



ILLINOIS ACADEMY OF
FAMILY PHYSICIANS
Devoted to Advocacy, Education & Action

ILLINOIS FAMILY PHYSICIAN

VOLUME 68, ISSUE 2
MAY/JUNE 2017

Published by the Illinois Academy of Family Physicians
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2017 Match Means Mixed Results for Illinois



IAFP student board member Emily Graber shows off her Match letter. The UIC student matched to UIC Family Medicine Residency



President's Message

Donald Lurye, MD, FAAFP

As we have seen recently, change can come at either a snail's pace or like a jackrabbit, especially in health care. We are currently experiencing the slow roll out of the transition to the new Medicare payment model created under MACRA. Feverish legislative activity continues in Washington, D.C.

For many years, our IAFP has operated with an annual policy-making mechanism, the All Member Assembly. In addition to the regular work of IAFP committees and the IAFP Board of Directors, the Assembly provided an annual opportunity for any member in good standing to submit a resolution for consideration to the Academy. Members could deliberate the resolutions and vote yea or nay on each one. But you had to be there in person to participate. Then we were done for another full year! Data from the past few years of All-Member Assembly attendance shows that anywhere from 30 to 70 voting members have attended each of the past eight years. That's a small segment of our 2,700 active members.

Your IAFP board meets four times per year. We met February 17 and May 17, and will meet again on August 5 and October 5. How can we receive timely input from members and focus on your issues in a more proactive way? We strive to keep our members informed via our electronic communications and our web site. So why not have our members keep us informed via those same digital connections?

We surveyed active members in Spring 2016 to gauge their enthusiasm and confidence in a more ongoing, tech-enabled process for accepting and facilitating member input directly to the board.



Of those who took the survey, more than half had attended at least one All Member Assembly. About a fifth of respondents were New Physician members. Eighty percent of respondents said they would like to vote electronically on resolutions. To give you some data with our online voting experience, IAFP has used online voting for our Board of Directors elections since 2009. Anywhere from 102 to 164 members voted in any of those years, significantly more than attend our All Member Assemblies.

When asked how important it is for IAFP to enable direct member input to our leadership, 74 percent said it's "very important" and 23 percent said "somewhat important." I agree, it is very important. So how do we make this jump from the time honored, yet time-bound All Member Assembly to a more flexible and ongoing opportunity for members to provide input?

First, we had to publicly and formally dissolve the All-Member Assembly, which we did at our 2016 annual meeting last November. Next, the staff and board members developed and approved a variety of options for members to provide resolutions directly to IAFP for consideration. If it is a resolution that the author wishes IAFP to carry to AAFP via our delegates, IAFP has an AAFP Resolutions Task Force that will review it, work with the author, and then bring a recommendation to the IAFP Board for approval to move forward to AAFP.

IAFP surveys our active membership every two years, and 2017 is a survey year. We are working collaboratively with AAFP to ensure that our survey does not duplicate theirs, so please complete BOTH surveys. AAFP will share their data from Illinois members with our staff. You should see our IAFP active membership electronic survey via email in June. Please take the time to complete it. There will be a question where you can indicate if you have a resolution to submit, and our staff will follow up with you to gather your proposed resolution. The IAFP Board has an extensive meeting in early August, and this survey data will provide great direction for our discussions and actions to serve you.

Now it is time for members to engage on a policy making level. What do you need from your Academy to better serve your patients, or improve your efficiency and satisfaction with your family medicine practice? Utilize the president@iafp.com email to notify me of your idea. You will be able to work with our staff and appropriate committee leadership to develop a proposal for consideration. Make sure you include a phone number as well. It can be refreshing to tear away from the keyboard and pick up the phone for a productive conversation. Complete details of our new process are on page 8 and on our web site at www.iafp.com/board.

Since taking office in November, I have directly communicated with many members who have commented on AAFP and IAFP actions since the 2016 election. There is an "Email the President" button on our web site and I have used the president@iafp.com email address to facilitate thoughtful dialogue with many members.

I look forward to working with IAFP members from all career stages and practice locations throughout Illinois to gather their input. We know our members cannot always take the time away from work and family to attend our meetings. With this new format, you will not have to be present to be heard.



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IAFP News

Continued from page 1

activities that are important to me. I can continue doing what I love.”

Digging a little deeper, Graber enthusiastically described the traits that make UIC’s residency program the perfect fit for her.

- 1) The benefits of using her Spanish-speaking skills in caring for families
- 2) The encouragement and opportunities to advocate for patients.
- 3) Support to earn her Master’s in Public Health degree at UIC during her training
- 4) The reproductive health training opportunities available

When it comes down to it, Graber loves the people there, including Dakis. “People here are authentic and genuine in their work and their dedication to their patients. They are tenacious, even scrappy, in advocating for patients and the specialty.”

Although Emily’s dad and sister are emergency medicine physicians and her mom is a general pediatrician, a physician career was not a given. “At first I told myself I would definitely not go to medical school because I wanted to be sure I was forging my own path - but eventually I realized that the path I was forging on my own led me to medical school.”

Through her UIC experiences and the connections she made, and her passion for social justice issues, Emily found she was a fit for family medicine. “I thought from the beginning that family medicine was right for me, but going through my rotations in M3 year really cemented that for me. On that rotation, I really felt like part of the team. It was such a relief to feel like I had found my people.”

Her experiences with IAFP and as a student leader have been instrumental in her path, as well.

“Being a part of IAFP gave me so much fuel to the fire. Attending conferences like the AAFP National Conference of Students and Residents was incredible - I remember thinking I never would have expected a conference to be so inspiring and fun.”

As a student leader, and a member of the government relations and public health committees, she cites the incredible networking that the Academy provides. “Meeting physicians who are involved in the chapter gave me new role models and helped me see how I could shape my future career to fit my interests. I also often felt like I was getting a ‘behind the scenes’ view of real practice. Ultimately, what I learned through the IAFP convinced me to choose a residency program that could help me get an MPH in health policy.”



Profile of a Family Medicine Midwest Scholarship Success: Joanna Curran – Chicago Medical School – Matched to West Suburban Family Medicine Residency program in Oak Park.

Are there any other physicians in your family? My mom’s dad was an internist in Brooklyn and my uncle is a pediatrician in New Jersey.

