

NORTH DAKOTA MEDICINE

THE UNIVERSITY OF NORTH DAKOTA SCHOOL OF MEDICINE & HEALTH SCIENCES

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American Indian
Health Research
Conference

Richard
Wilsnack

Holiday 2015
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UNIVERSITY OF NORTH DAKOTA SCHOOL OF MEDICINE AND HEALTH SCIENCES

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Significant and Continuous



It has been a productive six months since my last report to you this past summer. The School, thanks to the efforts of its faculty, staff, and especially students, has made significant progress in addressing each of the three core components of its purpose—education, research and scholarship, and service. On the education front, I am pleased to report that the several additional residency slots recommended by the SMHS Advisory Council were approved by the SMHS. As you may recall, these positions have been funded through generous state appropriations authorized by the North Dakota Legislature. The new residency slots will be implemented as soon as they can be appropriately configured by the sponsoring institutions and, where necessary, receive accreditation approval from the appropriate governing body. The newly approved residencies include the following:

- Geriatrics—sponsored by the UND SMHS Department of Geriatrics and Sanford Hospital, Fargo.
- Telepsychiatry—sponsored by the UND SMHS Department of Psychiatry and Behavioral Science.
- Family medicine—Sanford Hospital, Fargo.

The SMHS Advisory Council also recommended funding for the Western North Dakota Area Health Education Center (AHEC) to complete Phase II of a study exploring ways to expand health student education in rural communities in North Dakota.

I am delighted to report that the UND School of Medicine and Health Sciences is joining an elite consortium of other medical schools, including the Mayo Medical School, the University of Michigan Medical School, and Harvard Medical School, as part of the American Medical Association's (AMA) Accelerating Change in Medical Education Consortium. The consortium comprises a total of 31 schools that are working to create the medical school of the future. The AMA has

awarded each consortium member a grant for transformative medical education projects in key innovation areas. Our grant was submitted by Senior Associate Dean Gwen W. Halaas in conjunction with Associate Dean for Teaching and Learning Rick Van Eck, the founding Dr. David and Lola Rognlie Monson Endowed Professor in Medical Education. They outlined our plan to enhance medical education through advanced simulation and telemedicine technologies to develop skills specific to the needs of rural or remote communities. The program that is being developed involves teams of interprofessional students and teaches interprofessional competencies along with rural healthcare skills.

The SMHS continues to grow its research enterprise. One objective measure of that growth is the amount of externally sponsored (typically federal) funding our investigators have garnered. And I'm delighted to report that researchers at the School were awarded the largest amount of funding this recently ended fiscal year in the history of the School! That growth was the principal reason that UND as a whole also showed growth in its total research funding after several years of overall decline. By the way, the School has achieved about a five percent annual growth in funding this decade, which is all the more impressive in this era of extremely tight and competitive funding. Even more important is that research publications are up, which is an even better measure of the new knowledge that our investigators have discovered and shared with others. In the clinical departments, for example, publications are up nearly 50 percent compared with the prior year.

The School's most important service contribution is through healthcare workforce development. Thanks to the Healthcare Workforce Initiative and funding provided by the North Dakota Legislature, the medical school class size is now the largest in history at 78 students per year. Similarly, the health sciences class

Progress

sizes also have been expanded and are at their highest levels ever, and our in-state residency opportunities are at an all-time high. Having more in-state residency positions is crucial for our state, since traditionally North Dakota has the lowest ratio of residency slots to graduating physician of any state in the country. What this means is that before the recent residency expansion, about half the class had to leave North Dakota for residency training even if the entire class wanted to stay here—there simply were not enough slots available to accommodate everyone. Nationally there are about 1½ residency slots (about 30,000) per medical school graduate (about 20,000) or a ratio of about 1.5 to 1; North Dakota had been around 0.5 to 1 or so, or about a third of the national average.

The expanded training positions at the School for medical students, health sciences students, and to a limited degree the residency trainees necessitated additional facility space, and as you know, we are completing the construction of a magnificent new building to house all of these expanded educational offerings. The new 325,000-square-foot building should be completed this coming July, just in time to welcome the entering medical student class of 2020. Not only is the building right on schedule, but it is on budget. We are busily planning for the transition into the new space, for the move will entail both a physical as well as pedagogical transformation. By that I mean that we need to plan both for moving the people, equipment, and other tangible assets into the new facility, but we also need to plan for the new ways in which we will be educating students, with many more educational spaces that are intended to be multi- and interprofessional in their orientation and focus.

Finally, here is an update on the recent revisit to the School in October by a team from the Liaison Committee on Medical Education (LCME). The team decided to shorten its visit from 2½ days to 1½ days

after reviewing the *Briefing Book* that we had prepared for them. That seemed to be a good indication, as all felt that the revisit went quite well. While we won't hear the final word from the LCME until next February or March, all who met with the survey team felt that the meetings went well. So we are hopeful that we will get positive affirmation from the LCME this spring. If all goes as anticipated, we will be back on schedule for our next LCME visit in 2022. To help ensure a painless and successful visit then, we are changing the way we prepare for these accreditation visits that typically occur every eight years. Rather than starting our preparations about two years before the next visit as we and most medical schools have done, we've decided to start our preparations for the 2022 visit now. We've instituted a process that is equivalent to the continuous quality improvement process used in business—but in this case we'll do continuous LCME preparation. I've named Dr. Steve Tinguely, the prior chair of the Department of Pediatrics, as our first assistant dean for medical accreditation and chief medical accreditation officer. Steve will work with the School's faculty, staff, and students to address medical accreditation issues on an ongoing and consistent basis to ensure that the School addresses medical accreditation issues iteratively, consistently, and continuously. Most medical schools have not moved to this newer model for addressing accreditation and compliance issues, and I believe that we again are leading the nation in the approach that we are taking.

In closing, Susan and I would like to wish you and yours all the best this holiday season.



Joshua Wynne, MD, MBA, MPH
UND Vice President for Health Affairs
Dean UND School of Medicine and Health Sciences

Combs named chair of Department of Basic Sciences

Colin Combs, PhD, has been named the chair of the Department of Basic Sciences at the University of North Dakota School of Medicine and Health Sciences. Combs is a professor in the department and has worked at the School since 2000.

Combs is a research scientist noted for his study of neurodegenerative diseases such as Alzheimer's and Parkinson's. His research is supported by the highest-level grant funding awarded by the National Institutes of Health and private foundations such as the Michael J. Fox Foundation for Parkinson's Research.

"Dr. Combs is an outstanding researcher and teacher," said Joshua Wynne, MD, MBA, MPH, UND vice president for health affairs and dean of the UND School of Medicine and Health Sciences. "His focus as chair will be to develop the research and teaching portfolio of each faculty member in the department, grow the research enterprise, and optimize the student experience for learners."

Combs earned his doctorate from the Department of Neurobiology and Anatomy at the University of Rochester, New York.

As a teacher at the UND SMHS, Combs has received five Block Instructor Awards from medical students in recognition of his outstanding performance in the encouragement, enrichment,

and education of tomorrow's physicians. His most recent award was in 2015. In 2009, he received the H. David Wilson Academic Award in Neuroscience as well as the UND Spirit Award. He is a member of the Society for Neuroscience, the American Society for Neurochemistry, the Alzheimer's Association of Minnesota-North Dakota's Medical and Scientific Advisory Council, and the International Society for Neurochemistry.



Combs has collaborated with other researchers and received U.S. and international patents on treatments for Alzheimer's, Parkinson's, and stroke. He serves on the editorial boards of nine scientific journals dedicated to the study of Alzheimer's, Parkinson's and other neurodegenerative diseases and is an invited lecturer for dozens of local, regional, and national scientific conferences. He is a grant reviewer for the Alzheimer's Association, U. S. Department of Defense, U.S. Department of Veterans Affairs, National Science Foundation, the NIH, as well as the Medical Research Council in the United Kingdom and the Czech Science Foundation.

Van Eck garners cover story and editors' pick for *EDUCAUSE Review*



Richard Van Eck, PhD, the founding Dr. David and Lola Rognlie Monson Endowed Professor in Medical Education at the University of North Dakota School of Medicine and Health Sciences, is the author of both the cover story and the editors' pick in the October 12 edition of *EDUCAUSE Review*. *EDUCAUSE* is a not-for-profit association and the foremost

community of information technology leaders and professionals committed to advancing higher education. *EDUCAUSE Review* is the association's open-access digital and bimonthly print flagship publication for the higher education IT community.

"Digital Game-Based Learning: Still Restless, After All These Years," is actually Van Eck's second cover story for this highly respected magazine read by more than 70,000 education leaders. In 2006, Van Eck's "Digital Game-Based Learning: It's Not Just the Natives Who Are Getting Restless," was also selected for the cover. In his current article, he reviews the evidence for digital game-based learning (DGBL) in light of the challenges and goals he first identified in 2006. He argues that evidence shows that digital games are powerful learning tools that promote a wide range of important educational and social outcomes that are rarely addressed. Whether educators choose to take advantage of the opportunity DGBL offers is a

completely different question, however, because DGBL adopts approaches that challenge assumptions at the core of current educational practice.

In addition to his cover story, Van Eck also has a companion piece in the online portion of the magazine called "What Can We Learn from Violent Videogames?," which has been selected as the *EDUCAUSE Review* editors' pick. Van Eck says the fears that violent videogames will cause people to be more violent are understandable, but unsupported by current research—social and developmental factors are better predictors of violent behavior. In fact, some violent videogames may actually lead to the development of empathy, understanding, and even moral behavior.

Van Eck was in the national spotlight on September 26 in Bismarck, N.Dak., as well. As an invited speaker at the 2015 GameChanger series "iHuman: How is technology changing humanity?" He spoke about the educational potential of games to reform public education. Van Eck is the editor of two books: *Interdisciplinary Models and Tools for Serious Games: Emerging Concepts and Future Directions* and *Gaming and Cognition: Theories and Practice from the Learning Sciences*.

Combs receives \$1.4 million NIH grant for unique Alzheimer's treatment

The National Institutes of Health awarded over \$1.4 million to Professor Colin Combs, PhD, chair of the Department of Basic Sciences at the University of North Dakota School of Medicine and Health Sciences, for a unique approach to Alzheimer's disease treatment. Funding for Combs's work is supported by a 4½-year, R01 grant from the National Institute on Aging, an institute of the National Institutes of Health. The Research Project Grant (R01) is the original and historically oldest grant mechanism used by the NIH.

Alzheimer's is the most common type of dementia and affects more than 5 million Americans age 65 and older. It is caused by physical changes in the brain that lead to memory loss and the diminishment of other mental functions necessary for daily life. The disease is estimated to account for 60 to 80 percent of all cases of dementia, according to the Alzheimer's Association.

"We hope to demonstrate that Alzheimer's disease can be tracked and even treated by focusing on the intestines," Combs said. "This type of thinking is in agreement with our understanding of other chronic neurodegenerative diseases such as Parkinson's disease."

"As with all of our projects, we pursue them as a team," Combs said. "I have had two excellent postdoctoral fellows, Dr. Kendra Puig and Dr. Gunjan Manocha, as well as a medical student, Siri Urquhart, working on this project. In addition, we have invaluable clinical collaborators, Dr. Mary Ann Sens, chair of the Department of Pathology at the UND SMHS, and Dr. Ashok Tuteja, an associate professor in the Division of Gastroenterology at the University of Utah, who help to ensure our translational potential."

