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South Dakota Academy of Family Physicians

NEWS

3912 Golf Course Road • Watertown, SD 57201 • (605) 882-3583

Lori Krome, MD

Dell Rapids



Dr. Lori Krome and Dr. Robert Pallay, NJ AAFP Board Member

Dr. Krome Installed As President of the SDAFP for 2007

President's Point

Changes keep happening—it seems like time just brings it on. I look at my children—once babies who needed such basic things as food, drink and warmth, now almost grown adults who have a need for much more than the basics.

The same is true with health care: Change keeps happening. We need to find a way to adapt as family physicians to the changes without losing our identity and the importance of our specialty.

The match was a disappointment again with

fewer students choosing family medicine; however, reports show that family medicine residents are recruited more heavily than the other specialties—what's wrong with this picture? Dr. Norman Kahn, MD., AAFP vice president for science and education, stated he feels there is "disconnect between the system for creating the nation's physician workforce and the needs of the larger community."

According to Dr. Rick Kellerman, AAFP Board President, "Current health care policies create a practice environment that encourages (Continued on page 3)

Upcoming Meetings

May 4-5, 2007
Annual Leadership Forum
Kansas City, MO

October 1-3, 2007
Congress of Delegates
Chicago, IL

October 3-7, 2007
Scientific Assembly
Chicago, IL

Feb. 7-9, 2008
SDAFP Winter Seminar



Students and Residents





Children aren't concerned about osteoporosis.

But their parents should be.



It's common to know that there's a link between diet and bone health. A calcium deficiency can lead to osteoporosis, a condition that weakens bones and increases the risk of fractures. But many people don't realize that their diet may be contributing to their bone health.

The fact is, calcium is essential for bone health and osteoporosis is a common condition. It's important to get enough calcium in your diet to help build and maintain bones.

It's also important to know that there's a link between diet and bone health. A calcium deficiency can lead to osteoporosis, a condition that weakens bones and increases the risk of fractures. But many people don't realize that their diet may be contributing to their bone health.

What you can do for your bone health is to eat a diet that's rich in calcium. This includes dairy products like milk, yogurt, and cheese. It also includes leafy green vegetables, almonds, and salmon.

For more information, visit www.nationaldairy.org or call 1-800-368-7083. Thank you for your support!



MADE WITH MILK FROM 3 COUNTRIES

The Midwest Dairy Association Is the Exclusive Sponsor of the APRIL Edition of THE SDAFP NEWS!! Thanks for Your Support!

Calcium Works If You Take It

The *Natural Woman Health* e-newsletter's survey says 81 percent of women don't realize that their calcium intake should increase from 1,000 mg to 1,200 mg after age 50.

Two recent studies support calcium's effectiveness in building bone health, but only when women consistently meet the recommended daily requirements. One study, published in the *Archives of Internal Medicine*, said only 57 percent of women continued to take their calcium for the duration of the five-year study. Yet, the women who consistently took the calcium experienced a 34-percent reduction in bone-fracture risk. The Women's Health Initiative released a similar study. In it, individuals who took the recommended amount of calcium achieved a 29-percent decrease in bone fractures.

In general, studies show calcium supplements are effective but only when women take them daily and consistently. Women should space their calcium intake through the course of the day and couple calcium intake with vitamin D.

—PRNewswire

2007 SDAFP Winter Conference Memories



The crowd anxiously awaits magician Keith Raymond.

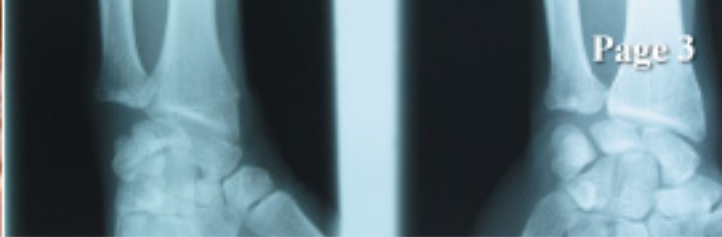


Some members stayed to ask questions.



Looks like everyone is having fun! Below: Dr. Bill Rossing





President's Point

(continued from page 1)

students to choose subspecialties over primary care, thereby further impeding efforts to improve health care access, efficiency and quality. Without comprehensive health system reform, patients will have less access, higher costs and increasingly fragmented care."

If we are to turn this trend around in SD, we need to get this message out loud and clear to our representatives. We need to let them know that the money they are spending to support our medical schools needs to produce the type of physician that South Dakota requires to take care of its rural communities, and that means more primary care and less specialty dollars.

