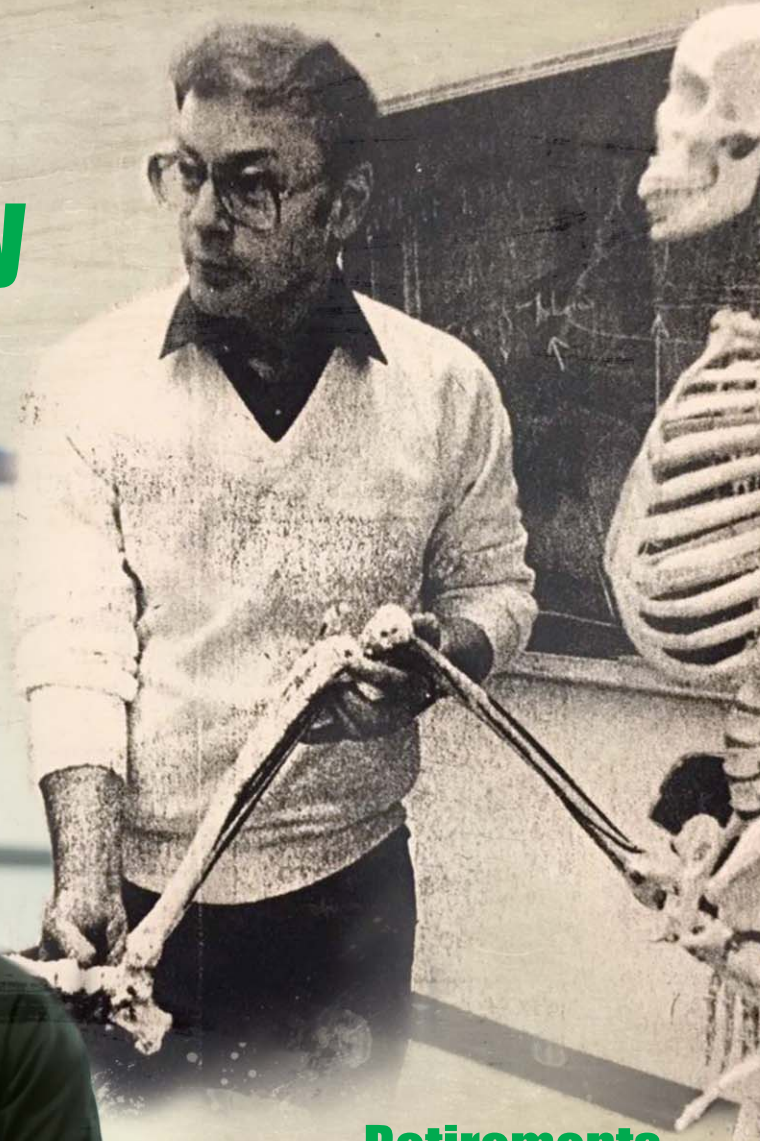


NORTH DAKOTA MEDICINE

THE UNIVERSITY OF NORTH DAKOTA SCHOOL OF MEDICINE & HEALTH SCIENCES

50 Years of Physical Therapy

UND SCHOOL OF MEDICINE
& HEALTH SCIENCES
UNIVERSITY OF NORTH DAKOTA



Retirements

**The “Distinguished”
Dr. Combs**

**The Scrubs
Academy**

Fall 2017
VOLUME 42, NUMBER 3
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NORTH DAKOTA MEDICINE

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UNIVERSITY OF NORTH DAKOTA SCHOOL OF MEDICINE AND HEALTH SCIENCES

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ON THE COVER

The past and present of physical therapy at UND SMHS: Henry "Bud" Wessman teaching physical therapy in the 1980s (top), and current students practicing their skills in the new SMHS building (bottom).

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The Path Forward



The new academic year is in full-swing at the UND SMHS. Students in our various healthcare programs—medical, health sciences, and graduate studies—are on campus or enrolled at one of our various regional campuses or rural sites around North Dakota and the region; some of the students connect with us through tele-educational links utilizing video conferencing facilities. The students are entering the healthcare profession at a particularly exciting time—and I'm not referring to the health insurance debate. Rather, I'm talking about the phenomenal opportunities these students will have to positively impact the lives of their patients when they complete their studies. In my own field of cardiology, for example, the mortality rate from heart disease and stroke has fallen by about three-quarters in the past four decades. During their time studying with us, our students will learn about the importance of various modifiable risk factors for disease—and what to do to help patients augment those factors under their control (like diet, exercise, smoking cessation, and conscientiously taking medications for high blood pressure and high cholesterol).

My wife Dr. Susan Farkas and I had the pleasure and honor of jointly delivering the Dr. David and Lola Rognlie Monson Lecture to the freshman medical school class at the White Coat Ceremony that was held at the end of the students' first week of class this past August. We chose the topic, "A View from Both Sides: Marriage and Medicine in a Changing Social Environment," to reflect our experiences over the past several decades as a married professional couple. And my, have times changed! When I entered internal medicine residency training years ago, there were 12 fellow interns who were men, and only one woman—a 93 percent to 7 percent ratio. This year, our entering medical student Class of 2021 is composed of 37 men and 42 women, which is a 47

percent to 53 percent ratio. What a change that represents. The ceremonial address is named in honor of another couple—Dr. David and Lola Monson—whose generous donations to our medical education program enabled us to recruit Dr. Rick Van Eck to the School. Rick comes to us with a rigorous educational leadership background, and has helped us to bring our educational offerings to a new—and higher—level of excellence.

I'd like to share with you a few highlights from material that I presented (in part) to the new medical students and their families during Family Day at the SMHS in August. In analyzing some very recently available data mostly from the Association of American Medical Colleges (AAMC), where our performance and achievements are compared with those of all other U.S. medical schools, it is clear that UND SMHS continues to perform a vital service for North Dakota (note that some of the data are expressed in percentile terms, meaning that our school performed at least as well as, or better than, schools with lower scores):

- Fraction of class practicing in rural areas – 97th percentile
- Fraction of class going into family medicine – 98th percentile
- Fraction of class that is American Indian – 99th percentile
- Fraction of faculty who are women – 93rd percentile
- Percent of North Dakota family medicine physicians who trained at UND – 72 percent

These data show how the School is delivering on its mission as stated in the North Dakota Century Code: *The primary purpose of the University of North Dakota School of Medicine and Health Sciences is to educate physicians and other health professionals for subsequent service in North Dakota.... Other purposes include the discovery of knowledge that benefits the*

people of this state and enhances the quality of their lives. (NDCC Section 15-52-01)

On the discovery front, our investigators continue to study diseases of importance to North Dakotans, including aging, Alzheimer's and other neurological degenerative diseases, infectious diseases, and eating disorders, among others. One of the key ingredients that fuels research is grant dollars (usually from the federal government, especially the National Institutes of Health), and here too we are highly competitive. In fact, a recent national survey found that the School's funding places us in the top quarter of all community-based medical schools in the U.S. (that is, among those other 28 medical schools that don't own or operate their own hospital). I'm so proud of our faculty, who have helped us move up the ranking scale in terms of research funding. We've moved from slightly below the middle of our peer group (at the 46th percentile) to the top quarter (at the 77th percentile). But the real barometer of how well we're doing as a research institution is the research that our faculty are conducting that positively impact the people of North Dakota. It is this area—translating discoveries made at the laboratory bench into treatments that help patients—where we are focusing our future research growth. Called clinical and translational research, the field is a critical one for us to expand even further. The School's faculty, staff, and students are renowned for their collaborative spirit and efforts, but we need to see even more collaboration between researchers and clinicians if we want to shorten the time from discovery to treatment. Working with Dr. Grant McGimpsey, UND's vice president for research and economic development, we hope to expand our clinical and translational programs.

Our activities in the discovery and healthcare workforce arenas are in synergy with the recently released new strategic plan for UND that was developed under the leadership of President Kennedy. It specifies seven goals:

- Goal 1: Provide a strong undergraduate liberal arts foundation.
- Goal 2: Increase undergraduate, graduate, and professional retention and graduation rates.

- Goal 3: Deliver more educational opportunity online and on-campus.
- Goal 4: Enhance discovery at a level consistent with the most research-intensive universities (Carnegie R1).
- Goal 5: Foster a welcoming, safe, and inclusive campus climate.
- Goal 6: Meet educational needs of active-duty military personnel, veterans, and their families.
- Goal 7: Attract support for the university by actively engaging alumni and donors.

The goals that are most applicable to the SMHS are Goal 4 (support of research that improves the lives of North Dakotans) and Goal 7 (to minimize student debt and support programmatic growth and excellence). We've worked hard to reduce student debt by increasing scholarships, and thanks to the generosity of our donors, we've been successful. Average medical school debt for the just-ended 2017 fiscal year was at the 45th percentile (that is, a level of debt lower than the national average). We've made very good progress on reducing medical student debt; it used to average around the 75th percentile (that is, well *above* average) and was as low as the 32nd percentile last year. With the help of our generous benefactors, we hope to drive student debt back down to *well* below the national average.

I'm very proud of the efforts of our faculty, staff, and students, along with those of our donors and shareholders throughout North Dakota and the nation. Each of us, as representatives and supporters of *your* School of Medicine and Health Sciences, is working hard every day to improve the School's performance and give back to the community that has given us so much. We will continue to do so.



Joshua Wynne, MD, MBA, MPH
UND Vice President for Health Affairs
and Dean

Orthopedic Residency Program established by Sanford and UND

Sanford Health and the University of North Dakota School of Medicine and Health Sciences (UND SMHS) are launching an Orthopedic Residency Program set to begin in summer 2018. The program is funded by Sanford Health and sponsored by the UND SMHS. This first-of-its-kind program in North and South Dakota creates three positions per year that will allow orthopedic residents to study in both Fargo and Sioux Falls, eventually resulting in fifteen residents training at a time during the five-year program.

Residents will see a wide range of orthopedic disorders for adults and pediatric patients that include adult reconstruction; orthopedic trauma; spine, hand, foot, and ankle conditions; amputations; athletic injuries; and orthopedic oncology. Residents will also focus on research and improving patient care.

“Given the exceedingly high demand for physicians nationwide, it’s imperative that Sanford get involved with educating the next generation of orthopedic surgeons,” said Bruce Piatt, M.D., Sanford orthopedic physician and UND SMHS Orthopedic Residency program director. “As a teaching hospital, Sanford is drawn to the importance of education and teaching tomorrow’s physicians to prepare for the future needs of our community. We know that a majority of physicians stay and practice where they are trained.”

Residents will spend time in Fargo and Sioux Falls working with surgeons and providers in each region. Sanford Fargo and Sioux Falls currently have residency education for internal medicine, family medicine, general surgery, and psychiatry.

Molecular Biology Boot Camp



Biofuels, genetically modified organisms (GMOs), DNA fingerprinting, and tracking disease outbreaks were some of the topics explored by high school students during a one-week Molecular Biology “Boot Camp” held at the UND School of Medicine & Health Sciences, July 31 – Aug. 4, 2017. Nineteen students from high schools in the region, including Crookston, Hope-Page, Lincoln, Minto, Park Christian, Sacred Heart, and West Fargo, were introduced to a variety of laboratory techniques used in research, including PCR (polymerase chain reaction), electrophoresis, chromatography, and ELISA (enzyme-linked immunosorbent assay). Designed to increase students’ exposure to science concepts and technology not available in many high school classrooms, this camp provided the opportunity to guide student learning at this foundational stage of their development as thinkers and scientists. Judging from the students’ excitement, this experience will contribute to the future STEM workforce in North Dakota. The camp was organized by the UND SMHS Department of Pathology. Funding was provided by the National Institutes of Health, the North Dakota INBRE program, and the National Science Foundation REU program.

CRH award winners from the APA conference

Two women affiliated with the Center for Rural Health at UND SMHS won awards at the American Psychological Association (APA) Convention held in Washington, D.C., recently. Amanda Young received the APA Division 35 Section 6 Fire Keeper Cedar Award and Melissa Wheeler received the APA Division 45 The Society for the Psychological Study of Culture, Ethnicity, and Race, Joseph E. Trimble Outstanding Student in Native/Indigenous Psychology Award.

Young is a graduate assistant with the Seven Generations Center of Excellence (SGCoE) program at the Center for Rural Health at the University of North Dakota School of Medicine and Health Sciences. She is currently a second year student in the Masters Counseling Psychology and Community Service program at UND. Young is originally from the Turtle Mountain Band of Chippewa community, in Dunseith, N.D., but is an enrolled member of the Mandan, Hidatsa, Arikara Nation (MHA).

