

Family and Community Medicine



University of
CINCINNATI

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CHAIR'S MESSAGE

Greetings, friends and colleagues,

Welcome to our summer newsletter! I'm so glad you're here.

We've got some exciting updates to share. First, I'm thrilled to introduce our amazing new faculty members. They come to us from all over the country, bringing fresh ideas, unique skill sets, and a contagious energy that's already making a big impact. I'm incredibly proud of them and excited to see what lies ahead for them.

A huge shoutout goes to our incredible team at University Health Services. They provide quality primary care for over 50,000 UC students and play a vital role in supporting health and wellness across campus. I also want to recognize our research division, whose behind-the-scenes work supports the scholarly efforts of our entire department. From grant-writing support to helping prepare manuscripts, they help make our academic mission possible.

And here's something I'm especially excited about: **Nominations are now open for the 2025 Tom Todd Distinguished Alumni Award!** We have so many alumni across the country who are making a tremendous impact in their communities—now is the time to recognize them. Please consider nominating someone who has inspired you or made a difference.

As always, I'd love to hear from you. Let me know how you're doing and what you've been up to. Your updates are always welcome.

Warmly,

Christy O'Dea, MD MPH FAAFP

Chair, Department of Family and Community Medicine

Christine.Odea@uc.edu



Christine O'Dea, MD
Chair



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Facebook:
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231 Albert Sabin Way
Cincinnati, OH 45267-0582

CHAIR:
CHRISTINE O'DEA

Assistant to:
Kim Hawkins
Kimberly.Hawkins@uc.edu
513-558-4021

Direct newsletter comments
to Anderson.Christopher@uc.edu

NOMINATE A COLLEAGUE FOR THE 2025 THOMAS TODD, MD DISTINGUISHED ALUMNI AWARD



Thomas Todd, MD

Last year, at our 50th anniversary celebration, the first Thomas Todd, MD Distinguished Alumni Award was presented to Barry Webb, MD. The award celebrates an alumnus who demonstrate the values that our department embraces, and Dr. Todd so gracefully embodied: clinical excellence, dedication to training the next generation of family physicians, and commitment to community service.

This year, we will honor an alumnus again with this important award, and we are soliciting your nominations. Please send a letter describing how your nominee meets the criteria for the award to Anderson Christopher at

Anderson.Christopher@uc.edu by August 15, 2025. While nominations from all classes are welcome, graduates of the UC College of Medicine and University of Cincinnati residency classes 1980, 1985, 1990 and 1995 are given preference. Please see those residency classes listed below. The award will be presented in early November at a special reception in the Department's Smith Conference room.

RESIDENCY CLASS GRADUATES:

1980: Jeffrey Bialer, Pamela Firestone, Timothy McCarren, Robert McCown, Regine Moulton, David Paplow

1985: Robert Baker, Christina Burkhart, Walter Donnelly, Timothy Geering, Michael Grainger, Pamela Hanson, Amy Hickson, Alyce Kennedy, William Sawyer, Elizabeth York

1990: Steven Amoils, Joseph Bateman, Brian Brown, Tanya Edwards, David Gunderman, Roxanne Hart, Susan Jacob, Simon Magowan, Anne Meyers, Marta Rieman, Barbara Tobias

1995: (Hazel) Christine Brown, (Cynthia) Lee Goacher, Dirk Hines, Karen Kirchner, Erica Sewell



SPOTLIGHT: MEET OUR NEW FACULTY MEMBERS

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Melissa Bender, MD

What division are you a part of?
Palliative Care

What is your hometown?
Fort Wayne, IN

Where did you go to Medical School?
Indiana University School of Medicine

Where did you attend residency?
The Christ Hospital/UC Family
Medicine Residency program

What are some of your hobbies?
Hiking, reading

*What do you love about being a family
doctor?*

As a Palliative Care physician, I enjoy supporting patients and families in challenging times with good symptom management and Narrative Medicine.