In this study, Combs and his team will work to define changes in the gastrointestinal tract compared to the brain during the progression of normal aging and Alzheimer's disease. They will use a variety of rodent models of Alzheimer's disease and directly compare these to intestines and brains of human patients who have Alzheimer's. Their preliminary data suggest that the disease occurs in parallel in both organs with the intestine communicating disease to the brain. This suggests that



In front, from the left, are Kendra Puig and Siri Urquhart. In the back are Colin Combs and Gunjan Manocha.

the UND researchers may be able to alter disease progression in the brain by designing therapeutics strategies that target the intestines first. Combs will be directly testing this idea in mouse models of the disease.

Laboratory mice, *Mus musculus* to scientists, have been bred for generations to be genetically identical. Because mice are genetically and physiologically similar to humans (mice and humans share 95 percent of their genes), scientists find mice to be incredibly valuable experimental tools for research into the genetic basis of neurodegenerative diseases such as Alzheimer's and Parkinson's. Scientists have developed a vast knowledge bank of lab mouse DNA that they can use to study how the effect of changes in specific genes may underlie certain diseases.

"Our study will provide insight into whether Alzheimer's disease can be treated using strategies that influence intestinal functions," Combs said. "This is counterintuitive to the notion that a drug that treats Alzheimer's disease needs to get directly into the brain."

Nicole Harris is November OT of the Month



Nicole Harris, MOT, OTR/L, an SMHS Department of Occupational Therapy faculty member at UND's satellite campus in Casper, Wyoming, was selected as November OT of the Month by the Wyoming Occupational Therapy Association (WyOTA).

She was cited for her dedication to OT and the state association, through coordination of extensive "behind the scenes" work in conference planning, WyOTA administrative roles, and collaboration with colleagues in OT and other disciplines.

Tiongson new chair for Department of Pediatrics



Christopher H. Tiongson, MD, has been named chair of the Department of Pediatrics at the University of North Dakota School of Medicine and Health Sciences. He is a pediatric hospitalist at Sanford Children's Hospital in Fargo, N.Dak. Tiongson is a clinical professor of pediatrics at UND, where he has taught since 2002. From 1997 to 2002, he practiced general pediatrics at

Central Plains Clinic/Sioux Valley Clinic (now Sanford) in Sioux Falls, S.Dak., and was a clinical assistant professor of pediatrics at the University of South Dakota School of Medicine.

Tiongson will succeed Stephen J. Tinguely, MD, as chair. Tinguely is now the assistant dean for medical accreditation and chief medical accreditation officer at the UND SMHS.

"Dr. Tiongson was the obvious choice to succeed Steve Tinguely as chair of pediatrics as Steve steps into his new role overseeing medical accreditation issues for the School," said Joshua Wynne, MD, MBA, MPH, UND vice president for health affairs and dean of the UND School of Medicine and Health Sciences. "Dr. Tiongson brings the two essential ingredients needed in this position—a passion for pediatrics and a passion for teaching pediatrics to students."

Tiongson received his Bachelor of Science in Biology from

Georgetown University in Washington, D.C. He earned his medical doctorate from the UND School of Medicine and Health Sciences. He completed his residency in pediatrics at the Children's Mercy Hospital/University of Missouri-Kansas City, where he was chief resident. In 2011, he graduated from the Physician Leadership College at the University of St. Thomas in Minneapolis, Minn. Tiongson is board-certified by the American Board of Pediatrics and is a Diplomate of the National Board of Medical Examiners. He is a pediatric advanced life support provider, and is a Fellow of the American Academy of Pediatrics.

Tiongson is a member of Alpha Omega Alpha, the national medical honor society. He has garnered the University Alumni Award, for special service to the University of North Dakota School of Medicine, and has been recognized by the UND School of Medicine and Health Sciences with the Dean's Special Recognition Award for Outstanding Volunteer Faculty "for demonstrated commitment to teaching medical students and residents." In 2010, he received the Golden Tomato Award, the medical student teaching award for the Fargo Campus of the UND SMHS.

Tiongson is recognized for his work on the prevention, assessment, and treatment of childhood obesity.

"I am grateful to UND for starting me on my career in pediatrics," Tiongson said. "I cherish this opportunity to serve my state and my school as we help prepare the next generation of doctors."

UND Physical Therapy team showcases its service commitment

A group of University of North Dakota physical therapy students made nationwide waves with a service project geared to help senior citizens.

They were recognized among "the best, brightest, and most motivated PT/PTA programs across the country leading up to the Saturday Day of Service," according to the group that invited UND to participate.

The group volunteered on Saturday, October 17, at Valley Eldercare in Grand Forks as part of the Global Physical Therapy Day of Service (PT DOS).

"PT DOS is an organization of 10 physical therapists across the nation who are committed to serving the community," said Anthony Charbonneau, president of the UND SMHS Doctor of Physical Therapy class of 2016.

"It was created to unite and galvanize the profession of physical therapy in an act of service," said Charbonneau, a member of the Pueblo of Acoma tribe who grew up in West Fargo. "PT DOS aims to transform society by inspiring the profession to become more engaged in their communities. This is a service activity for the community by physical therapy students, faculty, and clinicians."

The UND PT group's activities at Valley Eldercare included bingo, cleaning the courtyards, and conversations with the residents and forming good bonds with them.

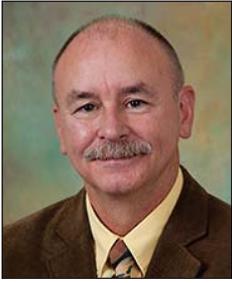


Third-year DPT students who participated in the Global PT Day of Service

On Wednesday, October 14, the UND group was selected as "Program of the Day" to participate in a social media campaign that showcased their activities and promoted the UND SMHS physical therapy program.

"We posted as much as possible to get our name out there, and we mentioned what our program is doing on PT DOS, what our inspiration is, challenge other students to get involved, and post pictures as well," Charbonneau said. "This was a great opportunity for exposure not only for UND PT, but for UND as a whole."

McLean new chair for Department of Psychiatry and Behavioral Science



Andrew J. McLean, MD, MPH, has been named chair of the Department of Psychiatry and Behavioral Science at the University of North Dakota School of Medicine and Health Sciences. McLean is the medical director for the North Dakota Department of Human Services, a role he will continue. McLean is a clinical professor of psychiatry and behavioral science at

UND, where he has taught since 1993. Before his appointment as medical director of the ND Department of Human Services, he was medical director of the North Dakota State Hospital in Jamestown and the Southeast Human Service Center in Fargo.

McLean will succeed Chester Fritz Distinguished Professor James E. Mitchell, MD, as chair. Mitchell is retiring as chair, but will continue to be a faculty member and contribute to the School's research and teaching missions through the Neuropsychiatric Research Institute in Fargo.

"Dr. McLean brings a wealth of experience in the mental and behavioral health arena to the School," said Joshua Wynne, MD, MBA, MPH, UND vice president for health affairs and dean of the UND School of Medicine and Health Sciences. "He has taught on our faculty for almost 25 years, and his simultaneous ongoing appointment as medical director of North Dakota's Department of Human Services will open up even more opportunities for partnerships that will benefit the people of the state."

A Hillsboro, N.Dak., native, McLean received his Bachelor of Science in Psychology from UND. He earned his medical doctorate from the UND School of Medicine and Health Sciences. He completed his residency in psychiatry at the University of

Wisconsin Hospital and Clinics, Madison, where he was co-chief resident. He earned a Master of Public Health from the University of Minnesota School of Public Health in Minneapolis. McLean is a Diplomate of the National Board of Medical Examiners and the American Board of Psychiatry and Neurology, and is a Fellow of the American Psychiatric Association.

In 2013, McLean was inducted as a member of the Delta Omega Honorary Society in Public Health. He received the American Psychiatric Association Bruno Lima Award for Outstanding Contributions to Disaster Psychiatry in 2011. Also in 2011, he was recognized with the UND School of Medicine and Health Sciences Dean's Special Recognition Award for Outstanding Volunteer Faculty, an honor he has received twice. McLean garnered a UND Distinguished Alumnus Award in 2005.

McLean is recognized internationally for his work with patients and organizations on the psychosocial effects of disasters on mental health; he has delivered presentations from Norway to South Africa and from Morocco to Fargo. He is a member of the World Association for Disaster and Emergency Medicine. He has published diverse research on telepharmacy and mental health, as well as resilience communication after disasters. McLean has spent his career working with and advocating for individuals with serious mental illnesses and substance use disorders.

"I'm honored to succeed Dr. Mitchell as chair of the Department of Psychiatry and Behavioral Science," McLean said. "We are all aware of the importance of behavioral health. I'm appreciative of Dr. Wynne and Maggie Anderson, the executive director of the Department of Human Services, for the opportunity to further the education of medical students and residents, as well as partner with others to enhance our behavioral health system to meet the needs of our state."

Kotta named ND Occupational Therapy Association's Student of the Year



Shawna Wing, Farwest District chair for the North Dakota Occupational Therapy Association (left), and Katrina Kotta.

Katrina Kotta was named the North Dakota Occupational Therapy Association's 2015 Student of the Year. Originally from Moorhead, Minn., she is a third-year student pursuing a Master of Occupational Therapy degree through the University of North Dakota School of Medicine and Health Sciences Department of Occupational

Therapy; she plans to graduate in August 2016.

Kotta was nominated for the award by Assistant Professor Sarah Nielsen, PhD, OTR/L. In her nomination letter, Nielsen noted Kotta's involvement with the legislation committee for the NDOTA, her participation in eight organizations on campus while in the OT program, and the leadership positions she has held, such as vice president of Pi Theta Epsilon, the honor society for occupational therapy students and alumni, and in-service chair of UND's Student Occupational Therapy Association.

Nielsen also cited the numerous scholarship and academic awards Kotta said she "has been blessed to receive" and Kotta's being named homecoming queen at UND in 2013. In addition, Kotta's volunteer work with the Global Friends Coalition, Humane Society, and Special Olympics were significant factors in her selection.

A Bedrock Research Foundation

Researchers at the School provide the knowledge that produces well-trained healthcare professionals.

By Juan Pedraza



The University of North Dakota School of Medicine and Health Sciences is, in the perspective of its dean, a vital player in the long-term health of the state.

That's indeed a tall order, especially since federal funding for research isn't as generous as it used to be.

"This is a very competitive environment, but we have nevertheless been fortunate to receive several large grants, which helped us to post record funding in the last year," said Joshua Wynne, MD, MBA, MPH, UND vice president for health affairs and dean of the UND School of Medicine and Health Sciences since 2010.

That means a lot more than glowing statistics in year-end reports.

"Research is critical to the education of physicians and other healthcare providers," Wynne said. "We prepare physical therapists, occupational therapists, sports medicine specialists, physicians, physician assistants, and medical laboratory scientists, plus a range of research scientists from anatomists to neuroscientists—all critical to the health of North Dakotans."

As medical knowledge improves, patient care evolves.

"That's primarily because the practice of medicine is an evolving science whose fundamental basis is evidence-based," Wynne said. "What that means is that the management of a particular patient in my office is influenced by the entire body of knowledge that we have about diseases. So the only way that I can give optimal care to that patient is if I am aware of everything that came before, and, importantly, all of the new knowledge now that influences how I care for that patient."

Research is part of the School's holistic approach to healthcare provider training.

"Every North Dakotan who has been, is, or will be a patient will be directly affected by the knowledge that we have that forms the basis of medicine," Wynne said. "Of course, we rely on training and experience of the individual practitioner. But what is essential in managing patients is based on correct information that only can come from research."

