which they have become accustomed."

In addition to C-SC and UMSL, KCUMB has similar agreements with eight other colleges and universities, including Avila University, Central Methodist University, Drury University, Missouri Western State University, Pittsburg State University, Rockhurst University, William Jewell College and the University of St. Mary. ●

KCUMB Awards Recruitment Scholarships to Seven Deserving First-Year Students

KCUMB awarded recruitment scholarships to seven incoming first-year medical students in August. All incoming students to the College of Osteopathic Medicine were eligible for the scholarships, which are based on academic performance.

"Recruitment scholarships were established to provide incentive to those of a high caliber who may be ranking us with other institutions," said Heidi Terry, vice president for enrollment management and registrar. "We want to give those who are extremely well-qualified a substantial amount to put KCUMB-COM in competition with state schools."

Scholarship recipients are listed below, along with their respective awards:

- Caroline Martin, KCUMB-COM Presidential Scholarship, \$10,000
- Jessica Kneib, KCUMB-COM Dean's Scholarship, \$5,000
- Justin Liessmann, KCUMB-COM Dean's Scholarship, \$5,000
- Samantha Shirk, KCUMB-COM Dean's Scholarship, \$5,000
- Emily Fauth, KCUMB-COM University Scholarship, \$1,500
- Matthew Snowden, KCUMB-COM University Scholarship, \$1,500
- Leah Sutton, KCUMB-COM University Scholarship, \$1,500 ●



Connie Boyd shares a few of her favorite memories Aug. 18 with friends and fellow KCUMB employees. Boyd retired after 32 years at KCUMB.



Long-Time KCUMB Employee Embarks on Retirement

On Aug. 18, KCUMB employees gathered on the rooftop patio of the Administration Building to wish a fond farewell to a long-time KCUMB employee. Connie Boyd, who served as an executive administrative assistant in the Office of the President, retired after 32 years of service to the University. During that time, Boyd assisted eight of KCUMB's 12 presidents. She looks forward to spending more time with her family and friends, and has planned a cruise to celebrate her 50th wedding anniversary with her husband, Ronnie.



KCUMB Students, Faculty Team Up for Bike for the Brain Event

By Sadie Clement

For each of the past six years, Gary Ballam, Ph.D., has been an integral part of coordinating KCUMB's participation in Bike for the Brain, an annual Labor Day event that raises money for mental health awareness and underfunded mental health facilities in the Kansas City area.

On Sept. 5, more than 500 participants took place in this year's event, which in spite of its name, actually gives participants the opportunity to bike, run or walk for the cause.

Bike for the Brain is a non-competitive, non-timed event. Participants could choose a 3-, 10-, 25-, 50- or 75-mile bike course, a 5K run or a 1-mile walk. The course offered rest stations at various mental health facilities, which each received grants of \$2,500 from Bike for the Brain.

Dr. Ballam, an avid cyclist who rides approximately 80 miles per week, enjoys helping out with the event in whatever way he can.

"I help with the support and gear (SAG) stations, distribute materials and recruit volunteers from the University," he said. "I like knowing that we are getting together as a group and we're contributing to the community and the health profession."

Like Dr. Ballam, Randal Michelson, a fourth-year medical student, was

also an organizer and a participant, and has long ties to the race, which his uncle helped found. Michelson helped design this year's route.

"What is great about Bike for the Brain is that it's an urban course, and it's one of the only rides like it in Kansas City," said Michelson, who biked the 75-mile route. "Riders get to ride all over the city, from the River Market to Olathe."

Another KCUMB student who volunteered to help with the race was Geoff Comp, a first-year medical student. Comp is one of his class representatives for the FIT Doctor's Association and is an avid cyclist.

Comp organized practice rides for students and helped get students registered for the ride.

"I volunteered to organize practice rides on Sunday afternoons," Comp said. "Several of us committed to rid-

ing the shorter 25-mile course, but it actually ended up being close to 33 miles.

"It was great to go out and represent KCUMB," Comp added. "I think we let the community know that KCUMB really wants to be involved in the community and help out whenever we can."

More than 20 KCUMB riders proudly donned KCUMB jerseys for the event. Next year, Dr. Ballam said he plans to have a rest station right on the KCUMB campus, so other riders can see the University's commitment to community and mental health awareness.

To those considering riding in future events, Michelson has a few words of encouragement.

"Start small, in terms of distance and equipment," he said. "Don't be afraid to challenge yourself. You never know how far you will go." ●

Bike for the Brain participants make their way down Woodland Avenue, adjacent to the KCUMB campus.



19th Annual Golf Outing Raises Money to Benefit Score 1 for Health Program

Nearly 160 golfers teed off June 21 at Loch Lloyd Country Club in Belton, Mo., each with a good cause in mind – helping to provide free, comprehensive health screenings for more than 30,000 children in the Kansas City area.

“What continues to amaze me about Score 1 for Health is the number of children it impacts, and along the way, the number of our students it also impacts,” said Beth Dollase, vice president for advancement. “It is truly a win-win situation for both the children Score 1 serves and for KCUMB’s osteopathic medical students.”

