Family Medicine Leads the Way

Since last autumn’s announcement, staff and volunteers have been working tirelessly to make Family Medicine Leads a reality. The AAFP Foundation’s new signature program works to ensure the future of Family Medicine by supporting efforts to fill the workforce pipeline with the best and brightest family physicians.

To begin, 220 Family Medicine Leads Scholarships were awarded to medical students and Family Medicine residents to attend the National Conference of Family Medicine Residents and Medical Students.

Immediately following National Conference, the AAFP Foundation hosted the inaugural Family Medicine Leads Emerging Leader Institute for 30 student and resident scholars. Attendees were chosen during a competitive process from an applicant pool of 115 student and resident applicants. The two-day event offered an interactive, fast-paced learning environment, led by an intergenerational faculty of family physicians. This unique leadership development program offered three tracks:

- Policy and Public Health Leadership
- Personal and Practice Leadership
- Philanthropy and Mission-Driven Leadership
- Project Management

To help develop and complete a proposed project based on the selected leadership track, each attendee was assigned a family physician mentor. After the 30 projects are submitted, two residents and two medical students from each track will be invited to present their winning projects at the 2016 National Conference. One Best Project Award from each of the three tracks will be announced.

Depending on the chosen track, top award recipients will be able to attend the Family Medicine Congressional Conference, the Family Medicine Experience (formerly AAFP Assembly), or the Family Medicine Cares International Delegation to discover how Family Medicine Leads the way!

SAVE THE DATE: AAFP’s FMX and Your AAFP Foundation

Save the date for all of the AAFP Foundation events at the Congress of Delegates (September 27-30) and the AAFP Family Medicine Experience (October 1-3).

Thursday, October 1 | AAFP Foundation Annual Recognition Dinner

Attend a celebratory evening at the Denver Center for the Performing Arts for the AAFP Foundation Annual Recognition Dinner in the Seawell Grand Ballroom from 6:30 – 9:00 p.m.

Each year, the AAFP Foundation hosts a special dinner for its most dedicated donors, during which the Philanthropist of the Year Award, Outstanding Program Award, and AAFP Outstanding Service Award are presented. Don’t miss your chance to attend a social affair at this one-of-a-kind location. The dinner is by invitation only to AAFP Foundation donors who have generously given $1,000 or more between August 1, 2014 and July 31, 2015. For more information or to check your qualifications for an invitation, contact Brenda Cherpitel at (800) 274-2237, ext. 4452.
Dear Friends and Colleagues,

Family physicians like you support a number of essential AAFP Foundation programs through charitable donations of both time and money. Currently, more than 20 programs designed to ensure the future of our specialty and help families around the world are supported through the Annual Fund. Each and every one inspires and supports at least one of the underpinnings of Family Medicine’s foundation—humanitarian, educational, and scientific initiatives.

**Humanitarian | Family Medicine Cares USA and Family Medicine Cares International**

At home Family Medicine Cares USA offers family physicians several ways to help the public by addressing health disparities of the underserved in their communities. Family Medicine Cares USA and Family Medicine Cares Resident Service Award are helping local communities improve their health from the ground up.

Abroad Family Medicine Cares International has made a lasting impact in the lives and health of the people of Haiti, as well as created strong visibility for Family Medicine by providing patient care, medical education and offering faculty development at the two local residency programs.

**Educational | Family Medicine Leads**

Your Foundation’s new signature program works to ensure the future of Family Medicine by supporting efforts to fill the workforce pipeline with tomorrow’s best and brightest family doctors. The Family Medicine Leads Emerging Leader Institute was a success with 30 Family Medicine residents and medical students in the inaugural class. This is such an exciting program that you should read more about the details on page 3. Among the program's initiatives are Family Medicine Leads Scholarships to attend the National Conference of Family Medicine Residents and Medical Students. Since 2009, the AAFP Foundation has supported more than $690,000 for scholarship funding to attend National Conference for more than 1,155 medical students and Family Medicine residents.

**Scientific Initiatives | Celebrating 25 Years**

Over the past 25 years, Family Medicine researchers have received 431 grants totaling $4,700,935. Grants included are Joint Grant Awards Program (JGAP), Research Stimulation, and Resident Research.