Who creates change in a family such as yours and mine? Well, I have to admit, seeing my children grow, that sometimes change is unavoidable—it will occur with or without our help and guidance. It has been my experience that when I see things

that are not going in the right direction with my children, if I step in and say something, some unnecessary mistakes may be avoided. I think it is time we speak up for our specialty and let everyone know family physicians need to continue to provide the medical home for our patients and continue to be the main piece of the puzzle when it comes to providing our nation's health care. Until next time ... Lori Krome, MD



Other officers installed: Tom Dean, MD; Jason Knudson, MD; Aaron Shives, MD; Micah Likness, MSIII

Thanks, Dr. Bentz and FAMILY



Dr. Bentz, Yvonne and Leanna in Washington, D.C. last September

Thank you, Dr. Bentz and family, for sharing the past year with us as President of the SDAFP.

Thank you to all who have served on the SDAFP Board of Directors over the years. You have brought us to this point in time. If you would like to become an officer in the SDAFP, please contact the state office or one of the current officers and let them know!!

SDAFP Office News

Wow—spring is finally here! I can't believe how quickly things change this time of year and I am reminded that change, though at times hard to deal with, is inevitable.

I know a lot of you are going through change in your offices with Electronic Health Records, and I am sure it must be overwhelming at times. I want you to know that the AAFP has a chex listserve specifically for EMR. Physicians from all over the nation help each other and offer advice on products they currently use. If you would like to be a part of it, let me know; I will help you get signed up.

I would also like to thank all of you for allowing my job to again be at full-time status. The board of directors made it official at the February meeting. I think the timing is right for both my family and the academy. I am delighted to be able to work out of my home, and I want you to know you can contact me 24/7 with any issues that you may have regarding the academy.
Carletta Hauck, Executive Director

Thank You, 2007 Winter Ski Seminar

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We appreciate your support for the continuing education of our physician members!



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Dr. Richard Honke, II Named 2006 FDOY

The South Dakota Academy of Family Physicians announced on Friday, February 2, that local physician Richard Honke, II was chosen as the 2006 Family Doctor of the Year for South Dakota. The announcement was made at the President's Reception during the academy's yearly conference in Spearfish, SD.

Rich graduated from Springfield, Illinois, School of Medicine. He spent a year in pediatric internship at San Antonio, then two years at Manhattan, Kansas, as a general medicine officer. From there, he went to Sioux Falls to complete his residency in Family Practice.

He set up practice in Wagner with his father and he was there from 1981 until September of '87, at which time he spent a year in Watertown. Since 1988, he has been practicing at St. Benedict Health Center in Parkston. (cont. on pg. 5)



Dr. Richard Honke, II addresses the crowd after being named 2006 FDOY.

This is the 100th anniversary of the School of Medicine now known as Sanford School of Medicine of The USD.

The Office of the Dean, as a part of this recognition, asked departments to name a "Centennial Teacher."

Given his many years of teaching in the 2nd Year Preceptorship, 4th Year Family Medicine Clerkship, and in the required Rural Rotation for the Sioux Falls Family Medicine Residency Program, the Department of Family Medicine has named Dr. Richard Honke for this honor. (For more information on this award turn to page 5)

2007 SDAFP MEMBERS WITH SPECIAL ANNIVERSARIES

10-Year Anniversaries: William DeVine, MD, Watertown; Denise Hanisch, MD, Custer; Kristen Holland, MD, Gregory; Mark Mogen, MD, Aberdeen; Kelly Rafferty, MD, Yankton; Peter Reynen, MD, Milbank; Craig Smith, MD, Sioux Falls; Shirlene Knudtson Smook, MD, Aberdeen; Michelle Turner, MD, Miller; Carilyn Van Kaisbeek, MD, Sioux Falls

20-Year Anniversaries: Mary Beecher, MD, Madison; Thomas Dean, MD, Wessington Springs; Stephen Foley, MD, Sioux Falls; Harland Hermann, Jr. MD, Sturgis; Richard Kraft, MD, Timber Lake; Margaret Upell, MD, Eagle Butte; Steven Waltman, DO, Rapid City

25-Year Anniversaries: Mark Belyea, MD, Huron; Michael Farriton, MD, Sioux Falls; Craig Hansen, MD, Rapid City; Reid Holkesvik, MD, Aberdeen; Samuel Huot, MD, Rapid City; John Jones, MD, Chamberlain; Wesley Nord, MD, Sioux Falls; Stephan Schroeder, MD, Miller; Gary VanErt, MD, Chamberlain; Merritt Warren, MD, Brookings; Carol Zielike, MD, Rapid City

30-Year Anniversaries: Williams Dendinger, MD, Vermillion; Janice Lumnitz, MD, Bowdle; Gregory Magnuson, MD, Sioux Falls; Susan Ostrowski, MD, Eureka; H Bruce Vogt, MD, Sioux Falls

40-Year Anniversaries: James De Geest, MD, Miller; Jerry Walton, MD, Sioux Falls

45-Year Anniversary: Courtney Anderson, MD, Sioux Falls

50-Year Anniversary: Peter Lakstigala, MD, Sioux Falls

Dr. Honke, cont.