The Deron Cherry Celebrity Invitational Golf Tournament grossed more than \$100,000, and net proceeds from the event and its associated auction will go to support Score 1 for Health. The event’s presenting sponsor was Bayer.

Next summer’s event, scheduled for June 19, 2012, will mark the 20th annual Deron Cherry Celebrity Invitational Golf Tournament. Given the large number of people it takes to organize the tournament and make sure it runs smoothly each year, the anniversary represents a significant achievement.

“It is astonishing the number of people who have been involved since

the very first tournament,” Dollase said. “Twenty years is a huge commitment to a cause and it’s not a small task.”

For more information on how

you can participate in the 2012 event, contact Beth Dollase, vice president for advancement, at 816-654-7282 or bdollase@kcumb.edu. ●



KCUMB Students Receive Special Recognition from Kansas City’s Mayor

Kansas City University of Medicine and Biosciences’ students received special recognition by the City of Kansas City’s Office of Civic and Community Engagement for their dedicated volunteer efforts on Sept. 29 at the Kansas City (Mo.) City Hall.

During the City Council’s legislative session, nine members of KCUMB’s Advocates for Diversity in Medicine club joined Mayor Sylvester James, Jr., to be honored for their contributions to the community.

Advocates for Diversity in Medicine began a program during the summer that provided weekly activities for neighborhood youth of the Riverview

community, located just north of KCUMB’s campus. When the academic year began, club members continued to be mentors and build relationships with the youth by re-directing the program from summer activities to educational activities.

Mayor James called all volunteers to come forward and stand with him as a resolution was passed to recognize their community service efforts.

“I extend them the courtesy to come up and take a bow in public, in front of the cameras, not behind,” he said. “You’ve done so much work behind camera, you certainly deserve to be in front for one moment, if not longer.” ●



Kansas City Mayor Sylvester James, Jr., honors KCUMB students and others for their volunteer efforts. Students pictured are: Hung Pham, Kameelah Rahmaan, Kristine Domingo, Tomia Hines, Thi Vo, Sarah Pearl, Daniella Gayer, Merlin Sunny and Angela Fenton.

Trip to Mexico Provides Students Opportunity to Hone Medical, Spanish Skills While Helping Others

By Sadie Clement

For most, a trip to Mexico means sun, fun and relaxation. For 10 KCUMB students, it was anything but. Soggy weather, political protests, delays and washed-out roads made for many road-blocks but their spirits could not be dampened.

On July 12, the jet-lagged students touched down in Oaxaca, a large mountainous city in southwestern Mexico. The students' trip was organized by The Arm of the Lord, a ministry that sets up missions in and around Oaxaca. The trip was also sponsored by Gene Flannery, who teaches medical Spanish at KCUMB.

On the first day of the 10-day trip, the eager group loaded up with supplies – Tylenol, calcium supplements and various other items – and headed out to a local orphanage, which housed approximately 40 children and special-needs adults.

Philip Napolitan, a first-year medical student, said the group used the experience of the first day to practice both their medical skills and their Spanish.

"It proved to be a great first-day warmup for us in practicing our medical Spanish-speaking skills while helping the patients," he said.

The second day of clinics hit a major roadblock, literally. The group was set to visit two clinics and spend the night in a remote, mountainous community.

"A couple of hours into our trip, traffic slowed down to a sudden stop," Napolitan recalled. "Ahead, several machete-wielding farmers were blocking the road. They would not let any cars pass."

After eight hours of sitting on the side of the road, the group admitted defeat and headed back to Oaxaca.

The next day, the group headed into the mountains in hopes of reaching the



village without incident. For their effort, the group was met by 50 welcoming villagers. The team addressed many health issues, including proper diet and the importance of vitamins.

While group members were thrilled to put some of their skills to use, many felt frustrated they couldn't do more for their patients. With limited time and supplies, the group couldn't do much more than offer pain relievers and vitamins.

"A woman came in complaining of pain in her abdomen," Napolitan said. "The pain was caused by a buildup of scar tissue. It was hard to have to tell the woman there was nothing we could do for her."

Racquel Skold, also a second-year medical student, shared Napolitan's outlook.

"While we may not have been able to help many of the patients, I hope the patients benefitted even if it was just from seeing a kind face and someone to listen to their concerns," she said.

The fourth day of clinics proved to be no less difficult. The group was met with yet another roadblock – this one made by Mother Nature. After a treacherous, bumpy ride up the mountains, the group was met by washed-out roads

too dangerous to navigate and had to turn around.

On the fifth day, the group was told they would be treating a community living on the outskirts of a local trash dump.

"We saw a patient that day that I will never forget," Napolitan said. "A 30-something-year-old man came in and told us he had some jaw pain. He explained that several years ago he fell while doing construction and landed on his face. He said he had been living with the

pain ever since. It was really frustrating because there was nothing we could do for him but give him some Tylenol. The whole trip really put into perspective the futility of short-term medicine and the need for long-term care."

On their last day of clinical work, the group visited a summer orphanage.