I am inspired daily by the aforementioned work conceived, developed, and delivered through our Foundation. I hope you are encouraged by the work we’ve done and will join me in making a donation to the Annual Fund. Only through you can we continue to bring Family Medicine to families around the world.

Yours in Family Medicine,
Jason

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**Who Should Inherit Your IRA? How Family and Friends Lose Out**

If you are thinking about an estate gift to your AAFP Foundation, consider leaving your taxable IRA assets to us, so your heirs will not face federal income taxes and possibly estate taxes. They can then receive more of your other income tax–free assets (e.g., cash, stock and real estate), and we will be able to keep the full amount of the IRA distribution because of our tax-exempt status.

Example: Dr. Jones wants to treat her two grandchildren, John and Julie, equally. Upon her death, she leaves John $100,000 in stock that she had purchased for $60,000. She leaves her $100,000 IRA to Julie. When John receives his $100,000 in stock, he will not have to pay any capital gains tax. In fact, he obtains a “stepped-up” cost basis to the date-of-death stock value so that if he sells the stock for $100,000, he will pay no capital gains tax.

By comparison, when Julie receives the $100,000 from the IRA, the entire amount will be subject to income tax because IRA distributions are taxable, even after death. Consequently, Dr. Jones did not treat her two grandchildren equally. Julie will receive less money than John after she pays the income tax liability.

A Charitable Solution: A bequest of all or a percentage of your IRA assets to a charitable organization avoids all estate and income taxes. The charity will keep 100 percent of the IRA assets and will apply them to a charitable purpose you choose. Your will does not govern your IRA. An IRA is a separate trust or custodial account that usually passes outside of probate. The most important document in this case is the beneficiary designation form you receive from the IRA administrator—making this the easiest and least expensive way to benefit the AAFP Foundation through a deferred gift.

For information specific to making a planned gift to the AAFP Foundation, receiving a complimentary Wills Guide, or to inform us of an existing bequest, please contact Mike Armstrong at marmstrong@aafp.org.

The information herein is not intended as tax or legal advice. Figures cited in examples are for hypothetical purposes only. For more information, see a competent tax advisor.
**Family Medicine Leads Scholarships for National Conference**

As you know, the AAFP Foundation offers scholarships to the AAFP National Conference of Family Medicine Residents and Medical Students. Since 2009, the AAFP Foundation has supported $693,100 in scholarship funding for more than 1,155 recipients to experience National Conference.

This year, the Foundation is proud to debut a new education signature program, Family Medicine Leads. As part of the Family Medicine Leads umbrella program, 220 Family Medicine Leads Scholarships for National Conference were awarded to deserving students and residents. A total of 590 scholarship applications were received for the 220 available scholarships representing an increase of 55 more applications than in 2014.

Students and residents enjoyed top notch programming from national thought leaders, as well as opportunities to explore Family Medicine through clinical sessions, procedural workshops, and networking with their peers. According to past scholarship recipient and current AAFP Foundation Board of Trustee resident member, Jessica Johnson, MD, “The AAFP National Conference provides scholarship recipients with a much better understanding of the breadth and big picture of what being a family physician really means.”

The AAFP Foundation is proud to support the Family Medicine Leads Scholarships for National Conference each year in an effort to fill the workforce pipeline with the quantity and quality of family physicians needed to improve the health of all people, as well as supporting the development of future Family Medicine leaders.

**Family Medicine Leads Emerging Leader Institute**

Directly following the National Conference of Family Medicine Residents and Medical Students, the Family Medicine Leads Emerging Leader Institute took place at the AAFP Headquarters. This unique leadership development opportunity focused on three tracks: Policy and Public Health Leadership, Personal and Practice Leadership, Philanthropic and Mission Driven Leadership.

Contributions like yours supported 30 Family Medicine residents and medical students with a desire to become Family Medicine leaders. They will continue to reinvigorate the specialty of Family Medicine as they work on a year of Family Medicine Leads Emerging Leader Institute activities, including the completion of a project related to the chosen track and designed to build leadership skills.