Rynita Bohler, MD

What division are you a part of?
Palliative Care and Cancer
Survivorship

What is your hometown?
Detroit, MI

Where did you go to Medical School?
Wayne State University School of
Medicine

Where did you attend residency?
The Christ Hospital -Family
Medicine Residency and Palliative
Care Fellowship

What are some of your hobbies?
I love going to the movies, reading
(I'm in a book club) and crafting

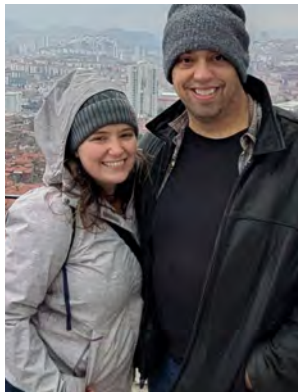
*What do you love about being a
family doctor?*

I love the long term relationships
you build with patients!

Fun fact:
I went to Disneyland for the first
time this April!

Samantha Puckett, MD

What division are you a part of?
West Chester Family Medicine Residency, Palliative Care, and the Division
Urban, Underserved, and Global Health (DUUGH)



What is your hometown?
Fayetteville, AR and Ankara, Turkey

Where did you go to Medical School?
University of Arkansas for Medical Sciences

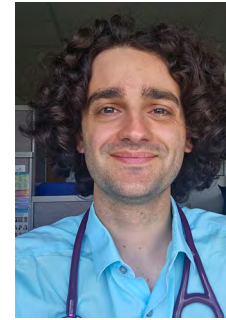
Where did you attend residency?
UC Med/Peds

What are some of your hobbies?
Playing guitar, singing, traveling, trying new
ethnic foods, hiking, rock climbing

What do you love about being a pediatrician?
Getting to watch families grow up and helping
them navigate difficult times in their lives.

Fun fact:
I was a high school teacher before medical
school.

Adam Darwiche, MD



*What division are
you a part of?*
The Christ
Hospital/UC
Residency
program

*What is your
hometown?*
Cincinnati!
Montgomery in
the suburbs to be
more specific

Where did you go to Medical School?
University of Cincinnati

Where did you attend residency?
University of Michigan in Ann Arbor,
Michigan

What are some of your hobbies?
Gardening, board games, having cozy
reading dates with my partner and our
cats at home

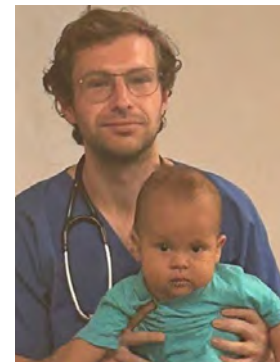
*What do you love about being a family
doctor?*

Being the one to make the medical
gobbledygook make sense to patients
and families and always getting to keep
the big picture in mind!

Fun fact:
As a lifelong learner, all facts are fun :)

Evan Onusko, MD

What division are you a part of?
Division of Urban, Underserved, and
Global Health (DUUGH)



*What is your
hometown?*
Greenfield,
OH

*Where did you
go to Medical
School?*
University of
Cincinnati

*Where did you
attend
residency?*
The Christ
Hospital/UC Family Medicine Residency

What are some of your hobbies?
Reading history and biographies

What do you love about being a family doctor?
Getting to partner with people over
many years to improve their health.

Caitlin Delong, MD, MPH

What division are you a part of?
Division of Urban, Underserved, and Global Health (DUUGH)

What is your hometown?
Fort Wayne, IN

Where did you go to Medical School?
Indiana University School of Medicine

Where did you attend residency?
The Christ Hospital/UC Family Medicine and Psychiatry Residency Program

What are some of your hobbies?
Outside of work, I love to spend time with my husband Nate and our son Hugo. We like to travel, hike, and ride our tandem bike up and down the hills of Cincinnati.

What do you love about being a family doctor and psychiatrist?