Who were your role models or mentors in Medical School? Chicago Medical School has great family medicine and primary care trained professors, who are involved in the clinical courses. I maybe didn’t realize they were role

models for me at the time, but then reflecting back the over course of my education, they were. Also Dr. Naomi Parrella was a calming presence for me when I was working on my rank list. My mom works for a FQHC in LaGrange so she introduced me

to the needs of the underserved and been a role model for me in that sense.

Did you have an idea or a plan for your specialty when you entered medical school? I always thought primary care. I had a great relationship with my pediatrician growing up. I didn't have a real plan, but I always had a primary care flavor. I didn't really know what family medicine was until I experienced it third year.

When did you know that family medicine was right for you? Third year - once I finished the family medicine rotation, I loved the content. I loved the kids and adults and obstetrics and I realized I wouldn't have to pick and choose between patients. I also fell in love with underserved populations because of my work at Cook County Hospital. I found how active AAFP and IAFP and family physicians are in advocacy for the underserved. That pushed me towards family medicine.

How did the Family Medicine Midwest conference contribute to your appreciation for family medicine? I went during my second year – 2014 in Minneapolis, before I had been in any clinics. I remember looking at the schedule and the variety of topics, I realized you could do ANYTHING with family medicine. You can see any patient population – do research, clinics, national work. The conference opened my eyes to breadth and scope of what can happen in family medicine.

What attracted you to West Suburban? I did an outpatient rotation there early in my fourth year and had lots of exposure to attendees and residents there. I felt like I clicked with them. The fact they serve underserved patient populations drew me in. They have an FQHC as their continuity clinic and that's the kind of practice I want after I graduate. They have a strong OB training program, which is a gem in a big city.

Where do you hope to be five years after you complete your residency training? My goal is to work at an FQHC or an area of need. I love urban underserved medicine. The more I travel the more I realize what a Midwest person I am.

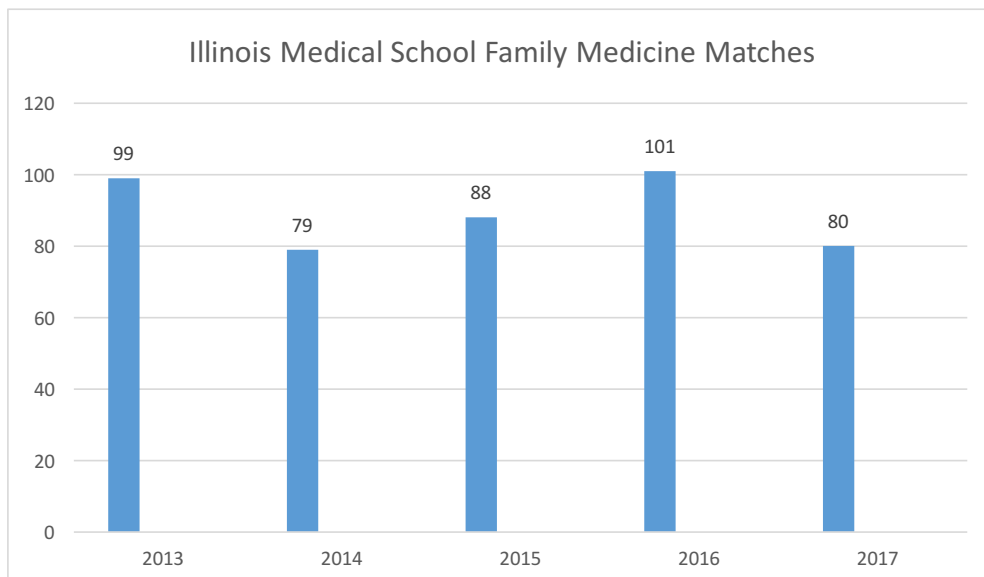
Before starting at West Suburban Family Medicine Residency, Joanna is doing a tour of the U.S. with family and friends, including natural wonders Yosemite National Park and the Grand Canyon.

State Snapshot

Illinois continues an uneven trend of producing family physicians in our allopathic medical schools.

The reports from Illinois allopathic medical schools shows fewer students matched family medicine in 2017, with 80 total family medicine graduates, and only 31 matching into an Illinois family medicine residency program. This is a significant drop from 2016, which had 101 overall family medicine matches and 43 of those matching into Illinois programs. Illinois also fell below the national rate of 8.8 percent of U.S. medical school graduates who matched into family medicine.

Here is a five-year snapshot of Illinois Allopathic Medical School Family Medicine graduates



View the full listing of Illinois allopathic schools 2017 Match totals here (<http://www.iafp.com/match-2017>). Every Illinois school had at least one graduate in family medicine, but for three medical schools, one was the total number of family medicine graduates. We are still awaiting information from Chicago College of Osteopathic Medicine from the 2017 AOA and NRMP matches.

According to NRMP, Illinois family medicine residency programs matched 98 percent of their positions (142/149). Fifty of them are U.S. allopathic graduates, 24 are osteopathic graduates, 42 are US - IMG students and 19 are IMGs.

Meanwhile, the Northwestern McGaw Family Medicine Residency program completed their third match and now has a full complement of 24 residents on board. This incoming class of eight interns boasts five graduates from Illinois allopathic medical schools.

National Results

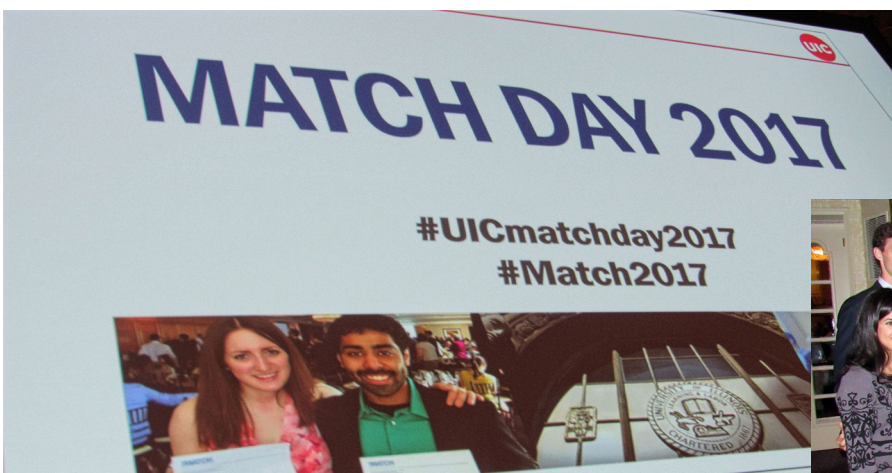
AAFP news and analysis from the national stage: <http://www.aafp.org/medical-school-residency/program-directors/nrmp.html>

Compared with 2016, U.S. family medicine residency programs in the 2017 NRMP Match:

- Offered 118 more positions (3,378 vs. 3,260)
- Matched 132 more students and graduates (3,237 vs. 3,105)
- Matched 49 more U.S. Seniors (1,530 vs. 1,481)
- Had a similar overall fill rate (95.8% vs. 95.2%)
- Had a similar fill rate for U.S. Seniors (45.3% vs. 44.4%)
- Offered 11.7% of all positions in the Match (11.7% in 2016)
- Matched 8.8% of all U.S. Seniors in the Match (8.7% in 2016)

IAFP continues its partnership with our residency programs in 2017 with two important events.

