The AAFP Foundation, in partnership with the American Academy of Family Physicians National Research Network (AAFP NRN), is delighted to share the launch of Family Medicine Discovers, our third signature program.

Designed to elevate scientific research outcomes, Family Medicine Discovers joins our other established mission-based programs, Family Medicine Cares (humanitarian) and Family Medicine Leads (education).

Family Medicine Discovers seeks family physicians to conduct short-term innovative and high-impact projects yielding new evidence and knowledge for our specialty’s advancement. The possibilities are endless, and the AAFP Foundation is committed to developing a scientific program that serves our specialty, colleagues, patients, and communities.

Thank you to the many physicians that made this milestone possible. Please visit aafpfoundation.org/scientific for additional information about this exciting new program.

To celebrate this five-year milestone, the FML Emerging Leader Institute is planning an invitation-only event for former scholars, faculty, mentors, and staff in conjunction with this year’s National Conference of Family Medicine Residents and Medical Students.

The FML Emerging Leader Institute supports efforts to fill the Family Medicine workforce pipeline by helping develop leadership skills. This is accomplished through engagement with current physicians, exposure to other promising residents and students, and volunteer faculty-led training in three leadership tracks: Policy & Public Health; Personal & Practice; and Philanthropic & Mission-Driven. This program provides the framework for Scholars to work with a family physician mentor on the development and completion of a leadership project. Volunteer evaluators review projects and selected Scholars earn the opportunity to showcase at the next National Conference.

It took a village to get this program off the ground, but it was worth it.

“In the end, a program that could expand the leadership pipeline for our specialty, that had high affinity for our donors, that engaged the fabulous leaders/mentors of the AAFP, and that brought in an extraordinary group of faculty, was envisioned. That vision became the FML Emerging Leader Institute—a leadership opportunity that has met and exceeded every expectation,” said Jason Marker, MD, MPA, FAAFP and Memorial Hospital Family Medicine Residency Associate Director. Dr. Marker is a past AAFP Foundation president and has been a dedicated volunteer since before the program’s inception. Currently, he serves as the FML Work Group co-chair and a member of FML Emerging Leader Institute faculty.

“Our alumni Scholars are already moving into leadership roles big and small. Many of them in areas, where they never thought they would be a leader,” said Dr. Marker.

FML Emerging Leader Institute alumni have held various leadership positions; attended and hosted informal presentations at FMX; traveled to Haiti for firsthand experience working in an underserved country; and learned about Family Medicine advocacy at our nation’s capital.

continued on page 8
After serving for seven years on the AAFP Foundation Board of Trustees, I’m humbled and excited to be your 2019 President. We are part of an amazing organization that is innovative, collaborative, and, mostly importantly, committed to the mission of improving health through Family Medicine.

This is a critical year as we continue to execute the 2018-2020 strategic plan. You will notice some changes, such as new recognition opportunities to be shared later this year; an increase in personalized communication; and the launch of Family Medicine Discovers, our third and final signature program designed to support Family Medicine research. Many volunteers, staff, and former grant recipients provided input to ensure this program has long-term viability and impact. Thank you for your knowledge, trust, and partnership.

This year, I challenge you to think about enhancing your service to others and consider letting your Foundation help you be a vehicle for change. Whether you want a short-term, hands-on opportunity, such as volunteering in a clinic or on a Delegation with Family Medicine Cares, are willing to commit to mentoring future physicians through Family Medicine Leads, or prefer to provide financial assistance, the AAFP Foundation needs you. Every member and every dollar helps improve lives in domestic and international communities. Please visit aafpfoundation.org for more information.

Thank you for your time and contribution to your AAFP Foundation.

Sincerely,
Doug

Letter from the President — Douglas A. Spotts, MD, FAAFP, FCPP

A Legacy that Stands the Test of Time

You have the power to do something today that will make a lasting impact.

Take a moment to review and update your beneficiary designations to include the AAFP Foundation. You can make a gift through any of the following:

- IRA, 401(k), or 403(b) retirement account
- Investment account
- Checking, savings, or CD account
- Life insurance (you no longer need)

The process of naming beneficiaries is easy and helpful to your family. It gives you the power and control to tell your administrator who will inherit your accounts when you pass away. With a beneficiary designation, you still own the account and can continue to use it to meet your needs.