Wheeler is a research specialist for the National Indigenous Elder Justice Initiative (NIEJI) Innovation program at the Center for Rural Health (CRH) at the University of North Dakota School of Medicine and Health Sciences. She received her Master of Arts in Counseling Psychology with an emphasis in Addictions at UND. Wheeler is from Round Rock, Ariz., and is a member of the Navajo Nation.

Both awards are given for research and/or service that focuses on the needs of indigenous communities and makes a meaningful contribution to Native American/indigenous psychology and local indigenous community efforts.

Johnson earns ALA of North Dakota's Lifetime Achievement Award

The American Lung Association of North Dakota presented its 2017 Lifetime Achievement Award to Associate Professor Eric L. Johnson, MD, in the Department of Family and Community Medicine at the UND School of Medicine and Health Sciences. The association presented the award at its North Dakota Leadership Board meeting May 23 in Bismarck, N.D.

The award recognizes an "individual whose dedication and partnership throughout the years has made a substantial impact on lung health issues," the association said in announcing the award.

Johnson is the president of Tobacco Free North Dakota and the physician consultant to NDQuits. He is the medical director for the SMHS's Physician Assistant Program and assistant medical director for Altru Health System's Diabetes Center. He also is the president of the American Diabetes Association North Dakota Affiliate.

He directs the SMHS's Interprofessional Education Program through which he also teaches the school's course on

Interprofessional Health Care, which includes students from nine health professions from across the University of North Dakota: medicine, nursing, occupational therapy, physical therapy, music therapy, communication sciences and disorders, social work, counseling psychology, and nutrition and dietetics. The course is run on a collaborative model that doesn't assign a "higher" value to any one profession or specialty over any other in learning team healthcare concepts.

"I'm pleased to be recognized for this award and to work with such high-quality collaborators around the state and region to improve the health of North Dakotans by reducing the disease burden from tobacco," Johnson said.



Eric Johnson, MD

Physician Assistant Studies announces research awards and scholarships



The UND School of Medicine and Health Sciences Department of Physician Assistant Studies has recognized the research of members of the Class of 2017 and awarded scholarships to students from the Class of 2018.

Research awards were presented to the following graduates of the Class of 2017 on May 12 at the Hooding Ceremony at the UND School of Medicine and Health Sciences in Grand Forks:

- Outstanding Scholarly Project, Faculty Choice: Togan Cottrell of Thompsonville, Illinois, for her project titled "Evaluating Internet Based Cognitive Behavioral Therapy in Adults with Depression." Her preceptors are Federica Nanni, MD, and Jessica DeMarco, PA-C, Sessler, Ill.

- Outstanding Scholarly Project, Student Choice: Rebekah Dunn of Lupton, Mich., for her project titled, "Prescription Opioids: A Band-Aid for Chronic Low Back Pain." Her preceptor is Michael Beasley, MD, of West Branch, Mich.

The following scholarships were awarded May 4 at the North Dakota Academy of Physician Assistants Primary Care Seminar in Fargo:

Class of 2018 Kathy Ohly Memorial Scholarship through the North Dakota Academy of Physician Assistants:

- Kayla Ternes of Mandan, N.D. Her preceptor is Kayla Olson, PA-C, of Beulah, N.D.
- Christina Brooks of Grand Forks, N.D. Her preceptors are Tam Czarnik, MD, and Darlene Kelly, ARNP, of McVile, N.D.

Class of 2018 Mickey Knutson Scholarship:

- Larissa Haug of Grand Forks, N.D. Her preceptor is Laura Ermer, PA-C, of Cavalier, N.D.

Class of 2018 Katherine Maryann Rasmussen Scholarship:

- Emily Stevenson of Bismarck, N.D. Her preceptor is Michelle Tincher, MD, of Bismarck.
- Cody Baxter of Fargo, N.D. His preceptor is Brittany Michels, PA-C, of Fargo.
- Kayla Ashton of Robbinsdale, Minn. Her preceptor is Patricia Herbert, MD, of Andover, Minn.

SMHS inducts Gold Humanism Honor Society members

Ten medical students from the Doctor of Medicine Class of 2018 at the UND School of Medicine and Health Sciences were inducted into the Gold Humanism Honor Society on June 19 at the induction ceremony in Grand Forks.

Jennifer D. Raum, MD, clinical associate professor of internal medicine at the UND SMHS, and an internal medicine specialist for Sanford Health in Fargo, N.D., was inducted into the society as the faculty recipient of the Leonard Tow Humanism in Medicine Award. Dr. Raum was the keynote speaker as well.

Limited to 15 percent of the senior class, the Class of 2018 inductees were selected through a process that included peer nomination and subsequent confirmation by the School's Gold Humanism Honor Society Oversight Committee.

Honorees from the Class of 2018 and their hometowns are:

- Grace Carson, Fargo, N.D.
- Eric Christensen, Bismarck, N.D.
- Michael Gilchrist, Bismarck, N.D.
- Jason Greenwood, Fargo, N.D.
- Nabeel Hyder, Bismarck, N.D.
- Adria Johnson, Fargo, N.D.
- Seth Kalin, Crookston, Minn.
- Anna Kozlowski, Fargo, N.D.
- Cameron MacInnis, Healdsburg, Calif.
- Vanessa Stumpf, Mandan, N.D.



Summer Undergraduates Present Research at UND School of Medicine & Health Sciences

On Thursday, August 3, fifty undergraduates presented the results of their summer research at the University of North Dakota School of Medicine and Health Sciences Summer Undergraduate Research Experience poster session. The one-day conference was held on the second floor of the UND School of Medicine and Health Sciences building.

For 10 weeks, students from UND, as well as from rural and tribal colleges in Minnesota, North Dakota, and across the nation, conducted research and participated in a number of related educational activities. Students worked shoulder-to-shoulder with their mentor scientists from the UND Department of Biology, the UND SMHS Departments of Biomedical Sciences and Pathology, Cankdeska Cikana Community College, and the UND SMHS Center for Rural Health.

One of the goals of the summer research program is to provide students with the opportunity to work directly with an established research scientist. An additional goal is to recruit students from rural and tribal colleges for future participation in UND undergraduate and graduate programs. The program is designed to bolster the workforce pipeline of biomedical research scientists and healthcare professionals.

Over the course of the summer, students received specialized laboratory training. At the end of the summer, students present their work, which has implications in the areas of neurological disease, cancer, diabetes, drug addiction, heart disease, and aging, in an on-campus poster session.

In addition to the University of North Dakota, this year's participants were from Bemidji State University, Bemidji, Minn.; Benedictine College, Atchison, Kan.; Cankdeska Cikana Community College, Fort Totten, N.D.; Carroll College, Helena, Mont.; College of Saint Benedict, Saint Joseph, Minn.;



Undergraduates at the 2017 UND SMHS Summer Undergraduate Research Experience poster session

Concordia College, Moorhead, Minn.; Lake Region State College, Devils Lake, N.D.; North Carolina Wesleyan College, Rocky Mount, N.C.; Oxford College of Emory University, Oxford, Ga.; Salish Kootenai College, Pablo, Mont.; Turtle Mountain Community College, Belcourt, N.D.; University of Jamestown, Jamestown, N.D.; University of Minnesota, Minneapolis, Minn.; Wake Forest University, Winston-Salem, N.C.; and West Virginia University, Morgantown, W.Va.

Funding for the students came from a variety of organizations, including the National Institutes of Health, National Science Foundation, U.S. Department of Health and Human Services, and Office of the Dean at the UND School of Medicine and Health Sciences.

Medical Laboratory Science students receive scholarships for 2017–2018

The UND School of Medicine and Health Sciences awarded scholarships to medical laboratory science students at the school. Funds for the scholarships are given from various private sources, endowments, and scholarship funds.

- Leah Runyan, Minot, N.D., received the Jean Holland Saumur Hematology Award for achieving the highest grade in hematology in the fall semester of 2016.
- Tiffany Belgarde, Belcourt, N.D., and Alicia Gibson, Mayville, N.D., each received the Ralph and Hazel Rohde Medical Technology Scholarship Award, which is given each year to UND senior medical laboratory science students who have shown academic excellence.
- Danielle Germundson, Williston, N.D., received the Miltza Luper Scholarship Award, which is given each year to a UND medical laboratory science student who demonstrated outstanding accomplishments in the subject of biochemistry and molecular biology.
- Germundson and Kristina Adams, Grand Forks, N.D., received the Mary Coleman Scholarship Award.
- Carrie Nienhuis, Lawton, N.D., received the Dr. Cyril J. Dillenburg Memorial Medical Scholarship, which is given annually to a full-time senior medical laboratory science student at Altru Hospital in Grand Forks. She also received the Eileen Simonson Nelson Pathology Award. This award goes to the medical laboratory science student who receives the highest grade in the MLS 101 course in the fall semester of 2016.

- Robbie Diehl, Devils Lake, N.D., received the Janice Schuh-Horysh MLS Scholarship Award. This award goes to a senior medical laboratory science student, with preference given to students from Nelson County, North Dakota.
- Brandon Orcutt, Bowman, N.D., received the Janice and Clifford d'Autremont MLS Scholarship award. Janice and Clifford d'Autremont of Rancho Palos Verdes, California, have established the scholarship in their name for an academically eligible student pursuing a degree in Medical Laboratory Science at the University of North Dakota School of Medicine and Health Sciences.
- Dahlton Bell, Farmington, Minn.; Gosa Dadi, Grand Forks, N.D.; and Kyle Williamson, Blooming Prairie, Minn., each received the Marcia and Gary Anderson MLS Scholarship Award.
- Jennifer Baukol, Grand Forks, N.D., received the Eleanor Ratcliffe Scholarship Award. This award is given each year to seniors in medical laboratory science who have shown academic excellence.
- Jacob M. Tupa, Larimore, N.D., and Caitlin Hoffart, Devils Lake, N.D., each received the David and Linnea Veeder MLS Scholarship Award.

For more information about these scholarships and their donors, please visit www.med.und.edu/news/2017/06/medical-laboratory-science-students-receive-scholarships-for-2017-2018.cfm.

Sharma named standing member of NIH Study Section

The National Institutes of Health has selected Associate Professor Jyotika Sharma, PhD, in the Department of Biomedical Sciences at the UND School of Medicine and Health Sciences, to serve a four-year term as a standing member of the NIH's Immunity and Host Defense Study Section.

The National Institutes of Health is the nation's medical research agency and the largest source of funding for medical research in the world. Study sections review grant applications submitted to the NIH, make recommendations on these applications to the appropriate NIH national advisory council or board, and survey the status of research in their fields of science. These functions are of great value to medical and allied research in the United States.

"I am truly honored by this recognition of my expertise and the opportunity to contribute to one of the most rigorous and fundamentally important processes of the NIH," Sharma said. "This puts UND on the map as a contributor to the national biomedical research effort and gives me an opportunity to view and assess top-quality research. I believe this will help me to provide critical input for improving the research quality of the host-pathogen group here at UND."

The director of the NIH's Center for Scientific Review Richard Nakamura said, "You have been nominated because of

your demonstrated competence and achievement in your scientific discipline as evidenced by the quality of your research accomplishments, publications in scientific journals, and other significant scientific activities, achievements, and honors. Service on a study section also requires mature judgment and objectivity as well as the ability to work effectively in a group, qualities we believe you will bring to this important task."



Jyotika Sharma, PhD

Sharma's research focuses on host-pathogen interaction and regulation of inflammation in acute and chronic inflammatory diseases, including pneumonia, sepsis, and chronic obstructive pulmonary disease; she is internationally recognized for her research on sepsis, a life-threatening medical condition that results from a systemic inflammatory response by the body to fend off a severe infection or to recover from a traumatic injury. There are currently no therapies for this condition. Since joining UND in 2011, her work on this area of research has been continuously funded by grants from the American Heart Association and the NIH.

Fifty years of Physical Therapy at UND, or, the more things change...

Despite major changes in curriculum, degree offerings, and physical space, UND's Department of Physical Therapy has remained a welcoming, supportive place that feels like home to many students.

by Brian James Schill



From a conference room on the third floor of the UND School of Medicine and Health Sciences (SMHS), Tom Mohr, PT, Ph.D., pauses, searching his mind for the best way of explaining what it is that makes UND's Physical Therapy (PT) Program special. After pondering for a moment, Mohr leans forward in his seat. "I remember a few years ago. Someone came over from another department across campus, and I said something like, 'I've got 152 students to worry about ...' And the person said, 'What? You *worry* about students?' I just said, 'Yes. I worry about every one of my students. We're sending students out to work closely with some seriously ill

patients, so we want them to be competent and prepared for the world they're entering. We *do* worry about them doing a good job and being safe."