Wynne communicates that message beyond the walls of the university.

"One of the things that I try to explain in my Health Matters column in the *Grand Forks Herald* and other papers around the state is why it seems that the medical profession changes its recommendations on various issues," Wynne said.

"So, take blood pressure: it used to be the high number of 140 was ideal. Now we're saying maybe it's 130 or 120," Wynne said. "It used to be that estrogens were good for post-menopausal women to prevent heart disease; now they're not so good. Why is that? Is it that we just cannot make up our minds?"

"No, of course not. What happens is we get new information through research, and that, in turn, influences how we actually manage a patient," said Wynne, whose research has produced more than 200 publications, including 80 papers, 19 review articles, 45 book chapters, and 72 abstracts, as well as 25 grants.

"How we manage and work with a patient through either lifestyle changes or medication or surgery or stents or whatever other therapy we recommend has a real effect on that patient's



Joshua Wynne, MD, MBA, MPH, UND Vice President for Health Affairs and Dean, UND School of Medicine and Health Sciences

life," Wynne said.

When Wynne was first starting in cardiology decades ago, the mortality—death rate—from heart attacks was 25 to 30 percent, so 1 in 4—maybe even 1 in 3—people died from heart disease.

"Now it's less than 5 percent, or about 1 in 20 people," said Wynne, a practicing cardiologist. "Why? Because we learned more about how to take care of patients."

Research-linked health education is a matter of accreditation.

"All 144 accredited medical schools in the United States and 17 in Canada are required to teach students the basic principles of research because it influences how they're going to manage patients in the future," Wynne said. "It is not possible to learn about the human body and learn about diseases without also knowing something about research—not that long ago our concept of how the body works was dramatically different from what it is today. That evolution in understanding is almost entirely based on research."

Bottom line for a medical and health sciences institution: students must understand and integrate evidence-based—that is, research-based—medicine into their practice.

"That's exactly the way it will favorably affect economics: if we do appropriate care it will be cost-effective," Wynne said. "If one looks at the benefit or value of anything in medicine compared with the cost, you want high-value interventions that are low cost. The trouble is that a lot of medical care that we give has relatively small benefit and large cost."

Research can assess which interventions—for example in preventing diabetes or treating a heart attack—have the most value and the least cost.

“And right now we often don’t know that because we haven’t done the research,” said Wynne, a nationally recognized leader in academic medicine. “Through research, we want to discover the treatments that really help people and are relatively less costly. That’s where we’ll get the most bang for our healthcare buck.”

“The kind of research and analysis we do here directly informs and influences how a physician like me can help individual

patients, and by helping individual patients we obviously can help the whole population of this state,” Wynne said.

With a population today of about 740,000, about 9 percent of North Dakotans are diabetic, and the leading cause of death is still from heart attacks, at about 20,000 people annually. Senior North Dakotans also are suffering increasing rates of Alzheimer’s and other neurodegenerative diseases.

These are problems that directly will be attacked in the new medical school facility being constructed just a block north of the current school.

“The new building will give us the added advantage of designing the architectural layout to enhance the educational precepts that we use, including the importance of research,” Wynne said.

“One of those fundamental concepts, one of the ways we improve quality in care, reduce cost, and improve access is to train healthcare professionals to work together effectively in high-performing, interprofessional healthcare delivery



The School of Medicine and Health Sciences in the last decade has seen its research enterprise grow substantially, a rise driven in large measure by three major programs:

- Neurodegenerative Disorder Research COBRE—led by Chester Fritz Distinguished Professor Jonathan Geiger—is at the forefront of research into neurodegenerative diseases. COBRE is an acronym for Centers of Biomedical Research Excellence; this program was designed by the National Institutes of Health (NIH) to cultivate research expertise among junior faculty and strengthen research infrastructure. The Neurodegenerative Disorder Research COBRE was originally funded in 2002 and has been renewed twice, most recently in 2012. By 2017, through this center grant alone, NIH will have provided investigators at UND with more than \$25 million to continue their vital work.

teams—and that is paralleled by our collaboration-based research,” Wynne said.

“This collaborative team-based approach to care will focus on how to keep people healthy, and how to treat disease,” Wynne said.

Wynne notes that none of this is possible without collaboration-minded faculty.

“Well, it is true that we now have the largest amount of sponsored—that is, external—funding in the history of the School,” Wynne said. “That growth was the principal reason that UND as a whole also showed growth in its total research funding after several years of overall decline. The School has achieved about a five percent annual growth in funding this decade, which is all the more impressive in this era of extremely tight and competitive funding. Even more important is that research publications are up, which is an even better measure of the new knowledge that our investigators have discovered. In the clinical departments, for example, publications are up nearly 50 percent compared with the prior year.”

“I don’t see that the dean’s office has much to do with it—it has everything to do with the quality of researchers here. They’re the ones who apply for the grants; they’re the ones who are funded. So if the dean’s office or the School gets any credit, it’s because we supported the idea of hiring and retaining smart, hardworking people, who compete exceedingly well for these national grants.”

“So really, it’s all up to the faculty—we get a little credit for picking good faculty,” Wynne said.

Wynne—who a couple of years ago led a restructuring of the School’s academic division—notes that the SMHS now focuses on teams.

“We used to have four separate departments—anatomy and cell biology; biochemistry and molecular biology; microbiology and immunology; and pharmacology, physiology, and therapeutics,” Wynne said. “They weren’t silos, but maybe separate turfs, which is not the way science is done today.”

Optimally, successful research mostly is based on collaboration.

““
We always ask ourselves in this context, ‘are we discovering new knowledge that will positively affect the care of North Dakotans?’
””

- The COBRE in the Epigenomics of Development and Disease research working group—led by Chester Fritz Distinguished Professor of Biochemistry and Molecular Biology Roxanne Vaughan—now includes 20 laboratories in the Department of Basic Sciences, as well as a collaborating researcher from the College of Nursing and Professional Disciplines, the College of Arts and Sciences, and the United States Department of Agriculture Grand Forks Human Nutrition Research Center. Most of the epigenetics group members are early career investigators or those with established research programs in other fields whose research has led them to the exciting area of epigenetics and epigenomics research.
- Led by SMHS Professor Donald Sens, the goal of North Dakota INBRE, the IDeA (Institutional Development Award) Network of Biomedical Research Excellence, recently awarded another \$15 million, is to provide hands-on research experiences, mentoring, and career development activities to students at primarily undergraduate institutions, community colleges, and minority-serving institutions and, as such, to serve as a pipeline to health service careers. The ND INBRE also enhances research capacity through the development of research resources. A new initiative in the current year is pilot grants to faculty members in the area of medical informatics.

Other SMHS research programs

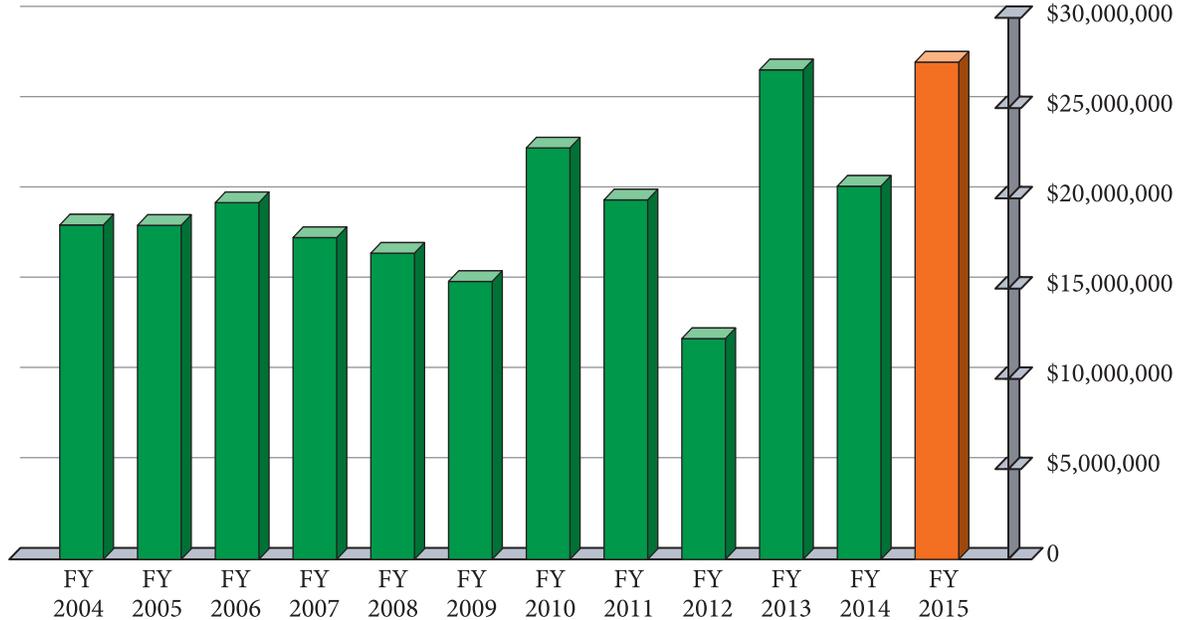
There are many other health science and biomedical investigators at the SMHS who are working on diseases and disease vectors that affect North Dakota.

One notable example is David Bradley, an immunologist and executive director of the SMHS Center of Research Excellence for Avian Therapeutics for Infectious Diseases. Bradley received a Research ND Bio grant of \$1 million from the North Dakota Department of Commerce to pursue research on an avian-derived therapy for influenza A that could help human patients as well as poultry farmers and dog owners to effectively combat the flu. Avianax LLC is matching the Research ND Bio grant with \$1 million that will also be dedicated to this research.

In 2014, Bradley received a Research ND Bio grant of \$2 million to assist in the research, development, and commercialization of a novel avian-derived therapeutic for parvovirus infection in puppies and dogs that led to the development of the parvoOne antibody.

Earlier this year, biomedical researcher Brij Singh was awarded \$1.7 by the NIH, which has funded his research continuously for more than 15 years, to support his research in improving oral health. Singh’s research focuses on how a specific gene, *TRPC1*, regulates calcium levels in cells that control the secretion of saliva.

UND School of Medicine and Health Sciences Sponsored Project Awards— Trend Analysis Fiscal Years 2004–2015



“So we reformatted the departments into the Department of Basic Sciences—now chaired by Colin Combs, an accomplished biomedical researcher—with one administrative structure, one set of rules for everyone,” said Wynne, who came to UND in 2004 as vice dean for the SMHS. In September, Combs received a \$1.4 million NIH grant to study a unique way to track and treat Alzheimer’s disease that focuses on the intestines. “We didn’t have to force it because people were already doing it. We facilitated the ability of different disciplines within the basic sciences to interact. That enhanced degree of collaboration has paid off in the increased amount of grant funding that we’ve achieved.”

As in the education of healthcare professionals, the new medical school building will support a collaborative research infrastructure.

“We’re getting away from owned space; we’ve developed open laboratories,” Wynne said. “So bench research—the test tubes, the Petri dishes, the lab fume hoods—no longer will ‘belong’ to any one individual. Instead, we’ll see, for example, biochemists working elbow-to-elbow with cell biologists. The lab work will no longer be based on what an individual’s discipline is but rather on what the team’s research focus is.”