To name your beneficiaries, ask your account custodian, insurance agent, or bank to send you a beneficiary designation form. Simply fill it out and return it. You can name family, friends, or an organization like the AAFP Foundation to inherit your assets. Interested in contributing to a specific area within the AAFP Foundation, such as educational, humanitarian, or research efforts? Leave instructions or notify us.

By leaving a gift to the AAFP Foundation, you help enable us to continue our work and your Family Medicine legacy. To learn more about naming opportunities and other ways to solidify your legacy, visit aafpfoundation.org/plannedgiving, call (913) 906-6003, or email foundation@aafp.org.

Upcoming Dates

For more information, visit aafpfoundation.org.

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<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tr>
<td>April 26, 2019</td>
<td>Family Medicine Philanthropic Consortium Spring Meeting</td>
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<tr>
<td>May 1, 2019</td>
<td>Family Medicine Leads Scholarships Applications Due</td>
</tr>
<tr>
<td>May 17-18, 2019</td>
<td>AAFP Foundation Board of Trustees Meeting</td>
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<tr>
<td>June 15, 2019</td>
<td>Family Medicine Philanthropic Consortium Grant Applications Due</td>
</tr>
<tr>
<td>July 1, 2019</td>
<td>Family Medicine Cares International - Delegation and Scholarship Applications Available</td>
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<tr>
<td>July 15, 2019</td>
<td>Family Medicine Cares USA Applications Due</td>
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<td>July 25-27, 2019</td>
<td>National Conference of Family Medicine Residents and Medical Students</td>
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<td>July 27-28, 2019</td>
<td>Family Medicine Leads Emerging Leader Institute</td>
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<td>Aug. 30, 2019</td>
<td>Family Medicine Philanthropic Consortium Steering Committee Nominations Due</td>
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<td>Sept. 23, 2019</td>
<td>AAFP Foundation Board of Trustees Nominations Due</td>
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<tr>
<td>Sept. 23-25, 2019</td>
<td>AAFP Foundation Auction during the Congress of Delegates</td>
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<tr>
<td>Sept. 26, 2019</td>
<td>AAFP Foundation Annual Recognition Dinner</td>
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<tr>
<td>Sept. 27, 2019</td>
<td>AAFP Foundation VIP Benefit</td>
</tr>
<tr>
<td>Nov. 1, 2019</td>
<td>Family Medicine Cares International - Delegation and Scholarship Applications Due</td>
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The Art of Giving Back: One Couple’s Journey

Dr. Zaby Vyas and her husband Suree Vyas have shown great success can come from stressful transitions and a charitable spirit is a great way to show gratitude. Both were born in Uganda to parents who relocated from India. In 1972, just after Dr. Vyas finished medical school, the Ugandan dictator exiled all Asians. With only 90 days to leave, the couple took what they could and moved 6,000 miles away to start a new life.

Dr. Vyas completed a Certificate of Vocational Training in General Practice at London University and started practicing as a solo family physician in the United Kingdom. After 10 years in Europe, the couple decided to move to the U.S. in search of better weather and new possibilities. The American Board of Family Practice helped make this endeavor a reality by allowing her to enter the U.S. system as a second-year resident. In 1982, two weeks before orientation began, Dr. Vyas learned that she earned a spot in the University of Florida Gainesville Family Medicine Residency Program. Once again, she packed in a hurry, and moved more than 4,000 miles from her husband.

“I feel like via the AAFP (and ABFM) I was given a chance to start my medical life in the United States, and with this step was able to move ahead in my career,” said Dr. Vyas.

After completing residency, Dr. Vyas reunited with her husband and the couple used his business experience and her clinical skills to build a life of service. Their small practice transformed into Associated Family Medicine, an innovative group proactively caring for Medicare patients.

“We didn’t want to just treat patients when they got sick,” Dr. Vyas told her alma mater. “We wanted to keep the illness from ever occurring.”

This approach attracted patients and medical professionals. Their group expanded into six clinics located in two Florida counties, operated by a team of 18 physicians and approximately 70 staff serving more than 10,000 patients. In 2014, the couple sold to a large health care firm with similar values. Currently, Dr. Vyas works part time, leaving more time for the couple to do what they love—traveling and giving back.