"Our medical director suggested we do a women's education class and a puberty program for the younger girls," Skold said. "We came up with a basic lesson plan and presented it to a group of girls ages 11-18. We taught them about puberty, women's health issues and how to be proud of themselves as women. A woman at the orphanage told us the girls had no formal education on the subject. There was some laughing and giggling, but overall it went really well."

While the students experienced many setbacks and frustrations, they remain happy to have had the opportunity to help.

For Napolitan, the trip has sparked new interest in future medical missions.

"I'm very proud of the trip, in general," he said. "I can see that it was an incredible opportunity. I hope I'm able to continue to serve in other medical ministries." ●

Medical Student Provides His Children a Valuable Lesson in Following Their Dreams

Getting through medical school at Kansas City University of Medicine and Biosciences is a tremendous accomplishment. Getting through medical school with five young children and a wife at home is even more remarkable.

James Smith, a third-year medical student, is proving it can be done. From an early age, the 33-year-old Idaho native dreamed of becoming a doctor. However, the first degree Smith earned was from a vocational school in information technology. He worked as a computer technician for 10 years, choosing to ignore his calling to medicine in favor of spending more time with his growing family.

“My path to medical school wasn’t a direct one,” Smith said. “I started to realize that I wanted to set a different kind of example for my children. I had already taught them responsibility through my work as an IT professional. It was now time to teach them how to achieve their dreams, so I decided to pursue my dream of becoming a physician.”

Taking his first step toward fulfilling that dream, Smith enrolled in undergraduate courses in early 2007 at Idaho State University. In May 2009, he graduated from ISU with a four-year degree.

“A few of my friends at the time I graduated were KCUMB graduates,” he said. “They were always telling me how great the University was. Because of their influence and my belief in the osteopathic philosophy, KCUMB was my first choice of medical schools,” Smith said. “After I interviewed at the University, I knew this was where I wanted to be. KCUMB was everything I had dreamt it would be.”

Two weeks before beginning medical school, the Smith family welcomed its fifth child into the world.

“The first two years of medical school were pretty hectic,” Smith said. “I would wake up at 5 a.m. to study for a couple of hours and then go to school. I’d go to school all day long, and then get home at 5 p.m. to cook dinner and help the kids with their homework. We would put the kids to bed at 9 p.m., I’d try to spend some time with my wife, then go to bed at 11. The next day, I would get up and do it all over again.”

Smith tried to get some extra study



time on weekends and early in the mornings, but said family time was always his first priority.

“I always say, ‘It’s not the quantity of time you spend studying, it’s the quality of the time you spend studying.’ I just know how to get a lot more done in a lot less time.”

His family has been relying a lot on student loans to get by. He is also the recipient of the Darin Haug, D.O. (COM ’01), and Sarah Haug Family Physicians’ Hall of Sponsors Scholarship.

“Finding out I had been awarded the scholarship was the best news I had received in a long time,” Smith said. “It took a lot of pressure off my family. Because of the scholarship, I’ve been able to afford books I didn’t have. I was able to sign my oldest son up for a sport. It made a big difference on our lives.”

Dr. Haug, who serves as KCUMB’s executive vice president for academic and medical affairs and dean of the College of Osteopathic Medicine, said Smith is very deserving of the scholarship.

“James embodies all we look for and value in a student and physician,” Dr. Haug said. “He will be a fine doctor – a doctor that anyone would want as their physician. He’s just a tremendous person and an excellent student.”

Smith hopes to practice family medicine, possibly in a rural area. ●

Another Class Starts the Journey at KCUMB



Kansas City University of Medicine and Biosciences-College of Osteopathic Medicine officially welcomed 255 incoming first-year medical students Aug. 4 with the University’s 15th White Coating Ceremony.

Missouri Comets Soccer Team Chooses KCUMB as Official Medical Provider

Kansas City University of Medicine and Biosciences and the Missouri Comets indoor soccer team have reached a three-year agreement for the University to serve as the team's official medical provider.

John Dougherty, D.O. (COM '92), associate dean for clinical education and medical affairs, and professor and chair of family medicine, sees the new joint venture as an opportunity for KCUMB's medical students and residents to get additional treatment experience while working with both professional athletes and Kansas City children through the Comets Youth Soccer Camp programs.

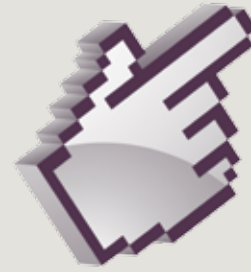
"KCUMB has a strong sports heritage and we look forward to being even a small part of the Comets drive to win the Major Indoor Soccer League cham-






ampionship," said Dr. Dougherty, who serves as the head team physician. "We are equally excited for the opportunity to provide clinical experiences for KCUMB osteopathic medical students and residents." Gregory Barnhill, D.O. (COM '79), serves as the head orthopedic team physician for the Missouri Comets, and he was instrumental in helping establish KCUMB's partnership with the team.