We are looking forward to the AAFP National Conference in Kansas City, where 21 Illinois programs have partnered to create one big Illinois Block Party in the exhibit hall and will host a reception on Friday, July 28, inviting all Illinois student attendees at the conference. Illinois will host the 2017 [Family Medicine Midwest Conference](#) Oct. 6-8 in Rosemont, which includes a residency fair and an expected student attendance of approximately 150 medical students from across the Midwest.



UIC's match party sign includes 2015 Family Medicine matches Kristina Dakis and Mustafa Alavi.



A group photo of UIC family medicine matches along with faculty members

Illinois sends full delegation to National Conference of Constituent Leaders

AAFP hosts an annual forum to spotlight the issues raised by under-represented members and their patients. The National Conference of Constituent Leaders (NCCL) unites delegates from chapters representing the special constituencies of women physicians, minority physicians, new physicians, international medical graduates and those who are LGBTQ or work with that patient population. This conference also serves as source to develop future Academy leaders, given their most frequently-used hashtags:

#inspirecreatelead
#FMrevolution

Illinois sent delegates for all five constituencies:
Rashida Downing, MD – Women physicians
Christina Wells, MD – Minority physicians
IAFP Board Member Tabatha Wells, MD - New Physicians
IAFP Second Vice President Monica Fudala, MD
- International Medical Graduate (IMG)
IAFP board member Santina Wheat, MD - LGBTQ

Lubna Madani, MD served as the convener of the IMG caucus, after being elected to the position at the 2016 NCCL. The conveners provide the organizational leadership for each constituency. That includes the orientation for first time attendees. “I remembered being in that position last year. And it was kind of surreal that I was now on the other side helping to mold and run the event,” she recalls.



National Conference of Constituency Leaders and IAFP Leaders. L to R: Santina Wheat, MD; Lubna Madani, MD; Monica Fudala, MD; IAFP President Donald Lurye, MD; Emma Daisy, MD (and son Lewis!), AAFP Speaker Javette C. Orgain, MD; Rashida Downing, MD and Tabatha Wells, MD.

Illinois delegates co-authored 17 of the 63 total resolutions, some of which were adopted by the Congress.

Illinois' contributions that were adopted addressed a wide variety of topics including:

- increasing CME opportunities on reproductive health care at AAFP events such as FMX and National Conference, which was reaffirmed as current AAFP policy
- request for AAFP to develop a toolkit giving family physicians practicing maternity care assistance when seeking privileges for maternity care and operative deliveries at hospitals.
- a resolution calling for eliminating the recertification exam as part of maintenance of certification, as many other specialties have done.
- supporting the Public Service Loan Forgiveness plan, specifically asking that the AAFP request set criteria to be followed when determining if a position is deemed qualified for the program.
- reaffirming support for Planned Parenthood and protecting federal funding
- creating a gender health educational toolkit
- breastfeeding support for family physicians while at work
- social justice framework for health policy
- nutrition education for family physicians
- maternity care and reproductive health care as covered essential health benefits
- oppose the defunding of sanctuary cities

Madani takes pride in representing members who work in urgent care settings. “I am in the small minority of family physicians who practice in the field of emergent/urgent care. Unfortunately, some of us are getting phased out. I helped co-author a resolution that the Academy create a legal opinion in support of family physicians practicing in the field of emergency medicine. After much debate, including me doing a mic drop (you had to be there), the resolution passed!”

The full reference committee reports can be found at this link [On-Site Business Documents](#). Adopted resolutions are forwarded to the Board of Directors and assigned to appropriate AAFP commissions. Any resolution to the AAFP Congress of Delegates will be reviewed first by the Commission on Membership and Member Services.

Madani concludes, “This meeting empowers, inspires, and rejuvenates like no other. Paraphrasing something written by Dr. Karla Lorraine (another amazing family physician at NCCL) – everything that matters to me as a family physician, as a woman, as a woman physician, as a patient, and as a minority woman physician is valued by the AAFP. That is why I love this organization.” **07**

2017 IAFP Annual Meeting – Heading for the #FMRevolution



Thursday, October 5, 2017 at the Hilton O'Hare Hotel, Rosemont

Join us at the [IAFP Annual Meeting](#) to celebrate IAFP's 70th birthday! Connect with your committees and meet up with a member interest group. Check out our Primary Care Resource Fair – this is not your old-fashioned exhibit hall! Our annual meeting is the day before the sixth annual [Family Medicine Midwest conference](#), so think about staying with us all weekend!

The location and format provide the maximum in flexibility, whether you're popping in from a neighboring suburb or traveling in from southern Illinois for the full weekend! You'll find plenty of hotel options and fun things to do for any family members who come along with you. Online registration is now open at www.iafp.com.

IAFP Board and Officer Elections

IAFP will hold elections for our officers and board of directors via online voting, ensuring that all Active members in good standing can run for the board and vote for board members.

Active members in good standing may self-nominate for the positions of board member (three-year term), second vice president, first vice president, or president-elect. Any active member who is less than seven years out of residency may run for the New Physician board member position, which is a two-year term. Finally, there is one delegate and one alternate position to represent Illinois at the AAFP Congress of Delegates, which is a two-year term beginning with the 2018 AAFP Congress of Delegates. The deadline to submit your letter of interest and CV is June 30 via email to Vincent D. Keenan, CAE, IAFP Executive Vice President at vkeenan@iafp.com. Learn more about each board position on the IAFP web site at www.iafp.com/board.

The IAFP Leadership Development committee, chaired by Deborah Edberg, MD of Chicago, evaluates all nominations to determine eligibility and then produces a final ballot of candidates. Online voting will be open August 7 through September 5 for all IAFP active members in good standing. Instructions will be sent by email and one letter will be sent by US mail only to those active members who do not have a valid email address on file with IAFP.

