



# The **JOURNAL** *of Phi Rho Sigma*

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## Grand Chapter Held In Arizona... National Officers Re-elected For Another Term

At the recent Grand Chapter meeting held in Scottsdale, AZ, Julie Best, M.D. was re-elected as National President of Phi Rho Sigma Medical Society. Also serving a second term are Vice-Presidents Gary LeRoy, M.D. and Sheryl Mascarenhas, M.D. both from Alpha Upsilon chapter. Gabriel Cuka, M.D. will continue to serve as Secretary-Treasurer. Completing the Executive Board are Christy Benson, M.D. who serves as Historian and Neil Knight, M.D. who is the editor of the Journal.

Elected as Undergraduate Delegates to the Grand Council as representatives of the chapters were Theresa Thomas—Eta, Sara Osborne—Theta Tau, Natalie Rech—Iota and John Freeman—Eta. Alternate Undergraduate Delegates named were Hilary Kleppel—Alpha Upsilon, Elizabeth Forte—Alpha Upsilon, Matthew Foman—Theta Tau, Nathan Walton—Mu and Tyler Sharp—Iota.

Dr. Best has appointed the following people as committee chairs: Dr. Worthe Holt, Pi—Advisory Chair, Dr. Joseph Wheeler, Iota—Social Media Chair, Dr. Elizabeth Righter, Alpha Upsilon—Succession Chair, Dr. Wade Swenson, Theta Tau—McClain Research Award Chair, Dr. Daniel Matasic, Mu—New Physician Liaison Chair and Dr. Mildred Willy, Pi—Advocacy Chair.

Dr. John Ayres, Pi will continue as the chair of the Phi Rho Sigma Foundation along with Dr. James Jackson, Alpha and Dr. Martin Wice, Alpha serving as trustees.



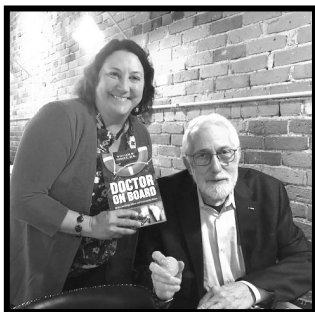
*Newly elected Undergraduate Delegates taking their oath of office.*

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## 2022 Gold Medal Winners

### William Forgey, MD receives the Irving S. Cutter Award for Outstanding Contribution to Medicine



Dr. William Forgey, an alumnus of Pi Chapter has many accomplishments deserving of this prestigious award. He attended Indiana University for his undergraduate degree and then served in Vietnam as a Captain, Infantry in the US Army where he received a Bronze Star and Army Commendation Medal. On completion of his Army service, he enrolled in the IU Medical School where he joined Phi Rho Sigma. After graduation he worked as an Emergency Medicine physician prior to starting a private practice in Family Medicine. He has served as Medical Director of Lake County Juvenile Detention Center and is the current Medical Director of Correctional Health Indiana.

Dr. Forgey has dedicated much of his life to wilderness medicine. He is a member of the Board of Trustees of the International Association for Medical Assistance to Travelers, a Fellow of the Explorer's Club and the Academy of Wilderness Medicine. As a member of Boy Scouts of America he completed BSA Woodbadge training in 1969 and serves on the National Health and Safety Committee and Advisory Board Member for the Northern Tier High Adventure Base. Dr. Forgey was named one of America's 20 greatest living explorers by the Explorer's Club in 2004. He is also an advisor for Health Corps Haiti-Medical Student Missions, Inc. which has organized over 40 medical mission trips to Haiti. As an avid writer, he has written many books including "Wilderness Medicine" now in its 7th edition.

Dr. Forgey was present via zoom to give us a beautiful lecture showing many pictures of his experiences in the wilderness of Canada and medical perspectives. He was gracious in accepting the Irving S. Cutter Medal, which was later presented to him by Dr. Willy.

### Lisa Righter, MD receives the Jessie Ansley Griffin Medal for Outstanding Contributions to Phi Rho Sigma



Dr. Lisa Righter, an alumna of Alpha Upsilon Chapter has served many roles within the organization including undergraduate delegate, committee chair, editor of the Journal, vice president and most recently president from 2011-2019. She is an Associate Professor at Wright State University Family Medicine Residency Program in Dayton, Ohio. where she serves as Medical Director and quality improvement physician champion. Dr. Righter has also been on faculty at the University of Wisconsin. She has been involved in other organizations including American Academy of Family Physicians (AAFP) Committee for Special Constituencies and Women's Constituency at the AAFP Congress of Delegates for two years. She is currently the Ohio delegate to the AAFP Congress of Delegates. Dr. Righter served as president of the Ohio AAFP 2005-2006 and named the AAFP Foundation Philanthropist of the Year in 2009.