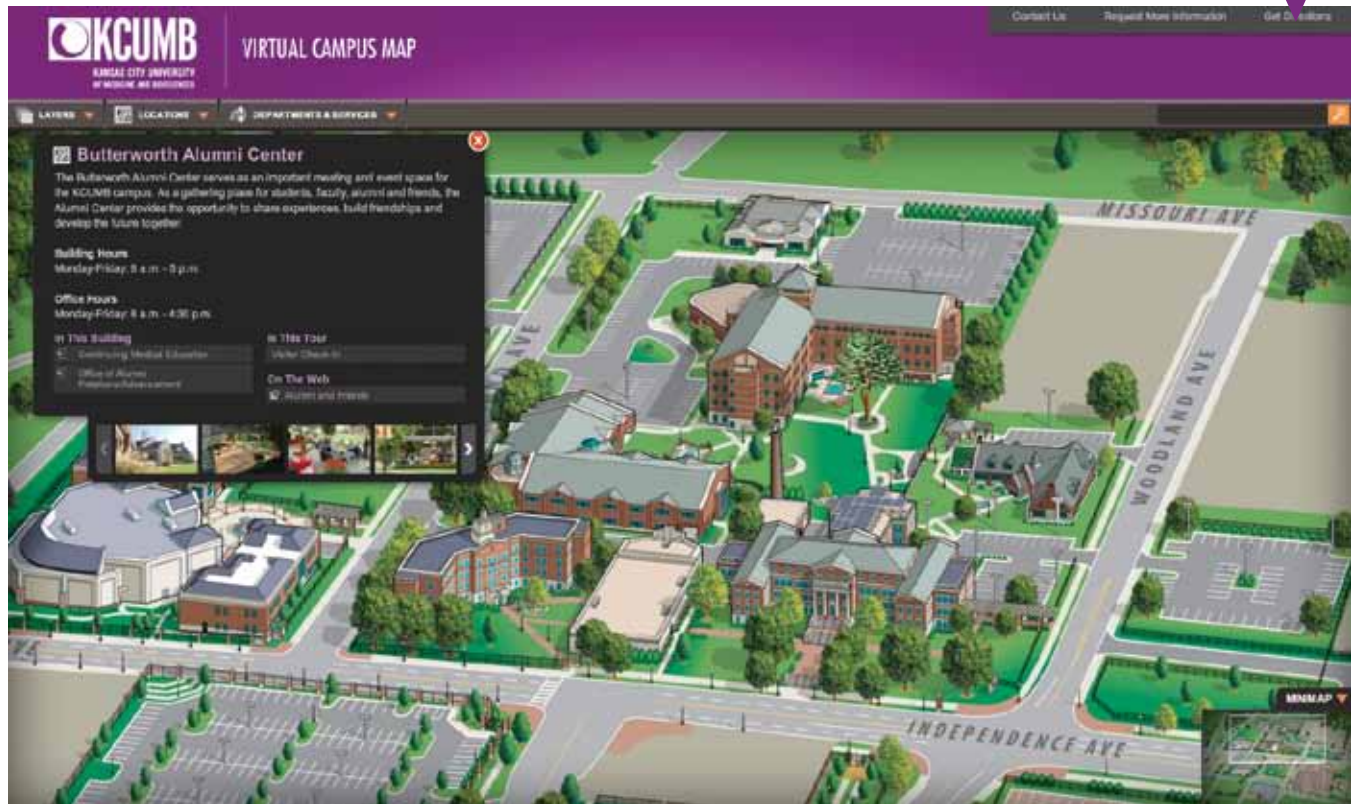
"Our guys play hard and no matter how hard we try to prevent it, there are going to be some bumps and bruises along the way," said Brian Budzinsky, president of the Comets. "I'm delighted to know that when that happens, the staff at KCUMB will be there to get them back to playing shape as quickly as possible." ●

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Thanks to computer-aided illustrations developed from an aerial photograph, visitors to KCUMB are now able to get a more realistic, detailed view of the campus to help themselves get around. In addition, the online version of the map, below, allows visitors an interactive experience, with the ability to click on individual buildings to learn more specific information, such as building hours, departments and more. View the new map at www.kcumb.edu/map.



Students Learn Anatomical Drawing Thanks to Teaching Award

Thanks to the 2011 Mamie E. Johnston, D.O., FACOP, Creative Medical Art in Teaching Award, established by Betty Jo White, D.O. (COM '63), FACOS, 20 KCUMB medical students were able to further their knowledge Oct. 24-26 by creating anatomical drawings from a live model. Rachel Mindrup, right, a professional illustrator, taught the sessions.