The new board of directors will be installed on October 5th at the IAFP annual meeting. The new president, Asim Jaffer, MD, FAAFP, FAAHCM will take the Oath of President from Javette Orgain, MD, MPH, FAAFP and give his president's address.

Fellow Convocation: All Illinois members who have achieved the designation of Fellow of the American Academy of Family Physicians (FAAFP), but not yet received convocation at a AAFP or IAFP annual meeting, will be invited to attend Fellow convocation with Dr. Orgain at our Board Installation ceremony. This is a wonderful opportunity to be recognized before your Illinois family physician friends.

Submit your favorite family physicians! The deadline is approaching for the IAFP annual award nominations. Family Physician of the Year deadline is June 1 and our Family Medicine Teachers of the Year (employed and volunteer faculty) are due June 20. Go to <http://www.iafp.com/iafp-awards> for the online-only nomination forms.

Submit issues to the IAFP Board of Directors any time

IAFP members have new ways to send formal requests to the Illinois AFP Board of Directors for their consideration.

The All Member Assembly was dissolved at the November 2016 annual meeting and this new process was adopted by the IAFP board of directors in February 2017. Members may still attend the October 5, 2017 annual meeting to provide input in person during the Academy business meeting at 4:30pm. The newly installed board will take that input for their next board meeting scheduled for January 18, 2018.

The current IAFP board of directors will meet on Saturday August 5, in Elmhurst and on October 5, prior to the start of annual meeting.

How to submit proposals for consideration to the Illinois AFP

Send your email to president@iafp.com. Only current members in good standing may submit proposals to the IAFP Board of Directors. The email can be about IAFP policy or an action item request to the IAFP Board of Directors. Please include a preferred phone number in your email.

The president will acknowledge your email and then process your input in one of the following ways:

- Assign to IAFP staff to assist with an informational item or a transactional item
- Refer it to the IAFP committee of relevant expertise for consideration
- Refer it to the Executive Committee or full board if that level of consideration is needed.

The IAFP staff or committee assigned will contact you directly to discuss the issue. If needed, you may be asked to present your request to the committee or to the board of directors (via phone or in person).

The board will receive a report of all member input collected via this process before each board meeting.

You will be informed of the status of your resolution or action item after the next scheduled board of directors meeting.

We look forward to hearing from our members at anytime from anywhere! You can learn more about the Family Medicine Midwest conference that follows our annual meeting at <http://www.iafp.com/family-medicine-midwest-conference>.

Back to High School Again

“Looking for a sign!”

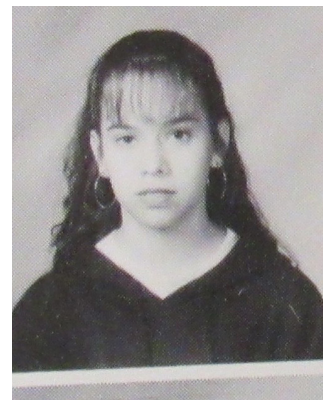
Dr. Vanessa Villacorta-Sierra knew she needed a change. She wanted to make the right decision for the next step in her career. She knew wanted to be in a place where she was needed and could make a significant impact in the lives of others. She was looking for a “sign” to guide her in the right direction. Chicago is a big city; there are so many needs to fill and so many practices. Fortunately, she had built up an incredible network of mentors and advisors throughout her education and professional career, from the University of Illinois at Urbana-Champaign undergraduate school, to the UIC College of Medicine, to St. Joseph’s Family Medicine Residency and finally through her OB Fellowship at West Suburban Family Medicine Residency.

It was PCC Chief Medical Officer Paul Luning, MD who provided the sign she needed in July of 2015. PCC was about to open a new clinic, based at a Chicago Public High School on the Northwest Side – Steinmetz High School. He didn’t know at the time what a perfect fit Villacorta-Sierra would be. She had attended that school herself in the 1990s. In fact, she started at Steinmetz as a ninth grader just months after arriving from Peru. She remembers the challenges of being a new student at a school with social inequities and racial tensions.

But she was determined to make it. Coming from Peru at age 13 she was exposed to medicine at an early age. Her soon-to-be uncle was a surgical resident and her aunt a nurse. Both gave her that early exposure to medicine and encouraged her love for science. Meanwhile her mother, an economist, was always advocating for reproductive health issues to women in Peru, telling them “You have choices,” and helping them connect to community resources to access much needed medical care and health education. It was her mom’s actions and influence that gave her an early love for reproductive health and for delivering babies.

In her third year of medical school during the OB clerkship where she helped deliver babies, the early seed for family medicine took root. “As soon as I saw my first few deliveries, I knew I had to do this. I felt such a privilege to be there during such a special time and I still feel that way to this day.” However, she wanted to see those babies grow up; and that led from OB, to pediatrics to family medicine after a conversation with UIC’s then-program director Mark Potter, MD, who suggested she do a month in maternal and child health to help her decide. Her second passion is health maintenance and prevention. “Having the opportunity to shape health habits from conception is a unique and important opportunity that we have as family physicians”.

Her determination at each level, her belief in herself and the guidance of mentors at every stage brought her to this practice, back in the same neighborhood where she first landed over 20 years ago.



Ninth grader Vanessa Villacorta



Dr. Villacorta-Sierra now.

The clinic began serving students in late 2015 in the nurse's office before moving to a new facility in July 2016. Many students at this school are affected by trauma, and the ACE (adverse childhood events) screening plays a big role in assessing and assisting these students at every visit. "These kids need love, guidance and reassurance that with the right help things can get better for them," declared Villacorta-Sierra. "They often come from extremely difficult home or community environments, or have suffered severe violence and loss. Many live in unstable financial or housing situations, which leads to depression and anxiety issues." Often any complaint that brings them to the clinic, can ultimately be tied to some trauma.

Perhaps even more important in building trust and a patient-physician relationship is the fact that Villacorta-Sierra once roamed those same hallways as a student. "When they express their frustrations I can tell them 'I KNOW what you mean! I came to school here! But you don't have to let your environment define how you become in life. Where there is a will there is a way' that really helps sometimes. They see I know where they are coming from and I understand how hard it is." She says it even helps foster trust with the parents and community members to know that she grew up there, too, and can understand their struggles.