“In other words, we group people together so that collaboration is enhanced,” Wynne said. “And that will lead to more

Administrators who also are researchers

The School further enhanced the research enterprise when it appointed surgeon and researcher Marc D. Basson—known internationally for his research on the extracellular physical forces that affect intracellular signaling in cancer biology and the healing of the gastrointestinal tract of critically ill or injured patients—as the School’s associate dean for medicine.

Another relatively recent appointment also featured a physician-researcher: Jau-Shin Lou was named two years ago as the founding Dr. Roger Gilbertson Endowed Chair of Neurology. Lou practices medicine, teaches, and is carrying out an extensive research study of Parkinson’s disease in North Dakota.

Dr. Donald Jurivich—known for his clinical and research work on aging and age-related ailments and their treatment—is the founding Gilbertson Distinguished Chair of Geriatrics. Jurivich, collaboratively with faculty and institutional leaders, launched the Department of Geriatrics, and develops and provides oversight of the department’s education, research, clinical care, training, and service programs.

Gary Schwartz was named the founding chair of the Department of Population Health. He is a scientist and educator recognized for his research on prostate cancer and vitamin D. He aims to help shape a population-based approach to healthcare delivery to North Dakotans.

funding of grants because the National Institutes of Health—at about \$30 billion annually, the largest funder of basic research in the world—has even developed the concept of team science.”

Collaboration that will win the day in the future.

“In my own field of cardiology, for people to understand what’s going on with the anatomy and the coronary circulation, we need all types of specialties—there’s no way that someone who is just in the department of anatomy can really do truly meaningful research anymore without collaborators and colleagues in many other disciplines,” Wynne said.

That’s why it’s more about the actual research than about the funding.

“While we take great pleasure and pride in saying that we have a lot of research funding, it’s important for us to understand that the research funding is really a surrogate for the research—what really matters is that the amount of respected research here is at an all-time high,” Wynne said. “We always ask ourselves in this context, ‘are we discovering new knowledge that will positively affect the care of North Dakotans?’” 

“ “ The science of team science encompasses an amalgam of conceptual and methodologic strategies aimed at **understanding** and **enhancing** the **outcomes** of large-scale collaborative research and training programs.” A key factor in team science is “the use of research findings from team science initiatives as a basis for developing improved clinical practices, disease-prevention strategies, and **public health policies.** ” ”

From “The Science of Team Science: Origins and Themes”
by Daniel Stokols, et al. in the *American Journal of Preventive Medicine*,
Volume 35, Issue 2, Supplement, August 2008.

Current SMHS faculty members who are Chester Fritz Distinguished Professors

- Holly Brown-Borg, Basic Sciences
- Jonathan Geiger, Basic Sciences
- James Mitchell, Psychiatry and Behavioral Science
- Thomas Mohr, Physical Therapy
- Mary Ann Sens, Pathology
- Roxanne Vaughan, Basic Sciences
- Sharon Wilsnack, Psychiatry and Behavioral Science
- Stephen Wonderlich, Psychiatry and Behavioral Science

American Indian Health

Annual conference provides forum for culturally appropriate research.

By Nikki Massmann



Left: Dr. Alan J. Allery Health Research Award undergraduate award winner Amanda Young and Jacque Gray

Right: Dr. Alan J. Allery Health Research Award graduate winner Melanie Nadeau and Jacque Gray



The 13th Annual American Indian Health Research Conference (AIHRC) was held October 23, 2015, in Grand Forks. The conference provides an opportunity for researchers, students, and community members to learn about health research with American Indian communities across the nation. The AIHRC covers all areas of health research, including basic sciences, social sciences, public health, policy implications, health disparities, and more.

Since its inception, the AIHRC has aimed to showcase research being done by students and to discuss opportunities for collaborating on research in culturally appropriate ways. In its first year, AIHRC had about 50 attendees, and has had 125 at its highest.

“We always try to get a prominent American Indian health researcher as our

keynote speaker,” said Research Associate Professor Jacque Gray, PhD, associate director of Indigenous Programs at the Center for Rural Health at the School of Medicine and Health Sciences. “It helps the students that attend have a role model speaking to them. The established researchers that attend appreciate the opportunity to discuss their work with a nationally known speaker.”

This year’s keynote speaker was Dorothy A. Rhoades, MD, MPH, director of American Indian Cancer Research Initiatives for the Peggy and Charles Stephenson Cancer Center. As a hospitalist, she also

serves as an academic faculty member in the Department of Internal Medicine with the University of Oklahoma Health Sciences Center. She is a member of the Kiowa Tribe of Oklahoma. Rhoades discussed her pilot study research on emerging patterns of behavior in American Indian youth in regard to electronic cigarette use and indoor tanning. The 2015 conference also featured a presentation on research within tribal colleges and a student research panel.

A highlight of the AIHRC each year is the Dr. Alan J. Allery Health Research Award luncheon. Alan Allery is a fallen member of the Turtle Mountain Band of Chippewa. Before his passing, he was an adjunct clinical professor at the Center for Rural Health, the director of the National Resource Center on Native American Aging, and the director of Student Health

Research Conference

Services at the University of North Dakota. His experience included 30 years with American Indian people. After his passing, his colleagues wanted a way to honor him. He was a strong proponent of developing Native researchers, so a student research award seemed appropriate.

“We worked with Dr. Allery’s wife Cathy to develop the award. We ran everything by her to make sure what we were doing reflected Alan’s spirit,” said Gray. “We present it to both a graduate and undergraduate student each year. Over the years, it has evolved into a prestigious recognition for the recipients. They are selected based on quality, impact, and significance of their research.”

Melanie Nadeau and Amanda Young were this year’s Allery Award recipients. They received their awards during the luncheon and were presented with an honor song by a drum group. All of the luncheon attendees get an opportunity to congratulate the award recipients.

Nadeau, recipient of the graduate award, has worked for 13 years as a research assistant on various projects within the American Indian community and is also a previous recipient of the prestigious Bush Fellowship, the Diversity of Vision and Experiences (DOVE) Fellowship, and the University of Minnesota Cancer Disparities Fellowship. She is an enrolled member of the Turtle Mountain Band of Chippewa, and received her bachelor’s degree in psychology from UND. Nadeau has a master’s degree in public health and is currently working on her doctoral degree.

Young, the recipient of the undergraduate award, is from Dunseith, North Dakota, and is an enrolled member of the Mandan-Hidatsa-Arikara Nation. Her research focused on the psychopathic deviate (PD) scale and the disparities shown among American Indians. She found that the scale is culturally biased and found a possible link to historical trauma and how American Indian people are affected by it even today.

“It is a privilege to be presented with an award that recognizes my hard work,” said Young. “My long-term goal is to help my people with my research findings. The AIHRC is important overall because of its focus on American Indian research. There really aren’t a lot of people doing this type of research, and the ones that are, are making a difference. I wish there were more people that understood the importance of what we are doing. The conference provides a forum to raise awareness and get people working together.”

The AIHRC focuses on American Indian health research, but it’s relevant for both Natives and non-Natives. Kenneth Davis, student academic adviser for the Center for Rural Health’s Indigenous Programs said, “Research can happen on the reservations in a culturally appropriate way that respects sovereignty. People have a lot of questions on protocols for research on reservations, and this conference provides information for those avenues and how it applies to each individual reservation. It brings a lot of networking opportunities for collaboration across programs and communities.”

For Gray, it has been rewarding to see how the AIHRC has grown in 13 years. “We are seeing tribes take a more prominent role in the conference and as full partners or leaders in the research. They have a stronger voice about what is and isn’t being done as far as research in their communities. I have seen so much growth around these areas, and it is exciting to witness.”

Goals for the AIHRC in the future are to keep increasing attendance and to provide more opportunities for audience participation. The planning committee is already making plans for the 14th Annual American Indian Health Research Conference, which takes place Thursday, October 20, 2016. The AIHRC is supported by the North Dakota IDeA (Institutional Development Award) Network of Biomedical Research Excellence (INBRE) at the University of North Dakota. 

“ We are seeing tribes take a more prominent role in the conference and as full partners or leaders in the research. ”

It Takes a Village

Community collaboration is key to a strong recruitment and retention strategy in Wishek.

By Stacy Kusler

“Small towns need collaboration and cooperation to survive and thrive.” This was Katie Pinke’s caption on her Facebook photo taken at the Wishek Hospital’s Annual Oktoberfest Fundraising event held this past October. Katie is one of Wishek’s nearly 1,000 community members who believe that working together is what ensures a bright future for a community and its livelihood.

Wishek, North Dakota, is located in the south-central part of the state. “We’re in a unique position geographically, so people don’t really think of us,” Katie said. “We have to tell our own story, or it won’t get told.” And it’s a pretty great story to tell. Wishek is one of the state’s top 50 cities in taxable sales. Its economic strength comes from its top three industries including healthcare, agriculture, and manufacturing. Keeping these three pillars strong means there will be financial stability for existing businesses and job opportunities for new community members. Katie and her husband, Nathan, own Pinke Lumber in Wishek, and Nathan is also the president of the Wishek Hospital Board of Directors, so their interest in keeping Wishek a viable city is quite high. “If we as business owners don’t do our part, all of these pillars are weakened and our business goes away” Katie said.

Having a strong economy and great people who will go to any length to support it is really a selling point for Wishek when it comes to recruiting healthcare providers to town. Three years ago, Nathan and the hospital board were amid the recruiting of two internal medicine J-1 Visa physicians (a program of the U.S. Department of State, where foreign physicians participate in U.S. graduate medical education programs or training at accredited U.S. schools of medicine). Things were looking positive early in the recruitment process, but the one thing that was holding them back from signing was a good place to live and raise their families. “We knew that if we were going to recruit these doctors, they needed a good place to live,” Nathan said. As luck would have it, Nathan knew a thing or two about the construction industry. Nathan and Katie purchased a city lot located just a few blocks away from both the hospital and the school and built a side-by-side duplex, which provided the higher-end housing that the physicians were looking for. Their plan worked, and both Dr. Joseph Thirumalareddy (“Dr. Joe”) and Dr. Thammi Vegiraju joined the staff of Wishek hospital in July of 2013. Dr. Joe said he was glad to have a nice place to live for him and his family. “We are very grateful to the Wishek community for making us feel at home. They provided us with a

very nice (new) home, and it means a lot to have a good place to live especially with family and kids,” he said.

Signing on two new doctors to the staff at Wishek hospital was just the beginning for the community. The hospital board, the staff, and members of the community knew it was important to not just employ these two doctors but also to engage the family just as they would with any new family in the community. Enter Katie Pinke.

In Katie’s work as a marketing consultant and lifestyle blogger (www.thepinkepost.com), she is a pro at giving things her own personal touch. “We all have different strengths, and we all know we have to do our part,” she said. Katie, a creative extrovert with a spirited and driven personality, considers herself lucky to have had the chance to become friends with both providers’ spouses. Her children are around the same age

as the physicians’ children, “which was an easy way to get to know a new family,” Katie said. Once the initial introduction took place, the rest is history. “We have them over for dinner, and vice versa. Our kids play together. They have become our friends,” Katie said. According to Dr. Joe and his family, this outreach from Katie, as well as

from her fellow community members goes beyond just a social connection. “In Wishek, being a small community, it was easy to get to know everyone. In a few months, I think I knew most of the people, and that helps us to know, in detail, about them as people and as patients to serve them better. Most of the people here are very thankful and friendly. I never felt I was new to this place. They respect what we say and what we do. It is a new and a wonderful experience working here,” Dr. Joe said.