KCUMB Announces Newest Student Ambassadors, Student Government Officers

Student Ambassadors

Kansas City University of Medicine and Biosciences recently announced the following individuals have been named as student ambassadors for the Class of 2015:

Andrew Anderson	Melissa Hager	Marcello Migliore
Daniel Barrera	Joshua Harbaugh	Scott Mueller
Connor Cooper	Jeffrey Harbold	Lindsey Nazarek
Rachel Erickson	Benjamin Hermanson	Tyler Padgett
Nicole Farrell	Emily Justin	Sarah Pearl
Emily Fauth	Dianne Kopp	Jacob Pfeiffer
Mary Beth Fisher	Kaitlyn Kulesus	Brandon Roe
Greg Grenier	Douglas Later	Cory Shield

Student Government Officers

KCUMB also recently announced the following new officers of the Student Government Association:

College of Osteopathic Medicine, Class of 2015

Kristofer Koenemann, president	Geoffrey Comp, senator
Lindsey Nazarek, vice president	Nicholas Kaup, senator
Amanda Osterloh, secretary	Mckenna Li, senator
Matthew Tick, treasurer	Sagar Pathak, senator
Andrew Berry, senator	Crystal Worsena, senator

Bioethics Program, Class of 2012

William Engle, president	Brenton Priest, vice president
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Biomedical Sciences Program, Class of 2012

Adam Peterson, president	Casey Mehrhoff, vice president ●
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class notes

1960s

• **Douglas Wood, D.O.** (COM '66), Ph.D., was awarded the Walter F. Patenge 2011 Medal of Public Service May 26 by the Michigan State University College of Osteopathic Medicine's College Advisory Council. Dr. Wood currently serves as senior vice president for academic affairs at A.T. Still University and was founding dean of A.T. Still University's School of Osteopathic Medicine in Arizona from 2005 until 2010.



• **Larry Richards, D.O.** (COM '67), was recognized earlier this year as a Distinguished Fellow by the American Psychiatric Association.

1970s

• **Ray Stowers, D.O.** (COM '73), was chosen in July as the president-elect for the American Osteopathic Association. Dr. Stowers currently serves as vice president for health sciences and dean of the Lincoln Memorial University-DeBusk College of Osteopathic Medicine in Harrogate, Tenn.

• **Joseph Yasso, Jr., D.O.** (COM '77), was re-elected in July to the American Osteopathic Association's Board of Trustees. Dr. Yasso is medical director at Heritage Physicians Group in Independence, Mo.

• **Schild Wikas, D.O.** (COM '79), was recently chosen

as a recipient of the Master Faculty Award, the highest teaching honor given at the Ohio University College of Osteopathic Medicine in Athens, Ohio. Dr. Wikas, a clinical professor of dermatology at Summa Western Reserve Hospital, is president of the Ohio Osteopathic Association and has a private dermatology practice in Kent, Ohio.

1980s

• **David Vogt, D.O.** (COM '80), was featured in an April article in the *Frazer-Vergas Forum* that highlighted a February trip he made to Guatemala for a two-week medical mission with DOCARE International. Dr. Vogt teamed up with a group from KCUMB, including his daughter, Emily, who has since graduated.

• **Robert Juhasz, D.O.** (COM '81), was re-elected in July to the American Osteopathic Association's Board of Trustees. Dr. Juhasz is medical director of Cleveland Clinic's Willoughby Hills Family Health Center in Athens, Ohio.

• **Stephen Nesbit, D.O.** (COM '81), was named chief medical officer Sept. 6 for Via Christi Hospitals in Wichita, Kan. Dr. Nesbit has 29 combined years of experience in clinical practice and physician leadership roles. He had previously served as senior vice president and chief medical officer for St. John's Regional Medical Center in Joplin, Mo.

• **Karen Nichols, D.O.** (COM '81), **Sandra Willisie, D.O.** (COM '83), **Gail**



Dustin Afshar, center, receives an academic hood from Robert Stephens, Ph.D., right, associate dean for the College of Biosciences, and Jason Wassermann, Ph.D., left, associate professor of bioethics, during Commencement ceremonies July 26 for KCUMB's College of Biosciences. A total of 23 students accepted their master of arts in bioethics degrees, and 21 students earned master of science in biomedical sciences degrees.

Fancher, D.O. (COM '84), **Diane Bourlier, D.O.** (COM '87), are among several KCUMB alumni highlighted in "The Feminine Touch: Women in Osteopathic Medicine," which tells the stories of prominent female osteopathic physicians of the past century.

- **Marc Cote, D.O.** (COM '82), is currently the vice president of the Washington Osteopathic Medical Association.

- **C. Robert Badger, Jr., D.O.** (COM '85), was recently named as medical director at Crescent Community Health Center in Dubuque, Iowa.

Dr. Badger is a family physician and previously practiced at Fort Madison Physicians and Surgeons.

- **Gregory Mears, D.O.** (COM '85), is currently the president of the Kansas Osteopathic Association. Dr. Mears' one-year term will expire in April 2012.

- **Michael Cook, D.O.** (COM '88), earned a master of business administration in December 2010 from the University of Tennessee.

- **Lynne Stockman, D.O.** (COM '89), was recognized in the September issue of *Hampton Roads Monthly* as

one of the magazine's 2011 "Super Doctors" in general and family medicine. Dr. Stockman specializes in family medicine at North Suffolk Family Medicine in Suffolk, Va.

1990s

- **Gregory Bloxdorf, D.O.** (COM '90), was recently chosen as a recipient of the Master Faculty Award, the highest teaching honor given at the Ohio University College of Osteopathic Medicine in Athens, Ohio. Dr. Bloxdorf, a clinical professor of emergency medicine at St. John Medical Center, is a past president of the Ohio

Osteopathic Directors of Medical Education.