Now nearly a year since they moved into their new facility, with an entrance from the school for students and an entrance from outside for the community, they can truly serve the students, families and the neighborhood. The community support from the school, the parents and Belmont-Cragin community health initiative has been tremendous. "There is so much need in the school and the community," says Villacorta-Sierra. The PCC Clinic at Steinmetz High School also has two behavioral health providers, a lab, a procedure room, a care coordinator to help with referrals and obtaining records and a financial counselor on-site to assist patients with Medicaid, other coverage and links to community resources.

"When we can see the entire family, we can be sure that the follow up care is happening. We can make sure they know how to get the medications and how to pay for it. We provide so much education," summarizes Villacorta-Sierra. "When I attend the Belmont-Craigin Community initiative meetings, I feel like I'm a part of something so important."

Part of that extra education at Steinmetz is the establishment of a Medical Careers Club to inform and inspire students to investigate a career in medicine and help them to prepare for that journey.

Villacorta-Sierra remembers being told in college and high school to have a "backup plan" in case she couldn't make it into or through medical school. Fortunately, she found inspiration from her parents and others along her education path who countered those messages with the belief that she would succeed.

Maybe she can be the "sign" for the students of Steinmetz High School that they, too, can succeed.



Steinmetz students and the local community have access to a full-service clinic.

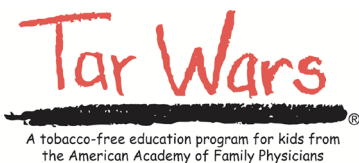


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THE AAFP'S LARGEST ANNUAL MEETING

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ROCHESTER STUDENT WINS ANNUAL TAR WARS STATEWIDE POSTER CONTEST FOR THIRD STRAIGHT YEAR

Calla Phillips of Springfield has brought home the third consecutive statewide honor to Rochester Intermediate school. The fifth-grader designed the winning poster in the Family Health Foundation of Illinois Tar Wars Poster Contest, held May 9-11 during the Illinois Academy of Family Physicians Spring into Action lobby days. Calla's poster, "Smoking's a Trap: Don't get Caught" received the most votes from the 62 IAFP members who voted on the eight total posters. Posters were evaluated on creativity and using a positive message about being smoke-free.

Calla is the third consecutive statewide poster contest winner to come from Rochester Intermediate and the fourth overall. Last year, Darren Booth took first place and in 2015 Caleb Hamilton created the state contest winner. Also, in 2011 Rochester Intermediate student Madelyn Noyes took the top honor. Calla will be honored at a ceremony at school and will receive a \$500 cash prize. The Family Health Foundation of Illinois, which runs the Tar Wars program in Illinois, will also make a \$500 grant gift to Rochester Intermediate to use in wellness or educational programming at school.

The 2017 Illinois Tar Wars poster contest is supported by Pfizer Charitable Contributions. Their generosity also enabled Tar Wars to create a banner displaying Calla's poster in Rochester, as well as prizes for our second and third place artists. For more information, including the complete program curriculum, visit www.tarwars.org.

CONGRATULATIONS!



Calla Phillips, 5th Grade
WINNER
2017 Illinois State Poster Contest

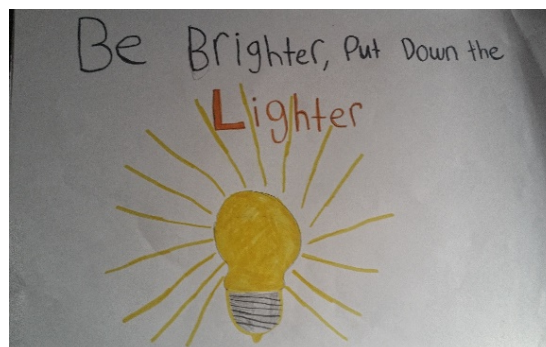


The Family Health Foundation of Illinois thanks Pfizer Charitable Contributions for their support.

WINNER: Calla Phillips, 5th Grade – Rochester Intermediate
Tar Wars Presenter – Juliette Tinder, science teacher



Second Place – Josephine Frieda Navarro – Peoria Academy
Tar Wars Presenter, Craig Griebel, MD and Asim Jaffer, MD



Third Place – Kasey Flynn, Edison Park Elementary – Chicago
Tar Wars presenter, Ginnie Flynn

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Government Relations

Spring into Action Attracts Advocates, Builds Bridges

Turnout was bigger than ever for the 2017 IAFP Spring into Action lobby days. For three straight days, active members, residents, students, board members and past presidents connected with both state senators and state representatives. They could renew old acquaintances, introduce IAFP to newly elected legislators and convey all that family medicine is and does.

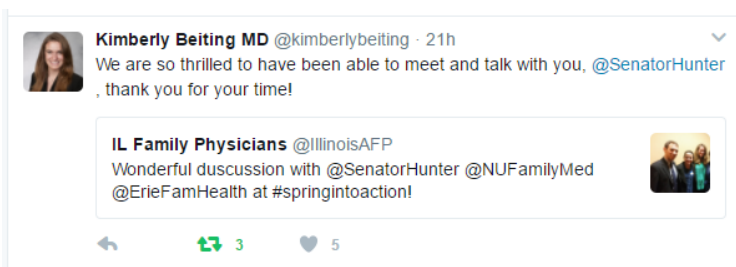
Wednesday brought a record-shattering 57 attendees, including a busload of 22 from the University of Chicago Pritzker School of Medicine and NorthShore University family medicine residency. Southern Illinois University Center for Family Medicine Residency in Springfield sent another 16 residents and faculty, while residents from UIC and Lutheran General ensured that family medicine's future was well represented.

Some stats for you:

- 89 attendees over three days
- 24 physicians (Including four past presidents)
- 48 residents from seven residency programs
- 17 students from three medical schools
- 11 IAFP board members
- Attendees connected with ½ of the State Senate, including a first-ever appearance on the Senate floor when state Sen. Michael Hastings brought Sachin Dixit, MD into the Senate chamber and asked for a point of personal privilege to announce "please welcome my family physician, Sachin Dixit, MD, to the Senate."
- Our attendees connected with 23 state representatives.

Besides sharing vast information about who family physicians are and all they do to care for our state, we included specific information about family physicians' role in addressing opioid abuse and dependency as well as working on reducing type 2 diabetes rates and the associated poor outcomes. They spoke with lawmakers specifically about opposing independent practice for advanced practice nurses and licensing for lay midwives. They reiterated our support for a Tobacco 21 law to prevent teen smoking and a tax on sugary drinks to stem obesity and the related illnesses. Finally, they urged lawmakers to support HB 311 ensuring provider network adequacy for insurance plans in Illinois.