Beverly Vilhauer, CEO of the Wishek Hospital, experienced this outpouring of community support personally. Vilhauer is a Wishek native, but recently accepted the CEO position at the hospital in July of 2015. “Even having lived here my whole life, when I got the job, I could not believe the outpouring of support from the community. I received cards in the mail, flowers, phone calls. I was blown away and so proud at that moment to be from such a supportive community,” said Vilhauer. “We really have a great community and people know when to step outside of their titles to get the job done.” Heading up the hospital means she is also heading up the next phase of Wishek’s healthcare recruitment, which is to recruit another doctor, and either a nurse practitioner or a physician assistant. To her, collaboration is key to successfully recruit. “Whenever

“ We have to tell our own story, or it won’t get told. ”



Wishek Hospital's Annual Oktoberfest Fundraiser

we have a candidate coming to visit, all the stops are pulled out and everyone takes part. We have someone ready at the school to do tours and answer questions, we have a realtor ready to show off homes, and of course, we spend a lot of time introducing them to staff and giving them a taste of what working here would be like," she said. "We would even save them a ticket for the community theater production at the hospital fundraiser!"

Whatever the task and whatever the goal, Wishek has a culture of collaboration to get the job done. So why, then, is Katie Pinke still not satisfied? "It can't stop," she said. "We need to set an example for the entire next generation that it's okay to be proud of rural and it's okay to come back." Katie, a UND alum ('02), who is originally from Grand Forks and then lived and worked in Fargo before meeting Nathan and moving to Wishek, says that the possibility of the "rural drain" is something the entire community needs to keep in mind, even

herself. "My seven-year-old daughter told me that she wanted to be the kindergarten teacher here in Wishek when she grew up. For a split second, my first thought was 'Oh, no, you don't want to do that,' but what I eventually said was 'Yes, that is a great idea.' We have to empower the next generation to be proud of rural and set them up for careers that they can come back to."

So while Wishek survives and thrives on collaboration in the here and now, their bright future depends on the ongoing focus of working together to make it a great place to live and work. In a perfect world, 20 years from now, Wishek will continue to have a thriving hospital with great providers, young families will populate the growing town, and maybe there will be a "Ms. Pinke" as the kindergarten teacher.

Samantha Peterson and Rachel Engel

MLS students are attracted to the science that informs the diagnosis.

By Juan Pedraza



Samantha Peterson and Rachel Engel.

From *Dr. Kildare* to *House* and beyond, it's television's favorite medical teaser: "Let's do some tests."

Script writers invent lots of stuff, but they're dead-on with this line: behind just about every healthcare contact these days is the test. And behind every call for a test, there's the medical lab, as UND grad students Samantha Peterson and Rachel Engel have learned firsthand.

Peterson, from LaMoure, N.Dak., and Engel, from Fisher, Minn., are the current graduate teaching assistants for the University of North Dakota School of Medicine and Health Sciences Department of Medical Laboratory Science. Both are infectious enthusiasts of the

program and their chosen profession.

"It's a pretty exotic field, technically demanding, but I feel at home in it because I've always had a passion for science," said Peterson, who was encouraged to pursue her inquisitive track by a high school science teacher. "I want to know how things work, especially how the body works, all about life's biochemical processes.

So Peterson listened to her teacher.

"He was really influential with me, steering me in this direction with a lot of one-on-one talks about relevant career choices," Peterson said. "He actually engaged me as an assistant—sort of a peer mentor—for one of his freshman labs when I was a senior. I helped to set up the

lab for the class, and facilitated procedures, especially the electrophoresis. That's how I got started in laboratory science—hands-on in a lab."

"I really enjoyed that experience, and when I got to the University of Mary in Bismarck, I majored in medical lab science, after thinking about nursing," said Peterson, who grew up on a family farm that both her parents still operate. "I did my first year in general nursing classes when I realized that it really wasn't for me, because I missed the science side."

Linda Ray, a faculty member in the UND MLS program, noted that there's an intense process for getting into medical programs.

"It's very competitive," said Ray, who besides teaching folks like Peterson and Engel, also is a keen mentor.

Peterson got to UND's nationally known MLS program by following the path laid out under the Western College Alliance for Medical Laboratory Science (WCAMLS). The WCAMLS is a cooperative program between affiliated colleges and universities and the University of North Dakota.

"The first three years of study are completed at a WCAMLS-affiliated institution," Ray said. "Students at WCAMLS schools apply for acceptance to complete the final year of study through the University of North Dakota. Upon completion of the final year of study, students in this program receive a UND certificate that verifies their completion of 12 months of clinical training from a National Accrediting Agency for Clinical Laboratory Sciences accredited program such as UND."

For Peterson—now in the 2- to 2½-year UND MLS master's program—that meant a degree in MLS from the University of Mary plus the certificate from UND. She's now board-certified and working as a medical laboratory scientist at the Altru Health System Hospital in Grand Forks. She also spends summers teaching in the UND MLS program.

What does she tell students who're mulling careers in the medical lab?

"I focus on the way that we affect patients' lives—what we tell our students during tours is that you can go and visit

your physician or other practitioner, they might have a good idea of what's going on, but without the laboratory they're often just guessing with their diagnosis," Peterson said.

MLS is really the "black box" of healthcare—most of us know it from having blood drawn and delivering urine samples into small bottles that disappear behind a little door in the bathroom.

"As the person in the lab, you really get to dig into helping solve the mysteries," she said. "We get into the science to figure out what's going on for the patient at a physiological level."

Peterson aims to teach at the university level—after getting a few years' experience in the field and getting a PhD.

Listening to mom

For Engel, who grew up in Fisher, Minn., a small farming and commuter town about 15 miles east of UND, the path to medical lab science first took her to Duluth, following two of her three older brothers who attended the University of Minnesota there.

She was working on prerequisites for a degree in pharmacy.

"But after a job shadow in a pharmacy setting, I realized that's not what I wanted to do," Engel said.

"For sure, pharmacy wasn't for me, so I talked with my mom, a radiation oncology nurse here in Grand Forks who knows my personality," Engel said. "You need to look into the lab," she told me. My advisor at Duluth suggested I pursue MLS at the University of Minnesota in the Twin Cities, but I didn't want to go to the big city."

Engel checked the Web for other MLS programs and found top-rated UND.

"I found that most of the students taking the MLS boards were from the UND MLS program," Engel said. "So I came here."

She completed her undergraduate MLS degree and now, like her colleague Samantha Peterson, is pursuing the master's degree, is a GTA, and is likewise a summer teacher in the MLS program.

"I really enjoy this career because you get to see the science behind the diagnosis," Engel said. "You understand the medical issue, and discover what's going on." 

“
I focus on the way
that we affect
patients' lives.”

Richard Wilsnack

An unbounded intellectual curiosity that is fortified by the research partnership with his equally inquisitive spouse continues to nourish Wilsnack's highly productive career.

By Juan Pedraza



Richard Wilsnack speaks at his “retirement” reception.

Imagine carbon paper as a major research tool—the crinkly blue stuff that smudged cuffs on *de rigueur* white dress shirts, which was standard attire back in the days of carbon paper.

“It was 1980, and we were producing our first-ever grant application, 100 pages, single-spaced, typewritten, four copies, which were made with carbon paper,” recalled Richard Wilsnack, a sociologist and longtime researcher at the University

of North Dakota School of Medicine and Health Sciences, who recently announced his retirement.

Before we roll ahead here, let’s get one thing straight—it’s practically impossible to say “Richard Wilsnack” without including his partner, research collaborator, and spouse, Sharon Wilsnack, Chester Fritz Distinguished Professor of Psychiatry and Behavioral Science.

They’ve worked so long and so closely together that it’s much easier to interview them together—they fill in each other’s sentences, laugh at the library of anecdotes they’ve shared over the years, and most importantly, show a keen respect for each other’s areas of expertise. Just check out their academic vitae: a big proportion of their research publications bear both of their names.

In fact, even though Richard recently stated his intention to retire—a reception at the School was held in his honor on June 29—Sharon notes that what that really means is he’s working a bit different schedule, still collaborating with his wife on a recently funded research project.

One of their early studies in the early 1970s involved a survey of 13,000 girls and 5,000 boys, a massive undertaking. Here’s where the carbon paper figures in.

“We then produced a 100-page grant application—our first ever—soon after we came to UND,” said Richard. You know that’s another era because today’s applications mostly run to a max of 15 pages, including the now-mandatory statements about broader impacts.

The Wilsnacks focused their research for decades on the interactions between gender, culture, and alcohol abuse, as noted by Daniel Freeman and Jason Freeman in their book, *The Stressed Sex—Uncovering the Truth about Men, Women,*

and *Mental Health*. (The Wilsnacks are widely quoted in the literature about alcoholism and related areas of interest.)

“I initially became a researcher in the obscure field of sociology called the study of collective behavior,” Richard said. “A lot of it now has become the study of social movements. At that time, I was doing work on riots, panics, fads, that sort of thing.” After Pomona College in Claremont, California, where he earned his undergraduate degree, and a Marshall Scholarship in London, he interrupted his graduate work at Harvard to serve as a commissioned officer in the U.S. Army, working at Aberdeen Proving Ground, Maryland, a federal defense lab in the Washington, D.C., area.

After completing his tour of duty, Richard returned to Harvard’s sociology program to complete his PhD. Sharon was there, too, finishing up her degree in clinical psychology. Richard’s time at Harvard included a stint as research assistant to a faculty member at the Harvard Law School. He then was an assistant professor at Indiana University and consulted on the National Adolescent Drinking Survey carried out by the National Institute on Alcohol Abuse and Alcoholism and the Research Triangle Institute.

Richard and Sharon moved to UND in 1978, where Richard joined the Department of Sociology and Sharon, the School of Medicine. In those early UND years, Richard was also a member of the Technical Advisory Committee for the Dangerous Offender Project (at Ohio State University), and a member of the NIAAA’s Alcohol Psychosocial Research Review Committee.

They understood early the value of collaboration, whether you were married to your research partner or not, Sharon quips. That core experience developed at Harvard’s unique Department of Social Relations (now defunct), where “They were trying to blend all the (social) sciences, an effort way ahead of its time,” Sharon said.

“It was a good time to be there—truly an extraordinary interdisciplinary environment,” Richard said. “We took courses with all those famous people such as Erik Erikson, well known for creating a psychological theory of human development.”

Richard was drawn to the social sciences by his parents, both social workers.

“They were on the front lines of people’s troubles,” he said. “And I was infected with a fundamental concern with social problems, but I needed something at arm’s length from what my parents were doing.”

“So from a very early point, I tilted toward academics and theory,” he said. “And I’ve stayed with the research side of the social sciences.”

“The nice thing about sociology is that you can study almost anything—there isn’t much that isn’t sociological in some sense of the word,” Richard said. “So it gave me free rein. I went for weird things. That’s how I got into the collective behavior stuff.”

“One of the wonderful things about Harvard is that you immediately realized that if you’re there, you’re as bright as anyone else, and you could ask questions of anyone, hobnob with people whose reputations were somewhere in the stratosphere, and the whole social distance thing disappeared,” Sharon said.

“That’s great for the rest of your career—you’re not awed by these famous names when you’re socializing with them on a Friday afternoon,” she said.

For example, Richard said when he was preparing for a social psychology class here at UND, he read an absorbing article by 2002 Nobel Prize winner Daniel Kahneman, a superstar in academic economics.

“I wrote him and he communicated right back,” Richard said.

For sure, as he heads into “retirement” Richard Wilsnack, like his wife Sharon, exudes positive energy.