Smiling at his colleague's comments, Dave Relling, PT, Ph.D., did not hesitate to agree. "That's just part of the culture of the Physical Therapy Program at UND, and it's always been that way. There's always been a connection between faculty and students, and there's always been an aspect of *care* between them," says Relling, who in 2014 took over for Mohr to become only the third chair of the Department of Physical Therapy since it was founded in 1967. "We're heavily invested in each

one of these students and want to see them succeed, and that just draws us together. That's something that I see as consistent from the time I was an undergraduate here to now."

UND's Department of Physical Therapy celebrates 50 years of family this year. And to hear Relling and Mohr tell it, despite major changes over the decades in the program's curriculum, degree offerings, physical space, and teaching, the program continues to be an open, welcoming, and supportive place that feels like home to many students.

Mohr and Relling agree that this culture of care all started with one man; as Mohr quips, "I think we can trace that back to Bud—Bud cared about everybody."

"It *was* like a family. We didn't let anybody fail," explains the Bud in question—Henry "Bud" Wessman, MS, PT, JD—from his home in Fargo, N.D. "Once we had our cadre of students each year, we shifted our focus from the students working hard to get into the program to the *faculty* working hard to keep these kids. In the 26 years I was there, we only lost two or three students."

So it has been ever since.

Before he earned his Juris Doctor degree, became mayor of Grand Forks, and went on to work for the Department of Health and Human Services in Baltimore, Wessman helped establish, almost single-handedly, the Physical Therapy Program at UND's School of Medicine and Health Sciences in 1967. After he was recruited away from his teaching position at the University of Minnesota, Wessman and only one other full-time faculty member accepted their first class of nine students (out of 26 applicants) in 1968—even before securing accreditation for the program from the American Medical Association and American Physical Therapy Association in 1969.

As Bud remembers those early years, physical therapy was a fledgling discipline. So it was that when a brand new program began at UND, Wessman and his colleagues could not help but appreciate and respect the students who were diving head-first into a program without a past and whose future was uncertain. "You talk about faith—those students came in without any guarantee that the program would even be accredited," Wessman recalled. "And the irony is you had to have students going through the program before you can get accredited. So that first group had an almost missionary zeal about them—they just wanted to succeed and help others."

Under the leadership of Wessman, Mohr, and Relling, UND's Physical Therapy Program has evolved from offering a Bachelor of Science degree in physical therapy (BSPT) to offering a master's degree (MPT) in 1993 and doctorate (DPT)—the field's entry-level degree today—in 2006. That pilot group of nine graduates from 1969 has evolved into a graduating class that hovers around 50 each spring, which often represents 100 percent of a given class.

For Wessman's fellow Chairs, it is this push to continue to improve the patient experience while simultaneously supporting young professionals that allows the PT program both to adapt to the needs of a changing healthcare system nationally and an aging client base locally.

Calling the healthcare system more multifaceted and


nuanced than when he was training, Relling notes that the *teaching* of therapists has had to develop as not only patients but also the healthcare system changed. "If you look at medical practice now, it's very complex. As such, our education has to be much more complex and professional," says Relling. "No longer does a person just need therapy for a total knee [surgery], but it's a total knee or hip *and* they might have diabetes, obesity, or high blood pressure, which makes that person's care that much more challenging."

This is where UND's new School of Medicine and Health Sciences building comes in. According to Relling, the combination of the biomedical, therapeutic, research, and public health programs into one integrated space has already improved the student experience, a benefit that in time will filter down to these students' patients. "Our students get more interaction with other health professionals—not only in our interprofessional healthcare course but in the learning communities, in the hallways, changing out of classrooms where people of different disciplines can bump into each other," he says. "The new facility is changing the way we teach in that we're more active; faculty are incorporating small-group learning, and students are learning how to search for information in the literature online *during* class, whereas in the past they might have done that after class."

Not only that, adds Mohr, but students are learning that their treatment regimens must be evidence-based, both because provider reimbursement increasingly depends on evidence of a treatment's efficacy, and students are demanding that type of research-oriented learning. "That's one of the big, big things in the shift in how we teach—helping students learn how to access the literature and use evidence and practice based on the evidence," Mohr continues. "When I got my degree, there were very few texts dedicated to PT—there were maybe seven books, and that was the whole curriculum. Now there are hundreds of books on physical therapy, and dozens of journals. Students today want to know how to access the latest research in the field in real time."

As the next half-century unfolds, Wessman, Mohr, and Relling all expect UND Physical Therapy to continue to be the place it was at its founding: a supportive, caring, and dynamic place full of engaged faculty and students who take an interest in each other's well-being.

"People that go into physical therapy want a human connection," says Relling, summarizing his years as a student *and* chair at UND's Physical Therapy Program. "Patients are seeing therapists multiple times a week, maybe for weeks. And each treatment session can last 30 minutes or more. That's why I've always seen PT as a very giving profession."

Wessman could not agree more. "Well, it's no accident that when I was chair we fought to get our graduates to come back and teach. We knew what quality people they were," he concludes. "Our Administrative Assistant Alyson White has been there 42 years. You don't get that kind of longevity unless you have people who are highly dedicated and are there because they want to be. And that's what it's all about—wanting to serve and creating a place where people want to be." 

Retirements

Congratulations are in order to the following former SMHS faculty and staff. Wishing you all the best!



Mario Borboa (right)
Time at UND: 2002-2017
Most recent position:
Information Systems Specialist, Information Resources



Darlene Czapiewski
Time at UND: 1987-2017
Most recent position:
Officer Manager, Department of Occupational Therapy



Eugene DeLorme
Time at UND: 1988-2017
Most recent position:
Director, Indians Into Medicine Program



Randy Eken
Time at UND: 1979-2017
Most recent position:
Associate Dean, Administration and Finance



Gwen Halaas
Time at UND: 2009-2017
Most recent position: Senior Associate Dean,
Education and Faculty Affairs



Joann Johnson
Time at UND: 1989-2017
Most recent position:
Administrative Secretary, Research Affairs



Roxanne Korynta (right)
Time at UND: 1977-2017
Most recent position:
Administrative Officer,
Education Resources
(formerly Office of Medical Education)



Denis MacLeod
Time at UND: 2002-2017
Most recent position: Assistant Director,
Alumni and Community Relations



Kitty Monley (left)
Time at UND: 1979-2017
Most recent position:
Administrative Secretary, Administration and Finance



Jan Stube (right)
Time at UND: 1995-2017
Most recent position:
Professor, Department of Occupational Therapy



Kathy Sukalski
Time at UND: 1976-2017
Most recent position:
Associate Professor, Department of Biomedical Sciences



Victoria Swift
Time at UND: 1993-2017
Most recent position:
Publications Coordinator/Graphic Designer



The “Distinguished” Dr. Combs

UND School of Medicine & Health Sciences biomedical researcher surprised with latest Chester Fritz professorship award

by Richard Larson, UND Today staff writer



Colin Combs, chair of the Department of Biomedical Sciences at UND’s School of Medicine & Health Sciences, accepts congratulations from UND President Mark Kennedy and Dean Joshua Wynne, after Combs was surprised with the honor of being UND’s newest Chester Fritz Distinguished Professor – the highest academic honor UND can bestow. Photo by Tyler Ingham.

Admiring colleagues filled a room Friday, May 12, to witness a surprise presentation of the Chester Fritz Distinguished Professorship to Colin Combs, chair of the Department of Biomedical Sciences in UND's School of Medicine and Health Sciences.

The Chester Fritz Distinguished Professorship is the highest faculty honor bestowed by the University of North Dakota.

Provost and Vice President for Academic Affairs Thomas DiLorenzo observed, "You're what we consider a 'triple threat.' Not only do you publish a phenomenal amount of incredible work, your grants are unparalleled in this university." In addition to this, DiLorenzo noted Combs's numerous recognitions for teaching and his extensive service work on behalf of his colleagues and the University.

Combs is esteemed around the world for his research, noted Joshua Wynne, dean of the School of Medicine and Health Sciences and UND vice president for Health Affairs. He added, "I think that an important component that we often forget has been called 'citizenship,' or contributing to the university, the community, and the world. You certainly do that, and one of the ways you do that is by your personality. You are humble, and yet you have very high standards. We are all better for being in your presence."

President Mark Kennedy said of Combs, "You're someone we can hold up and say, this is the type of professor that makes the University of North Dakota the wonderful institution it is."

Cross-disciplinary projects

Colin Combs joined the faculty of the School of Medicine and Health Sciences in 2000. In 2015, he was named chair of the Department of Biomedical Sciences.

Combs is noted for his research work on neuroimmune interactions during aging and on neurodegenerative diseases such as Alzheimer's and Parkinson's. His research has been supported by the highest-level grant funding awarded by the National Institutes of Health (NIH) and private foundations such as the Michael J. Fox Foundation for Parkinson's research.

One of Combs's research goals is to determine the mechanisms by which inflammatory activation of brain glial cells

contributes to neurodegeneration. This includes the process by which a specific type of glia, microglia, contributes to the pathophysiology of Alzheimer's disease.

Combs has also been involved in cross-disciplinary projects in biomedical engineering. He has collaborated with colleagues in the UND College of Engineering and Mines and at North Dakota State University to explore the potential for designing devices that could help physicians better monitor and manage patients, particularly in rural areas.

Medical students have honored Combs several times with Block Instructor Awards in recognition of his teaching and encouragement. He has served on the editorial boards of scientific journals dedicated to research on Alzheimer's and other neurodegenerative diseases, presented at numerous scientific conferences at all levels, and reviewed grant applications for the NIH, the Alzheimer's Association, the Departments of Defense and Veterans Affairs, the National Science Foundation, and others.

"You've done wonderful things for the University of North Dakota, and we're confident you will do more in the future," said President Kennedy.

The Fritz Professorship

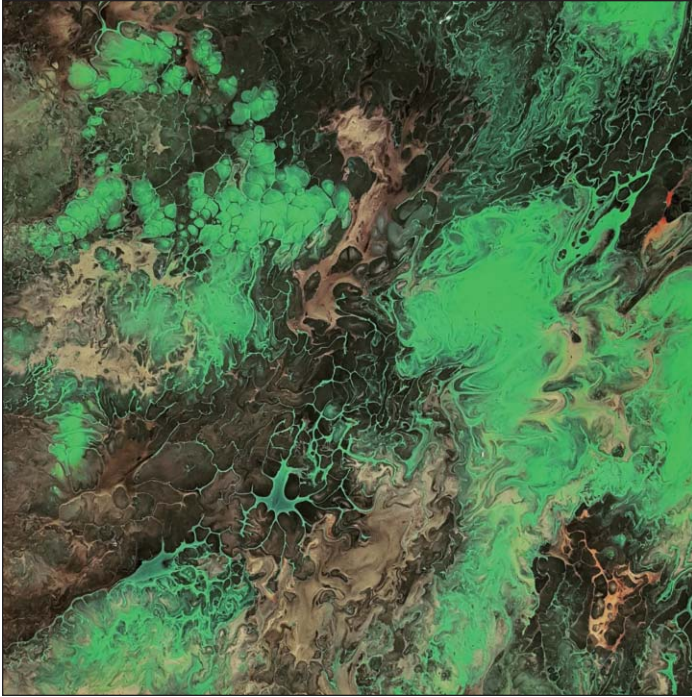
Combs is the 77th UND faculty member to be honored as a Chester Fritz Distinguished Professor. The Fritz Professorships were established with an endowment gift from the late UND benefactor Chester Fritz (1892-1983). An international trader in precious metals, Fritz made numerous gifts to the University, including support for the library and auditorium that bear his name. He attended UND from 1908 to 1910.

Combs received a B.A. from Berea (Ky.) College and a Ph.D. from the University of Rochester (N.Y.) Department of Neurobiology and Anatomy. He was a postdoctoral fellow at Case Western Reserve University in the Alzheimer Research Laboratory of the Department of Neuroscience.

“ This is the type of professor that makes the University of North Dakota the wonderful institution it is. ”

Paintings

By Haley Amoth, Second-Year Medical Student



“Cicada and Shell”

By Andrew Herting, First-Year Medical Student



Two Haiku

By Elise Dick,
Third-Year Medical Student, ROME

Learning CPR
My first medical training
Made me hope for more

To put it simply
Human-focused problems, solved
Caring in action

Untitled

By Rory Guenther, Third-Year Medical Student



Targeted Rural Health Education

A New Writing Project Gives Medical Students a Better Understanding of Rural Community Health Needs.

by Stacy Kusler



Hannah Schradick and Patrick Emery

John “Jack” Stacy, a Wyoming native and 2nd year medical student at the University of North Dakota School of Medicine and Health Sciences (UND SMHS), has always had an interest in making healthcare more accessible to those in rural areas. He’s also always enjoyed writing. It was no surprise, then, that he was one of the first students to participate in a new project that combines both of these interests.

