



Department of Family Medicine and
Community Health's

Farley-Frey Event

September 5, 2018

5:30-8:00 PM

Alumni Lounge, Pyle Center

EVENT AGENDA

- 5:30 PM Reception (Alumni Lounge)
- 6:10 PM Welcome and Opening Statements – Valerie Gilchrist, MD
- 6:15 PM **John J. Frey, MD Writing Awards**
Introduction of Frey Awards Presenter: Jon Temte, MD PhD – Valerie Gilchrist, MD

Created in 2010, these awards recognize outstanding contributions of creative writing in any genre by DFMCH faculty, staff, residents and medical students in the Family Medicine Interest Group. This includes but is not limited to editorials, essays, short stories, commentaries, poetry, and narratives. The DFMCH Awards Committee reviews entries each year and selects the award recipients anonymously.

- Poetry: “Dress Code” by Ildi Martonffy, MD
“On Totternhoe Beacon, Summer 2018” by Jennifer Edgoose, MD MPH
“The Shell” by Maggie Larson, DO
- Prose: “Explanations for eating hot soup outside on a hot day” by Cassandra Sundaram

6:30 PM **Eugene and Linda Farley Visiting Professorship**

Established in 1993 to honor Eugene Farley, MD, Chair of the DFMCH from 1982-92, and his wife Linda Farley, MD, a faculty member at the Belleville Clinic from 1983-1995 (Linda passed away in June 2009; Gene in November 2013). The purpose of the Farley Professorship is to stimulate ideas and discussion through visits by candidates whose area of interest is in the humanistic aspects of medicine, medical ethics, social consciousness, philosophy of family medicine, healthcare reform, generalist education or cross-cultural concerns.

Introduction of lecturer: Renée Crichlow, MD FAAFP – Valerie Gilchrist, MD

“Targeted Social Justice: Evidence for Advocacy Addressing ACEs”

- 8:00 PM Closing Remarks—Valerie Gilchrist, MD

2018

John J. Frey III, MD

Writing Award Submissions

"Birthday" by Wen-Jan Tuan

"Dress Code" by Ildi Martonffy, MD

"On Totternhoe Beacon, Summer 2018" by Jennifer Edgoose, MD MPH

"The Shell" by Maggie Larson, DO

"Explanations for eating hot soup outside on a hot day" by Cassandra Sundaram

"The Saguaro Skin Serum—All New from DESERT FACE™ Skin & Makeup" by Cassandra Sundaram

Birthday

By Wen-Jan Tuan

When I was a little boy, birthday was an apple pie
I had one slice and Grandma had another slice
When I was a school kid, birthday was a carnival ride
I sat one side and Grandma sat another side
When I grew up, birthday was a short phone call
I was at one end and Grandma was at another end
Later, birthday was a ceramic pot
I was outside and Grandma was inside
Now, birthday is fading memory
I am in present, but live in the past.



Dress Code

By Ildi Martonffy

If you are a woman
Every goddamn XY has an opinion about your ass
From the middle aged, drunk man on the bus who shouts to your freshman fifteen self "come off it girl, them jeans is too tight" to the dress code that says don't you dare show your ass in jeans unless it's a Packers game and the football gods have blessed it.

Those legs better be covered, too. No naked flesh for you. The legs that hold up the heart that has borne witness to so much pain and suffering of others. The legs that crouch down to auscultate the teddy bear. The legs that could walk the hospital hallways without a body attached, they know them so well.

And your shoes? You'd better run to save a life, but don't make too much noise on your way there.