“We’re still very inquisitive,” he said. “We’re not like the stereotype of scientists who spend their whole career studying the tibia of an obscure tropical bird. We’re interested in, and have studied, many things. It’s how we got into researching alcohol.”

“ “
The nice thing about sociology is that you can study almost anything.
” ”

A Colorful Career

Heidi Roeber Rice, BS '93, MD '00, has traveled to Africa four separate times to educate and treat communities and healthcare workers addressing HIV and Ebola.

By Jessica Sobolik



Roeber Rice is presented with a plaque at the end of her deployment with WHO in Sierra Leone.

Dr. Heidi Roeber Rice saw firsthand the fear in the community of Buchanan, Liberia, during the Ebola epidemic in 2014.

She was caring for patients at an Ebola treatment unit when a local man who was known to have the viral disease disappeared, and no one knew where he had gone.

“The community basically went on lockdown,” Roeber Rice said. “They closed the churches. The schools had already been closed. To see how the fear of the disease really impacted community functions was really telling.”

Roeber Rice (pronounced Ray-ber Rice), a Jamestown, N.Dak., native, first heard about the Ebola outbreak through her connections and past experience with the Peace Corps. She had served for two years between her bachelor’s degree in biology and medical school as a math and science teacher in the Kingdom of Lesotho, which is surrounded by the Republic of South Africa. At the time of the Ebola epidemic, she was serving as clinical chair of occupational health at Banner Health in Phoenix, Ariz.

“The first time I heard about the Ebola outbreak, I didn’t respond,” she said. “But then AmeriCares reached out, and I was very impressed with its approach and the organization’s commitment to meeting emergency needs of the underserved. I talked it over with my family, and they were supportive, so I asked my employer if they’d allow a leave of absence, and they did.”

The first Ebola case appeared in Guinea in December 2013. It quickly spread to neighboring Sierra Leone and Liberia in 2014. Roeber Rice worked in Liberia from November 2014 until March 2015. “Another part that really stays with me is the resiliency of the people,” she said. “I had the fortune of working with several Ebola survivors, and their willingness to give

in Medicine

back and work with others was incredible. Even though the outbreak caused division, it also brought people together.”

Roeber Rice returned to Africa in May 2015, this time as a consultant to World Health Organization personnel in Sierra Leone as the national coordinator for occupational health and safety. She educated others in preventing the spread of Ebola in healthcare facilities. “That was a big problem, not only from a worker protection perspective, but if workers were becoming infected, they were also spreading the disease,” she said. “It presented some resource challenges, where personal protective equipment was not readily available, to make sure those cases were managed appropriately.”

As the epidemic abated, Roeber Rice returned to Phoenix in August 2015 to serve as medical director for Honeywell’s Aerospace division. Because of the company’s heavy manufacturing tasks, many of its plants have on-site medical facilities. Roeber Rice oversees clinics throughout North America. “My job is essentially to review any complex case management issues and consult on potential employee exposures,” she said. “Honeywell is very proactive in making sure employees are safe. This includes adequate protection when exposed to chemicals, and making sure they are receiving the best healthcare possible if they are injured in the workplace.”

“This is the first time I’ve had steel-toed shoes under my desk,” she admits.

Her current job fits well with her specialty. Roeber Rice completed her residency in occupational and environmental medicine at Regions Hospital in St. Paul, Minn., which included a Master of Public Health degree from the University of Minnesota. She also completed a fellowship in preventive medicine at Mayo Clinic in Rochester. “I had never heard of occupational medicine or preventive medicine as a specialty until I met a

resident in that program,” she said. “It was serendipitous, but it was a great move.”

After completing her fellowship at Mayo, she was offered an advanced research fellowship. This time, as a physician instead of a teacher, she treated Peace Corps volunteers in Kigali, Rwanda, while conducting research on HIV with Emory University, which was later published. In fact, her 17-year-old daughter recently completed an internship with this same research group in Rwanda. Roeber Rice also has an 11-year-old son. “I want to make sure they are exposed to things that are meaningful,” she said of her children.

“I really enjoy promoting wellness as opposed to treating sickness,” she continued. “One of the people who most inspired me is a physician who placed value on colorful careers in medicine. I’ve been blessed to do just that.”



Roeber Rice dons personal protective equipment before entry into the red zone at Buchanan Ebola Treatment Unit in Liberia.

'10s



Jody Bauer, MPAS '15, recently joined Sanford Health in Bismarck, N.Dak., in general surgery. Bauer is a native of Beulah, N.Dak.



Tamara Berg, MPAS '15, and **Jessica Lahti, MPAS '15**, have joined the emergency medicine department at Essentia Health-Virginia, Minn., as physician assistants. Berg has experience as a dietitian, diabetes educator, and an emergency medical technician. Both are certified by the National Commission on Certification of Physician Assistants.



Taylor Fontaine, MPAS '15, is now at Essentia Health-Moorhead clinic in Moorhead, Minn. He is certified by the National Commission on the Certification of Physician Assistants.

Sarah Winter, MPAS '15, has joined the Physical Medicine & Rehabilitation Department at the Essentia Health-South University Clinic in Fargo, N.Dak. She is certified by the National Commission on Certification of Physician Assistants.

Jennifer Brottlund, MD '12, recently joined the team at Essentia Health-South University Clinic in Fargo, N.Dak. She is board-certified in family medicine.

Mark Detwiller, MD '12, is now at Sanford Emergency & Trauma Center in Bismarck, N.Dak., where he practices emergency medicine.



Diane Voeller, MD '12, is now a member of Altru Health System's family medicine team in Grand Forks. Voeller is board-certified by the American Board of Family Medicine.

'10s

Jeffrey Ottmar, MD '11, is now with Essentia Health Fargo, N.Dak., where he practices anesthesiology.



Kristin Gray-Streifel, MD '11, recently joined Sanford Obstetrics and Gynecology. Gray is a North Dakota native and completed her residency at St. Joseph Mercy Hospital in Ypsilanti, Mich.

Amos Hartsell, OT '10, has opened a therapist-owned private hand therapy clinic in his hometown of Alexandria, Minn.

Stephanie Jallen, MD '10, has joined the team of psychiatrists at Archway Mental Health Services in Bismarck, N.Dak. She is board-certified in general psychiatry and board-eligible in child and adolescent psychiatry.

'00s

Eric Fenstad, MD '08, has joined Minneapolis Heart Institute and sees patients at the Minneapolis Heart Institute clinics in Baxter, Crosby, and Aitkin, Minn. Fenstad is board-certified in cardiovascular disease and internal medicine. His professional interests include pulmonary hypertension, heart failure, pericardial diseases, and hypertrophic cardiomyopathy.

Joey Rexine, MD '04, has joined Essentia Health-St. Mary's Children's Hospital in Duluth, Minn., as a full-time pediatric intensivist. Rexine completed a fellowship in pediatric critical care at the University of Minnesota in Minneapolis and is board-certified by the American Board of Medical Specialties in pediatrics.

'90s

David Hanekom, IM Res '99, has been selected to serve on the Board of Directors for the Consortium of Southeastern Hypertension Control for a three-year period beginning January 2016. His appointment to the COSEHC will allow him to use his expertise to meet the goals of COSEHC as they relate to preventing and treating cardiovascular disease and strokes.

Patricia Kline, MD '95, has joined the Essentia Health Jamestown Clinic in Jamestown, N.Dak., where she practices family medicine.

Dana Metzger, DO, BS MT '94, recently joined Sanford North Walk-in-Clinic in Bismarck, N.Dak. She is board-certified in family medicine by the American Board of Family Medicine.

'90s

Penny Wilkie, MD '94, is now at Sanford Downtown Walk-In-Clinic in Bismarck N.Dak., where she practices family medicine.



Carrie Rubin, MD '93, had her second novel, *Eating Bull*, recently published by Science Thrillers Media. It is a medical thriller that explores fat-shaming, food addiction, and the food industry's role in obesity. She and her husband, **Mike Rubin, MD '93**, chair of pediatric radiology at Akron Children's Hospital, live in Ohio with their two teenage sons.



Rosemary Hauff, PA '92, recently retired as a physician assistant from Wishek Hospital and its rural North Dakota clinics in Streeter, Kulm, Gackle, Zeeland, Lehr, and Fredonia.

Enjoy
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Got news?

We want to hear it!

Please send your news items for the next issue of **North Dakota Medicine** to
Kristen Peterson: kristen.peterson@med.UND.edu
or call 701.777.4305.

Many Hands

By Lonnie Laffen
President and CEO, JLG Architects

A heartfelt thank you goes to the individuals who help to construct the new building.

As you have heard time and time again, the new School of Medicine and Health Sciences building will be for everyone—as SMHS Dean Dr. Joshua Wynne said, “The building will reap major benefits for the people of the state . . . to provide healthcare and improve the health of North Dakotans for generations to come.” That level of impact and outreach requires the assistance and input of hundreds of people, and so, since this is the holiday issue of *North Dakota Medicine*, I wanted to take this opportunity and thank many of those who have worked hard to make this project possible.

The entry of the new building will feature a dedication wall that will read, “The School of Medicine and Health Sciences building is dedicated to the citizens of North Dakota for the purpose of educating healthcare professionals and discovering knowledge to enhance the quality of life for all North Dakotans.” First and foremost, I would like to thank the citizens of North Dakota for their continuous support in creating a healthier future for our children and our grandchildren. The lion’s share of the new building has been funded by a \$122.45 million allocation from the 2013 North Dakota State Legislature (plus a reserve of \$1.55 million held by the State Board of Higher Education) and, by association, the people of North Dakota. President Robert Kelley; Dr. Wynne; Senators Ray Holmberg, Judy Lee, and Mac Schneider; Representatives Lois Delmore, Jon Nelson, and Mark Sanford; and Rick Tonder, and many, many campus staff members were integral to the passage of the bill that approved this funding. Thank you for believing in this project and getting others to see your vision.

Early in design, JLG and our architectural partners Perkins+Will and

Steinberg hosted 198 meetings and 12 workshops with attendance from over 180 users. The information gathered laid the foundation for every space inside and out, from the selection of the site to the square footages of the various offices. There are too many to list, and so please accept this group thank you to all who were involved.

The entire project has been overseen by the proactive and hands-on Building Committee and Owner’s Representatives, who have been involved since day one, and who continue to provide their time, feedback, and experience to keep the SMHS building on the right track to completion. The robust Furniture Committee, made up of individuals from several departments, recently wrapped up final selections. We have also had numerous people involved in conversations about transition management, moving, and building setup. Thank you for your efforts in keeping everyone informed and making choices that will be in everyone’s best interests.