As the inaugural class began their application process they had to describe what this experience would mean to them. This is just one of many stories about leadership that arose from the first class of 30...

“My dad is a sprinkler man. He installs intricate underground networks of pipes that bring water to a variety of heads that spray it over the grass. If the layout is wrong, or the wrong head is chosen, a patch of brown grass will inevitably result. My dad never has a patch of brown grass when he does a job. He is meticulous, and works very hard. Sometimes a customer will tell him other companies have refused their job since the layout is atypical, or their water pressure is too low. My dad never refuses a job like this. In fact, they are his favorite kind. He is innovative, and he will find a way. There is a woman who lives a few doors down who is a single mom with two kids. She has a sprinkler but could not afford to maintain it. My dad takes care of her sprinkler for free. This is my compass for career and life. Take pride in what you do, be the best you can be, think outside the box, envision something different, and show compassion in all you do. I will be chief resident this coming academic year and I attribute much of this achievement to these core principles. I will continue to strive for leadership positions in my career and would be thankful for any opportunity to gain skills to achieve that goal.”

— Amanda Cooper, DO
PGY-3, Christiana Care Family Medicine Residency
2015 Family Medicine Leads Emerging Leader Institute Scholar
Family Medicine Cares 2015 Resident Service Award: Lifestyle is Medicine

The Family Medicine Cares Resident Service Award was established to give Family Medicine residents an opportunity to fulfill a desire to address health disparities of the underserved in their communities.

The 2015 Family Medicine Cares Resident Service Award was awarded to Loma Linda Family and Preventive Medicine residents Christina Miller, MD and Stewart Wilkey, DO to implement a preventive care service program in the resident-run Cornerstone Community Health Free Clinic in San Bernardino, one of the poorest large cities in the nation.

Lifestyle is Medicine will strengthen preventive medicine training among Family Medicine residents and enhance the free clinic’s sustainability. Loma Linda University Family and Preventive Medicine Residents will first study curriculum, which includes smoking cessation, exercise, and nutrition. They will then be scheduled to help at the free clinic for designated preventive (lifestyle) visits. The award will provide devices to measure exhaled carbon monoxide and cholesterol, as well as provide money to finance smoking cessation medications, pedometers, and handouts for patients to work towards their own lifestyle goals. Drs. Miller and Wilkey will present the final outcomes of this 12-month project at the 2016 National Conference. Visit the website www.aafpfoundation.org/fmcrsa for more information.

Help Support Free Clinics with Family Medicine Cares USA

This past May, Still Caring Health Connection (SCHC), in Kirksville, MO was awarded a Family Medicine Cares USA (FMC USA) grant totaling $21,986. SCHC partners closely with A.T. Still University’s Gutensohn Clinic to service areas in need.

This student-led, provider-supervised clinic provides medical, dental and referral services to uninsured adult patients in the greater Kirksville area. SCHC also provides services to the local Amish community.

According to Eric Lesh, SCHC Director, “The Amish enjoy and specifically request osteopathic manipulative medicine (OMM) treatments as they have a lot of chronic musculoskeletal pain from their daily activities. OMM provides them with a lot of relief for these issues that some of them have had since childhood.” Amish patients also benefit from HbA1c and lipid testing that the clinic is able to provide with its lab machines and a portable generator. The labs and vitals allow providers to give feedback to patients on how their hypertension and/or cholesterol medications are working. Volunteer providers are also able to counsel patients on diet and lifestyle changes.

Volunteers in Medicine (VIM) works with the AAFP Foundation to help vet new clinics. They are extremely proud of SCHC and describe it as a “unique model with an excellent set up...quality support and much [student] enthusiasm. Their sense of mission and dedication to giving good medical care to the disadvantaged population is an inspiration.”

In addition to SCHC, the two existing clinics receiving funds are
• Parker Family Health in Red Bank, NJ
• New Life Volunteering Society Free Health Clinic and Indian American Medical Association Charitable Foundation Free Clinic in Chicago, IL

For all of these clinics, the durable items purchased with the FMC USA funds will allow them to monitor their patients’ chronic diseases, such as diabetes, hypertension, and hyperlipidemia, more readily and cost efficiently.