The Targeted Rural Health Education, or TRHE (“tree”), project made its North Dakota debut in the spring of 2017 when it was introduced to members of the Rural Health Interest Group (RHIG), with support from the North Dakota Rural Health Association (NDRHA) and chair of the UND SMHS Department of Family and Community Medicine, Dr. David Schmitz. This project, modeled after a similar program in Idaho, charges students with the task of writing an educational piece for rural community members about a top health need in that community. Many students are already participating in rotations, clinicals, or shadowing experiences in rural areas throughout the state. The TRHE project encourages and supports those students to dive deeper into the health issues facing the community so they can then educate the local public through the TRHE project. “I am hopeful that the THRE project will provide not only a valuable community service but, at the same time, teach and empower our students to be more attuned to community needs and better prepared to meet those needs in their future careers,” Dr. Schmitz explained.

Top health needs for every hospital community in North Dakota are identified through their most recent Community Health Needs Assessment (CHNA), which the Center for Rural Health (CRH) at the UND SMHS archives on its website. Through the CHNAs, the students are able to review identified community health

needs and choose a top need that they would like to explore on paper.

For Stacy, a board member for RHIG, choosing a topic was easy; he chose to do his rural shadowing experience at Catholic Health Initiative (CHI) Oakes Hospital in Oakes, N.D. Through its most recent CHNA, which was conducted in June of 2016, the Oakes community identified *Mental Health in Adults and Children* as one of its top three health priorities.

“When I discussed the project with the physician I shadowed, Dr. Katie O’Brien [MD, 2006, UND SMHS], she pointed out mental illness and lack of psychiatric care in the Oakes area as a major problem. I did some research on solutions to the lack-of-access problem and was excited especially by telemedicine as an option,” Stacy said.

Hannah Schradick, a medical student and RHIG board member in her 3rd year at UND SMHS, chose a similar topic for her TRHE project, which she completed in her home town of Wahpeton, N.D. Following a discussion with the hospital administrator at CHI St. Francis Health (Breckenridge, Minn.), Schradick learned that mental health was also a prevailing concern in southeast North Dakota. With contributing insights from local physician Dr. Patrick Emery, Schradick wrote her educational piece about supporting loved ones who may be experiencing depression.

Choosing a topic might have been easy for both Stacy and Schradick, but writing the articles proved to be a little more challenging. That’s where Kay Miller Temple, MD, Web Writer for the CRH, stepped in to help. Dr. Miller Temple is a physician who left the bedside for the keyboard by earning her Masters in Journalism and Mass Communication in 2013 after 30 years of medical practice. She continues to contribute to the health of people and communities through her health writing. Dr. Miller Temple is the writing advisor to students participating in TRHE, helping them understand the techniques of “plain language” writing. She has successfully mentored both Stacy and Schradick through the completion of their TRHE articles; a third student’s article is nearly finished. “I think the biggest surprise for the student doctors is the sudden permission to *actually use* plain

language. They’ve just spent their undergraduate years proving their academic excellence with complex words and long sentences,” Miller Temple said. “With plain language, they experience that simple and short has real power.”

Stacy agreed that “remember the audience” was a comment he often received on drafts. “Kay was a great help,” he added.

While the final goal of the project is a published writing piece in a local news source, the benefits of TRHE extend beyond the written word. The goal of the entire TRHE project is giving students both a professional growth experience and a deeper understanding of the community in which a student is learning. “Being a doctor involves leadership,” Dr. Miller Temple said. “Going through the TRHE steps to get information published shows student doctors how, as health leaders, they can impact a community in ways that extend past what they do for patients during a clinic visit or a hospital stay.”

As for the future of the TRHE project, Dr. Schmitz has goals that extend beyond North Dakota’s borders. As the president of the National Rural Health Association (NRHA), the moderator of content for the Rural Health website maintained by the World Organization of Family Doctors, and with close connections to the National Organization of State Offices of Rural Health (NOSORH), Dr. Schmitz is helping students bring this project to the national stage. “We hope to have many more states and schools make a difference locally while contributing to a truly national, then international effort,” Schmitz said.

To access completed ND TRHE articles, visit www.ndrha.org.

“
...the **THRE project** will provide not only a valuable community service but, at the same time, **teach and empower** our students to be more attuned to **community needs** and better prepared to meet those needs...”
”

The Scrubs Academy

How the Center for Rural Health is helping grow North Dakota's healthcare workforce

by Marvin Leier



Kearyn Nelsen, from Leeds, is learning how dentists make dental impressions during the dental session.

Six years ago, Emily Webb, at the time a pre-teen living in Minot, N.D., wasn't sure if healthcare was in her future. But after only one summer of participating in the Rural Collaborative Opportunities for Occupational Learning in Health (R-COOL-Health) Scrubs Academy in 2011, Webb was hooked. She said the experience got her thinking about a career in healthcare at a young age.

"Not only did I have the chance to learn about health-related fields, but I was also able to meet real healthcare professionals and other kids from across the state," Webb said of the camp. "We were able to ask them questions and learn from them as middle-schoolers, which I feel is an exceptional opportunity."

And this fall, Webb will be attending North Dakota State University (NDSU), where she'll be majoring in biochemistry and molecular biology with a minor in biotechnology. She said the week-long Scrubs Academy, which changed her mind about a career in health, was also a good way for her to experience university life.

"This camp was a great chance to get my feet wet regarding college," Webb added. "It was fun to feel mature and responsible while learning about fairly complex concepts."

Modeled after a similar project from the South Dakota Office of Rural Health, the Center for Rural Health's (CRH) Scrubs Program began in 2010. Open to any North Dakota student who has completed grade six, seven, or eight, the Scrubs Academy is a four-day/three-night camp held on the University of North Dakota (UND) campus.

The academy is designed to be an engaging and fun way for middle-school students to learn about healthcare within a university environment.

According to Kylie Nissen, a senior program coordinator at CRH, students both

get exposed to a variety of health professions and get certified in Friends and Family CPR and the Health Insurance Portability and Accountability Act (HIPAA).

"These sessions give students skills they can use even before they are in a healthcare field. Everyone should know at least the basics of CPR and how to use an AED [automated external defibrillator], and now these kids do," Nissen said.

"HIPAA training teaches them the importance of patient confidentiality if they are in a health facility as an employee or when job shadowing clinicians. They also understand their rights as a patient when they see a healthcare provider."

The academy is also a good outreach and recruiting program for the UND School of Medicine and Health Sciences (SMHS). Still, organizers say bringing the young students to campus for a week to learn about healthcare professions has a larger goal in mind.

North Dakota, like most rural states, has a growing need for more healthcare professionals. The Scrubs Academy is one of the ways the CRH and SMHS are working to get younger people excited about possible careers in healthcare. Both agencies hope their investment in North Dakota's youth will eventually help address the shortage of healthcare workers in the state by contributing to the ongoing Healthcare Workforce Initiative (HWI).

"It's vital to start early as students develop their interests and skills," explained Lynette Dickson, an associate director at CRH. "The long-term goal is to positively impact the healthcare workforce for rural and tribal communities in North Dakota."

Fifty-six students and 46 professionals took part in the Scrubs Academy this year. Students experienced over 25 different healthcare professions including medicine, nursing, public health, dentistry, and occupational therapy.

This was the first year the Scrubs Academy was held in the new SMHS building. Campers, counselors, and professionals all agree that the modern building is more comfortable and has many high-tech features they appreciate.

Ben Bucher, CEO and Family Nurse Practitioner (FNP) of the Towner County Medical Center in Cando, N.D., helped at the camp this year. He believes the upgraded facility appeals to young people. He should know: Bucher spent a great deal of time in the former SMHS building (now known as Columbia Hall) as a student and faculty member. He attended UND, where he majored in nursing. He later received his FNP degree and shortly after joined the faculty of the Nurse Practitioner Program.

Bucher said the new building is an example of how the state of North Dakota is addressing the state's healthcare workforce shortage.

"Educating the state's future healthcare providers is vital to the overall health of North Dakotans," Bucher said. "We have a duty to 'grow our own' healthcare professionals and we hope they will remain in the state. The new SMHS building is a great example of UND's and the state of North Dakota's commitment to achieving this goal."

Through the UND SMHS Health Workforce Initiative and North Dakota Area Health Education Center, CRH also supports a number of one-day Scrubs Camps held in rural communities throughout the state. The local healthcare systems, schools, and economic or job development authorities collaborate to put on these day-long events. These camps are additional opportunities for students from nearby communities to learn about health careers from local providers without having to give up time away from home. Nissen believes these mini-camps are also having an influence on the young participants.

"The Scrubs Camps give students an opportunity to see the passion local healthcare workers have for their jobs right in their own community," Nissen said. "They see what is offered in the area where they live and also learn how they can help people in their hometown and make a difference in the lives of people they care about."

CRH staff spend a lot of time preparing and organizing the Scrubs Academy and



Scrubs Day Camps. They partner with local and state stakeholders who know and understand the importance of getting young people excited about healthcare professions. The staff at CRH also make a conscious effort to recruit passionate presenters and professionals who know how to connect with a younger audience.

If the majority of Scrubs students are as excited as Webb, observers can expect to see more healthcare professionals in the rural communities of North Dakota in the future. Webb is planning to follow a pre-health route in her undergraduate program at NDSU. She eventually hopes to make her way back to UND to attend medical school.

"I was able to network and make contacts for the future," Webb said. "I have been coming back to the Scrubs Academy for a few years now as an assistant group leader. I am trying to give back to other young people like my group leaders influenced me. I hope to continue being part of this wonderful opportunity for as long as I can!"

Christie Stayman (L) from Grand Forks and Kambree Kvamme (R) from Carrington during the cardiology session. Tyson Holm, second year medical student, is giving instructions for dissecting the pig heart, while Dean Wynne looks on.

Tyler Looyesen, MD, MPH

Second-Year MPH student Dr. Tyler Looyesen recently sat down with *North Dakota Medicine* to talk patient care, public health, and podcasting.

Interview conducted by **Brenna Nordeen**



Thanks for your time, Dr. Looyesen. And congratulations on your medical degree. What made you want to become a physician?

I have always loved creative problem solving. Over the years, I learned that I am happiest when faced with a challenge and when able to work with others. Being a physician seemed to guarantee a never-ending stream of challenges, each allowing me a unique opportunity to grow and become the best version of myself. When working with others, insight can be gained on the human experience through everyday discussion. Since this was a part of the daily life for a physician, it provided another reason for me to become one. Finally, I wanted to have the ability to use the skills and knowledge that I have gained throughout life to give back to others. Physicians, like all healthcare providers, are lucky enough to have this ability built into each workday.

At what point did you decide to add an MPH to your education?

During my fourth year of medical

school, one of my mentors, Dr. Max Johnson, mentioned the idea to me. He told me that the program would offer many benefits to a physician. Among these were the skills to recognize, collect data on, and draw meaningful conclusions about disease patterns in my future patients. I liked the idea of adding these abilities to my arsenal. For quite a while, it has been my desire to collect and use a variety of connected and seemingly disconnected skills in an attempt to make myself the most effective healer that I can be.

How do you think these two degrees, in combination, will enhance your practice?

Physicians and all other healthcare providers dedicate their working lives to helping others deal with disease. During my medical school training, I learned about the ins and outs of the human body and mind. I began to learn how to recognize, diagnose, and treat a variety of physical and mental conditions. I also began to learn how to practice patient-centered care as a member of a healthcare team. The knowledge gained from all of these lessons provided me with a strong base in how to be an effective healer of patients.

My MPH training has fit in this mix perfectly, expanding both my skills and awareness. I've been able to learn how to recognize disease patterns, collect data, crunch data, draw meaningful conclusions from data, and communicate those conclusions to peers and colleagues. I've learned how to think about and model complex systems in order to solve problems and how to design interventions to affect health behavior change at a city, state, or national level.

Do you know what residency program you will apply for when you complete your MPH?

I am applying for a residency in ophthalmology this fall.

And you do a podcast, right? What was the genesis of that project?

Over the past five years or so, I've developed a strong interest in watching content posted online by a variety of people. As a no-budget filmmaker, I found it inspiring that people just like me were producing entertaining and groundbreaking content with no formal studio backing. I began to wonder if the same format could be used to bring about changes in health behavior by increasing public awareness and knowledge about health issues. I mentioned my interest to Skyler Ienuso, who was a colleague in one of my MPH classes.

We met to brainstorm how such a thing would take form and Skyler suggested the idea of using the podcast format. I knew little about this format and was not an active consumer of podcast content, so I enlisted the help of my friend, Aaron Thuen. We had previously founded an electronic rock band together known as All My Friends Are Fiction. Not only was Aaron a self-taught audio and video production genius, but he was also an active podcast listener. Together, the three of us developed the idea for a 20-40 minute long video and audio podcast with episodes centered on a single healthcare topic that would feature discussions with different experts. Thus was Ty and Sky's Health Pub born.