Building Committee:

- Randy Eken, MPA, Chair, Associate Dean for Administration and Finance
- Judy Solberg, MPA, Chief of Staff, Office of the Dean
- Joycelyn Dorscher, MD, Associate Dean for Student Affairs and Admissions
- Gwen Halaas, MD, MBA, Senior Associate Dean for Education
- Steven Light, PhD, UND Associate Vice President for Academic Affairs
- Colin Combs, PhD, Chair, Professor, Basic Sciences
- Tom Mohr, PT, PhD, Associate Dean for Health Sciences
- Jon Allen, MD, Director of North Dakota Simulation, Teaching, and Research Center

Advisers to Building Committee:

- Brenda Norris, Project Manager, CPMI Inc
- Larry Zitzow, UND Facilities Director
- Dave Molmen, MPH, CEO, Altru Health System, Chair, SMHS Advisory Council
- Chief Eric Plummer, UND Associate Vice President for Public Safety and Chief of Police
- Nasser Hammami, MS, Chief Information Officer
- Dr. Joshua Riedy, PhD, UND Vice Provost and Chief Strategy Officer
- Rick Tonder, North Dakota University System

Owner's Representatives:

- Joshua Wynne, MD, MBA, MPH, UND Vice President for Health Affairs, Dean of the UND SMHS
- Randy Eken
- Judy Solberg
- Brenda Norris

Site Recommendation Committee:

- Joshua Wynne
- Alice Brekke, UND Vice President for Finance and Operations
- Brad Gengler, Grand Forks City Planner
- Lonnie Laffen, AIA, LEED AP, CEO, JLG Architects
- Peggy Lucke, UND Associate Vice President for Finance and Operations (retired)
- Randy Eken

Furniture Committee:

- Yvette LaPierre, PhD, Director of Student Advisement and Admissions
- Gwen Halaas
- Susan Carlson, CRM, MS, Associate Director Administration and Finance Records and Information Management
- Jean Altepeter, Associate Director, Human Resources
- Terry Nelson, Associate Director, Budget and Facilities Management
- Tom Mohr
- Marlys Peterson, Administrative Assistant, Surgery
- Matthew Nilles, PhD, Associate Professor, Basic Sciences
- Wendy Warner, MS, Grants Manager, Center for Rural Health

- Darlene Czapiewski, Pre-OT Adviser–Office Manager, Department of Occupational Therapy
- Nasser Hammami
- Judy Solberg

Transition Champion Team:*Administration:*

- Jean Altepeter
- Susan Carlson
- Patrick Carr, PhD, Assistant Dean for Faculty Development, Director of Education Resources
- Randy Eken
- Gwen Halaas
- Nasser Hammami
- Tom Mohr
- Terry Nelson
- Kristen Peterson, Administrative Secretary, Office of Alumni and Community Relations
- Jessica Sobolik, Director, Office of Alumni & Community Relations
- Judy Solberg
- Richard Van Eck, PhD, Associate Dean for Teaching and Learning

Simulation:

- Jamie Hamilton, BS, Simulation Technician

Center for Rural Health:

- Nikki Massmann, BS, Communications Coordinator, Center for Rural Health

UND:

- Dave Chakraborty, Associate Vice President, Facilities
- Sumit Ghosh, Biological Safety Officer, Office of Safety
- Susan Walton, MA, Vice President for University and Public Affairs
- Terry Wynne, Associate Director for Safety, Office of Safety
- Larry Zitzow

Education/Research:

- Elizabeth Anderson, Student
- Jennifer Duffy, Financial Aid Administrator, Student Affairs and Admissions
- James Foster, PhD, Assistant Professor, Basic Sciences
- Scott Garrett, PhD, Associate Professor, Pathology
- Danielle Germundson, Student
- Bryon Grove, PhD, Associate Professor, Basic Sciences



Lonnie Laffen

- Janet Jedlicka, PhD, OTR/L, FAOTA, Chair, Professor, Department of Occupational Therapy
- Peter Knopick, Student
- John LeClerc, Student
- Spencer McCormick, Student
- Jeanie McHugo, PhD, PA-C, Chair, Department of Physician Assistant Studies
- Matthew Nilles, PhD, Associate Professor, Basic Sciences
- Aggie Ottem, Student
- Ruth Paur, PhD, MLS (ASCP) CM, Chair, Assistant Professor, Medical Laboratory Science
- James Porter, PhD, Associate Professor, Basic Sciences
- David Relling, PT, PhD, Chair, Associate Professor, Physical Therapy
- Thad Rosenberger, PhD, Associate Professor, Basic Sciences
- Gary Schwartz, PhD, MPH, PhD, Chair, Department of Population Health
- Katherine Sukalski, PhD, Associate Professor, Basic Sciences
- Makoto Tsuchiya, MS, ATC, Assistant Professor, Coordinator, Educational Technology
- Siri Urquhart, Student
- Steve Westereng, MS, ATC, CSCS, Chair, Assistant Professor, Sports Medicine
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I'd like to thank our tireless design and construction consultants:

- JLG Architects, Lead Architects
- Steinberg Architects, Healthcare Education Specialist and Interiors
- Perkins+Will, Laboratory Specialists, Exterior and Landscape Architects
- Convergent Technologies Design Group, Inc, Audio-Visual Specialists
- ONE Engineering, Mechanical and Electrical Engineers
- Heyer Engineering, Structural Engineers
- AE2S, Civil Engineers
- Robert Rippe & Associates, Food Service Consultants
- PCL/CCI, Construction Managers at Risk

Thank you to our construction trades:

- All State Communications
- Anderson Steel Erection & Crane Service
- Braun Intertec
- CL Linfoot
- Culinex

I also want to give a second thank you to our Construction Management team, who will be celebrating 325,000 worker hours without lost time. PCL has done a wonderful job providing a safe worksite for contractors and visitors. Speaking of visitors, PCL hosts a semi-public tour of the building on a Sunday every other month. If you would like to be a part of one of these tours, please contact the SMHS Office of Alumni and Community Relations.

Whether you have given your time, funds, or have simply given the new School of Medicine and Health Sciences building your blessing, I thank you, and wish you a healthful holiday season and a Happy New Year. 🌱

Robert A. Grant, MD, BS Med '55, of Agoura Hills, Calif., passed away on July 16, 2015. Born on August 17, 1928, to Oliver and Alvina Grant, Robert spent a little over a year in the United States Army before graduating from North Dakota State University with a Bachelor of Science in Chemistry and a master's in medicine. He then attended the University of North Dakota in Grand Forks and the University of Nebraska, achieving a Medical Doctorate. After a one year internship and residency at Harbor General Hospital in orthopedic surgery, he taught orthopedics at Sawtelle as chief of orthopedics and held a private practice before ending his career as a special consultant for the Department of Health Management for the Police and Firefighters. He retired in 1997.

Colleen Rekdal, BS OT '68, age 70, Steele, N.Dak., passed away on October 1, 2015, at Eventide Nursing Home in Jamestown, N.Dak. Colleen and her twin sister, Kathleen, were born on August 25, 1945, in Langdon, N.Dak., to Veronica (McGauvran) and Edward Harrington. They joined their older brother James. She grew up on a farm near Langdon until she was six years old. The family moved to Jamestown, where they lived during the school year. The Harringtons went back to the farm during the summer months for many years—they loved being on that farm. She graduated from St. John's Academy in Jamestown in 1963. Later that year, she began attending the University of North Dakota, where she met her future husband Vance. She earned her degree and went on to work as an occupational therapist. Colleen and Vance began their 46 years of marriage in Rockford, Ill., on June 7, 1969. They moved to Linton, N.Dak., where their son, Scott, was born in 1971. Vance, Colleen, and Scott moved back to Grand Forks, where she worked as an occupational therapist at the University of North Dakota Rehabilitation Center, while Vance pursued a degree in counseling. The couple moved to Stephen, Minn., in 1972, and in 1975, they welcomed their daughter, Stephanie, to the family. Colleen spent several years as a stay-at-home mom, which she said was the best job she ever had. In 1982, the family made their home in Steele, N.Dak., where Vance worked as a school counselor and Colleen worked as an OT for Dakotah Alpha in Mandan, N.Dak. Colleen was an active member of St. Francis de Sales, and she enjoyed her position as treasurer in St. Mary's Altar Society.

Mary B. Wyatt, 89, of Benton, Ill., died Wednesday, September 3, 2015 at Good Samaritan Health Center with family at her side. Mary was born on Oct. 22, 1925, in Dallas City, Ill., to Kenneth and Bernice Craig. She married William Wyatt on July 31, 1943, in Dallas City, and he preceded her in death on December 6, 2011. Mary worked in healthcare administration. Mary, administrative officer for the Department of Neuroscience at the University of North Dakota campus in Fargo, retired in 1987 after 14 years. Mary joined UND with Lee Christoferson, MD, at the beginning of the four-year medical school at UND. She really enjoyed the many people she worked with and met through her years at the UND School of Medicine and Health Sciences. Mary had many interests. She was a member of the Audubon Society and participated in annual bird counts in North Dakota, Minnesota, and Illinois. In retirement, Mary volunteered at Detroit Lakes (Minn.) Library and for the Hamden Slough and Tamarac Wildlife Refuges as her health allowed. Her volunteering supported her avid interest in birding and reading.



Family funds scholarships for medical lab science students

By Alyssa Konickson

When Jan (Wuolu) d'Autremont, '68, now retired, looks back on her career as a medical lab scientist, she still credits the University of North Dakota School of Medical and Health Sciences for her success.

"It was a good experience that prepared me for life, and certainly my career. I want to give back so others can experience that too," Jan said.

She and her husband, Cliff, have established the Janice and Clifford d'Autremont Scholarship Endowment for students in Medical Laboratory Science (MLS) at the University of North Dakota, with preference given to students from Oakes, North Dakota.

Because Jan did not qualify for need-based scholarships as a student, she did not want her scholarship to be dependent on need.

"My parents were farmers, and I didn't feel like we had a lot of money," Jan said. "But I didn't qualify for a lot of needs scholarships, so I didn't want the scholarship to depend on 'need.'"

Jan and Cliff d'Autremont, thank you for supporting students at the UND SMHS.

Make a plan for year-end

Consider the many ways you can enjoy tax and income benefits and help the University of North Dakota School of Medicine and Health Sciences.

With the end of the year approaching, the following three charitable giving strategies may provide you with additional tax savings and cash flow.

- **Cash Gift:** Make a gift of any amount and receive an income tax deduction this year.
- **Appreciated Asset Gift:** Avoid capital gains tax on the sale of your assets by giving your stock or real estate to the UND Foundation, plus receive a charitable deduction.
- **Charitable Life Income Plan:** Make a gift and receive income for life. Avoid capital gains tax by giving an appreciated asset and receive a charitable tax deduction.

How could your gift impact the University of North Dakota School of Medicine and Health Sciences? Here are a few examples:

- Fund scholarships for high-achieving and aspiring medical professionals.
 - Create or sustain world-class academic programs.
 - Provide discretionary resources to help meet the most pressing needs of the School.
 - Help recruit and retain high-quality faculty and researchers.
- We recommend you first consult with your professional adviser.

For additional information on how to best structure your gift to benefit the University of North Dakota, please contact

Dave Miedema, '76
Senior Director of Development
davem@UNDfoundation.org
701.777.4933



Jessica Sobolik
Director of Alumni and
Community Relations
jessica.sobolik@med.UND.edu
701.777.6048

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

Gary Anderson of Mandan, N.Dak., established the Marcia and Gary Anderson Scholarship Endowment, which provides scholarships to students pursuing a career in medical laboratory science. Gary's wife Marcia earned her Medical Technology degree from UND in 1957, while Gary earned his Bachelor of Arts in Psychology that same year. Marcia passed away in 2008.



John, MD '87, and Karen Gray of Plymouth, Minn., established the Dr. John and Karen Gray Scholarship Endowment, which provides scholarships to medical students. Half of their gift was matched by the North Dakota

Challenge Fund. Dr. Gray is a nephrologist at Kidney Specialists of Minnesota in Brooklyn Center, Minn. Karen earned a bachelor's degree in communication from UND in 1982.