For more information about or to make a donation to the FMC USA program, please visit www.aafpfoundation.org/fmcusa.
Your Foundation at Work

Family Medicine Cares International Makes a World of Difference

Family Medicine Cares International (FMCI) is the international component of the AAFP Foundation’s humanitarian program Family Medicine Cares. Created to address the health care needs of the underserved around the world by providing patient care, delivering education, and training in Family Medicine, the program works to improve health and quality of life for the people of the region, specifically those in Haiti.

Each year, FMCI offers one major Delegation trip for volunteers to work alongside Haitians and further the progress of Family Medicine in Haiti. FMCI has made a lasting impact in the lives and health of the people of Haiti, as well as created strong visibility for Family Medicine and your AAFP Foundation.

Be a Delegation Volunteer
Volunteer for the 2016 Delegation in Haiti, February 20 – 27, 2016. Once on the ground, volunteers break up into three teams: patient care, medical education, and service. Patient care and medical education teams are composed of licensed family physicians, while the service team is made up of non-medical volunteers with a strong desire to give back. To learn more, visit www.aafpfoundation.org/fmci.

Participate in Faculty Development
FMCI provides ongoing faculty development training for the two Haitian Family Medicine residency programs. In addition to the Delegation trip, plans are set to make two to three trips to these residency programs annually. Interested parties can get involved with the development of the curriculum and/or presenting the materials on an upcoming trip to Haiti. The next faculty development trip to Haiti is scheduled for November 2015. Interested? Contact Erin Heffernan at eheffernan@aafp.org.

Make a Donation
Donations are needed to fund the work projects in Haiti from clinic improvements, to medical education symposia and materials, to basic clothing and food for the impoverished children of Haiti. To make a donation, contact Brenda Cherpitel at bcherpitel@aafp.org or donate online at www.aafpfoundation.org/donatetoday.

AAFP Foundation: Improving Immunization Rates in Medically Underserved Seniors

Since 2005, the AAFP Foundation Immunization Awards program has presented 109 competitive monetary awards to Family Medicine residency programs in 34 states that have overcome barriers and improved immunization rates for medically underserved patients in their communities.

The 2015 AAFP Foundation Senior Immunization Grant Awards, with support from Pfizer Inc., have been presented to six Family Medicine residency programs across the country. From June 2015 through April 2016, these immunization award recipients and their health care teams will be implementing improved protocols and applying various approaches that are anticipated to increase influenza and pneumococcal vaccination rates in medically underserved patients 65 and older.

Results and findings will be presented at the 2016 AAFP National Conference of Family Medicine Residents and Medical Students. Visit www.aafpfoundation.org/immunizationawards for more information.
Please Support Your Foundation

To continue these and many other programs of the AAFP Foundation, we need your support. Please consider making a tax-deductible donation on the enclosed donation form or by going to aafpfoundation.org/donatetoday. You may send a donation to the Annual Fund, which supports all of the programs of the Foundation, or you may designate your donation for a program of interest to you.

In Special Tribute

Honor a colleague, family member, or friend while supporting the work of your Foundation. Make a tribute gift and recognize someone important in your life. The AAFP Foundation is honored to receive gifts in memory or honor of family physicians, spouses, and friends. A tribute gift recognizes the relationship you have with your AAFP Foundation and the Family Medicine community. We gratefully acknowledge the following donors for their tribute gifts received from February 1 – June 1, 2015.

**IN HONOR OF**

Dr. Aileen Espina
Lucy M. Candib, MD
Carlos R. Gonzales, MD
Dr. and Mrs. John Meigs, Jr.
Dr. Charles Basye
Howard Charles Wolf, MD
Dr. Dan and Ruth Ostergaard
Drs. Denis and Brita Chagnon
Dolma Diki Sherpa
Sarah Bernadette Larkin, MD
Gail Meier
Dr. Carl Meier
Dr. Gary Morsch
Drs. Denis and Brita Chagnon
George Shannon, MD
Dr. I. L. Balkcom, IV
Kate Firlak, MD’s graduation from medical school
Kathleen Therese Rowland, MD
Krishna Gurung, PA
Philip Ellis Freedman, MD
Leo and Margie Vosters
Randal L. Vosters, MD
Lloyd Van Winkle, MD
Dr. and Mrs. John Meigs, Jr.
Drs. Mahato and Pant
Kristina A. Schlecht, MD
Marjorie and Jose Guerrero
Gail Guerrero-Tucker, MD
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Edward Asher Blumen, MD, MBA
J. Wesley Cook, DO
Thomas Allen Cornwell, MD
Kathleen Therese Rowland, MD
Kali and Bhagavati
Sandna Goodman