The podcast is centered around a single aim: to help empower the public by bridging the communication gap between them and healthcare providers, policy-makers, and other experts. We seek to provide our audience with both knowledge and entertainment. In order to achieve this, we discuss health issues as though we are meeting over drinks or coffee with our guests. We have a matter-of-fact discussion, which is free of medical jargon. We also try to get to know each of our guests on a personal level by playing games and asking them off-the-wall questions in order to connect their hobbies or interests to the topic. It has been very fun to see what comes out of our discussions!

What do you like to do when you're not studying or working on your podcast?

I am quite a Nintendo fan boy and really enjoy playing video games. I also like spending time with my pets, tinkering with home automation devices, playing board games like Munchkin and Settlers of Catan, and producing music videos. When I can find the time, I work as an event DJ around North Dakota and Minnesota.

What do you imagine your ideal career to look like?

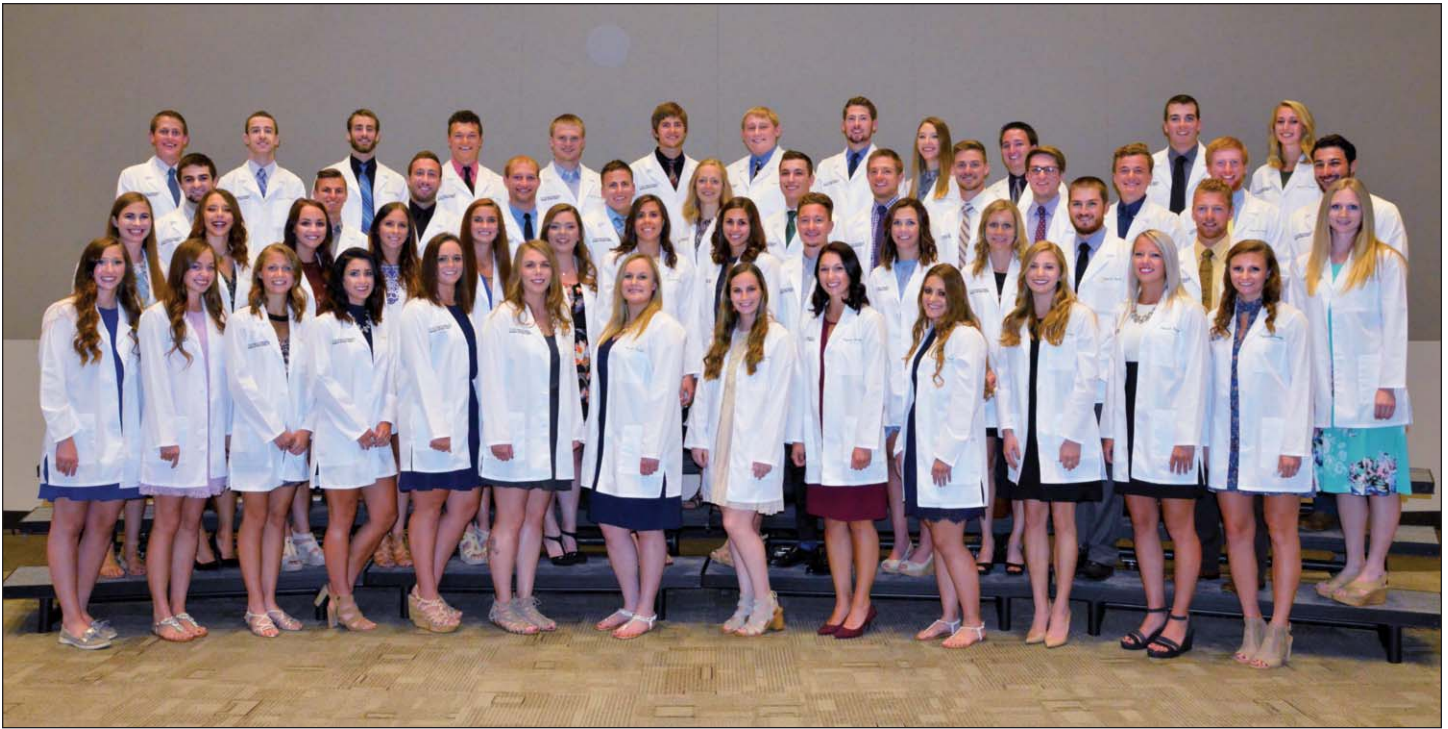
My ideal career would involve using every tool at my disposal as a healer to help my patients and communities fully understand different diseases and deliver effective treatments for those diseases. I hope to run an ophthalmology practice in an area where I can serve rural communities, as I grew up in a rural area myself. In addition, I hope to continue to engage the community by producing video content. I plan to use the skills that I have gathered from my time in UND's MD and MPH programs combined with the ones I will gain in residency in order to heal on both the individual patient and population levels.

Describe the most rewarding experience you've had at the School of Medicine and Health Sciences so far.

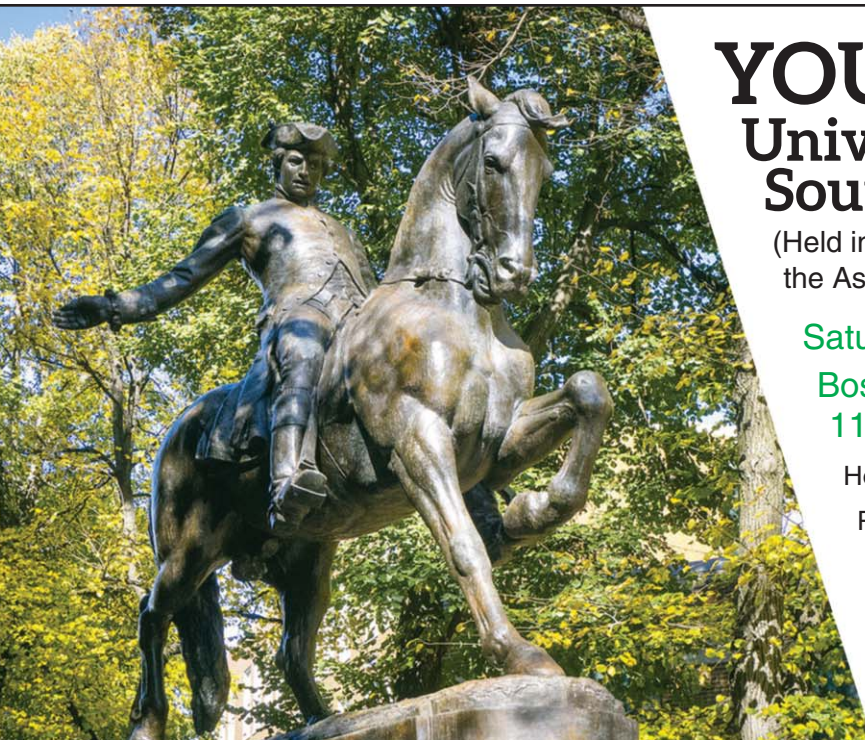
I am currently collecting data for a research project that is looking at the cost effectiveness of utilizing a specific camera device to help ophthalmologists screen for diabetic retinopathy in a rural family practice clinic in Minnesota. Subjects' retinal pictures are obtained by the device and sent to a vitreoretinal specialist to be interpreted. After interpretation, management recommendations are given to the primary care provider based on the findings. All of our subjects are volunteers and do not receive any compensation, yet they sign up for the study in droves hoping to contribute to the discovery of information that will help others. It is extraordinarily inspiring. It really speaks to the power that selflessness and sense of community have in helping humans conquer the challenges imposed by disease. I really enjoy getting the chance to meet every volunteer, even if only for a short time.

“ I hope to run an ophthalmology practice in an area where I can serve rural communities, as I grew up in a rural area myself. ”

Physical Therapy “Entrance into the Profession” Ceremony July 13, 2017



Front Row: Ashley Jobe, Kristyn Berghe, Alison Kopp, Mercedes Stein, Ryan Cook, Marit Mikkelsen, Tracie Boehmlehner, Kalie Maiden, McKenzie Scheresky, Analise Richtsmeier, Kelsey Bell, Leah Jensen, Raevyn Haugland;
2nd Row: Hannah Bucholz, Brianna Halbur, Alyssa Sandry, Rebecca Lynch, Alyssa Wagner, Samantha Forsch, Renee Hoffman, Haley Brenner, Thomas Linner, Jayla Greene, Brecca Wahlund, Travis Rinkenberger, Andrew Nelson, Paige Slemmons;
3rd Row: Tyler Snellings, Adam Lutz, Sterling Hubbard, Jeremy Korthuis, Daniel Garcia, Erin Arndt, Casey Murphy, Shane Omdahl, Jeremy O’Keefe, Mitchell Karbo, Justin Hett, Jay Mittlieder, Anthony Peterson;
Back Row: Brandon Forister, Trevor Roppel, Micah Hale, Zachary Peterson, Connor Camrud, Riley Wilson, Taylor Doeden, Zachary Huot, Danielle Gamel, Kody Strum, Jake Leverington, Ashlee Wiebe



YOU’RE INVITED Universities of North and South Dakota Reception

(Held in conjunction with the annual meeting of
the Association of American Medical Colleges)

Saturday, November 4, 2017 • 6:30-7:30 PM

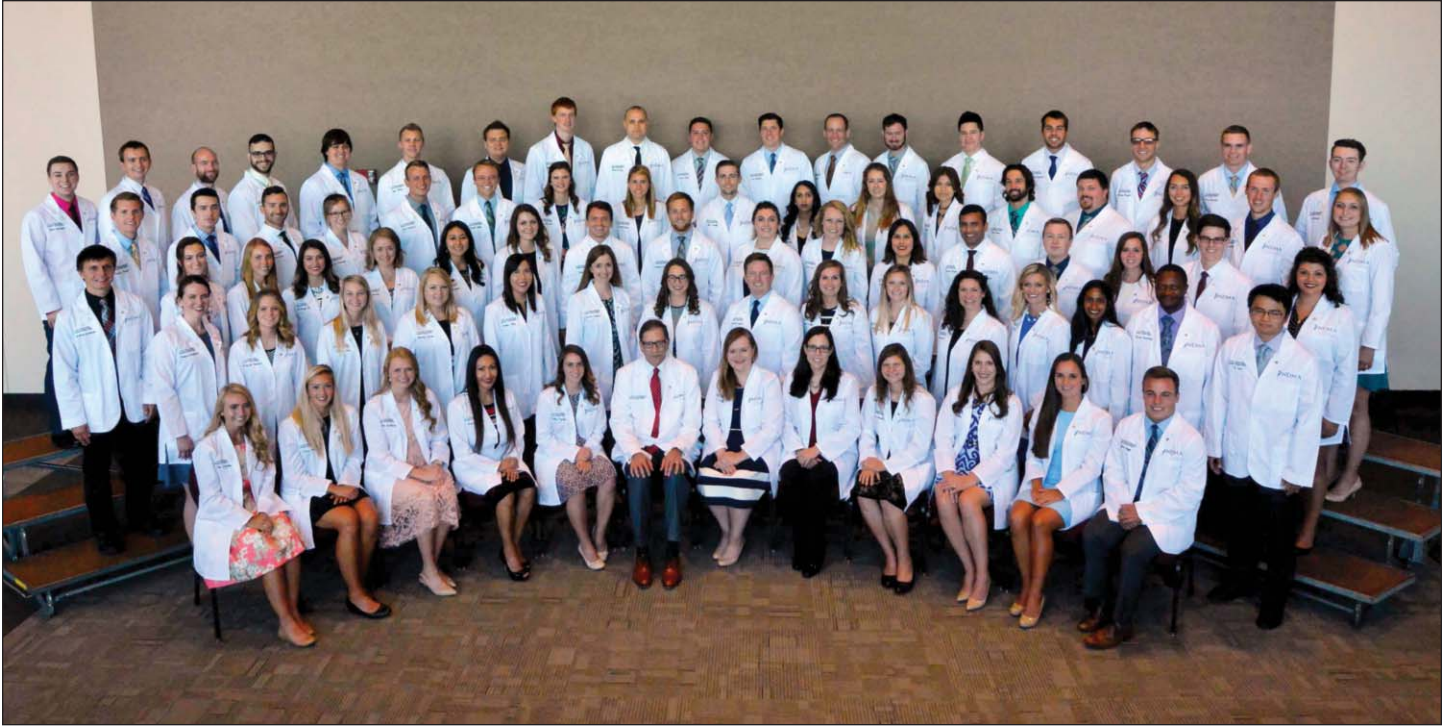
Boston Marriott Copley Place
110 Huntington Ave. • Dartmouth Room

Hors d’oeuvres and refreshments will be served.