“People need help,” said Mr. Vyas. “There were people who helped us out when we had nothing, when we were thrown out of our country. When you have a chance to help, you help.”

The couple’s commitment to philanthropy has provided university scholarships, constructed a playground at Dr. Vyas’ primary school in Uganda, and bolstered the AAFP Foundation.

“I feel utter gratitude and allegiance to this organization, and hence the AAFP Foundation, via which I can contribute to help others,” said Dr. Vyas. “Other family physicians should support if they feel strongly about Family Medicine.”

History Center Recognized for Excellence

Congratulations to The Center for the History of Family Medicine (CHFM) for passing the American Alliance of Museums’ (AAM) Core Documents Verification. This means that the AAM, the premier national professional organization for the museum industry has verified, through a thorough expert review, that the Center has an appropriate educational mission; and ethics, planning, emergency, and collections stewardship policies in place that reflect standard practices of professional museums. These elements were evaluated, because they are deemed essential for every institution that identifies itself as a professional member of the museum field.

Of the nation’s more than 35,000 museums, less than 1,200—or only about 3%—have passed the AAM’s Core Documents Verification process. In the State of Kansas, the CHFM is only one of 12 museums to have earned this honor.

“We undertook this outside review to ensure that we have in place the policies and plans that are essential to good museum management and which provide our staff and governing Board of Curators the structure, ethical grounding, and accountability needed to make informed, consistent decisions in support of our mission and sustainability,” stated CHFM Manager Don Ivey.

Housed at AAFP headquarters and administered by the AAFP Foundation, the Center for the History of Family Medicine serves as the principal resource center for the collection, conservation, study, exhibition, and dissemination of materials relating to the history of Family Medicine in the United States for the benefit of the specialty and the public. For more information on the Center, please call (800) 274-2237, ext. 6007, email chfm@aafp.org, or visit aafpfoundation.org/chfm.
A Family Challenge

The eight organizations known as the ‘Family of Family Medicine’ have stepped up efforts to combat the projected shortage of primary care physicians.

The AAFP Foundation is a proud partner in the new 25 x 2030 Student Choice Collaborative. The goal is simply to ensure that 25 percent of U.S. allopathic and osteopathic medical school seniors select Family Medicine as their specialty by 2030. This is a lofty goal given our 12 percent start. But if everyone works together, this is an achievable goal. Success will require influencing student choice, creating residency opportunities, promoting diversity, and more.

Luckily, the AAFP Foundation has long been a leader in this area. Your Foundation provides more than $330,000 per year to support opportunities that provide exposure and training for future family physicians.

- **Student Externships Matching Grants** – This partnership with State Chapters provides funding for mentoring and one-on-one learning experiences with a practicing doctor to stimulate interest in Family Medicine.
- **Family Medicine Interest Groups** – For more than a decade, your Foundation has helped fund the activities of these college-based student organizations.
- **Family Medicine Leads Scholarships** – For many aspiring physicians, the National Conference of Family Medicine Residents and Medical Students is their first introduction to the specialty outside of their campus. The 220 scholarships provided by the Foundation help attendees get immersed in the specialty through educational programming, procedural workshops, leadership opportunities, and networking.
- **Family Medicine Leads Emerging Leader Institute** – Each year, 30 medical students and residents are selected for a year-long leadership development program. After just five years, Institute alumni are already putting the leadership and networking skills they learned to work in their communities and for the benefits of the AAFP and its members.

As the pipeline of family physicians increases, we know the AAFP Foundation needs to be prepared to do more. Please visit aafpfoundation.org to make a gift in support of the education signature program *Family Medicine Leads* or learn about how you can get involved.

Foundation Support + Chapter Collaboration = High-Impact Grant Awards

Since 2006, the Family Medicine Philanthropic Consortium (FMPC) funded $1,166,670 and supported 320 Chapter projects in 41 states! This includes 31 new grants awarded in November 2018 because of donations from AAFP members.

Your generosity directly benefits the exciting work happening in Chapters and provides a forum for sharing expertise and best practices. Carletta Hauck, South Dakota AFP Chapter Executive, saw a need for training in technological advances. She received a 2018 FMPC grant to provide Point of Care Ultrasound (POCUS) training at their February annual meeting.