On Totternhoe Beacon, Summer 2018

By Jennifer Edgoose, MD MPH

A world getting hotter
Sparks flying and fires rage
Dying in climate-conscious Japan
Burning beside a Greek sea
The irony: humorless, smoldering
Tempers flaring
An age of anxiety

On this day John can no longer walk and Rosemary forgets to remember
The heartlessness of time
A mean nursing home
And so, as the scorching sun sets we climb to find relief
A yellowing hill in England's green and pleasant lands
A hill where long ago fires once flickered not raged, spreading news from London to Ivinghoe to Totternhoe and beyond
perhaps of death but also of birth
 A new King
 A new Queen

Now outside the sun's blistering gaze the shadows lengthen
And we see the wildflowers at our feet, a posey to be had
The stars wink next to a shy waning moon
Somewhere hedgehogs stir in the hedgerows.
The evening breeze cools our brows.
We exhale to breathe anew.



The Shell

By Maggie Larson, DO

My intern's EMR account was a "shell" -
she was identified as a physician but had no credentialed electronic access
Her face reflected the disappointment--
years of medical school
weeks of orientation
passion to heal the sick and help the unfortunate
excitement to be a "real doctor!"
yet not even entitled to order Tylenol

I laughed inside at the irony of this "shell"

I am not sure where along the way my shell began to crack
a little bit, just at the edges maybe
but sometimes when the edges crack, the inside begins to crumble a little bit
a decade of work of giving
the hours away from my own family
to help another
missing my father's last breaths
my own baby healing a broken heart
more thankless demands from above
when will there not be enough left to keep giving back?

sometimes that passion and selfless giving no longer flows like a river but a trickling stream
hoping that a hard rain will fill it up again
remind me why I made this choice many years ago
remind me that sometimes my "good enough" may be someone else's "amazing"
remind me that even a trickling stream provides the nourishment to grow

In an instant, my intern's shell account was repaired
She quickly filled her patient's record with elements from her diligent exam and detailed assessment with treatment plans
Her eyes were eager for my insights and knowledge of experience
She grinned with delight at the opportunities to learn more

Perhaps that joy will begin to fill up my shell again...



Explanations for eating hot soup outside on a hot day

By Cass Sundaram

I ate hot soup outside on a hot day because I felt sad, and also because I was wary of the chicken salad in the cafeteria that I was fairly certain was the exact same chicken salad from 3 days ago.

I ate hot soup on a hot day because my car broke down and I woke up to two bats flying around my room at 3AM.

I ate hot soup on a hot day because my stomach turned while reading about kids in cages, remembering how scared I'd been, how easily I cried when I had lost my mother for 5 minutes in the department store when I was 6.

I ate hot soup on a hot day because all of that reminded me how much I still feel like I need my parents and what will happen when, well, it's too much to even really acknowledge in writing.

I ate hot soup on a hot day because I felt overwhelmed trying to think about my future.

I ate hot soup on a hot day because earlier I had watched a small colony of spiders skitter out from under the couch in my apartment and I pretended not to see them.

I ate hot soup on a hot day because I cringed remembering the time I made fun of a soccer teammate's smelly feet when she took her cleats off in the car when we were 12. I know now mine are definitely worse.

I ate hot soup on a hot day because it was roasted red pepper and everyone knows that's the best kind they have.

I ate hot soup on a hot day because they also had rolls at the café. I want to make it clear that I likely would NOT have consumed this soup if there were no longer rolls available at the time of ordering.

I ate hot soup on a hot day because I killed a plant in my apartment that needs next to no water and very little sunlight.

I ate hot soup on a hot day because I felt bad that I was scared of planes and I wondered how long it would prevent me from saying yes to taking trips with family and friends.

I ate hot soup on a hot day because I got worried about not being taken seriously by people.

I ate hot soup on a hot day because I got worried about being taken too seriously by people.

I ate hot soup on a hot day because the week before, I overheard two businessmen scheming ways to elaborately screw over their employees while eating a dinner of oysters on the half shell and whiskey on the rocks.

I ate hot soup on a hot day because I realized the shade of lipstick I was wearing made my teeth look yellow and I haven't been to the dentist in 4 years.

I ate hot soup on a hot day because the fountain pen my dad got me for Christmas ran out of ink, and the cartridges on Amazon are \$4.99 but the shipping is \$19.99. I don't have prime.