Please RSVP by October 9 to Kristen Peterson at
701.777.4305, kristen.peterson@med.und.edu or online
at www.med.UND.edu/events/aamc-2017.cfm

M.D. Class of 2021 White Coat Ceremony

August 11, 2017



Row 1: Zoe Schreiner, Cassandra Walth, Natalie McIntire, Marisa Pinto, Molly Pignato, Joshua Wynne, MD, Elizabeth Schaff, Melissa Johnson, Logan Schmaltz, Anastasia Hartwig, Heather Kaluzniak, James Sogge;

Row 2: Rebecca Dravland, Marley Jo Foertsch, Heather Evin, Bethany Erickson, Brooke Fettig, Brenna Espelien, Madeline DeFrance, Michael Cerjance, Sarah Schaeffer, Sarah Lewis, Carissa Klarich, Megan Kolb, Lakshmi Panjini, Patrick Tamukong, TJ Tran;

Row 3: Matthew Jacobson, Kaylee Dockter, Elena Danielson, McKenzie Bixby, Andrea Taborsky, Mariah Star Cooper, Hallie Anderson, Connor Baker, Christian Kulish, Hannah Kruger, Audrey Lane, Christy Kingfisher, Pranish Kantak, Bradley Walker, Taylor Volberding, Connor Schweitzer, Allie Trudel;

Row 4: Austin Hewitt, Nevin Gillis, Matthew Gerenz, Cassondra Kambeitz, Zacahary Schmiess, Daniel Sayler, Mary Johanson, Rachel Sakry, Jonathan Pacella, Megha Mudireddy, Quinci Paine, Arna Mora, Riley Moore, Christopher Walden, Noelle Torrance, Matthew Soderberg, Alexis Malaterre;

Row 5: Alexander Buchholz, John Gangelhoff, Scott Doheny, Rakan Dodin, Taylor Crothers, Tyler Bilden, Dre Steinwehr, Brett MacLeod, Andrew Herting, Zachary Paull, Leo O'Day III, Ryan Norris, Sean Nash, Marcos Moreno, Michael Storandt, Matthew Wangler, Christopher Zumwalt, Lane Vendsel

The Giving (Family) Tree

How Bud and Lorraine Wessman turned service-through-healthcare into a family tradition

by **Brian James Schill**

Watching the late-July sun set over Little McDonald Lake near Perham, Minn., Henry and Lorraine Wessman take a moment to reflect on their 1957 wedding. Had it really been 60 years of marriage, the couple asked themselves, and 62 years since Henry—who goes by “Bud”—presented his high school sweetheart an engagement ring on the last day of high school in Milaca, Minn., in 1955?



Lorraine and Bud Wessman with their five children. Left to Right: Desiree Fleming, Brad Wessman, Bud Wessman, Valerie Hoekstra, Bruce Wessman, Lorraine Wessman, and Vicki Wilson.

It had. Six decades later the results of the couple’s decision so long ago had been bustling all around them throughout this anniversary gathering at the lake: all five of the couple’s children, 11 of their 15 grandchildren, and even some great-grandchildren—plus spouses—laughing, catching-up, trading stories.

Smiling at the thought, Bud notices that a great many of those stories involve not only the University of North Dakota, but his second home, the UND School of Medicine and Health Sciences (SMHS).

“I was madly in love with Lorraine, and thought that marriage was a pretty important thing to accomplish,” says Bud on the phone from Fargo, recalling how his fateful decision to choose a career in physical therapy instead of medicine in the middle-1950s led to his founding of UND’s physical therapy department a decade later. “The combination of wanting to be with Lorraine and still wanting to help people in a hands-on way sent me towards physical therapy, and I’ve never regretted that.”

Neither has UND.

Bud’s physical therapy career at UND

notwithstanding, across several generations the Wessmans’ children, grandchildren, and the spouses of each have earned nearly 20 degrees from UND between them, including several from the School of Medicine and Health Sciences. So does the gathering almost function as its own mini health conference of physicians, physical therapists, nurses, Ph.D.s, educators, and healthcare system administrators all talking shop. And so do the almost thirty people who have assembled to celebrate the wedding anniversary represent not only a combined one-hundred years of higher education and countless hours of community service, but possibly *tens* of thousands of lives saved, bodies healed, and minds educated.

Bud and Lorraine’s oldest child Vicki started and ended her formal education at UND, eventually coming away from the university with three degrees. Currently a full professor of Nursing at the University of Northern Colorado in Greeley, Vicki Wilson, who is married to Craig Wilson, MD, earned her BS in nursing, MS in nursing, and Ph.D. in teaching and learning from UND in 1980, 1991, and 1994, respectively.

After Vicki came Bruce, who followed in his father’s footsteps to earn a physical therapy (BSPT) degree from UND in 1981. Bruce has been with the Fargo Veterans Administration (VA) Healthcare System almost ever since, earning his master of physical therapy degree from UND in 1993 as part of the school’s “Out of House” MPT program, designed for working therapists.

“All of us kids at one time or another would follow my dad as he worked in the Northwood [N.D.] nursing home in the evenings,” explains Bruce from his Fargo office. “So all of us were exposed to the healthcare field at an earlier age than most. Seeing how well my dad communicated with and helped others was a positive influence on us all.”

For their part, both of Bruce's daughters attended UND: older daughter Erin earned her DPT from UND SMHS in 2011 and today works for Capernaum Pediatric Therapy, Inc. Younger daughter Katie graduated from UND in 2009 with a BS in elementary education—after playing on UND's championship-winning women's tennis team for four years.

"I don't feel I was ever pressured into the healthcare field," reflects Erin on her childhood. "But our family set the bar high for us, encouraging us to work hard, do our best, and always demonstrate good character."

Valerie Hoekstra, Bud's and Lorraine's middle child, taught at the Grand Forks Air Force Base for many years before moving on to become the Principal of a Charter School (Inwood Academy) in New York City. Although she has gone on to earn graduate degrees from other institutions, Valerie received her BS in education from UND in 1982.

"We were brought up to respect and help all individuals, no matter what their circumstances or who they were," explains the Wessman's younger son Brad in an email to *North Dakota Medicine*. "There was never any pressure from my parents to follow in my dad's footsteps, they only wanted each of us to enjoy what we were pursuing and do the best we could."

After graduating from UND with a BS in Social Work in 1984, Brad went on to earn an MS in sociology and today works as a program support assistant in Primary Care and Specialty Medicine at the Fargo VA as well.

Like their grandfather and mother, Kari Wessman, MD, two of Brad's daughters have taken up medicine: older daughter Laurel Wessman, MD, graduated from UND SMHS with a specialization in dermatology in 2017 while younger daughter Mary is currently a biology/pre-medicine major at UND. Brad's third daughter Rachael is also a UND graduate (BS in Criminal Justice) and former member of the UND women's swim team. She works today at the Grand Forks Air Force Base.

"I spent a lot of time with my grandpa growing up and I especially valued my time with him in rural lakes country. He

often asked me how my coursework was going and if there was anything he could do to help. When I told him I wanted to go to medical school, his reply was, 'Great, so when do *we* start?'" quips Laurel.

"Watching him and learning from his legacy has taught me a thing or two about caring for other people, working ceaselessly for the benefit of others, and leaving the world a better place than it was the day before."

Or as Mary adds, referring to the anniversary couple, "They are truly remarkable humans and I do believe that I have learned a great deal about *myself* through them."

Finally, youngest daughter Desi Fleming, currently the Director of Nursing for Fargo Cass Public Health, received both her BS and MS degrees in nursing from UND, twelve years apart.

According to Desi, both of her parents modeled the behaviors and attitudes that led to their children's and grandchildren's personal success and commitment to community service. "UND was a natural fit for all of us not because we had to go there, but because we wanted to," she says. "We have a strong family—kids and grandkids—with strong values, and many accomplishments collectively, which can all be attributed to the teamwork, love, and support we constantly received from our parents."

In the end, although Bud is the one who would make a public name for himself—founding a program at UND SMHS, serving as Mayor of Grand Forks, running for Senate, serving as Director of the North Dakota Department of Human Services, and going on to be a Federal Administrative Judge with the Department of Health and Human Services in Baltimore—he credits his spouse with making it all happen.

"Lorraine did not have the opportunity to go beyond high school, but her openness to being a stay-at-home mom is, in my opinion, one of the main reasons why our kids turned out as well as they did," insists Bud. "Frankly, I would *never* have been able to accomplish anything without her strong, family-oriented care and support."



Bud and Lorraine Wessman

'10s

Agatha Ottem, PA '17, has joined the urology team at Altru Health System in Grand Forks, N.D.

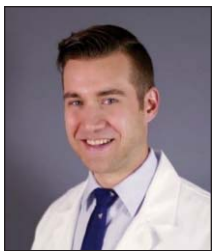
Joseph Dinsmore, MD '14, has joined the medical staff at Lake Region Healthcare in Fergus Falls, Minn. Dinsmore completed his residency at the University of Connecticut in Hartford, Conn., with training at Hartford Hospital, Connecticut Children's Medical Center, John Dempsey Hospital, and Saint Francis Hospital. He worked as a medic with the Minnesota Army National Guard and was deployed in Operation Iraqi Freedom. He received his undergraduate degree in biology and political science from Concordia College.

Kathryn Gray, MS, PA '14, has been hired by Independent Family Doctors in Fargo, N.D. Gray is accredited by the National Commission on Certification of Physician Assistants.

Jason Henry, MD '14, has been hired by the Fargo VA Health Care System in Fargo, N.D. as a hospitalist on the primary care and specialty medicine team. Henry completed his residency at the University of Colorado in Denver.

Tara Mertz-Hack, MD '14, has joined the Sanford Health-Oakes team. She will primarily see patients in the Oakes, N.D., clinic and once a week will see patients in Ellendale, N.D. She will also occasionally travel to other Sanford clinics located in Forman, LaMoure, Lisbon, and Gwinner.

Nicholas S. Adams, MD '13, contributed to an article that was recently published in the *Plastic and Reconstructive Surgery* Journal of the American Society of Plastic Surgeons. The article was entitled "The Effects of Motorcycle Helmet Legislation on Craniomaxillofacial Injuries."



Andrew Rodenburg, MD '13, has recently been hired by the Dakota Eye Institute in Bismarck, N.D. A native of Bismarck, Rodenburg is a member of the American Academy of Ophthalmology and will specialize in the treatment of cataracts, glaucoma, medical retina, and oculoplastic surgery.

Olubukola Oni, FMR '12, recently joined Sanford Health Highway 2 Clinic in Minot, N.D. Oni will see walk-in clinic patients.



Andrew Miller, MD '11, recently joined Sanford Health in Bismarck, N.D. As an interventional radiologist, Dr. Miller will be seeing patients for peripheral vascular disease and interventional oncology, in addition to a broad range of other procedures.

'10s



Ana Tobiasz, MD '10, recently joined Sanford Health in Bismarck, N.D., and is the region's only maternal fetal medicine specialist. Dr. Tobiasz provides advanced care and support for patients experiencing high-risk pregnancies, along with providing a wide range of advanced diagnostic procedures, genetic counseling, treatment services, consultation and high-risk obstetric care, labor and delivery, and neonatal care planning.

'00s

Swarna Yadlapalli, Family Medicine Residency (Southeast Campus) '00, has joined the Sanford Health team in Fargo, N.D. Yadlapalli is board certified in family medicine by the American Board of Family Medicine. She specializes in eating disorders and weight loss management.

Rhonda Schafer-McLean, MD '05, is now practicing at the Linton, N.D., hospitals and clinics. Schafer-McLean is an OB/GYN and says providing this type of outreach in the rural areas is a benefit for women. A Wilton, N.D.-native, Schafer-McLean has been practicing in Bismarck since 2009.

'90s

Beth Helgerson, MD '94, is now at Tri-County Health in Wadena, Minn. Helgerson specializes in general obstetrics and gynecology and holds board certification from the American Board of Obstetrics and Gynecology.

'80s

James Torrance, MD '88, a family practice physician at Essentia Health in Jamestown, N.D., recently received a 4-Star Award for scoring in the top 25 percent (75th through 89th percentiles) for percentage of patients rating the overall quality of care.

'60s

Myron Wentz, MS Microbiology '66, will have the new North Central College Science Center in Naperville, Ill., named after him. The \$60 million, 125,000-square-foot Wentz Science Center is the cornerstone project for the Naperville-based college's \$150 million Brilliant Future Campaign. Wentz is an internationally recognized microbiologist, immunologist, and pioneer in the development of human cell culture technology and infectious disease diagnosis.