**In Memory Of**

Dr. Catherine “Kit” Campion
David A. Cooper, MD
Diane Kovach
Kevin Kovach
Dominic Passantino
Don Selig
Jeana L. Higginbottom

Kent Allen Pindle Smith
Karla L. Booker, MD
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Dr. & Mrs. Nikitas J. Zervanos
Joy L. Wilson
Johnny M. Wilson, MD
Kristi Lynn Leiker
Janet Leiker
Dr. Lawrence and Angela Hanis
Sandra Goodman

**TOTAL DOLLAR AMOUNT = $4,700,935**

**TOTAL GRANTS AWARDED = 431**

Funding is an excellent opportunity to perform more preliminary studies that can lead to larger grant applications.**

...it provides an initial track record to demonstrate the ability to receive extra mural funding.**

...it allows researchers to focus on questions important to family medicine to pursue answers to questions important to patients.**

Quotes provided by award recipients who recently completed their projects in 2015.
Thank You for Your Support

Thank you to the following donors who contributed $100 or more to the AAFP Foundation from February 1 – June 1, 2015.
Save the Date, continued from page 1

\[\text{Friday, October 2 | AAFP Foundation VIP Benefit}\]
Support the work of your AAFP Foundation while experiencing Denver’s culinary and cultural excellence. Start the night off right with dinner, during which you can enjoy action stations and wine pairings by local celebrity chef Kevin Taylor. Dinner will be in the Chambers Grant Salon in the Ellie Caulkins Opera House at the Denver Performing Arts Complex. Chef Kevin Taylor has received awards and recognition from local press and more than 25 national media outlets, including Bon Appetit, Restaurant Hospitality, and GQ. The evening’s featured musician, Michael Thornton, will join us for dinner before his performance with the symphony.

After dinner, you and your guests will be escorted to your VIP seats for the Colorado Symphony Orchestra’s Masters Series performance highlighting the works of Wolfgang Amadeus Mozart. Michael Thornton, the symphony’s principal horn, will perform Mozart’s well-known Horn Concerto No. 3. He’ll then trade his French horn for an eight-foot alphorn for the Sinfonia pastorella by Leopold Mozart, Wolfgang’s father. Enjoy this once-in-a-lifetime experience from your VIP seats.

Tickets are $250 each. Space is limited, so reserve your spot early for this exceptional night. Proceeds from this charitable event benefit the humanitarian, educational, and scientific programs of your AAFP Foundation.

\[\text{AAFP Foundation Lapel Pin}\]
Support your AAFP Foundation by purchasing your Commemorative Denver FMX lapel pin at the AAFP Foundation booth during Congress of Delegates or FMX. For a minimum donation of $15 per pin, you can take home a collectible keepsake and support important AAFP Foundation programs. This year’s pin proceeds will benefit the humanitarian efforts of your Foundation through the Family Medicine Cares USA program which helps free health clinics for underserved populations.

\[\text{AAFP Foundation Booth}\]
Visit the AAFP Foundation booth during Congress of Delegates or FMX to obtain your daily and grand prize tickets for the AAFP Foundation Sweepstakes. Suggested donations of $10 and $25 respectively will benefit Foundation programs. The grand prize is a $1,000 Amazon gift card!

\[\text{AAFP Foundation Auction}\]
Attend the AAFP Foundation Silent Auction and bid on up to 40 unique items in the AAFP Foundation Booth (Sept. 27-30) during Congress of Delegates. Bidding will close September 30.

\[\text{CHFM Announces Recipient of Fifth Annual History Fellowship}\]
The Center for the History of Family Medicine (CHFM) recently announced the recipient of the 2015 CHFM Fellowship in the History of Family Medicine.