- **Mary Franz, D.O.** (COM '90), has been elected to serve as the next president of the Kansas Osteopathic Association. Her one-year term as president will begin in April 2012.

- **David Grinbergs, D.O.** (COM '90), joined Team-Health on June 1 as president of the emergency medicine division. Dr. Grinbergs previously served the largest division of EmCare, Inc., as chief executive officer.

- **John Dougherty, D.O.** (COM '92), associate dean

Don't Miss It!

Make Plans Now for KCUMB's 2012 Homecoming

September 19-22

Don't miss out on your opportunity to reconnect with former classmates Sept. 19-22, 2012, during KCUMB's annual Homecoming celebration.

Your time at the University not only prepared you for a rewarding career, but also created lasting friendships and an enduring connection to KCUMB. Celebrate your achievements by returning to KCUMB to reminisce, tour the beautiful campus, participate in reunion gatherings and earn CME credits.

Watch for More Details in the Spring!

To learn more, visit www.kcumb.edu/homecoming or contact the Advancement Office at 800-234-4847 ext. 7280.



We Need Your Help!

KCUMB's 2012 Homecoming celebration will pay special tribute to the classes of 1957, 1962, 1967, 1972, 1977, 1982, 1987, 1992, 1997, 2002 and 2007.

If you would like to help plan a memorable event for your classmates by serving as a reunion chair, please contact Kim Gasper, assistant director of alumni programs, at 816-654-7287 or kgasper@kcumb.edu. Your efforts will make a difference!

for clinical education and medical affairs, and professor and chair of family medicine at KCUMB, wrote an article, entitled “The Anatomical ‘Core’: A Definition and Functional Classification,” which was published in the September/October issue of *Osteopathic Family Physician*.

● **Joseph Burkhardt, D.O.** (COM '95), was chosen in August as one of “15 Great Physicians in Michigan” by *Becker's ASC Review*. He was also recognized as one of the top 70 knee surgeons in the United States by *Becker's Orthopedic, Spine & Pain Management Review*. Dr. Burkhardt is an orthopedic surgeon and practices at Great Lakes Bone & Joint in Battle Creek, Mich.

● **Van Tran, D.O.** (COM '95), recently joined the staff at Shawnee Mission Primary Care at Shawnee Crossings, located in Shawnee, Kan.

● **Douglas Jorgensen, D.O.** (COM '96), has earned fellowship recognition from the American Academy of Osteopathy, which conferred the honor upon him during ceremonies March 19 in Colorado Springs, Colo. Dr. Jorgensen practices in central Maine and is a clinical faculty member at Dartmouth Medical School and the University of New England.

● **Douglas McLaughlin, D.O.** (COM '97), currently serves as medical director and chairman of the Department of Psychiatry at Huron Hospital Cleveland Clinic. Dr. McLaughlin is a board-certified psychiatrist.

● **Thomas Seastrunk, D.O.** (COM '97), was named president of the Brain Injury Alliance of South Carolina earlier this year. Dr. Seastrunk also serves as associate professor at the University of South Carolina School of Medicine.

● **Rachael Mergenmeier, D.O.** (COM '98), was one of five physicians from across the country honored by the American Osteopathic Association as a finalist for the organization's 2011 Mentor of the Year Award. Dr. Mergenmeier practices at Doctors Express in Creve Coeur, Mo.

● **Bradley Vince, D.O.** (COM '98), greatly expanded clinical research capabilities earlier this year at Vince & Associates Clinical Research in Overland Park, Kan., with the opening of two new facilities offering more than 100 new research beds.

2000s

● **David Rosenthal, D.O.** (COM '00), earned a doctor of philosophy (Ph.D.) in molecular medicine May 26 from the Elmezzi Graduate School of Molecular Medicine. As part of the program, Dr. Rosenthal studied immune responses to human papillomavirus (HPV), and his thesis helped explain how HPV evades the normal immune response. He currently serves as clinical director for the Center for Young Adult, Adolescent and Pediatric HIV at North Shore-Long Island Jewish Health System in New York and practices adult, adolescent and pediatric allergy, asthma and clinical immu-



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- Share your personal or professional accomplishments
- Post photos and videos that may interest colleagues
- Get updated news about the University
- Get exclusive updates and offers
- Participate in the discussion and win prizes

Post a Comment and Enter to Win!

How did you give back to help others during this holiday season?

Post your thoughts on our Facebook page for a chance to win a KCUMB gift bag. Winners will be randomly selected from all who post a comment by Jan. 12, 2012, and winners will be announced on Facebook.



Kim Gasper
 Assistant Director of Alumni Programs
 Call: 816-654-7287
 Email: kgasper@kcumb.edu

“I’ll be on our KCUMB Alumni Facebook page regularly to answer your questions and listen to any suggestions you may have. I can’t wait to hear from you.”

nology as part of the North Shore Medical Group.

● **James Cabeen, D.O.** (COM '01), is a physician practicing primary care, emergency medicine and obstetrics/gynecology in Sitka, Alaska.