Jerome “Jerry” Eric Bakke, Ph.D. BioChem ’60, age 86, passed away on Wednesday, August 9, 2017, at Rosewood on Broadway in Fargo, N.D. Jerry was born July 14, 1931, in Mapes, N.D., and attended Mayville State Teacher College where he met his future bride Beverly Carlson. When Jerry was young he spent his summers working on the farm for his aunt and uncle, Leonard and Ester Ophaug, to whom he gave full credit for teaching him how to receive and give love. While attending Mayville State Teacher’s College, Jerry’s chemistry professor told him that he would be better served to transfer to NDSU, where he eventually earned a BS and MS. Jerry then enrolled in doctoral studies at the UND School of Medicine and Health Sciences and earned a Ph.D. in Biochemistry. He began his career with General Mills in Minneapolis, Minn., and went on to work as a researcher at the USDA’s Biosciences Research Laboratory. For those outside of the scientific community, Jerry is better known for his artistic abilities as a builder and wood carver. For more than 40 years he built and carved furniture for his home, family, and friends, and then eventually began selling carved wooden purses and Scandinavian trunks. In 1982, Jerry and Bev began designing and building their Scandinavian themed Minnesota lake home on East Silent Lake with the dream that someday it would be filled with laughter from friends and family. Before Jerry became ill with Alzheimer’s he had completed the lake home, a whimsical playhouse for his grandchildren, and a separate garage with the capability of becoming an apartment for Bev. Starting in 2007 Jerry got his wish; with the first annual 4th of July party on the lake, organized by his grandchildren. Now each summer (and winter) the house is filled with friends of the family, most of whom Jerry has never had the opportunity to meet in person, but who enjoy the home that he lovingly built for them. Jerry is survived by his wife, Beverly, Fargo, N.D.; his daughters, Cheryl (Bill) Sinner, Menahga, Minn., and Kirsten (Donn) Diederich, Fargo, N.D.; six grandchildren, Addie (James) Rothmann, Kayla (Brian) Ganzer, Aaron (Christine) Sinner, Beth (Jeff) Tabaka, Erik Bakke Diederich, and Anna Bakke Diederich; three great-grandchildren, Jacob and Isaac Rothman and Travers Tabaka; and two sisters, Laverne Aamold, Mayville, N.D., and Janet Opgrand, Crookston, Minn. Jerry was preceded in death by his father, John Bakke and mother, Cora Bakke; his sister, Connie Elken; and great-granddaughter, Hayden Sinner.

John Urick Bures, BS Med ’55, age 88, passed away Monday, July 31, 2017. Born February 20, 1929, in Blytheville, Ark., John was raised in Park River, N.D., and was a proud resident of St. Petersburg, Fla., for 57 years. He graduated from the University of North Dakota and shortly thereafter served in the U.S. Army. While serving in the Army, John met the love of his life, Mary John Poupalos, and they married in 1954. After completing his Army service, he then went on to earn his medical degree from Marquette University. He completed his Obstetrics & Gynecology residency at Mound Park Hospital (now Bayfront Medical Center) and delivered thousands of babies over several decades in his solo private practice in St. Petersburg. He was a

frequently requested lecturer on preventive health care and female health issues locally and regionally. Family was the most important aspect of John’s life. John and Mary were blessed with eight daughters, including one set of fraternal twins. After Mary’s untimely death in 1977, John showed amazing resilience and continued in his service to others and in the dedication and support of his daughters. His greatest gift to his children was his demonstration of his values, endless patience, selflessness, and love for all people and life. Father of eight and grandfather to eleven, Dr. John Bures had a love of the Weather Channel and Tampa Bay Rays baseball, made world famous spaghetti sauce, and had great moves on the dance floor. He enjoyed hunting and spending time with his brother and nephew in North Dakota, and visiting the family farms and friends in the Park River area. He was preceded in death by his wife, Mary, and his parents, Matilda and John Bures. He is survived by his daughters, Diana Bures McNeill (David) of Durham, N.C., and their children, Jonathan (Christie), Matthew, Jenna (Dan), and Cameron; Helen Bures Eggers of Charlotte, N.C.; Sara Bures of Baton Rouge, La.; Mary Rebecca Bures of Charlotte, N.C.; Maria Bures (George Barreto) of St. Petersburg, Fla.; Suzanne Bures Quinn (Kevin) of Albany, N.Y., and their children, Sean and Conor; Stephanie Bures Thompson (Chris) of Jacksonville, Fla., and their children, John, Stephen, Mary, James, and Mark; Angela Bures of Los Angeles, Calif.; his “adopted daughter” Cassie Ulinski of Los Angeles; his brother, Frank (Judy) and their children, Jennifer Bures-Hodny and Tom Bures and their families; and many other extended family members. John Bures will truly be missed by all who knew him. He may be physically gone from this Earth but his spirit and legacy will live on through all that were blessed enough to have known him.

Paul Amos Flaten, BS Med ’60, died at home on July 27, 2017, surrounded by family. He was preceded in death by his parents, Alfred Noel and Dorthy Flaten, and his two brothers, Alfred and Boyd Flaten. He is survived by his wife of 53 years, Susan (Wade) Flaten; his three children Barbara Flaten; Mark Flaten; and Mary Shaya and her husband Wissam Shaya; his seven grandchildren, Carolyne Millie and Katelyn Denise Flaten; and Noura Haley, Noelle Marie, Olivia Salwa Jane, Majid Paul, and Luke Wissam Shaya. He was born in Grafton, North Dakota, February 1, 1936. He attended college at the University of North Dakota. He then completed his medical degree at Washington University in St. Louis, Missouri. From there he did his internship at Jackson Memorial in Miami, Fla., where he met his wife on the medical floor where she was head nurse. He then served two years as a Lieutenant in the U.S. Navy. Dr. Flaten returned to Miami and completed his Neurology Residency. He dedicated the next years of his life serving his patients with loyalty and compassion.

Donald L. Foss, BS Med '61, age 78 of Little Canada, passed on July 21, 2017, after a long-fought and courageous battle with Multiple System Atrophy. Donald was born in Fergus Falls, Minn., on November 5, 1938, to John and Florence Foss. They lived on a farm west of Maddock, N.D., where he helped farm the land and raise prize-winning sheep and Hereford Cattle. He graduated from Hillcrest Lutheran Academy, and attended Concordia College for three years before graduating Suma Cum Laude from University of North Dakota School of Medicine and Health Sciences. Don married Nora Jane Osland in Mayville, N.D., on December 30, 1961. He completed his medical schooling at the University of Washington at Seattle, and an internship and general surgical residency under Dr. Claude Hitchcock at General Hospital in Minneapolis from 1963 to 1969. He proudly served his country in the Vietnam War as a surgeon and as a Major at Fort Leonard Wood, Mo. Together, Don and Jane raised their four children in Bloomington, Minn. He practiced Surgery in St. Paul until 2000. Donald, Dr. Richard Yadeau, and Dr. Robert Brown founded the first Hospice facility in Minnesota and the second in the USA in 1976 at Bethesda Hospital in St. Paul. Don had always given his patients tender care, and toward the end of his own life he received loving care from the HealthEast Hospice System he helped create. Don was a farm-kid at heart with a work ethic woven into everything he did. Don could fix things, from cars to aortic aneurysms. He "made the rounds," whether he was visiting patients in the hospital or taking a call from family or friends. Life as a doctor is a calling, and Don answered that call time and time again, always with a smile and an encouraging word. His greatest joy was his family, and we'll miss him very much. Don is survived by his loving wife of 56 years Jane (Osland); children: Dan, Jon (Susan) Foss, Jennifer (Jim) Larranaga, and Jim (Karin) Foss; 11 grandchildren: Anna, Will, Jon, George, Emily, Megan, Andrew, Josie, Mae, Alex, and Charlie; siblings: Marilyn (Bill) Martinson, Maury (Jeanne) Foss, and Rosalie (Don) Sorensen; sisters-in-law Goldie Foss and Genelle (Marvin) Blomquist; and many special extended family members. He was preceded in death by his parents John and Florence Foss, brother Allen Foss, and brothers-in-law George Osland, Gary Osland, and Jack Nordenstrom.

Christopher James Melvin Greenman, MS OT '15, age 31, of Rock Springs, Wyo., passed away after a valiant two year battle with bone cancer. He peacefully departed this life surrounded by the love of his eternal companion and family on July 6, 2017, in Rock Springs, Wyo. He came into this life with joy, love, and courage on February 6, 1986, in San Luis Obispo, Calif. Chris spent his childhood and teenage years in Atascadero, Calif., where he later graduated from Atascadero High School in 2004. Chris was welcomed into Heaven by his loving mother Diane, sweet sister Kimberly Fugere, and his grandmother Tess. Chris leaves behind his beloved wife Darci and sweet Eliza Diane; father Jim Greenman; siblings Michelle (Craig) Yost, (Ross) Fugere, Nicole Greenman, Scott (Brittany) Greenman, and Kaitlin (Brian) Welty; Grandpa Melvin Danielson; as well as his wife's family: David and Christy Rawson, Amanda (Rob) Hill, Kimberly (Garrett) Hybarger, Ty (Hailee) Rawson, Joshua Rawson, and Jake Rawson; Grandma Joyce Rawson; and a host of adoring aunts, uncles, cousins, nieces, nephews, and friends. Chris was born the fourth of six children. As a teen, Chris underwent three life-threatening brain surgeries due to hydrocephalus. Not letting this deter him, Chris went on to serve an honorable two-year LDS mission in Hartford, Conn., and graduate with two bachelor degrees and a master's degree in Occupational Therapy from Brigham Young University and University of North Dakota, respectively. Chris was an adventurous spirit who loved traveling the great outdoors and climbing mountains. Chris never missed an opportunity to dive into deep oceans, fish the great waters of Alaska, kayak the rivers of Hawaii, or hike the ancient ruins of Central America. Chris was immediately drawn to his sweetheart Darci as he first saw her across the room at a country dance. The two were later married in the Timpanogos Temple on January 14, 2011, and on September 24, 2014, their greatest joy, Eliza Diane, was welcomed onto this earth. Chris's greatest calling in life was that of husband and father, and he remained true to this calling even in his weakest hours. His love of his wife and daughter never went unspoken as he made the effort both to show and vocalize his eternal love for them every single day. Chris was an inspiration and shining example of Christ's love to all those who knew him. He taught us to hold onto faith, not get lost in darkness and despair, choose happiness, and never pass an opportunity to make a joke.

Dr. Robert (Bob) Phillips Jordheim, BS Med '52, age 88, departed his earthly life to return to his Creator on Wednesday, May 31, 2017, on a beautiful spring morning. Throughout his life, Bob was a very committed husband and father. Bob had many passions in life: from medicine to cooking to carpentry, he had a long list of skills that amazed those who knew him. Bob had a great sense of compassion for others, and never failed to help those in need. Bob was born on March 19, 1929, at St. Luke's Hospital in Fargo, North Dakota. He was the son of Oscar P. and Viola Larson Jordheim, long-time residents of Fargo. He graduated in 1946 from Fargo Central High School. Bob received his B.S. (1950) and B.S.M (1952) from the University of North Dakota, and received his M.D. from Northwestern University School of Medicine (1954). Bob completed his internship at Detroit Receiving Hospital, Detroit, Michigan, and his fellowship in Internal Medicine at the Mayo Clinic, Rochester, Minnesota. Bob served his country as a medical officer in the United States Air Force and was discharged as a Major. Bob was a senior at Fargo Central High when he first spotted a sophomore girl named Janet Howe. Bob was determined to meet the most beautiful girl he had ever seen. After nine years of constant correspondence and medical school behind him, Bob and Janet were married July 12, 1955. Bob and Janet began their lives together in Big Spring, Texas, where Bob served in the U.S. Air Force. After a few years, they moved to Rochester, Minnesota, where Bob completed his fellowship. The couple returned to Fargo to live and raise their family. For 37 years, Bob practiced internal medicine in Fargo, beginning in 1960 at the Fargo Clinic and St. Luke's Hospital, and retiring from the successor organization, MeritCare, in 1997. During this period Bob served in a number of positions including Chairman of the Fargo Clinic Board and Board of Trustees and Chief of Staff of St. Luke's Hospital. Bob and Janet are survived by their four loving children, Mary (Frank) Gokey, Sarah (Steve) Underdal, Robert (Carey) Jordheim Jr., and Frank (Krista) Jordheim; and eight wonderful grandchildren, Charles and Sarah Gokey, Robert and Katie Underdal, Porter and Gus Jordheim, and Macy and Samantha Jordheim.