I love being both a primary care doctor and a psychiatrist because I love listening to my patients' stories and working with them to improve both their mental and physical health

Fun fact:

Though I have not practiced in several years, I have a first-degree black belt in Tae Kwon Do.



Jess Kallenborn, DO

What division are you a part of?
West Chester Family Medicine

What is your hometown?
Horseheads, NY

Where did you go to Medical School?
Lake Erie College of Medicine

Where did you attend residency?
University Hospitals, Cleveland, OH

What are some of your hobbies?
Playing with my dog, Jameson, trying out new restaurants and breweries, catching whatever sporting event is playing, and working out!



What do you love about being a family doctor?

I love the ability to develop relationships with our patients and see them grow throughout their lives. I love being able to treat a variety of conditions, as well as play quarterback to manage all of their specific needs. I also specialize in primary care sports medicine, managing everything from concussions to exercise prescriptions and return to play, osteopathic manipulations, as well as a variety of ultrasound guided procedures in the office!

Rebecca Fujimara, MD, MPH

What division are you a part of?
Division of Urban, Underserved, and Global Health (DUUGH)

What is your hometown?
Tipp City, OH

Where did you go to Medical School?
Wright State University Boonshoft School of Medicine

Where did you attend residency?
Medstar-Georgetown/Washington Hospital Center Family Medicine Residency as well as a Global Health fellowship at the Contra Costa/University of California San Francisco

What are some of your hobbies?
Origami, traveling, running, spinning, hiking

What do you love about being a family doctor?

I love the holistic impact I can have on each individual patient as a family doctor, as well as the ability to better my community and influence health on a global scale

Fun fact:

I have been to over forty countries and six continents.

DR. THEODORE "TED" PULS, CLASS OF 1989, RECEIVES AMERICAN BOARD OF FAMILY MEDICINE AWARD

We are pleased to recognize that Ted Puls, MD, FAAFP, of the Class of 1989 recently received an award from the American Board of Family Medicine for his outstanding performance on the 2024 "Person-Centered Primary Care Measure."

When asked for an update on what he is currently up to, Dr. Puls writes, "I am currently practicing independently in my own corporation, 'Ted J. Puls, MD Primary Care.' In the last year, two independent providers joined me. We do provide the baby to elderly age range of care. I measure my success in the number of hugs I get per week, but last week I got a kiss (a Hershey's kiss) from a five-year-old patient, too. What a great job. I try to get out and enjoy the marvels of nature. With the two new associates, I plan on being able to get some backpacking in this year."

Congratulations, Dr. Puls, our department is so proud of our alumni's continued accomplishments in primary care.



DIVISION UPDATE:

UNIVERSITY OF
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PROGRAM
COORDINATOR
Lauren Walker
walke3lh@ucmail.
uc.edu

UNIVERSITY HEALTH SERVICES

Michael Holliday, MD, Executive Director

After over 4 years serving as Interim Medical Director of University Health Services (UHS), I wanted to take this opportunity to honor the wonderful team at UHS by sharing their incredible work.

THE WORK:

A common realization among team members new to college health is that “college health is different.” Serving a student population of 52,492 brings a unique blend of clinical diversity.

Our patients present with a wide range of conditions:

- Mental health concerns span from homesickness to psychosis and suicidal ideation.
- Endocrine disorders include not only metabolic syndrome, but also Addisonian crisis, and newly diagnosed type 1 diabetes.
- Infectious diseases range from common illnesses like strep throat to more complex cases such as dengue fever, typhoid fever, chikungunya, and extrapulmonary tuberculosis (TB).
- Public health efforts vary from advising a student with an upper respiratory infection (URI) to stay home, to conducting large-scale contact tracing for exposures to TB, pertussis, or meningitis.

In recent years, our work has expanded to include managing the Bearcats Health App, an immunization and health screening database with over 52,000 active users.