● **Steven Foote, D.O.** (COM '01), recently joined Cox-Health Center Republic in Republic, Mo., as a family physician.

● **D. Gabriel Polk, D.O.** (COM '01), was installed as president of the Tennessee Osteopathic Medical Association in April during the organization's annual convention. Dr. Polk is a staff physician in the emergency room at Wayne Medical Center in Waynesboro, Tenn., and holds the rank of major in the Tennessee Army National Guard Medical Command.

● **Mark Van Ess, D.O.** (COM '03), recently joined St. John's Clinic-Ear, Nose & Throat in Springfield, Mo. Dr. Van Ess is board-certified in otolaryngology-head and neck surgery.

● **Jarrold Buresh, D.O.** (COM '05), recently joined St. Luke's Pavilion Surgical Associates in Duluth, Minn. Dr. Buresh completed a residency in surgery at Henry Ford Wyandotte Hospital in Wyandotte, Mich., where he served as chief resident.

● **Jenny Griffin, D.O.** (COM '05), recently joined Cox-Health Center Campbell in Springfield, Mo., as a family physician. Dr. Griffin completed a residency through Cox Family Medicine.

● **Adam Wait, D.O.** (COM '05), and **Amanda Wait, D.O.** (COM '05), joined the medical staff at Western Missouri Medical Center on

Take Advantage of Tax-Free IRA Transfers

Consider Making a Gift to KCUMB Today

As part of the Tax Relief, Unemployment Insurance Reauthorization and Job Creation Act of 2010, individuals 70 years or older may now make tax-free transfers to KCUMB up to \$100,000 from an IRA.

To qualify, gifts must be made no later than Dec. 31, 2011, and the gifts fulfill some or all of an individual's required minimum distribution without increasing that person's taxable income.

For more information on how you can help KCUMB through your IRA, please contact Ted Place, executive director of alumni development, at 816-654-7286 or tplace@kcumb.edu.

Sept. 1. Dr. Adam Wait is an orthopedic surgeon and completed a fellowship in sports medicine, and joined the practice of Western Missouri Bone & Joint. Dr. Amanda Wait specializes in obstetrics and gynecology and joined the practice of Western Missouri Women's Health Center.

School of Medicine in Atlanta, where he served as chief resident. Dr. Darko is currently completing a fellowship in surgical critical care and trauma through the University of Miami.

● **James Hammond, D.O.** (COM '06), completed a residency in orthopedic surgery in July and was recently selected as the first shoulder and elbow fellow at the prestigious Rush University in Chicago. Dr. Hammond is a lieutenant commander in the U.S. Navy and will return to serve at Naval Medical Center Portsmouth, Va., as a staff orthopedic surgeon following completion of the fellowship.

● **Eric Hewitt, D.O.** (COM '06), currently serves as a family physician for Fleet Surgical Team 5 aboard the USS Makin Island, a U.S. Navy amphibious assault ship.

● **Mary Carneval, D.O.** (COM '06), completed a residency in general surgery in June at South Pointe Hospital in Cleveland.

● **John Clayton, D.O.** (COM '06), recently joined the medical staff at Mason General Hospital Surgery Clinic and Mason General Hospital. Dr. Clayton completed a residency in general surgery at Garden City (Mich.) Hospital and specializes in men's and women's breast health, hernia, gallbladder and other types of general surgery.

● **Nii-Daako Darko, D.O.** (COM '06), completed a residency in general surgery in June at the Morehouse

● **Natalie Kamberos, D.O.** (COM '06), was awarded a \$50,000 Hyundai "Hope on Wheels" grant June 29 for



Megan Warhol, a second-year medical student, meets with a hospital representative Sept. 16 during KCUMB's Hospital Day, which allows students to learn more about internship and residency opportunities available. Thanks to new facilities, KCUMB was able to host Hospital Day on campus this year for the first time.

her work on novel treatments of childhood lymphomas and leukemias. Dr. Kamberos is a hematology, oncology and immunology fellow at University of Iowa's Children's Hospital.

● **Renee Volny, D.O.** (COM '06), completed a fellowship in health policy leadership in July through Morehouse School of Medicine's Satcher Health Leadership Institute. Dr. Volny completed a residency in obstetrics and gynecology in June 2010.

● **Chad McClintick, D.O.** (COM '07), was among the authors of an article, entitled "Isoflurane Preconditioning Involves Upregulation of Molecular Chaperone Genes," which was published in *Biochemical and Biophysical Research Communications* earlier this year. Among other authors were **Norbert Seidler, Ph.D.**, professor and chair of biochemistry at KCUMB, and **Christopher Theisen, Ph.D.**, academic assistant and instructor for biochemistry.

● **Jason Bessey, D.O.** (COM '08), and his wife, **Lauren Bessey, D.O.** (COM '08), both joined the Carondelet Medical Group's Sahuarita, Ariz., office on Oct. 3 as family physicians.

● **John Brand, D.O.** (COM '08), recently joined St. John's Clinic in Ozark, Mo. Dr. Brand completed a residency with the Oklahoma State University College of Osteopathic Medicine / Medical Center of Southeast Oklahoma Osteopathic Program.