Joshua Olusesan Omotunde, Family Medicine Residency '96, passed away on August 7, 2017, of natural causes in Grafton, N.D. Joshua was born on February 28, 1956, to Joseph and Alice (Aina) Omotunde in Ikun-Ekiti, Nigeria. Joshua was the fifth of five children. He attended school there and graduated from high school in 1971 at the age of 15. He continued his education and graduated from University of Ife with a degree in Biochemistry. He taught for seven years in Nigeria. Joshua later graduated from medical school at the University of Ibadan, in Nigeria. Joshua did his Residency in Family Medicine at the University of North Dakota School of Medicine and Health Sciences, Bismarck Center for Family Medicine. Following his training in Bismarck, Joshua relocated to Grafton and joined Unity Medical Center in 1996. Joshua also served in the United States Military and was stationed in Germany. Joshua was a board member and medical director at Unity Medical Center. He was a member of the American

Medical Association and the Nigerian Medical Association. He was a Board Certified Physician with the American Academy of Family Physicians. He was the Medical Director of Hospice and of Walsh County Emergency Medical Services. Joshua was a Clinical Assistant Professor in the Department of Family and Community Medicine at the University of North Dakota School of Medicine and Health Sciences. Joshua loved students and being a part of their education. Joshua is survived by his wife, Dr. Adeyinka Omotunde; his children, Busola Omotunde (Bayo) Esan, Joshua Ayokunle Omotunde, Anike, and Israel Omotunde; one granddaughter, Abigail Esan; and several nieces, nephews, grandnieces, grandnephews, and his sister-in-law, Esther Omotunde. He was preceded in death by his parents, his three sisters, Dorcas, Rebecca, and Deborah, and his brother. Joshua was passionate about his profession of the practice of medicine. He loved all of the patients he came in contact with and would treat them as family. The family of Joshua Omotunde wishes to express their sincere appreciation for all who have reached out with an act of kindness, or said a prayer during this time. One of Joshua's favorite sayings was "we will survive." Yes, Joshua we will, but the world will be a lonelier place without you to brighten our days.

Charles George Weispfenning, BS Med '71, born February 18, 1933, passed away peacefully in his home on May 12, 2017, with his wife at his side. He was born and raised in Fredonia, North Dakota, living the first ten years of his life in a home with no electricity or running water. Early in his childhood, he knew that he wanted to be a doctor, but considered it an almost unreachable dream. Brilliant, curious, courageous, and compassionate, he followed an improbable path that finally made this dream come true. As a teenager, he received a full scholarship in physics to the University of North Dakota. Not satisfied with the solitude of scientific studies, and with an aging parent to care for, he left the program to become a school teacher and principal. Medicine still called to him, and he returned to school, becoming a medical technologist and meeting his first wife and the mother of his three daughters. The family lived in Wenatchee, Wash., where he became the chief Medical Technologist at the Deaconess Hospital. But this still wasn't enough, so against the odds, at 36 years old, he returned to school to become the doctor he dreamed of being. He was the oldest freshman medical student in the U.S. at the time. In 1974, he came to Vashon Island, Wash., to help a recently-opened nurse practitioner group, and then became the first medical director of the Vashon Health Center. In 1979, he opened his private practice in Vashon Plaza, and continued to provide health care until his retirement in 2011—a total of 36 years of service. He also gave generously of his free time to the community, volunteering and performing for charity. Dr. Weispfenning is survived by his wife of 18 years, Ann Weispfenning; his three daughters, Heidi Weispfenning, Gretchen Porter, and Kirsten Weispfenning; grandchildren Alex Weispfenning, Emrys Kok, Bethia Kok, and Nicholas Jurus; as well as many other dear relatives and friends.

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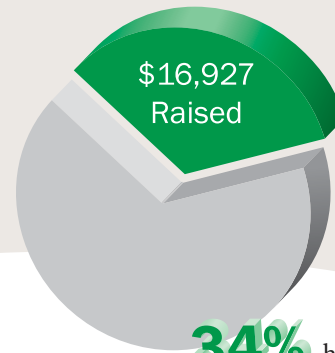


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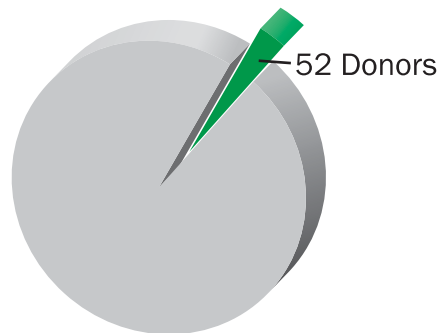
Physical Therapy 50th Anniversary Scholarship Endowment

To celebrate the 50th anniversary of the Physical Therapy Department at UND, Tom and Peggy Mohr recently established a \$50,000 scholarship endowment benefiting PT students. It's the 11th endowment specifically for PT students, who each graduate with about an \$80,000 debt load. To build upon the Mohrs' gift celebrating the milestone and to support students in need, the PT Department is asking for your help in creating a 12th endowment, the Physical Therapy 50th Anniversary Scholarship Endowment. The goal is to raise \$50,000. Please make a gift today at <https://undalumni.org/smhs>. All donors will receive a personal thank you note from a current Physical Therapy student. Thank you in advance!

Our Goal: \$50,000



Our Donors



52 of UND's 1,620 current PT alumni have generously donated.

Gifts

Average gift size: **\$325**

Scholarship endowment would annually provide to students: **\$2,000**

Figures as of August 11, 2017.

Thank you to our thoughtful donors who recently gave gifts or made pledges.

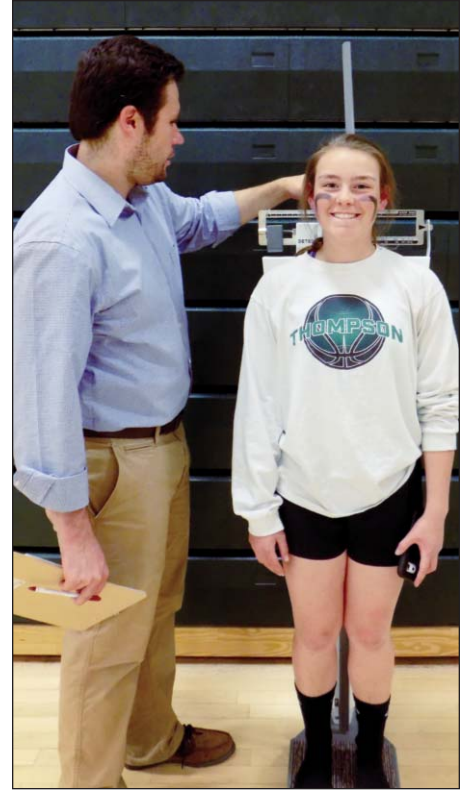
Joel, MD '93, and Julie Johnson of Park River, N.D., have established the Joel J. Johnson, MD, Scholarship Endowment, which provides scholarships to medical students with preference given to students from rural North Dakota counties. Dr. Johnson, a native of Adams, N.D., practices family medicine at First Care Health Center in Park River.

Jan Bexell-Gierke, MD '90, and Todd Gierke of Fargo, N.D., have established the Dr. Jan and Todd Gierke Memorial Scholarship Endowment, which provides scholarships to medical students with preference given to students from Minot, N.D. Dr. Bexell-Gierke, a native of Grand Forks, N.D., is an obstetrician-gynecologist at Essentia Health in Fargo.

Basir, MD '02, and Mohiba Tareen of Minneapolis, Minn., have established the Tareen Family Medical Scholarship Endowment, which provides scholarships to medical students. Dr. Tareen, a native of Cavalier, N.D., is a urologist at Allina Health in Faribault, Minn.



Senator Heidi Heitkamp (D-ND) with Second-Year UND SMHS students in Grand Forks in August 2017. In the photo, from left to right, are: Hunter Row, Travis Flick, Thomas Walter, Andrew Lesser, Sen. Heitkamp, Shaneabbas Raza, Haley Amoth, and Brooke Lentz



Physician assistant and physical therapy students and faculty combined volunteer efforts to provide sports physicals for regional athletes at Thompson High School on May 11, 2017.



The Office of Student Affairs and Admissions volunteered at St. Joseph's Free Lunch Program in Grand Forks throughout the summer. Volunteers donate and pack nutritious food at nine different parks. Left to right: Jenny Duffy, Angela Beardemphl, and Cindy Stromme.



In June and July, forty-eight 7-12th grade Native American students from the Dakotas, Montana, Wyoming, Nebraska, and Arizona spent six weeks at the SMHS for an academic enrichment program coordinated by the INMED Program.



2017 Dakota Conference Awardees

Back: Rep. Bill Devlin, Rural Health Legislator of the Year; Gretchen Dobervich, Public Health Team of the Year Award on behalf of the American Indian Public Health Resource Center, NDSU; Lori Brierley, Outstanding Service Award; Allen Anderson, Public Health Worker of the Year; Melissa Meyer, Scrubs Camp of the Year on behalf of the Great Northwest Education Cooperative, Williston; Patsy Levang, 2017 Outstanding Rural Health Volunteer; Front: Ben Bucher, Emerging Rural Leader; Roger Baier, Outstanding Rural Health Professional; Annie Gerhardt, Outstanding Rural Educator/Mentor; and Mark Longmuir, Outstanding Rural Health Provider. For more information about these award winners, visit ruralhealth.und.edu/dakota-conference/awards-archive.



The SMHS was happy to sponsor the 18th Annual Building Hope Women’s Golf Tournament hosted by the Trinity Health Foundation on June 15 in Minot, N.D. SMHS team members included, from left to right, the Minot Center for Family Medicine’s Parul Tangri, MD, Kathy Hiller, RN, Tiffany Jensen, and Rose Barkie-Reynolds.

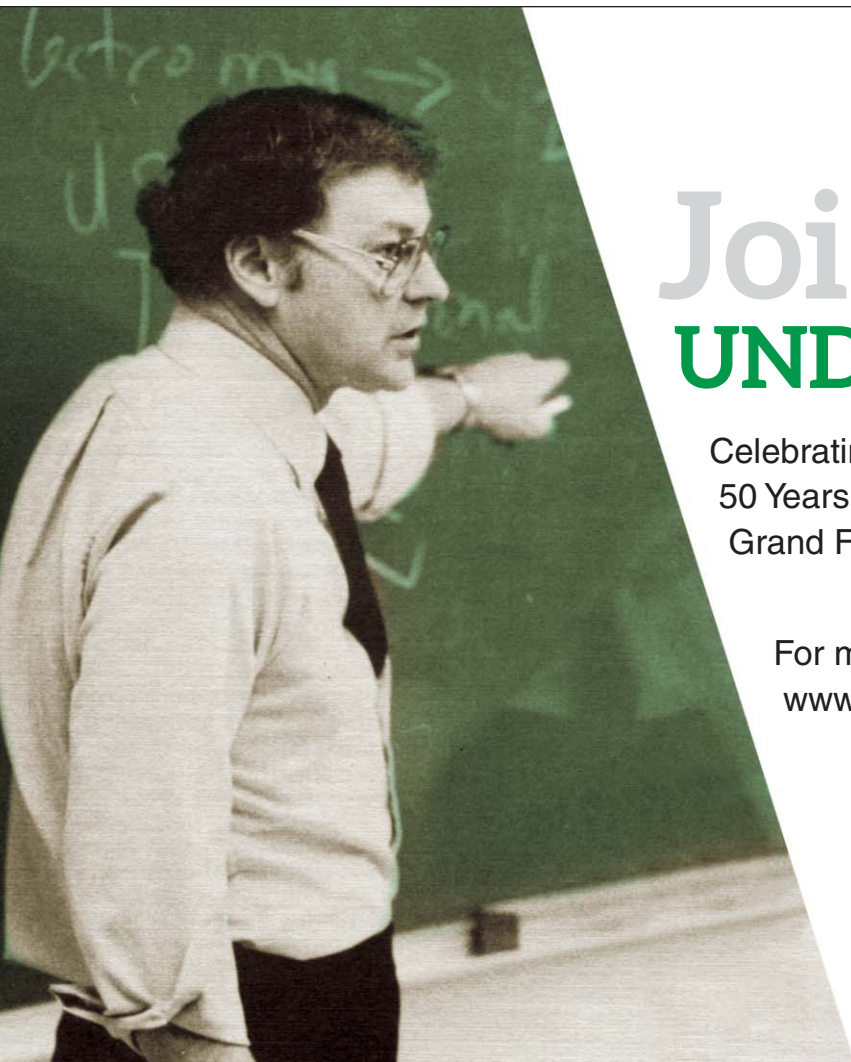


Sports Medicine representatives raised the Twins flag at UND Night at Target Field on July 7 in Minneapolis. Left to right: Sean Degerstrom, Chris Peterson, Cassandra Heald, and Bennet Leitch.

The SMHS provided a coloring poster for kids at the Grand Forks County Fair in June. Kids did a great job of coloring in Buddy, a therapy dog in the Occupational Therapy Department, and other images that represent our eight degree programs.



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