“While traditional methods of performing a physical examination are of critical importance, family physicians skilled in the use of POCUS become uniquely empowered,” said Hauck.

This workshop required support beyond the FMPC grant. Hauck shared that the Chapter borrowed nine ultrasound machines: five from the Sanford School of Medicine Parry Center and four from Sonosite. Medical school and residency instructors were present to help.

Four stations, with two machines each, had a specific focus:
1) FAST protocol, 2) kidney/bladder and aorta, 3) cardiac/lung, and 4) liver/gallbladder. There was an additional station where members practiced procedures using a mold made with ballistics gel containing several Tide pods in the center.

The feedback was positive. “The instructors were extremely knowledgeable, and I feel confident in using this more in my practice,” said attendee Marlys Luebke, MD, FAAFP.

Grants are available to help Chapters and Chapter Foundations support student and/or resident projects, member outreach, and public health projects. **Applications for the 2019 FMPC Grant Awards will be accepted through June 15, 2019.** Visit aafpfoundation.org/fmpcgrants for application details and information on previously funded projects.
Happy to Help

The AAFP Foundation receives support from a variety of sources. Family physicians and Corporate Partners may be the most well-known contributors, but another group provides consistent and enthusiastic assistance. AAFP staff generously give to enhance the Foundation’s mission and programs.

In 2018, almost 75% of Academy staff, or 290 donors, made a charitable donation to the Foundation. Most of these gifts were received in response to one of two annual campaigns.

The Walk for Haiti is held each spring in conjunction with Wellness Week. This one-mile fun stroll promotes physical activity and includes an opportunity to learn about the Family Medicine Cares International efforts in Haiti. Employees who contribute at least $25 receive a program update, smoothie, and a few hours off to enjoy the remainder of the afternoon.

Donations from the employee Walk for Haiti have enhanced the lives of children by funding medication, meals, and gifts such as books or sporting equipment. In addition, the AAFP Medical Education Division donates instructive materials for Haitian medical schools and residency programs, and employees provide the suitcases used to transport materials in country.

The end of the year is also a popular time for donations. Last December, AAFP Foundation Week was established to increase knowledge of programs and encourage support. AAFP staff donors received tours of the Center for the History of Family Medicine, decorated holiday cookies, and helped judge the Foundation decorating contest.

Thank you to all the employees who invest in the Foundation. Your kindness makes a difference.

Supporting Haiti in Turbulent Times

Every February, a group of Foundation volunteers travel to Haiti to provide medical education to two Family Medicine Residency Programs and hands-on assistance in local clinics, schools, and orphanages. This year, the Family Medicine Cares International Delegation was cancelled due to political unrest in the country and subsequent unsafe conditions and shortages of necessary supplies, such as diesel. This minor setback does not impact the Foundation’s commitment to improve the health for the people of Haiti. In fact, it magnifies the need to continue our support in their time of need.

According to the World Health Organization and Global Health Observatory websites, the infant mortality rate in Haiti was 56.1 per 1,000 live births in 2015 and 72 per 1,000 children had a probability of dying before age 5 in 2017. Furthermore, the violent protests in some cities have contributed to water shortages, skyrocketing food costs, and the temporary closure of some emergency rooms and hospitals.

Our in-country partner, Family Health Ministries, supports a school and orphanage as well as operates two Haitian clinics. One features a birthing center that serves a rural, mountainous area with limited medical resources. Thanks to generous donations from AAFP members and staff, the birthing center will receive equipment and instruments, including a new infant scale, fetal doppler, fetal monitor, and stethoscopes valued at over $7,500. Furthermore, because of your donations, more than 650 children at the school and orphanage will receive a hot lunch and more than $2,000 in books.

Please continue your support by donating to this humanitarian program. Visit www.aafpfoundation.org/fmci for more information.
Caring for Our Communities

Each year, your Foundation’s domestic humanitarian signature program, Family Medicine Cares USA, provides grants of up to $25,000 to new and up to $10,000 for existing free health clinics for durable medical instruments and equipment.

In 2018, FMC USA was proud to add nine (one new and eight existing) free clinics to the list of grant recipients bringing the total to 47 since 2011.