Dr. Righter was present via zoom to receive her award and give us a brief update on the Covid-19 Pandemic.

### Daniel Matasic, MD receives Paul L. McClain Research Award



Dr. Daniel Matasic, Mu Chapter member is from Philadelphia, PA and attended a 5-year BS/MBA program at Penn State University focusing on Molecular Biology, Finance, and Healthcare Strategy. He pursued his Medical Degree and PhD at the University of Iowa graduating in 2021. Now he is currently in an Internal Medicine Residency at Johns Hopkins with future plans to pursue a fellowship in Cardiology. Dr. Matasic was present during our convention to present his research on the metabolic regulation of cardiac sodium channels.

Dr. Julie Best presented the Paul L. McClain Medal and the accompanying check for his research at the Grand Chapter meeting.

## Council Members Give Educational Talks

During our Grand Chapter meeting, we had the pleasure of hearing from several members who provided helpful talks for all in attendance.

Gabriel Cuka, M.D., MBA who specializes in psychiatry, and our current Secretary/Treasurer, gave us an informative discussion on trauma and stress related disorders. He gave us a historical perspective as well as current updates on understanding these disorders better.

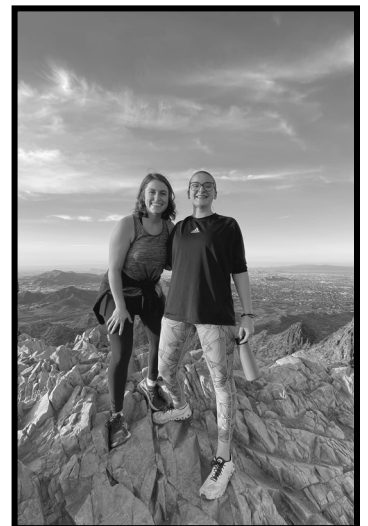
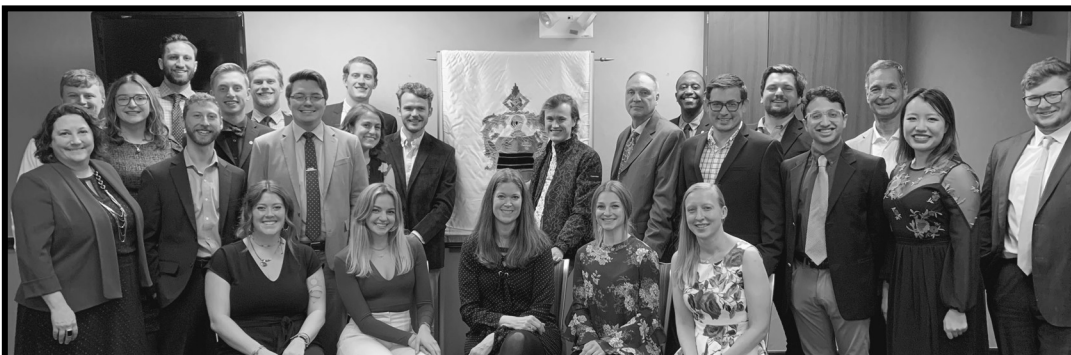
Sheryl Mascarenhas, M.D. who specializes in rheumatology, and one of our current Vice-Presidents, provided insight on how to optimize the video conferencing experience for interviews. She aptly gave this presentation via zoom to the room of participants. She provided many great tips and tricks to consider prior to beginning the daunting interview process for medical students. Many residency programs have realized how advantageous video interviewing has been for both applicants and programs that this method may become a more permanent fixture of the application process. Beyond residency interviews, her tips were helpful for anyone interviewing via video conferencing. Some tips

included; logging onto the service the day before and trying out all the features, call a friend with the service and test it out, ensure your background is not too busy, lighting is considered, move your video close to your camera which helps maintain eye contact with your interviewer, and log on 5-10 minutes early before your interview.

Mildred “Millie” Willy, MD who specializes in emergency medicine gave us an excellent talk on compassion fatigue through the lens of her own personal experiences. She reminded us all of the impact illness has on our patients as she helped manage illness of her own family members. Dr. Willy was vulnerable about her struggles and mental process during difficult times personally and professionally. She allowed us deep insight into her experiences while also giving us advice on how to check in on ourselves during periods of compassion fatigue. We are very thankful to Dr. Willy for sharing her stories with us.