Selected Highlights from FY2025:

- Total visits: 13,175
 - Primary Care (including gynecological and LGBTQ+ care): 10,356 visits
 - 24.2% were new patients
 - 42% were same-day appointments
 - Counseling: 1,690 visits
 - Psychiatry: 1,020 visits
 - Dermatology: 109 visits
- Point-of-care tests performed: 3,331
- International student health screenings (Fall 2024): 1,148

THE TEAM:

My time at UHS has been marked by the most rewarding collaboration of my career. This success is thanks to our support staff, providers, UHS campus and community partnerships, and UHS leadership.

Support Staff:

College health demands a high level of coordination, especially when managing complex efforts like international student health screenings, immunization initiatives, or infectious disease responses. Our support staff rises to this challenge daily by playing their role in standard operating procedures, including

- Triaging students with potentially serious physical illnesses
- Patient rooming and exam room readiness
- Managing mental health crises
- Responding to public health threats within the UC community

Providers:

Our providers bring a wide range of expertise, including:

- Family Medicine
- Advanced Practice Nursing in Primary Care
- Adolescent Medicine and Pediatrics (including eating disorder care)
- Nurse Midwifery
- LGBTQ+ Care
- Women’s Health-Focused Family Medicine
- Psychiatry and Counseling
- Dermatology

They work collaboratively across disciplines and with support staff to help students receive comprehensive care at UHS.

Campus and Community Partners:

UHS is one part of a collaborative network supporting UC students.

- Academic program directors
- Housing and residential life
- Nutrition services
- Student affairs
- Emergency preparedness teams
- Local and state public health officials
- UC Health

Together, we help students be healthy, safe, and successful.



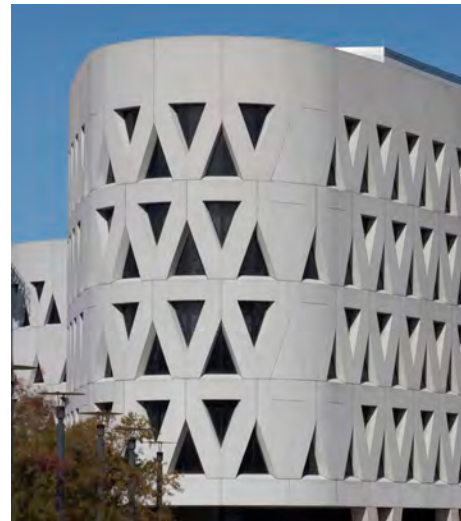
Michael Holliday, MD

THE LEADERSHIP:

I have served as a medical director for most of the past 16 years. While the last four years have been among the most challenging, they would have been impossible without the unwavering support of my leadership team. This team has included:

- RaeJean Hardig, MSHA
Business Administrator
- Tina Smith, RN
Former Clinical Supervisor and current Campus Health RN
- Stephanie Jackson
Clinical Operations Supervisor
- Amanda Doner
Former Program Manager
- Chris Paul, RN
Newly promoted Clinical Supervisor
- Giselle Weller, MD
Campus Health Support Physician

Each of these individuals has consistently worked at the elevated level that college health demands. Any process or outcome I’m proud of during my tenure bears the imprint of their contributions.



The University Health Services clinic is housed in the Lindner Athletic Building



SPOTLIGHT: CLASS OF 2015 ALUMNI UPDATES

Jessica Pineda, MD

I am currently living in Providence, RI where I continue to practice both family medicine and psychiatry. Much of my work focuses on women's mental health during reproductive transitions including during pregnancy and postpartum. I am the program director for the Women's Mental Health Fellowship at Brown University and I am the medical director of the Women's Behavioral Health clinic at Women and Infants Hospital. I am active in medical student education as well as teaching and supervision of family medicine and psychiatry residents at Brown University. The past 10 years have brought a lot of new changes and opportunities, the best of which was in 2019 when we welcomed our daughter, Matilde, who is now about to graduate Kindergarten!



Dr. Pineda with her daughter, Matilde, and husband, Simon.



Dr. McGlothlin with her husband, Sean, and daughter, Emmiline.