This support means a lot to the clinic and the patients served. Here’s a few words of appreciation from 2019 FMC USA grant awardees:

“We are perhaps most excited for a point-of-care HbA1c analyzer and new exam tables. We hope to reduce the time and expense patients face with a LabCorp referral for a HbA1c test. And get a better sense of our patients’ glycemic control, so the students can better work with patients to achieve their health goals. As for the new exam tables, we hope that replacing our visibly worn tables with new more comfortable tables will help create a space where patients feel they are respected and deserve quality care.”

— Alexander Agopyan-Miu of the Columbia Harlem Homeless Partnership (CHHMP), a student-run clinic in New York, New York (pictured at right)

“We are grateful to receive a Family Medicine Cares USA grant, which will improve our capacity to provide high-quality patient care to the uninsured in Central Florida. The FMC USA funds will be used to replace outdated equipment and exam room furnishings in addition to critical medical supplies to better serve our large and growing patient population.”

— Zeena Mae B. Cortes, MD, Advent Health Community Medicine Clinic, Orlando Florida.

“We greatly appreciate your generosity as we seek to provide care to those who do not have access or cannot afford primary care services. These funds will be used to improve patient care services. We will be purchasing equipment like an EKG and an AED to directly provide diagnostic testing for patients. This will save patients the cost of going to a local hospital for tests, give physicians immediate results, and improve patient health care interventions.”

— Lori Grubbs, Board of Directors, Volunteers in Medicine Dearborn Ohio Switzerland Counties Clinic

To learn more about the FMC USA program, visit aafpfoundation.org/fmcusa.

2018 FMC USA Grant Impact:
Durable and Non-durable Items with the Most Requested Listed First

<table>
<thead>
<tr>
<th>EHR Compatable Computers/Laptops</th>
<th>Cholesterol machine</th>
<th>Glucose Machine</th>
</tr>
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<tbody>
<tr>
<td>EHR Scanner</td>
<td>Coag Check</td>
<td>HbA1c Lip Testing Equipment</td>
</tr>
<tr>
<td>A1c Test Strips</td>
<td>Cotton Tip Applicators</td>
<td>Lancet Push Button</td>
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<tr>
<td>AED</td>
<td>Culture Supplies</td>
<td>Liquid Nitrogen Dispenser</td>
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<tr>
<td>Blood Pressure Cuffs</td>
<td>Data Management Software for EHR</td>
<td>Medical Exam Stool</td>
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<tr>
<td>Digital Scale</td>
<td>Dermascope</td>
<td>Metal Ear Syringe</td>
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<tr>
<td>Doppler</td>
<td>Diagnostic System</td>
<td>Microscope Slides</td>
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<tr>
<td>Exam Lamps</td>
<td>Digital Blood Pressure Reader</td>
<td>Mobile Storage Unit</td>
</tr>
<tr>
<td>Exam Table</td>
<td>Digital Spirometer</td>
<td>Paper Gowns</td>
</tr>
<tr>
<td>Glucose Test Strips</td>
<td>Disposable Vaginal Speculum Light</td>
<td>Penlights</td>
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<tr>
<td>HbATC Machine</td>
<td>EKG Machine</td>
<td>Pharmaceutical Cabinet</td>
</tr>
<tr>
<td>iPads</td>
<td>Endocervical Curette</td>
<td>Portable Vitals</td>
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<tr>
<td>Pill Cutter</td>
<td>Exam Nitro Gloves</td>
<td>Pulse Oximeter</td>
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<tr>
<td>Printer</td>
<td>Exercise Test Electrodes</td>
<td>Reflex Hammers</td>
</tr>
<tr>
<td>Speculum accessories</td>
<td>Eyewash Station</td>
<td>Saline</td>
</tr>
<tr>
<td>Stethoscopes</td>
<td>Speculum illumination</td>
<td>Scopette</td>
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<td></td>
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<td>Slide Coverslips</td>
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</table>

Your donations helped provide these items to free clinics that received FMC USA grants.

Thank you!
Save the Date for Philadelphia

The City of Brotherly Love and your AAFP Foundation want to make sure you are treated to amazing events two nights in a row.