Carlen and Charles Goehring of Tucson, Ariz., established the Fee Family Endowment, which will provide scholarships to third- or fourth-year medical students who have demonstrated high academic performance. A portion of their gift will be matched by the North Dakota Challenge Fund. Carlen earned her bachelor's degree in social work from UND in 1964. Her father Charles Fee earned his BS Med degree from UND in 1935.

Michael and Theresa Reinarts of Eagan, Minn., established the SMHS Faculty Excellence Endowment, which provides awards to faculty members demonstrating excellence in teaching, research, or service. Michael earned a bachelor's degree in business administration from UND in 1976 and created a similar endowment for the UND College of Business and Public Administration.

Marlys Schuh, MT '73, BS Med '77, of St. Louis, Mo., established the Marlys E. Schuh, MD, Scholarship Endowment, which will provide scholarships to medical students at UND. Half of her gift will be matched by the North Dakota Challenge Fund. Dr. Schuh is a surgical oncologist at Mercy Clinic in Ballwin, Mo. She received the UND Alumni Association and Foundation's Sioux Award in 2014.



Adopt-a-Med-Student Program 2015

For the first time in the program's five years, there were more Adopt-a-Med-Student donations than students. Thank you, donors! Sixty-one donors provided funding for 78 stethoscopes, which were presented to first-year medical students during a luncheon on October 23. The students were excited to receive their stethoscopes and appreciated the personal connections with the donors. As one student said, "It means a great deal to us medical students when donors agree to support us."

The full list of donors can be found at www.med.und.edu/alumni-community-relations/adopt-a-med-student.cfm. The website also notes donors who have participated in the program all five years: Heidi Bittner, Devils Lake, N.Dak.; Thomas Hutchens, Bismarck, N.Dak.; Mark Koponen, Grand Forks, N.Dak.; Rick Paulson, Bismarck, N.Dak.; Donald Person, San Antonio, Texas; and Dean Joshua Wynne and Susan Farkas, Fargo, N.Dak. As another student said, "Thank you for your commitment to the future of UND physicians, but more importantly to our future patients!"



Left to right: Dean Joshua Wynne; Dr. Glenn Thoreson, BS Med '64; and student Eric Torkelson.



On September 3, North Dakota Representative Kevin Cramer took time out of his busy schedule to be the guest speaker at the inaugural Dean's Hour for the 2015–2016 academic year. He gave a brief national perspective on healthcare. Dean Joshua Wynne was the moderator when Congressman Cramer then spent the bulk of the noon hour answering questions about healthcare from the audience composed of students, faculty, and staff of the School and the wider UND community who were the School's guests for lunch. It was close to a full house, with a wide range of students from the basic sciences, health sciences, and medicine in addition to students from nursing and other health disciplines across campus as well as College of Nursing & Professional Disciplines Dean Gayle Roux.

Gathering for a photo before the start of the Potato Bowl Parade on September 12 were members of the Student Occupational Therapy Association. From the left are Rachel Gromek, Emily Hermanson, Jessica Triller, Jamie Schacht, Alison Ikeogu, Erika Moderow, Kamila Kelsch, Kayla Oates, Kacie Miller, Katherine Erickson, Nicholle Clouse, Ashlyn Ouse Grindberg, and Alison Host.





The School sponsored the annual “Joggin’ with Josh” walk, jog, or run in the neighborhood surrounding the SMHS on September 10. The weather was fine, and about one hundred faculty, students, and staff as well as friends from across UND and Grand Forks joined in the fun.



Speaking at the School’s Time Capsule Ceremony on October 8 were (from left) DeAnna Carlson Zink, ‘86, chief executive officer, UND Alumni Association & Foundation; Grand Forks Mayor Michael Brown, MD ‘82; SMHS Dean Joshua Wynne; Lieutenant Governor Drew Wrigley, ‘88; and University of North Dakota President Robert O. Kelley.

The UND School of Medicine and Health Sciences' time capsule is intended to be a snapshot of today’s School and its academic programs, research endeavors, and service to the state. It is also a snapshot of the University as a whole, the city, and the state. Contents were contributed by numerous UND and SMHS employees, as well as community stakeholders, including North Dakota Governor Jack Dalrymple and Grand Forks Mayor Michael Brown. The time capsule will be encased within a wall in the conference room under the grand stair that connects the first and second floors just inside the main entrance of the new building. The capsule is to be opened in October 2065.



At the All-School Homecoming Dinner for SMHS alumni, members of the Bachelor of Science in Medicine Class of 1965 received commemorative photos of the last game played in the old Winter Sports Building—“the Barn”—on February 26, 1972. UND’s opponent was the University of Minnesota. From left are Dean Joshua Wynne, Charles McGee, John Doerner, Richard Blaine, John Fischer, Don Nicolson, Tom Olson, and Carroll Rund.



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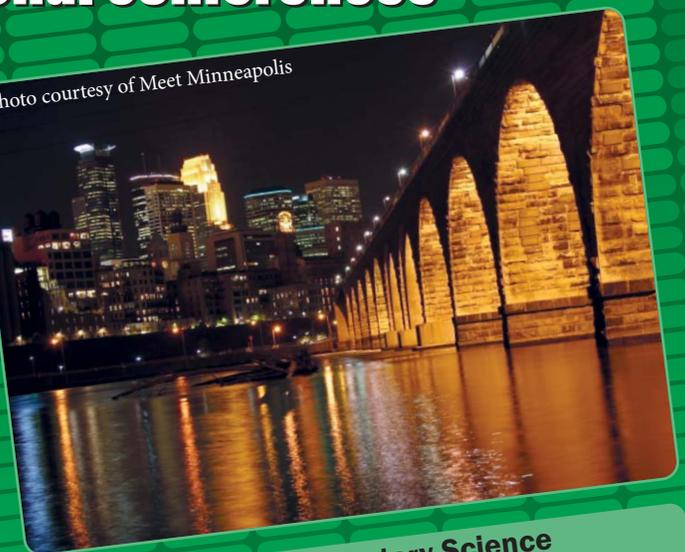
Upcoming Alumni Receptions

Held in conjunction with national conferences



Physical Therapy
February 18, 2016 – Anaheim
www.med.UND.edu/events/pt-2016.cfm

Photo courtesy of Meet Minneapolis



Medical Laboratory Science
February 26, 2016 – Minneapolis
www.med.UND.edu/events/mls-2016.cfm

Honor Roll of Donors 2014–2015

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2014-15 Honor Roll of Donors

The UND School of Medicine and Health Sciences and UND Foundation would like to thank the following generous donors for their gifts and pledges made between July 1, 2014, and June 30, 2015. Please note that every effort was made to include all donors who made gifts, new cash pledges, or payments on existing pledges before June 30, 2015. The Honor Roll of Donors represents the good-faith effort of the UND School of Medicine and Health Sciences to provide current and accurate information about donors. If you discover an error or omission, please accept our sincerest apologies. Please contact us so we can update our records.

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Thelma K. Silverman

*"Thank you so much for your donation to the
UND Medical Laboratory Science Program. The digital slides
and other equipment have revolutionized learning in the lab."*

-Stephanie Gellner, senior medical laboratory science student

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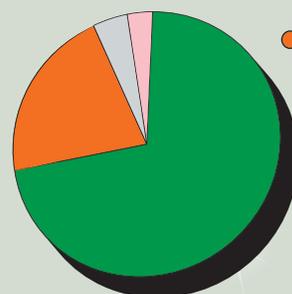
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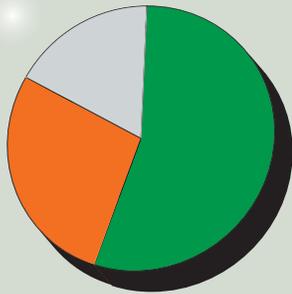
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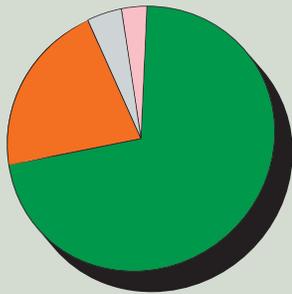
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Janice & Clifford d'Autremont
Edward Fogarty, M.D.
& Carolyn Fogarty
M. Brian Hartz, M.D.
Dr. Michael & Ronda Kincheloe
Dr. Donald & Blanche Person
Dr. Brett & Jonathan Pinkerton
Michael & Theresa Reinarts

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Endowments established to support the UND School of Medicine and Health Sciences programs, students and faculty

Donors who choose to establish endowments are committed to supporting activities not just for one year, or even one generation, but for perpetuity. By their very nature, endowments require the consideration of current and future needs. Endowments provide the stability necessary for UND to remain the premier liberal arts university on the Northern Plains and one that is home to both a medical and law school.

An endowment can be established through the UND Foundation and named with a minimum gift of \$25,000 and funded over time or with a deferred gift arrangement. Donors may also choose to designate gifts to existing endowments held within the UND Foundation to grow their base of support.

In the 2015 fiscal year, the following 13 new endowments were established with the UND Foundation to benefit students, faculty and programs within the School of Medicine and Health Sciences.

Gail Shimer Bass OT Scholarship Endowment	Allocations from the endowment will provide funding for one or more scholarships to students enrolled in the Occupational Therapy Program within the UND School of Medicine and Health Sciences. First preference shall be given to students interested in practicing in a school-based occupational therapy setting. Second preference shall be given to students pursuing a practice in pediatric occupational therapy.
B. A. and Lois Cruden Scholarship Endowment	Allocations from the endowment will provide one or more scholarships to students earning a medical degree within the School of Medicine and Health Sciences.
Dr. Thomas and Nancy Cruden School of Medicine Endowment	Allocations from the endowment are for the highest priority needs of the School of Medicine and Health Sciences. Funds from this endowment shall not be used for scholarships.
Audrey Crum Endowment	The UND Foundation shall distribute allocations each year for scholarships to students studying occupational therapy within the UND School of Medicine and Health Sciences.
Janice and Clifford d'Autremont Scholarship Endowment	Allocations from the endowment will provide scholarships to academically eligible students pursuing a degree in medical laboratory science (MLS) at the UND School of Medicine and Health Sciences. First preference shall be given to students from Oakes, N. Dak. Second preference shall be given to North Dakota students.
M. Brian Hartz, MD Scholarship Endowment	Allocations from the endowment will provide one or more scholarships to students earning a medical degree at the UND School of Medicine and Health Sciences.
Dr. Syed Shiraz and Darlene Hyder Scholarship Endowment	Allocations from the endowment will provide one or more scholarships to students earning a medical degree at the UND School of Medicine and Health Sciences.
Dr. Mike and Ronda Kincheloe Scholarship Endowment	Allocations from the endowment will provide for one or more scholarships to students earning a medical degree within the School of Medicine and Health Sciences. Preference shall be given to North Dakota residents.
Donald Martindale Memorial	Criteria not yet established.
Dr. Donald and Blanche Person Scholarship Endowment	Allocations from the endowment shall fund one or more scholarships for students attending medical school at the UND School of Medicine and Health Sciences.
Dr. Brett and Jon Pinkerton Scholarship Endowment	Allocations from the endowment will provide one or more scholarships for medical students within the UND School of Medicine and Health Sciences.
James Rudd Memorial Scholarship Endowment	Allocations from the endowment will provide one or more scholarships to students working toward a degree in athletic training within the Division of Sports Medicine at the UND School of Medicine and Health Sciences.
SMHS Faculty Excellence Endowment	Allocations from the endowment will be used for an award to a faculty member demonstrating excellence in teaching, research, or service.