He and his wife Anita have one daughter and two sons. Anita has been a dental hygienist for around 20 years. Allison is an OB-GYN working in Rapid City. Her husband is a lawyer working from their home while taking care of the home and two little girls.

Trey is a Certified Culinary Chef and works as a deli manager for Wohlner's grocery store in Omaha. His wife, Tammy, is an echo technician working for Heartland Cardiology. They have a son and a daughter.

Tyler is a Certified Culinary Chef; he works for Hawkeye Food Service and has a private catering service. His wife, Amisa, is studying Pharm D and works as a pharm tech for Sioux Valley Hospital during her spare time. They have one son.

Some of the things Dr. Honke has been noted for include:

- President of the SDAFP, 1996–1997;
- Physicians Recognition Award from the

AMA for continuing medical education;

- Recognition from the AAFP as an active teacher of family medicine;
- Active member of the AMA;
- Clinical Associate Professor at the USD;
- 20-year member of the SDAFP;
- Recipient of the Young at Heart Award 2005 (SDSMA);
- Trained in stress training;
- Trained in upper and lower endoscopic procedures;
- Provides patients a full complement of family medicine including obstetrics and Caesarian section.

Dr. Honke has been active in his community throughout the years. He and his wife Anita have participated in scouting in both the Wagner and Parkston areas for over 20 years. He has spent countless hours attending sporting events as the physician on site, including several state wrestling tournaments. They have hosted foreign exchange students and spent two years as foster parents.

(continued below, left)

SDAFP Winter Seminar Memories



2007 President's Reception



Who got caught napping?



Due to the freezing cold weather, we enjoyed our "Lunch at the Lodge" poolside!



*Ladies and gentlemen,
ELVIS is in the house!*

He is licensed in SD in the specialty of Family Medicine. He is currently employed at Avera St. Benedict Health Center. He has hospital privileges at Avera St. Benedict Health Center, Douglas County Memorial Hospital, Armour, SD, and Avera Queen of Peace, Mitchell, SD.

Dr. Honke has received his life support certification in the following areas:

- Basic Life Support
- Advanced Cardiac Life Support
- Advanced Trauma Life Support
- Neonatal Resuscitation
- Pediatric Advanced Life Support
- STABLE
- Advanced Life Support of Obstetrics.

*Congratulations, Dr. Honke,
on this much-deserved award!
We are VERY proud of you!*

Dr. Honke Receives Centennial Teacher Award

(continued from page 4)

Dr. Honke's willingness to take students and residents on clerkships and rotations in Parkston is exemplary, and his evaluations have always been superb. He is an excellent teacher and is committed to the School of Medicine.

The award was presented at "The Black Bag Ball" for students and faculty held Friday, March 16, at the Holiday City Center in Sioux Falls.

Announcement prepared by Dr. Bruce Vogt

Grapevine
News



Resident Spotlight

Rapid City Regional Hospital Family Practice Residency

In this issue, we would like to introduce four of our eight **third-year residents, Drs. Breck Evans, Jill Hendrickson, Todd Officer, and Darcy Stockland.**

Dr. Breck Evans grew up in **Cheyenne, Wyoming**, and earned **Bachelor of Science degrees in zoology and physiology from the University of Wyoming in Laramie.** She attended medical school at the **University of Washington in Seattle** and joined our program in 2004. She enjoys fishing and hiking in her free time. After graduation this June, she plans to

an **electrical engineer**, then spent four years doing **research in the pulmonary section of Baylor College's Department of Medicine in Houston, Texas.** He returned to North Dakota in 2000 to begin medical school and graduated from the **North Dakota School of Medicine in 2004.** He did his **PGY1** year at the **University of North Dakota Family Practice Center in Grand Forks** and transferred to our residency program as a **PGY2** resident in **2005.** After graduation this summer, **Dr. Officer** plans to practice in the **Northern Black Hills** where his wife, **Ranea Doll, is a board certified pediatrician and internist.**

Dr. Darcy Stockland was raised in **Vermillion, South Dakota.** She earned her **bachelor's degree in microbiology from South Dakota State University and her medical degree from the University of South Dakota.** **Dr. Stockland** then joined our residency program in **2004.** In her free time, she enjoys playing the piano, the flute, quilting, reading, and hiking. After graduation this June, she plans to stay in **Rapid City** and work at the **Rushmore Clinic.**

return to one of the small communities in **eastern Wyoming.**

Dr. Jill Hendrickson was raised on a ranch outside of **Alliance, Nebraska**, and attended high school in **Scottsbluff.** She earned her **biology degree at the University of Nebraska in Lincoln**, followed by the **University of Nebraska College of Medicine** where she received her **MD degree in 2004.** In her free time **Dr. Hendrickson** enjoys reading, gardening, skiing and spending time with her husband and 6-month-old daughter, **Eva.** After graduating from our residency program this summer, she plans to join a group practice in **Tomah, Wisconsin.**