**Annual Recognition Dinner**  
*Thursday, September 26 at 6:30 p.m.*

The AAFP Foundation hosts this special dinner for its most dedicated donors. This is where the Philanthropist of the Year Award, Outstanding Program Award, and AAFP Award for Distinguished and Meritorious Service to Family Medicine are presented. Don’t miss your chance to attend this one-of-a-kind dinner at the historic Union League of Philadelphia! The Union League was founded in 1862 as a patriotic society to support the Union and the policies of President Abraham Lincoln. The Union League of Philadelphia laid the philosophical foundation for other Union Leagues across a nation torn by civil war and continues today to be driven by the motto, Amor Patriae Ducit or Love of Country Leads. The League has hosted U.S. presidents, heads of state, entertainers, and dignitaries from around the globe, and soon, you can be the honored guest.

This dinner is by invitation only to AAFP Foundation donors who have generously given $1,000 or more between August 1, 2018, and July 31, 2019. Thank you for supporting your Foundation!

**AAFP Foundation VIP Benefit**  
*Friday, September 27, 2019 from 5:30–8 p.m.*

Put on your favorite jersey and join your AAFP Foundation for an exclusive sports and music evening with friends. We will start the night with a tour of the Philadelphia Eagles Stadium and a meet and greet with one of the Eagles players.

After the tour you will head to Xfinity Live! Philadelphia, home of the FMX Celebration, where specialty food and drink will be available in a private restaurant with live music, great ballpark food, and entertainment. Try one of our founding father’s beer recipes and help determine if George Washington or Ben Franklin wins the prize for best beer around. As the FMX Celebration gets going, you will be escorted up to the mezzanine level to enjoy dessert and cocktails overlooking the Celebration while listening to the Emerald City Band outside on the main stage.

Get your dancing shoes on! Tickets are $300 and space is limited, so reserve your spot now.

**AAFP Foundation Activities at the FMX and Congress of Delegates Booths**  
*Available Sept. 22-28, 2019*

**Lapel Pins**
Purchase your commemorative FMX lapel pin for $15.

**Silent Auction**
There are two ways to help. Donate an item or experience valued at $100 or more by July 15, 2019. Then stop by the AAFP Foundation Booth during the Congress of Delegates to bid.

**Sweepstakes**
Don’t miss an opportunity to get your daily and grand prize tickets for a chance to win prizes such as fun gadgets and fancy accessories. A suggested minimum donation is requested.

We look forward to seeing you in Philly! Proceeds from all activities benefit the humanitarian, educational, and scientific programs of your AAFP Foundation.

For more information on any of the AAFP Foundation events during FMX and COD, please visit aafpfoundation.org, email foundation@aafp.org, or call 913-906-6001.
The Scholars’ leadership projects are impacting practitioners and communities long after completion. Family Medicine has advanced because of the informational websites, toolkits, and guides for community organizations, residencies, and medical schools created as a part of this program.

“The AAFP Foundation’s Family Medicine Leads Emerging Leader Institute has been a defining point in my medical education,” said Chandler Stisher, fourth-year medical student at the University of Alabama School of Medicine, a Master of Public Health student at the University of Alabama at Birmingham School of Public Health, and 2016 FML Emerging Leader Institute Scholar and Leadership Project Award Recipient who went on to be elected as a student member of the current AAFP Board of Directors.

“The (FML) Emerging Leader Institute provided foundational leadership skills on which I have built throughout my time in the AAFP, and I look forward to seeing how the program grows as it sets many more students and residents on the path to professional leadership within the specialty of Family Medicine.”

Don’t look for FML Emerging Leads Institute to slow down, but instead help keep the momentum moving forward.

“I anticipate we will continue to update the FML Emerging Leader Institute in order to always be teaching at the ‘front of the curve,’ and that we will find new faculty, mentors, and physician leaders to engage with who can help us do that,” Dr. Marker said.

“The sky’s the limit for these Scholars and all who will come after them,” Dr. Marker said.

Much like the village it took to launch this program, support is needed to continue its success. This program does not exist without donors, volunteers, and staff. Learn more about the Family Medicine Leads Emerging Leader Institute at aafpfoundation.org/fml. Get involved by volunteering, donating, or sharing this program with future physicians.