Past National President, Worthe Holt, M.D. spoke to the group about Health Insurance and Value-Based Payment Models. His talk and excellent slides were important in showing the undergraduates the many options on the market today.

*Photos from the Grand Chapter meeting*



## Service Through A Pandemic: How Each Chapter is Handling the New Challenges

Grand Chapter meetings are always a great time to meet with the new generation of future physicians and hear about how they are continuing the legacy of the Phi Rho Sigma mission. The current classes of students are facing even greater challenges as they grapple with building community and providing service to others during stay-at-home orders, lockdowns, social distancing, and other challenges that came with the pandemic.

Each chapter has had their own set of challenges, some unique, and some shared among all chapters. Many chapters cited recruitment as a major challenge due to difficulty convincing students to join an organization based on camaraderie and service. Some have started to bounce back with recruiting while others gained new insights during the meeting on how to better recruit.

**Alpha Chapter: Northwestern**—continues to focus on inter-class camaraderie and mentorship as their most valued asset. They have resumed masked and outdoor social activities and are working with multiple service organizations including the Greater Chicago Food Depository.

**Zeta Chapter: Michigan**—continues to have a full house of students and participate in social activities. They were able to host alumni zoom meetings, host outdoor social activities and other holiday parties while following all CDC guidelines. The chapter continues to make improvements to their house including both necessary upkeep and improving their living space. They continue to strive for increasing diversity, equity, and inclusion in their living space. Zeta also continues their dedication to mentorship and outreach.

**Eta Chapter: Creighton**—initial challenges with recruitment due to canceling of their signature events and that half of the incoming students were sent to the Phoenix campus limited the numbers as well. They were able to host multiple social and service events during the Fall of 2021 and have events planned for Spring this year. The chapter also continues to host medical specialty learning experiences and are working on developing a student-led free clinic.

**Iota Chapter: Nebraska**—were also able to resume social events this Fall which helped with recruitment compared to previous years. They pride themselves on providing education and preparation for classes on various topics like creating a CV, understanding finances, getting involved in research and preparing for boards and clinical rotations. The chapter continue to volunteer with the Meyer Foundation for Disabilities and hold fundraisers for them.

**Mu: Iowa**—continues to run and improve the living quarters of their house which offers very affordable housing to members. They were able to sustain the house by allowing some allied health residents. Mu members were able to successfully avoid any outbreaks of Covid-19 in their house. The chapter has continued to improve their living quarters with new furniture and donating and throwing away years of collected items. Their goals are to focus on diversity, equity and inclusion in choosing members of their chapter. Mu hopes to continue socializing and promoting an enriched medical school experience.

**Alpha Upsilon: Wright State**—continues to work closely with St. Vincent de Paul Women's Shelter with various activities. They have also become involved with the local chapter of Habitat for Humanity. The chapter indicated some challenges with recruitment due to the pandemic but are hopeful the following year will improve numbers. Many current National Board members are Alpha Upsilon alumni and they held mentorship zoom meetings with the chapter. Community service has been their strongest pillar but are hopeful to have more social events in the Spring.

**Theta Tau: Minnesota**—focuses on community engagement both within the organization and within their local community. They continue to serve in Phillips Neighborhood Clinic, a student-led clinic. Many members are involved in Medical Education Reform Student Coalition, which seeks to ensure that the school engages in anti-racist policies. Mentorship is also very important to the organization. Members also are participating in a pilot program to learn about health disparities with the local community. The chapter also participated in vaccination efforts in the Twin Cities Metro Area.



*Theta Tau delegates presenting their chapter report.*

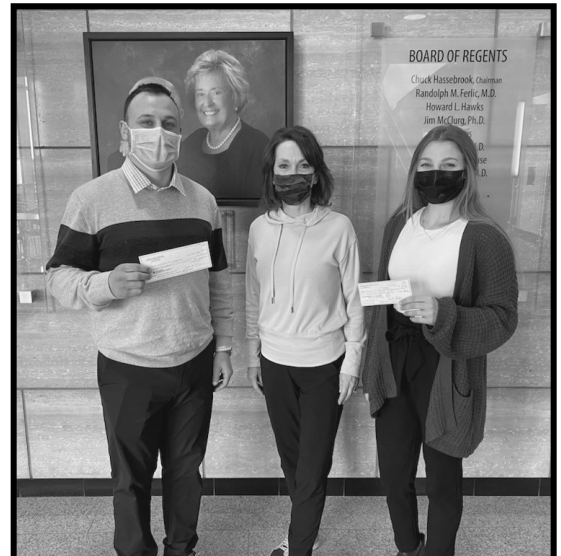
## 4 Paws For Ability Benefit From Alpha Upsilon Chapter Volunteers



