Monday Memo – October 3, 2016

- Hugh Silk presented at the Massachusetts Dental Hygiene Association Annual Meeting on Sept 24 in Natick, MA on the topic of “Oral Health During Pregnancy”.

- Ron Adler presented “A Rational Approach to Cancer Screening” at FMX in Orlando.

Publications


Faculty Appointments and Promotions

- Congratulations to the following faculty with recently completed academic appointments:

**Appointments:**

Chantal Dewey, MD, MPH, MA was recently appointed as an Instructor in the Department. Dr. Dewey received her medical degree in 2013 from Tufts University School of Medicine and went on to graduate from the UMass Worcester Family Medicine Residency program in 2016, with training at the Hahnemann Family Health Center. She has also received two additional advanced degrees from Boston University; a Master of Arts in Medical Sciences (2008) and a Master of Public Health in Epidemiology
Dr. Dewey recently accepted a position as Family Medicine Physician at tri-County Medical Group located in Northbridge, MA. As a resident she completed quality improvement projects on developing a quality/safety checklist on the inpatient service and another on pediatric obesity. She also served as a member of the health center’s Residency Recruitment Committee. Dr. Dewey has indicated her interest in precepting medical students and residents once she has established her practice and we would enjoy having her join our preceptor network.

Valerie Coppenrath, PharmD was recently appointed as an Adjunct Assistant Professor in the Department. Dr. Coppenrath graduated with her doctor of pharmacy degree from Wayne State University in Detroit, MI (2007), and went on to Boston Medical Center to complete her Pharmacy Practice residency (2007-08) where she was Chief Resident and an Ambulatory Care Pharmacy residency (2008-09). Upon completion of her training she was appointed as an Assistant Professor at the Mass College of Pharmacy and Health Sciences (MCPHS) and is heavily engaged in educational activities within the institution. She serves as an academic advisor, develops courses for clinical laboratory rotations as well as for courses related to physical and clinical assessment. From 2009-15 she served as the Experiential Rotation Preceptor for the Advanced Practice Experience in Ambulatory Care located at the Edward M. Kennedy Community Health Center. As the result of grant funding from Novartis Institute she has been able to develop a Translational Medicine Fellowship through MCPHS. She has presented her work nationally, regionally and locally and published articles in peer reviewed journals. Additionally, she serves on 5 committees at MCPHS in areas related to admissions, post-graduate education and curricular revision. Dr. Coppenrath has become increasingly involved with our Family Medicine Residency Program based in Fitchburg. She is providing lectures to learners and the Fitchburg practice is where she will provide clinical consultations and teaching.

Maria Michas, MD, MPH was recently appointed as an Assistant Professor in the Department. Dr. Michas was recently recruited to be the Associate Vice President/Medical Director for Employee Health, Occupational Injury Care & Wellness for UMass Memorial Medical Center. Prior to completing her medical education Dr. Michas completed a Masters of Public Health degree at the University of Texas School of Public Health in Houston (1989) and went on to receive her medical degree in 1994 from the University of Texas Medical School. In 2000 Dr. Michas completed an Occupational Medicine Residency program also at the University of Texas. She is also a Fellow of the American College of Occupational/Environmental Medicine (2009). Earlier this year the Medical Center recruited Dr. Michas to run its employee health programs and we are pleased that her academic home will reside in our Department as she had had previous academic relationships with Family Medicine programs. Dr. Michas is an experienced leader in occupational medicine having held numerous Medical Director positions in Texas and Washington state. In her most recent position at Molina Healthcare (2013 - )
in Bothell, WA she oversaw medical affairs and quality for large health systems where she made decisions about prior authorization requests, reviewed claims and appeals and worked to resolve issues with network providers. Her clinical practice was on a contract basis with US HealthWorks (2013-2016) in Tukila, WA. There she provided patients with preventive, urgent care and family medicine services. Additionally, from 2013-15 she served as a Physician Reviewer for Concentra Medical Review Stream, providing consultation services about a variety of worker’s compensation claims. Her contributions to education have involved serving as Clinical Faculty and Director of an Occupational Medicine Rotation for the Memorial Family Medicine Residency Program (2002-08). As the Director she developed course curriculum and supervised a variety of learners rotating through the clinic. Dr. Michas has also made scholarly contributions during her career, serving as PI on a 2003 grant funded by the Texas Academy of Family Physicians Foundation, “Occupational Medicine Training among Family Practice Residency Programs in the United States.” She has made numerous presentations at national, regional and local meetings on topics focused on her areas of expertise, and she has also contributed to two publications appearing in peer reviewed journals. Dr. Michas will be involved in the Department’s Preventive Medicine Residency Program including participating during the residency’s weekly seminars.

WELLNESS MOMENTS

What is Meditation and Why Do It?

It might sound esoteric and new age but no incense or lotus pose is required …

Here are the basic instructions:

Choose a quiet place. Sit. Close your eyes. Place your attention lightly on your breath. Whenever you notice that a thought has taken your attention away from the breath, just say to yourself, “thinking,” and return to following the breath. Thoughts are not judged as good or bad; just gently return your attention to your breath and body.

Why Do It? This quick video will explain the science of meditation:

https://www.youtube.com/watch?v=Aw71zanwMnY&feature=youtu.be&app=desktop
"It has been said that ‘in patience ye shall win your souls,’ and what is this patience but an equanimity which enables you to rise superior to the trials of life?"

– William Osler