I ate hot soup on a hot day because Paul from Toyota called to tell me that my brakes were dead, and a rear brake overhaul costs \$600.

I ate hot soup on a hot day because I love that Camry even though it's 18 years old and is probably voting for its own retirement.

I ate hot soup on a hot day because I pulled out a gray hair only to discover that it was actually still 80% brown.

I ate hot soup on a hot day because they say people my age are getting anxiety at increasing rates. I can't say I disagree.

I ate hot soup on a hot day while a President tweeted nonsense, the internet feigned outrage, and kids had to march to prove their lives are worth more than a weapon that some people use to kill other people.

I ate hot soup on a hot day because I recalled how one winter night I spent 2.5 hours carefully crafting a typewritten letter to John Mayer because of a contest on Instagram and he never wrote back even though he said he would respond to the first 100 and there's no WAY I was not in the top 100.

I ate hot soup on a hot day because the John Mayer fiasco made me come to the conclusion that boys try, but in the end they are just not super reliable.

I ate hot soup on a hot day because these days it seems like reasonable people can disagree on complex issues, but we never seem to be able to talk about our disagreements very well.

I ate hot soup on a hot day because I guess I thought I'd feel more security than I did last year. But I don't.

I ate hot soup on a hot day because I might not be in control of anything else, but at least I can choose whether to eat soup or not.

So I'll keep eating soup at any time of year, if I feel like it.



The Saguaro Skin Serum---All new from DESERT FACE™ Skin & Makeup

By Cass Sundaram

DESERT FACE™'s 'Desert Skin' How-To:

Fall's newest trend is 'desert skin.' We believe that the era of dewy, fresh, glowy skin and makeup is OVER! Make way for the hottest new desert-inspired skincare routine. It's specially formulated to make you look like you just emerged from the desert without a sip of water or bite of food for several days! Instead of 'wet n' wild', think 'hot n' barely conscious'! Our new line of products are guaranteed to give you that "just did a cleanse" look without totally destroying your body! Here at DESERT FACE, we are environmentally and socially conscious, using ingredients that are grown sustainably and harvested responsibly. All of our products require minimal to no water, thereby helping us (and you!) cut down on water use during drought season and throughout the year. The number one DESERT FACE product right now is our Saguaro Skin Serum! Here's how to make the most of it:

Use the included pipet to plop a few drops of our Saguaro (*suh-war-o*) Skin Serum onto your face and pat it gently into the skin, all over your face. This revolutionary serum acts as a 2-in-1 serum and primer, blurring pores and creating a uniform base for rest of your skincare routine. It's natural to see pointy little spikes emerging from the pores after a few uses—that means the formula's working!

The Saguaro Skin Serum also contains a built-in color corrector, which helps to even out skin tone, reducing dark spots and reducing redness. The serum automatically reacts to your skin's natural pH levels, meaning it will work great on any skin tone! After 1 week, you should begin to see an all-over taut, green-tinged appearance to the skin.

With extended use, the Saguaro Skin Serum will create a flushed, desert-fresh look to the skin, eliminating the need for all those pesky cream and powder highlighters! The natural white and yellow flower emerging from your cheekbones also does double duty, soaking up those UV rays and acting as a natural SPF!

The Saguaro Skin Serum is lightly fragranced using ground powder of dried desert animal bone and sand, with notes of overripe melon from those white and yellow highlighter flowers, and that smell of despair when you've been walking for miles and finally see an oasis but it's actually a mirage. It's the perfect beachy scent to carry you from September through February, making you ~thirsty~ for that desert heat all winter long!

WARNING: Use the Saguaro Skin Serum sparingly in areas with a high bat population or during bat mating season, as they are known to pollinate those huge flowers that are now completely covering up your face.