The Phi Rho members from Wright State University have made the organization, 4 Paws for Ability, one of their service projects this year. This organization is a local non-profit placing trained service dogs with children and veterans with disabilities and seniors living with Alzheimer's. The volunteers helped with the day to day needs of the facility which were definitely not the most glamorous of jobs but as one member wrote, "We learned about 4 Paws and the services they provide for our community, we got to do a volunteer project to help, and we got to play with the puppies. Could you ask for anything better?"

## Meyer Foundation For Disabilities Benefits From Iota Chapter's Golf Outing

Each fall Iota chapter sponsors a golf outing to raise money for the Meyer Foundation for Disabilities. The MFD is an organization whose goal is to provide, social, skill building, and educational activities for adults with developmental disabilities. There is a sharp decline in these sorts of activities when people with developmental disabilities reach the age of twenty-one, so the MFD aims to fill that void. The golf outing was held at the Benson Championship Golf Course in Omaha. Nine teams of four players each competed for various prizes throughout the day and overall winner. The chapter had eighteen sponsors for the tournament. Before the start of the tournament MFD president, Mary McHale, spoke to the group about the goals of the Foundation and the reasons she has become so involved in the Foundation and its programs. In January the chapter presented checks for \$4,900.00 to the Meyer Foundation to support their programs.



*Jacob Pfeifer and Natalie Rech present checks to Deb Tim of the Meyer Foundation.*

## Iota Benefit Scholarships

Iota Benefit functions as the alumni association for the Iota chapter at the University of Nebraska. The alumni association annually recognizes senior medical students who, as members in good standing of Iota chapter, have demonstrated outstanding academic achievement by being named members of A.O.A. These scholarships are named for Dr. William Angle, a long time member of

the Iota Benefit board, whose investment strategies were in large part responsible for the ability of the board to award them. Recipients of the 2022 scholarships are Austin Gibson, Samatha Cox, and Tim Lackner. They will each be presented a check for \$500.00 at their graduation ceremony.

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## Alumni Spotlight

Living in Louisville, KY is Heidi Koenig, Iota, '85. She is the Vice-Chair of Anesthesiology at the University of Louisville Medical School. Dr. Koenig also serves as Editor in Chief of the Journal of Medical Regulation for the Federation of State Medical Boards.

A former Phi Rho Sigma medal winner, Robert Roberts, Alpha Eta, '66 is now the Executive Director of Heart and Vascular Institute, Cardiovascular Genomics and Genetics at St. Joseph's Hospital and Medical Center in Phoenix, AZ. He is also a Professor in the University of Arizona College of Medicine. His outside interests include tennis, history and burgundy wine.

Bryan Nyquist, Iota, '80 is an Anesthesiologist in Bremerton, WA. He enjoyed twenty-five years in the U.S. Navy as a Diving and Submarine Medical Officer, a Family Physician and an Anesthesiologist. Practicing in Bremerton for the past twenty years, he is very involved with his community and has been President of Healthy Start which is a local charity for the Prevention of Child Abuse. His love of skiing and museums has also benefited his community. He has served on the Ski Patrol for fifteen years and also as volunteer at the local Navy Under-seas Museum.

Mildred J. Milly, Pi, '96, was elected to the Michigan State Medical Society Board of Directors during their annual meeting held in May of 2021. She will serve a three year term on the MSMS Board representing physicians from Arenac, Bay, Clare, Gladwin, Isabella, Midland and Saginaw counties. Dr. Willy is the Associate Dean of Student Affairs at Central Michigan University College of Medicine and also continues to practice Emergency Medicine part time.

Retired after fifty years of government service in the state of Pennsylvania as a Public Health Physician is John Wesley Simmons, Kappa, '60. He has served in a number of important Commonwealth positions at many of the state hospitals and was a Disability Physician Specialist II in the Department of Labor and Industry. Always intrigued by Aerospace, Simmons joined the USAF in 1977 where he became a Flight Surgeon. Rising to the rank of Colonel, he retired in 1997 from an outstanding career in the U.S. Air Force Reserve and was the recipient of numerous military awards. He now resides in Philadelphia.

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