John J. Frey III, MD of Santa Fe, New Mexico and Madison, Wisconsin, has been awarded the Fifth Annual Fellowship in the History of Family Medicine for his project “Taking Care of Neighbors: A Social History of General Practice and Family Medicine in the 20th Century.”

Dr. Frey’s fellowship project will describe the social and community context of general practice from mid-twentieth century to the end of the century. According to Dr. Frey, “My reasons for undertaking the study are personal . . . My teachers were the founders of the specialty and I believe I understand the political and academic origins of the discipline. But I feel we need to understand the moral and societal aspects of the work of general practice and the core values of citizenship and engagement in communities that characterized it if we are to be effective in shaping the future work of family doctors.”

On receiving the news that he had been awarded the CHFM Fellowship, Dr. Frey said, “It is a wonderful opportunity to work with the Center and the archivists of our history to gain a better understanding of the academic and professional movement that has changed our country during my lifetime.”

The CHFM presently sponsors one $2,000 Fellowship in the History of Family Medicine annually. Interested family physicians, other health professionals, historians, scholars, educators, scientists, and others are invited to apply for the 2016 Fellowship.

To find out more about the fellowship and Dr. Frey, visit www.aafpfoundation.org/chfmfellowship.

\[\text{New! AAFP Foundation Corporate Partners}\]
AmeriHealth – Sustaining ($5,000)
Athenahealth – Pinnacle ($50,000)
PharmaDerm, a division of Fougera – Sustaining ($5,000)

For more detail and a complete list of the AAFP Foundation’s current Corporate Partners, visit www.aafpfoundation.org/corporatepartners.

\[\text{Corporate Partners}\]

\[\text{AmeriHealth} – \text{Sustaining ($5,000)} \]
\[\text{Athenahealth} – \text{Pinnacle ($50,000)} \]
\[\text{PharmaDerm, a division of Fougera} – \text{Sustaining ($5,000)} \]

Residents of the following states should note the following: FLORIDA: A COPY OF THE OFFICIAL REGISTRATION AND FINANCIAL INFORMATION MAY BE OBTAINED FROM THE DIVISION OF CONSUMER SERVICES BY CALLING 1-800-435-7352. TOLL FREE: WITHIN THE STATE, FLORIDA REGISTRATION NUMBER IS CH48458. Maryland: Copies of documents and information submitted by the AAFP Foundation are available for the cost of copies and postage from the Secretary of State, State House, Annapolis, MD 21401. 1-841-974-5534. The official registration and financial information of the AAFP Foundation may be obtained from the Mississippi Secretary of State’s office by calling 1-888-236-4677. New Jersey: Information filed with the Attorney General concerning this charitable solicitation and the percentage of contributions received by the charity during the last reporting period that were dedicated to the charitable purpose may be obtained from the Attorney General of the State of New Jersey by calling 1-888-771-7155 and is available on the internet at www.njconsumeraffairs.gov/ocp.htm#charity. New York: New York residents may obtain a copy of the AAFP Foundation’s annual report by writing to the Office of the Attorney General, Department of Law, Chambers Building, 703 Broadway, New York, NY 10012. North Carolina: Financial information about the AAFP Foundation and a copy of its license are available from the State Solicitation Licensing Branch at 888-877-7999. Pennsylvania: The official registration and financial information of the AAFP Foundation may be obtained from the Pennsylvania Department of State by calling toll-free, within Pennsylvania, 1-800-732-0999. Virginia: A financial statement for the most recent fiscal year is available upon request from the Division of Consumer Services, PO Box 1863, Richmond, VA 23209. 1-804-786-1343. Washington: You may obtain additional financial disclosure information by contacting the Secretary of State at 1-800-332-0404. West Virginia: West Virginia residents may obtain a summary of the registration and financial documents from the Secretary of State, State Capitol, Charleston, WV 25305.

REgistration with a state agency does not constitute or imply endorsement, approval or recommendation by that state.