ANOTHER WARNING: If you notice the Saguaro Skin Serum seems like it is making you break out, keep using the serum for 1-2 days to ensure the would-be pimple is not actually a saguaro fruit! (See below)

An added bonus of the Saguaro Skin Serum is that—should they turn out not to be pimples—you can pluck off those bright red saguaro fruits coming out of your face and use them in smoothies, salads, or even ferment them and turn them into a delicious, high antioxidant kombucha! Saguaro fruits are certified for Keto, Paleo, Atkins, South Beach, and Mediterranean diets! Pimples out, Saguaro fruit IN!

Note: we cannot guarantee vegan-friendly, due to animal by-products from birds and bats that may be present on the fruit at time of harvest. Make sure to rinse fruit before consuming.

Benefits:

95% of people using the Saguaro Skin Serum said they saw an unexpected clearing of dark spots and under eye bags.

100% said they were surprised at just how green and pointy their faces became with just 3 weeks of use!

The Saguaro Skin Serum helps the skin retain water, so don't be surprised if your face visibly expands during the first few uses. Eventually, with continued and consistent use, your face may be able to hold and store up to 200 gallons of water or more! No more umbrellas for you!

The Saguaro Skin Serum has amazing anti-aging benefits. With daily use, the skin on your face could regenerate itself for 125* years or more. It is so important to show your skin a little love, even if your body isn't moving anymore and your soul has already passed on!

* at or above 75 years, you may notice a 'sprouting' effect—a new saguaro arm coming out from the side of your cactus face! New arms mean increased glow and a higher antioxidant concentration, so lucky you!

Don't be alarmed if you seem to be more in-tune with nature after using the saguaro skin serum! Your newfound radiance is tremendously popular with woodpeckers, house finches, and gilded flickers. Cinderella who? Cinderella YOU!

Our goal here at DESERT FACE™ skincare & makeup is to truly empower women (and men) of all shapes and sizes to be their best selves. And sometimes, that self is a pointy green saguaro. After using the Saguaro Skin Serum, we can guarantee you'll feel (and look!) exactly like a real-life saguaro (OR YOUR MONEY BACK!)

Whether you grow one saguaro arm out of your face or two, we know the Saguaro Skin Serum will make you feel truly special, and is sure to have all your friends green with envy.



"Targeted Social Justice: Evidence for Advocacy Addressing ACEs"



presented by:

Renée Crichlow, MD FAAFP

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<https://familymedicine.umn.edu/bio/familymed/renee-crichlow>

Dr. Crichlow is an Assistant Professor at the University of Minnesota Department of Family Medicine and Community Health, who joined the University of Minnesota North Family Medicine Residency Program faculty in 2009—Dr. Crichlow is the Associate Program Director of the Residency Program. Dr. Crichlow completed fellowships in faculty development, research and primary care health policy. Her medical and research interests include evidence-based practice, obstetrics, and public health interventions. Dr. Crichlow received her medical degree at the University of California-Davis School of Medicine and she is board certified in Family Medicine. Dr. Crichlow was named the 2017 **Educator of the Year** by the Minnesota Academy of Family Physicians.

EUGENE AND LINDA FARLEY VISITING PROFESSORS

Drs. Eugene Farley and Linda Farley have inspired generations of young physicians in Wisconsin and the Country to share their deep commitment to the health of underserved populations and their principles of social justice. Their sensibilities have shaped the Department and will continue to be important for the generations to come.

2017	Nick Turkal, MD
2016	William L. Miller, MD, MS
2015	Jeannette South-Paul, MD
2014	Tillman Farley, MD
2013	Jack Westfall, MD, MPH
2012	John Geyman, MD
2011	Carlos Jaen, MD, PhD
2010	Perry Dickinson, MD
2009	David Loxterkamp, MD
2008	Art Kaufman, MD
2004	Paul S. Frame, MD
2003	Larry Green, MD
2002	Robert Graham, MD
2001	Kevin Grumbach, MD
1997	Juan Almandares Bonilla, MD, MS
1996	Lucy Candib, MD
1995	G. Gayle Stephens, MD
1994	David Satcher, MD PhD
1993	Julian Tudor Hart, MB ChB