Elizabeth McGlothlin, MD

I am still practicing outpatient only at Southwestern Medical Clinic in Niles, MI. Through a series of health system mergers I am now employed by the largest system in the state. Since the birth of my daughter, Emmiline, 5 years ago I work in the office 2 days/ week. It is a great balance between career and family.

In my free-time, I still bake and cook. This past fall I took the leap into sourdough and love it. And I supply nearly all the office birthday treats. We live only 15 minutes from Lake Michigan and spend as much time at the beach in the summer as we can. Traveling continues to be a hobby. We took our first family Disney trip this winter and have a multigenerational family trip to Banff National park in Alberta this July.

Kevin Brazill, MD

After graduating from the UC Family Medicine/Psychiatry Residency, I worked in rural/central Illinois at Carle Health for four years as an outpatient family doctor and psychiatrist. In 2019, my wife Erin and I moved to western New York and I began working at the University of Rochester Medical Center. Today, I am the Medical Director of the Medicine in Psychiatry Service's Primary Care office (where we provide primary care to people coping with severe mental illness and chemical dependency), work in the U of R equivalent of PES doing emergency psychiatric evaluations, and serve a consulting psychiatrist for a rural hospital in the Finger Lakes District of New York. I'm an Assistant Professor with the UR medical school, working with medical students and residents in my clinic and the psychiatric emergency room. I have also kept my relationship with Carle and work two days a week (remotely, with my hounddog at my feet), providing outpatient telemedicine psychiatric care to rural Illinois residents. Erin operates a private therapy practice in the area, and works part-time at the Wilmot Cancer Center at the U of R, providing psychotherapy and art therapy to families and patients navigating cancer. Both of us enjoy living in New York -- our families are close by and there are endless things to do, especially alpine skiing and hiking. Our bloodhound and tabby cat keep us busy.



Dr. Brazill with his wife, Erin, snowboarding on Whiteface Mountain.

DIVISION UPDATE:

UNIVERSITY OF
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PROGRAM
MANAGER
Andi Christopher
chrisao@
ucmail.uc.edu

RESEARCH

Jackie Knapke, PhD, Interim Director

It has been a busy year in the DFCM Research Division! This past winter, several of our division faculty and staff members were recognized for their service and achievements. Congratulations to Shanna Stryker, MD, MPH, on being recognized with the Research Excellence Award and to Mary Beth Vonder Meulen, RN, for winning the Staff Award of Excellence at the DFCM 50th anniversary celebration.

The Research Excellence Award is given to the individual who significantly contributes to research projects that advance inclusive excellence in family medicine and reduce healthcare disparities, and demonstrates a commitment to research service through mentorship and service on committees aimed at moving research forward locally, nationally, or internationally.



Dr. Stryker receiving the Research Excellence Award from DFCM Faculty Dr. Sarah Pickle, Dr. Joe Kiesler, Dr. Chris Lewis, and DFCM chair, Dr. Christy O'Dea

The Staff Award of Excellence is presented to the person who demonstrates outstanding performance, supports the department's mission of inclusive excellence in clinical, educational, or research activities and provides exceptional support to faculty, residents, students, and staff, contributing to a positive, inclusive, and collaborative work environment within and outside of the UC community.



Mary Beth Vonder Meulen posing with her Staff Award of Excellence alongside Research Division team members Andi Christopher, Dan Hargraves, Dr. Soni Regan, and Dr. Jackie Knapke

Additionally, Soni Regan, PhD and Mary Beth Vonder Meulen were also recognized by the Center for Clinical and Translational Science and Training (CCTST) Community Engagement core with the Practice Based Research Award for their work with the Cincinnati Area Research Group (CARinG) Network.