Dr. Todd Officer grew up in **Minot, North Dakota.** After high school, he earned a degree in **electrical technology, followed by bachelor's and master's degrees in electrical engineering from North Dakota State University.** **Dr. Officer** worked for **NASA at the Space Center in Houston** as

Earth Day: Your Day to Make a Difference

As we celebrate Earth Day this month, take a minute to consider how you can make a difference in keeping our planet clean.

- Use cloth instead of paper towels.
- Use rechargeable batteries.
- Donate clothing, toys and appliances in good condition to charities and nonprofits.
- Repair broken items.
- Borrow or rent items you only use occasionally.
- Donate magazines to doctors' offices, seniors' homes or libraries before recycling.
- Have your address removed from unwanted mailing lists.
- Buy in bulk at the grocery store.
- Bring your own canvas or reusable bags.
- Do not accept a bag when making small purchases.
- Avoid disposable items such as razors.
- Buy concentrates.

Be proud to celebrate Earth Day!



Breck Evans, MD



Jill Hendrickson, MD



Todd Officer, MD



Darcy Stockland, MD

2007 SDAFP Winter Seminar Recap

The 2007 SDAFP Winter Seminar held in Spearfish, SD, on February 1–3 was lots of fun and learning. The speakers for this year's seminar were both knowledgeable and entertaining. The main topics were neurology, nephrology and practice management.

There were 82 people registered for the conference. Along with our primary care providers, we had around 10 residents and 16 medical students attend the conference. It was great to see the young people attending CME sessions and really gaining an understanding of the broad scope that is family medicine.

Dr. Jerome Bentz, 2007 SDAFP President, was honored at the President's Reception Friday night. Dr. Robert Pallay, AAFP Board Member from New Jersey, was on hand to install our new officers for 2007-08. Dr. Tom Dean of Wessington Springs was elected our newest Vice President. He will join Dr. Jason Knudson, Spearfish, and Dr. Mikel Holland, Pierre. Dr. Aaron Shives, Watertown, was sworn in as President Elect and Dr. Lori Krome, Dell Rapids, is the new President of the SDAFP. Micah Likness, MSIII, Vermillion, was reinstalled as Student Board Member.

A highlight of the weekend is always the President's Reception and entertainment and this year was no exception. Greg Hanson and the Cross Roads were on hand to entertain us. They provided music, dance and some entertaining features that our own members participated in! Perhaps the biggest surprise of the night came from the fact that their own fiddle player could not make the trip—to our surprise, the replacement fiddle player was none other than SD State Champion fiddle player Kenney Putnam. Needless to say, they played every fiddle song they knew. As the night went on, the crowd was captivated!

If you have not attended the SDAFP Winter Seminar in the last several years, we would like to invite you to come and check it out. Every year, we try to implement changes to make it a more valuable experience for our members. This year, we really expanded the classroom size to make sure there was adequate seating and table space for everyone. We offered 4 EB-CME lectures which offer 2 for 1 credit, so we were able to offer a total of 21.5 credits for our weekend series. This is one opportunity each year to catch up with old friends and colleagues; we'd like to see you there!

Carletta Hauck, Executive Director and the Board of Directors
SDAFP

***SDAFP Winter Seminar February 7–9, 2008
Mark Your Calendars NOW***



Keith Raymond warming up the crowd with some balloon twisting!

Some were brave enough to share the stage!



Can you do this? Would you do this????



CUTE! CUTE! CUTE!



According to the Kids, It Was a Huge Success



2007 SDAFP Winter Seminar

The SDAFP Winter Seminar had something for the whole family to enjoy!

The children enjoyed a pool party complete with treats, toys and, of course, water guns while their parents either attended meetings or joined us poolside!

Later that day, they were entertained by MAGICIAN Keith Raymond from Rapid City! They were wowed and dazzled—the adults looked on, enjoying a refreshing glass of wine and trying to do the kids’ magic tricks that were on the tables.

That evening, they enjoyed a Movie Night complete with treats and crafts while parents visited with friends and colleagues at the Exhibitor Social—

AND THAT WAS JUST THURSDAY!!!!!!

Look inside for more ...

Next year, don't be left OUT!!

Mark your calendar **NOW!**

2008 SDAFP Winter Seminar **February 7-9, 2008**



South Dakota Academy
of Family Physicians **NEWS**

3912 Golf Course Road
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