Some of our favorite photos and Tweets are here! Stay informed on all that your lawmakers work on in Springfield. Join their email newsletter list, follow them on Twitter, or make an appointment to see them during office hours in the district. Use the General Assembly website at www.ilga.gov to learn more about who your state lawmakers are, the legislation they support and to keep track of the issues that matter to you.





Day 1 - May 9



Day 2 - May 10

TabMD @TabMD09 · May 10
It was an honor meeting you and watching #HB40 pass @SenatorVanPelt @kdakis @e_graber @IllinoisAFP



Donald Lurye @DonaldLurye · May 10
Talking family medicine virtues and value of Medicaid with State Sen. Chris Nybo @IllinoisAFP @aafp @ElmhurstHealth



Day 3 - May 11



Senator Van Pelt Retweeted your Tweet

It was an honor meeting you and watching #HB40 pass @SenatorVanPelt @kdakis @e_graber @IllinoisAFP pic.twitter.com/H4qngl7NDc



@sachindixit @dr_sachindixit · 11h
@dr_sachindixit @IllinoisAFP @advocatehealth @VDRK74 Really honored and humbled when @HastingsforIL introduced me on the IL senate floor



Juliana Stratton @RepStratton5 · 20h
Thanks for your important work for healthier children and communities! #FifthDistrict #twill

IL Family Physicians @IllinoisAFP
@RepStratton5, thanks for all you do and our great conversations today! #springintoaction @NUFamilyMed





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Essential Evidence continues successful runs in Springfield and Chicago

IAFP co-hosted two rounds of the Essential Evidence Update CME conferences this spring.

UIC Department of Family Medicine faculty with assistance from SIU Department of Family and Community Medicine (DFCM) faculty presented a full day of Essential Evidence 30-minute updates on the most useful clinical topics for family physicians on March 9 in Springfield. One attendee stated, “[Essential Evidence] was a refreshing change to the style of CME I have attended in the past.” The CME also featured clinical PURLs from the Family Practice Inquiries Network

On March 10, the National Procedures Institute presented an Ambulatory Ultrasound Workshop, directed by Grant Fowler, MD, family physician, University of Texas Medical School at Houston and Assistant Chief of Family Medicine at Memorial Hermann Hospital. The day-long workshop included hands-on learning for Point of Care Ultra-Sound (such as scans of abdominal aorta, the inferior vena cava (to help determine fluid status of an ambulatory patient), scan of the right kidney (to evaluate Morrison’s Pouch or free fluid in the abdomen) and scan of bladder. Additionally, they learned procedural scans of the eye, bicep tendon, median nerve and Achilles tendon to differentiate the structures and a scan of soft tissue.

IAFP worked with James “J.D.” Daniels, MD, MPH, RMSK, SIU DFCM to organize the scanning stations. Dr. Daniels is co-editor of Practical Point of Care Medical Ultrasound SIU DFCM faculty supervised each scanning station. In total, attendees received eight CME credits and over five hours of scanning experience in a state-of-the-art learning facility, the Memorial Center for Learning and Innovation, www.themcli.org. The unique experience created a cross-generational learning environment where medical students served as the ultrasound patients.

On March 22-23, the UIC Department of Family Medicine faculty packed in 12.5 credits over a day and a half that provided an engaging, rapid-fire review of the most important research publications of the past two years. They presented new research evidence and meta-analyses that either gives attendees immediate practice improvements or confirms that their current approaches are supported by solid evidence from randomized trials and other high quality studies. Half of the attendees were resident members, who were drawn to the format and the amount of information gained in a short time.

One attendee stated: “Great location, fun to gather with friends and colleagues, and very high-yield for clinical application!” and another added, “Faculty are passionate about helping physicians navigate the latest evidence. Timely, relevant, concise, practical summaries.”

The next Chicago Essential Evidence Update is set for March 1-2, 2018 at UIC and IAFP expects to host another Essential Evidence and National Procedures Institute workshop in Springfield at the MCLI in 2018.

Looking ahead- Put these dates on your calendar now: IAFP Annual Meeting October 5 and Family Medicine Midwest October 6-8.

Knock out two KSAs (topics to be determined) and have your socks knocked off by our plenary presenters! Help us celebrate 70 years of the Illinois Academy of Family Physicians! Learn more at <http://www.iafp.com/annual-meeting>

Family Medicine Midwest presenters:

Friday, October 6 – John Frey, MD, Professor Emeritus - University of Wisconsin will present “The Evolution of Family Medicine”

Saturday, October 7 - Renee Crichlow MD, FFAFP - University of Minnesota School of Medicine, North Memorial Family Medicine Program will present the ‘Family Medicine Revolution Today’ Twitter handle @ReneeCrichlowMD. Crichlow was honored with the 2014 Family Medicine Midwest Teacher of the Year award. She is a family medicine leader, advocate and mentor, working with and inspiring minds across the continuum, from elementary school to medical school and beyond through her program “The Ladder.”

Sunday, October 8 – a panel session of family physicians who are solving the problems of our future health care system now. Think of them as the current #FMRvolution

Learn more at <http://www.iafp.com/family-medicine-midwest-conference>.

Continuing Medical Education



IAFP Member Spotlight



Tabatha Wells, MD
IAFP board of directors
UIC Family Medicine Residency

Why did you choose family medicine?

I chose family medicine because I knew I wanted to provide maternity care and child care, which of course expanded to a desire to care for the entire family throughout their entire lifespans!

How do you promote and encourage UIC students to consider family medicine?

I always tell students why I am so passionate about family medicine but also explain that within the field of family medicine there are many career opportunities and any number of ways to design a future practice to make sure it encompasses what they are most passionate about and that family physicians can change their career path at any point in their career without necessarily requiring more training. I make sure students know the different career paths offer different lifestyles.

What qualities do you bring to IAFP's board of directors?

I think we all have varied interests and perspectives on all issues so it is important to have board members that represent that. I am unique in many of my own ways but I think having grown up in Chicago, done medical school, residency, and practices a few years in Springfield, and then now practicing in Chicago has given me insight into different patient and physician populations.

What do you feel are the most valuable IAFP activities or services?