Mary Beth Vonder Meulen and Dr. Soni Regan posing with their CCTST Award



Jackie Knapke, PhD



Several of our research projects focus on improving patient outcomes in primary care through quality improvement initiatives. Founded in 2017, the Ohio Cardiovascular and Diabetes Health Collaborative (Cardi-OH) is a statewide initiative of health care professionals from Ohio's schools of medicine and practices who share knowledge to improve health outcomes of Medicaid patients and eliminate health disparities throughout Ohio. The University of Cincinnati DFCM team is led by PIs Chris Bernheisel, MD, and Sandra Regan, PhD, and is supported by Michael Holliday, MD, Lauri Nandyal, MD, Orson Austin, MD, Mary Beth Vonder Meulen, RN, Andi Christopher, MA, Harini Pallerla, MS, and Dan Hargraves, MSW.

Michael Holliday, MD, was part of a team that developed a podcast to review current treatments for obesity and weight loss management. The two-part series focuses in on pharmacotherapy and surgical interventions. The podcast is co-led by Ryan Farrell, MD, from Case Western Reserve University.

Listen to the entire podcast and explore many other resources shared shared on cardi-oh.org.



Podcast 43 - Obesity and Weight Loss Management: Pharmacotherapy, Part 1

DIVISION UPDATE: **Research Cont.**



Community-academic partnered teams and facilitators alongside RISE faculty and staff at the August 2024 training program

In training grant news, the RISE Communities in-person training program was held August 7-9, 2024 on the medical campus of the University of Cincinnati. The program welcomed community-academic partnered teams from Virginia, Detroit, the Finger Lakes region of New York, the Sioux Tribe region of South Dakota, Los Angeles, and Cuyahoga County in Ohio. The partnered teams attended sessions over the course of three days to learn about team science, formation of a collaborative project using air sensors in a community, air sensor stories, as well as how to connect and collect data from air sensors and analyze and visualize air sensor data to disseminate to the community and policy makers. The teams also toured Groundwork’s local affiliate, Ohio River Valley, to learn about projects in action and how they have impacted and engaged the communities across Cincinnati. Each team received 10 PurpleAir monitors to begin their proposed projects. The teams become part of a community of practice, participating in needs assessment-driven webinars on how to optimize and move their projects forward.



RISE participants tour an air quality monitor data collection site at Groundwork Ohio River Valley in the Cincinnati neighborhood of Price Hill

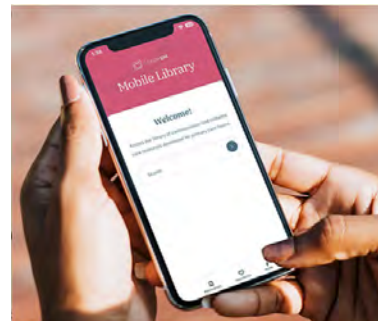
The RISE Communities program is funded by a grant from the National Institute of Environmental Health Sciences and is a partnership between the UC Department of Family & Community Medicine and Cincinnati Children’s Hospital Medical Center. The team includes Research Division members Jackie Knapke, PhD, as a Co-Principal Investigator leading the evaluation of the program, with Daniel Hargraves, MSW, as the project manager.

- Learn more about RISE Communities at ejsensors.com.

The Research Division has had a productive year in terms of dissemination as well, publishing 15 peer-reviewed journals since 2024 and contributing to over 40 presentations at local, national, and international conferences. Please email Anderson.Christopher@uc.edu if you are interested in research collaborations.

Download Cardi-OH’s New Web App

- Access Cardi-OH’s resource library of cardiovascular and diabetes care resources.
- Bookmark your favorites.
- Share best practices with colleagues.



University of Cincinnati College of Medicine
Department of Family and Community Medicine
Medical Sciences Building 4012
231 Albert Sabin Way
PO Box 670582
Cincinnati, Ohio 45267-0582

RETURN SERVICE REQUESTED



CLASS OF 2025 FAMILY MEDICINE SCHOLARS CELEBRATE GRADUATION

From left to right: Abigail Eplen, Esther Iyanobor, Pooja Kanthawar, Sejna Alibegovic, Christina Bassette, Benjamin Baker-Rogers, Kai Buendia, Connor Whitford