● **Jennifer Cheng, D.O.** (COM '08), recently joined

Via Christi Medical Associates after completing a residency at the Via Christi Family Medicine Residency Program through the University of Kansas School of Medicine in Wichita.

● **Katie Dias, D.O.** (COM '08), was mentioned in "Home Remedy: A Small Town Solves Its Physician Shortage," an article in the September issue of the *Atlantic*, which details how the small town of Albany, Mo., created an incentive program to get physicians and nurses to return to their town to practice. Dr. Dias completed a residency in family medicine in June at Research Family Medicine in Kansas City, Mo., and currently serves as a family physician at Northwest Medical Center's Grant City clinic.

● **Kristi Moore, D.O.** (COM '08), recently joined Patients First Health Care in Eureka, Mo. Dr. Moore completed a residency in internal medicine at Des Peres Hospital in



KCUMB recently installed a new pedestrian crosswalk along Independence Avenue, making it safer for students to cross the busy, four-lane street. The crosswalk flashes red when activated by a pedestrian.

St. Louis, where she served as chief medicine resident.

● **Luke Shaw, D.O.** (COM '08), recently joined St. John's Clinic – Family and International Medicine.

● **Rebecca Smith, D.O.** (COM '08), recently joined Associates in Family Health Care in Lansing, Kan. Dr. Smith completed a residency in family medicine at St. John's Mercy Medical Center in St. Louis.

PASSAGES

● **George B. Powell, D.O.** (COM '55), Oct. 27, 2011

● **Charles H. Smith, D.O.** (COM '56), April 14, 2011

● **C. Edwin Everett, D.O.** (COM '58), Feb. 17, 2011

● **Francis J. Natolis, D.O.** (COM '58), Oct. 7, 2011

● **Marcelino Oliva, Jr., D.O.** (COM '64), July 8, 2011

● **Bernard B. Dailey, D.O.** (COM '65), Aug. 28, 2011

● **Ralph A. Marcom, D.O.** (COM '66), Oct. 13, 2010

● **Aaron R. Mason, Jr., D.O.** (COM '66), July 15, 2011

● **Bobby J. Waldrop, D.O.** (COM '66), Nov. 25, 2010

● **James D. Wheeler, D.O.** (COM '66), Nov. 10, 2011

● **Alfred Gilgore, D.O.** (COM '67), May 10, 2011

● **Adam G. Paoni, D.O.** (COM '71), Nov. 30, 2010

● **James A. Carlson, D.O.** (COM '73), July 3, 2011

● **Lyle R. Moss, D.O.** (COM '78), Sept. 30, 2011

● **Christopher S. Murray, D.O.** (COM '81), Oct. 20, 2011

● **Michael W. Ernst, D.O.** (COM '91), April 11, 2010

● **Charles K. Webb, D.O.** (COM '95), March 6, 2011

● **Karen L. Pletz, J.D.**, 11th president, Nov. 22, 2011

Last Look

Lights, Camera, KCUMB!

Dozens of KCUMB faculty, staff and students participated in video shoots on campus in early October, highlighting all that the University has to offer prospective students.

When completed later this winter, the series of six short videos will be posted on the University's website as a student recruiting tool for the master of arts in bioethics and master of science in biomedical sciences programs. Look for the videos in early 2012 at www.kcumb.edu.



Photography by Bob Greenspan and Cortney Christensen

*Make a lasting impact for generations to come
as a member of the*

Heritage Society

- Would you like to reduce or avoid paying estate taxes?
- Would you like to make a charitable gift to KCUMB that makes payments back to you?
- Would you like to use a life insurance policy to benefit KCUMB while getting a yearly tax deduction for your premium payment?

The Heritage Society was established to honor those individuals whose gift plans set a firm foundation for the long-term financial health of Kansas City University of Medicine and Biosciences, and for the University's continued ability to support students as they pursue degrees in osteopathic medicine, bioethics and biomedical sciences.

For more information, please contact Ted Place, executive director of alumni development, at 816-654-7286, tplace@kcumb.edu, or visit www.kcumb.edu/plannedgiving.

Please note: Kansas City University of Medicine and Biosciences does not provide tax or legal advice. Gift calculations may be provided for illustrative purposes only, and the actual values may vary based upon the timing and nature of your gift. Advice from legal and tax counsel should be sought when considering a charitable gift of any kind.

**A Gift Passed From One
Generation to the Next**





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calendar of events

**Note: All dates subject to change without notice.*

Dec. 19-Jan. 2, 2012

Winter Holiday Break,
KCUMB Closed

Jan. 3

Osteopathic Medical Students and
Bioethics Students Return to Classes

Jan. 16

Martin Luther King, Jr., Day,
KCUMB Closed

Jan. 17

Biomedical Sciences Students
Return to Classes

Jan. 24

KCUMB Alumni Association
Board Meeting

Jan. 24-25

KCUMB Board of Trustees Meeting

Jan. 26-29

Missouri Association of Osteopathic
Physicians and Surgeons Winter
Scientific Seminar

Feb. 9-25

KCUMB DOCARE Mission Trip