So many! The advocacy for patients and physicians is by far my favorite service. The IAFP really listens and gives members a voice and allows all physicians to be engaged by serving in any volunteer or elected role. I think the networking

IAFP Member Spotlight

opportunities for members are fantastic. I love all the MIGs and how they are bringing people with shared interests together. After doing my first SAM and then KSA as a group I could not imagine sitting through doing them alone! Essential Evidence Update is a quick fantastic way to stay on top of current evidence since none of us have time to read ALL the journals every day!

the Windy City Rollers in Chicago in their training program. While I am not yet skating competitively it is my hope that by this coming fall/winter I will be. I loved it from the very first moment I started because of the friendship, fun, challenge, stress relief, exercise, and other benefits that it provides! Derby is to my social life and exercise plan what family medicine is to my career! It feels like home, it feels like family, it feels like I belong, it just feels right. Luckily I have had no serious injuries so far, only bumps and bruises! (knock on wood!)

I encourage everyone to go out and check out their local roller derby teams to watch--or join--as either way it is a good time! Roller Derby today is not what people think of from the 70's and 80's with crazy costumes and fist fights.

How do you balance the demands of a family medicine career, leadership and your own well-being?

This has been a real struggle for me, one that I still haven't quite mastered. I try to make sure I have time for my interests such as medical mission trips, playing roller derby, dancing, photography, spending time with family and friends, traveling, vacations, etc... but I never have enough time for it all so I always go through periods where certain parts of the social life take precedence over others.

If you weren't a doctor, what would you be?

I would have to say I would be a photo-journalist. The type that you see on the cover of TIME or National Geographic because they are tagging along with the military, or jumping out of airplanes to document everything going on in the world.

About that roller derby thing you mentioned...

I have been playing women's flat track roller derby since 2010 when I joined the Midstate Mayhem "Fresh Meat" training program in Springfield. I now skate with



Cornwell receives Innovations award from Fast Company



Dr. Thomas Cornwell has been named one of Fast Company's 100 Most Creative People in Business for 2017. The prestigious list honors a diverse group of

influential and revolutionary thinkers who are shaping the future of business in creative ways. Dr. Cornwell was recognized for his vision, leadership, and commitment to improving how we care for America's aging population, especially those patients who are chronically ill. At the forefront of home-based primary care for more than two decades, Dr. Cornwell has made over 32,000 house calls. Today he continues his work to transform the nation's health care system, by advancing home-based primary care as an effective care model.

Dr. Cornwell and his practice were also featured on "Chicago Tonight" on April 25 in a feature about the costs savings associated with home care for frail and elderly patients.

Megha Manek, MD of Springfield was included in a WICS-TV story about the benefits of cutting back on sugary drinks in reducing obesity and related illness, as the General Assembly considers a new tax on sugary drinks.

Elizabeth Salisbury-Afshar, MD was featured in a *Chicago Citizen* April 26 article on a West Side Task force

meeting for her work and expertise on substance abuse and addiction as a major factor in the health of individuals and communities.

Moly Zavala, MD is the medical director at a newly opened Crusader Clinic that will serve all patients and even includes room to grow and provide new services once they determine the needs and priorities of the community. Dr. Zavala and the clinic were featured on WIFR-TV news on May 1.

Harald Lausen, DO was featured in an April 8 *State Journal Register* article updating the Medical Marijuana pilot program. SIU physicians are now able to evaluate patients and certify them for the pilot program if they meet the qualifying conditions.

Brian Chicoine, MD was included in an April 10 Chicago Tribune story on the history of the Adult Down Syndrome Center at Advocate Lutheran General Hospital

SIU Quincy family medicine hit the road with a new high-tech mobile health clinic. The new wheels were featured in the April 15 *Quincy Herald-Whig*.

Janet Albers, MD and **Harald Lausen, DO** were featured in an April 15 *State Journal-Register* story chronicling the benefits of the Affordable Care Act and concerns for patients in the Central Illinois region if the law were repealed.

Dr. Albers appears again in an April 20 *Illinois Times* article detailing the many new services that SIU Center for Family Medicine offers, especially to patients who were previously uninsured, with the additional funds possible through Medicaid expansion and other federal funding sources. New services include legal assistance, behavioral health and nutrition

Members in the News

News You Can Use

IAFP Partner in Health feature: Take care of your physical health, and your fiscal health

By Jordan Koenig- Csepregi

Employers are recognizing that financial stress is a problem for many Americans, and that stress can get in the way of their workdays. Helping employees deal with their day-to-day finances as well as planning for the future can also build loyalty with the employer, per the 2017 version of an annual survey conducted by Aon Hewitt. HealthCare Associates Credit Union (HACU) a not-for-profit financial cooperative that started its financial wellness services for their members and member organizations about 15 years ago. After seeing research suggesting a need for financial literacy for their members, and in serving healthcare; they recognized the workplace is a good place to provide it. They offer an award-winning platform called Enrich with different strategies and goals that can be adjusted for any age or to pinpoint the needs in different stages of life.

With millennials joining the workforce in droves to fill healthcare jobs, employers need to keep a keen focus on how their employees see the world. Young people encounter their finances on a smart phone screen but don't necessarily understand the depth behind the numbers, which tends to distance them from the realities of dollars and cents, says Joe Kregul, HACU President and CEO. "Recent high school graduates and college students will get approved for a credit card and don't truly comprehend the complexities or impact of using it. Sometimes they don't understand that it's essentially a loan," Kregul says. "Even business-savvy individuals may not know the financial basics of budgeting, credit or what factors affect a credit score."

Healthcare employers that want to offer financial wellness services as a benefit need to be prepared to respond to a wide range of needs, ages and incomes. For instance, younger physicians may be facing huge medical school debt and looking for the best way to manage it, notes Vince Keenan, executive vice president of the Illinois Academy of Family Physicians. Medical residents with modest incomes may be securing their first car loan. Physicians who are more established in their careers and with higher incomes might be looking for help with long-term planning for investments and retirement. HealthCare Associates Credit Union provides free tools and products to help those who serve or support healthcare.

Working exclusively with those who serve or support healthcare allows HACU to understand the needs of healthcare workers and provide the right solutions to help them Bank Healthy®.

As an IAFP Partner in Health, IAFP members and their families are eligible for HACU membership and can use their financial literacy platform, Enrich, at no cost. The Financial wellness programs HACU offers can provide help with budgeting, saving and spending so they not only manage day-to-day, but can also plan for retirement. The HACU business Development team can provide office visits with workshops on such topics as 'Understanding your Credit Score', 'Making and Sticking to a Budget' and 'Getting out of the Payday Lending Trap' and many more topics. These are all complimentary to IAFP members and a benefit of your membership.

To learn more, visit www.hacu.org and click Resources and Planning to learn more about Enrich, financial wellness and the products HACU offers to IAFP members. HealthCare Associates Credit Union provides low rates on loan products such as student loan financing and refinancing, personal loans, auto loans, credit cards, mortgages and much more. They also offer depository products such as savings, checking, money markets and CDs. They also offer commercial loans, lines of credit and equipment loans to keep your practice growing.

<https://www.hacu.org/resources-planning/managing-your-money/enrich-financial-wellness/>



Mindfulness to Improve Children’s Wellbeing

By Pathways.org (Bobbie Vergo, OTD, OTR/L & Emmy Lustig, BA)

As more children adopt demanding schedules with increased academic work loads and an abundance of extracurricular activities, some react by showing signs of increased stress and anxiety.¹ Our academic system has accelerated so children are now expected to complete school work previously given to children in higher grade levels. Early education has become less play focused and children receive a more academically rigorous curriculum. This change is evident by the amount of time children spend preparing for 3rd grade exams that measure performance in math and reading. On average, 77% of kindergarteners received 90 minutes of daily reading instruction in 2010 whereas only 32% received daily reading instruction in 1998.² With increased academic demands and busy schedules, children may need to take an intentional break in the day to relax and recharge. The practice of mindfulness is quickly gaining recognition as an activity to help children manage feelings of stress and anxiety.



Mindfulness can be practiced during breaks at school, between homework assignments, before bedtime, and when children may be experiencing heightened feelings of stress or anxiety. Families can initiate a mindfulness session by sitting in a relaxing environment and concentrating on their sensory perceptions such as how they feel when taking deep breaths.³ This form of relaxation allows children to temporarily let go of distractions in their lives and focus only on a sensation of their choosing without overreacting or feeling overwhelmed. With practice, children can benefit from mindfulness both behaviorally and developmentally by learning how to process and understand their thoughts, emotions, and surrounding environment. The activity is a form of reflection, which can improve their well-being.^{4,5}

Since mindfulness is an emerging topic, much of the research published evaluates adult populations. However, studies on children have revealed similar results that connect the practice of mindfulness to positive states of mind. Teaching children to be mindful can improve their:

- Ability to manage anxiety⁶
- Executive function skills⁴
- Attention capabilities⁷

One of the important executive functions children build through mindfulness is emotional control. Mindful children are more equipped to process their feelings instead of resorting to a habit or impulse response.⁴ A 2014 study conducted in Richmond, CA observed the implementation of the Mindful Schools program where teachers worked with children to practice mindfulness over the course of 7 weeks. Students in 17 different classrooms participated in 15 minute mindfulness sessions, and teachers used a rubric to report their behavior. Results indicated that practicing mindfulness improved students’ ability to pay attention in class, maintain self-control, respect others, and participate in classroom activities.⁷

The benefits of children practicing mindfulness can also be observed in very young children, possibly as young as preschool aged. Data from a 2015 study measuring preschoolers’ inhibition responses revealed that mindful yoga improved their ability to manage impulses. The study used a series of assessments including asking the children to not watch while an adult wrapped a gift, asking children to not touch the present after it was wrapped, and asking children to play ‘Head, Shoulders, Knees, and Toes’ by performing the opposite motion as the interviewer. The children who studied mindful yoga performed better on the assessments by showing a greater ability to delay gratification and control both behavior impulses and attentional impulsivity.⁸

Ultimately, the goal of introducing children to mindfulness is to improve their self-reflection outside of designated times when they’re focused on breathing—to gain a greater awareness about their experiences, thoughts, and feelings. Caregivers who are interested in helping their children practice mindfulness at home can follow these three tips:

- Use mindfulness to focus on different types of sensations: Although basic mindfulness helps children concentrate on their breathing, they can also focus on how their legs or arms feel or on scents such as the smell of an orange peel. Focusing on sounds is another good mindfulness exercise. Children can concentrate on the sound of a fan rotating, birds chirping outside, or another sound that is part of the environment where they are practicing.^{3,9}
- Practice mindfulness during activities that require movement: This helps children incorporate mindfulness into everyday activities. Walking can be a good way to start because children focus on the physical sensation of how their legs or feet feel while moving.^{10, 11}
- Make time for mindfulness as a family: Families can dedicate an area of the house to practice mindfulness together and they can also set aside a time of day such as before bedtime. Both caregivers and children should talk about how they felt throughout the day or what they focused on to help become more mindful.

About Pathways.org

Pathways.org is a national not-for-profit dedicated to maximizing children's development by providing free tools and resources for medical professionals and families. Medical professionals can contact Pathways.org to receive free supplemental materials to give away at well child visits and parent classes. Our free brochures can be viewed at Pathways.org. For a free package of brochure to give away to families, please email friends@pathways.org.

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Set and Review Policies and Procedures

A policy and procedure manual is an important tool for defining practice operations. In well-run practices, there is one set of rules every staff member understands and follows. The alternative is risky—procedures that vary from physician to physician or between staff members make it easy for errors or omissions to occur.

Develop a comprehensive manual of specific policies and procedures that explains how tasks are performed in your office, and make it readily available to all staff. It's important for staff to review and initial that they have read and are aware of these policies and procedures.

The following is a list of suggested topics to address in your policies and procedures manual:

1. Clinical Protocols/Patient Care
2. Patient Relations and Confidentiality
3. Health Information Management (Medical Records)
4. Laboratory (Test Tracking and Follow-up)
5. Radiology
6. Appointment Scheduling
7. Patient Tracking and Follow-up
8. Infection Control
9. Human Resources
10. Practice Operations
11. Special Procedures
12. Safety

You may need to add or subtract certain topics to best address the specific areas of your practice. It also is prudent for the physician (or a committee of physicians and staff members) to annually review policies and procedures—and perform an audit to ensure staff is performing the procedures as outlined in the manual. Periodic adjustments to your policy and procedure manual may be necessary as your practice and the healthcare industry grow and change.

Jeremy Wale is a licensed attorney in Michigan where he works as a Risk Resource Advisor for ProAssurance. He has authored numerous articles about mitigating medical professional liability risk. Mr. Wale also conducts loss prevention seminars to educate physicians about new and emerging risks.

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