



September 29, 2023



Wrangling Ralphie - DFM's Connection To CU's Iconic Mascot

So, who is the man with the moustache in the photo above? And, what does he have to do with DFM and, moreover, CU's mascot, Ralphie?

Click the button below to find out.

[Read The Story](#)



Medical Student Honored For Research Efforts

She still has her family medicine residency ahead of her, but this 4th year medical student is already impressing.

Meet Heami Yi and learn more about her story and her recent honor from the Society of Teachers of Family Medicine (STFM).

[Read The Story](#)



Register Today!

Make plans to join the University of Colorado Department of Family Medicine as it presents the 4th Annual Greg White CSTAHR Levitt Lecture.

"Data, Algorithms, and Racial Health Equity"

- Wednesday, November 15, 2023.
- Q20-N8200 Bushnell Auditorium, 8th Floor, Fitzsimons Building, CU Anschutz

Medical Campus

- Lunch served to those who rsvp to join in-person (**100 person limit**)
- Presentation begins at 12:30 pm (MST) and wraps up at 1:30 pm (MST)

This is a free, hybrid event features Elaine O. Nsoesie, PhD, MS – Associate Professor, School of Public Health, Boston University.

[Register Here](#)



CU Department of Family Medicine Presents:

Dr. Myra Muramoto State of The Department

Moving Forward Together —
Innovating For The Future

Wednesday, October 11, 2023

12:00 – 1:30 PM

Academic Office 1 (A01)

L15-7000

E. Chester Ridgway Board Room

Lunch served to in-person attendees
beginning at 12:00 PM

This is a hybrid event

*Joining virtually? Please check your
Outlook calendar invite for the ZOOM link
to join the meeting.*



State of The Department Address

Join us for the DFM State of the Department Address featuring our chair, Dr. Myra Muramoto.

Wednesday, October 11, 2023. See the image above for details.

This is a hybrid event.

Joining virtually? Find the Zoom link in your Outlook Calendar event.

Joining in-person? Click the button below to RSVP.

[RSVP Here](#)

UPDATES

AND OPPORTUNITIES

Clinical Call-Outs!

Patients are saying some nice things about our DFM clinicians.

Celina Ayala, (CU Medicine Family Medicine - Park Meadows):

"I cannot say enough good things about Dr. Ayala. She listens attentively, gives great advice and always has a smile on her face. She treats me with respect, not dismissive like other doctors I've been to. She remembers my issues, rather than treating me like I'm one more patient. I've been seeing her for a few years now, and I am very happy with my care. Last year she told me her office would stop taking my insurance, and without delay, I switched insurance companies to one her office accepted. That's how much I trust and follow Dr. Ayala."

Morteza Khodaei (UCHealth A.F. Williams Family Medicine):

"Professional, yet caring, and genuine concern -overall- for my well-being. I will never forget my father's passing. Dr Khodaei went out of his way to send us a card. And I truly believe he did it himself, and not any staff. He has been my doctor for almost 20 years as well as both my parents. I hope I go... before he ever does."



Celina Ayala, PA-C, MPAS



Morteza Khodaei, MD

Thank You, APPs!

This week is National APP Week - set aside as a celebration and recognition of Advanced Practice Providers.

DFM's APPs were treated to bagels and coffee in their respective clinics. And, we'd like to take this chance to say thank you and to recognize you all for the entire department to see.

CU Community Clinics

Centennial

- Kelly Lublin PA-C

Depot Hill

- Amy Hulstrom PA-C
- Shoshona Seigel PA-C
- Haley Wolf PA-C

Landmark

- Jessica Rolles PA-C

Park Meadows

- Celina Ayala PA-C
- Jaclyn Bassett PA-C
- Matthew McDowell PA-C
- Anna Kerege PA-C
- Miriam Diaz PA-C

WISH Park Meadows

- Anita Wolfe

HOPD Clinics

AF Williams

- Laura Heyse FNP
- Vanessa Prospero PA-C
- Carol Odell FNP
- Julie Przekwas PA-C

Boulder

- Stephanie Bengs PA-C

Lone Tree

- Heather Cody FNP
- Meghann Devito-Hirsch PA-C
- Olive Muga FNP

Westminster

- Sara Becker FNP

Float

- Meagan Maher PA-C
 - 9/26 PM – Lone Tree
 - 9/27, 9/28, 9/29 – WISH AMC

Rockin' The Publications!

Great news to share about how prolific our faculty is when it comes to publishing. Kudos to the amazing Allison Sands for pulling together the following tables that illustrate and tabulate the number of publications that came out of DFM in 2022.

This first table shows a total of peer-reviewed publications reported through PRISM. 239!

**Only peer-reviewed journal publications	Total	Published	In Press
# 2022 Publications	239	227	12
# DFM First Author Publications	62	60	2
% DFM First Author Publications	25.94%	26.43%	16.67%

And, this table shows the total of **all** publications originating from DFM. Drum roll.... 398!

Publication Type	Citation Count
Abstract	17
Book	2
Book chapter	7
Conference proceeding	14
Editorial	7
Encyclopedia/Reference book entry	3
Letter to the editor	2
Newsletter	1
Non peer reviewed journal article	5
Other	23
Pamphlet	1
Peer reviewed journal article	239
Poster	18
Report	14
Scholarly Presentations	41
Training material	1
Web Site	3
Grand Total	398

Community Gun Violence Prevention Initiative

Hosted by CSTAHR

Community and Students Together Against Healthcare Racism

OCTOBER 18, 2023 | 6 PM

HIAWATHA DAVIS JR REC CENTER
3334 Holly St, Denver, CO 80207

OPEN TO ALL. FREE TO ALL.



Join us for a panelist discussion led by Gun Violence Prevention Professionals and Community Members affected by Gun Violence



University of Colorado
Anschutz Medical Campus



Mark Your Calendars

The Colorado Health Literacy Coalition is hosting its 9th Annual Conference on Friday, October 20, 2023.

Click the button below for more information and to register.

[Register Here](#)

HR Monthly Tip

Did you know...? DFM is providing Faculty and Staff four (4) Wellness Days this fiscal year (FY2024) to take a day off to unplug, recharge their batteries, and have time to simply take care of themselves.

How does this work?

- In your timesheet, record your Wellness Day in MyLeave as “administrative leave.” Please enter “Wellness Day #__” in the timesheet description.
- For Clinicians: These four days will be additive to the “wiggle room of 7.5%” and won’t count toward your expected hours in the clinic. These days will automatically be deducted from your expected clinical hours and corresponding calculations, so please take advantage! Please be mindful of how these days work for the clinic, schedule leveling, etc., and talk with your medical director about the best time to schedule.
- For Part-Time employees: The total amount of wellness days is prorated based on your FTE percentage with DFM.
- For new hires, the total amount of wellness days will be prorated based on your start date.

DFM Admin Monthly Tip

The deadline to spend your FY2024 Professional Development Funds is **May 31, 2024**



Professional Development Pro Tip

Non-stop hustle doesn't guarantee better performance (the research is very clear about this), it just guarantees more work.

Find new ways to manage your energy to design a system of working that is more aligned with your creative cycles, instead of focusing on productivity tips that do more harm than good through this LinkedIn Learning course, ***You Have Permission To Rest***.

Take The Course



Give Back To DFM

Payroll deduction - One-time gift - Planned giving. Showing your support for DFM is easy.

Visit the Endowment page to learn more about the endowment campaign and how you can become involved.

Learn More

Look back at past editions of the DFM Monthly Newsletter

DFM Newsletter Archive



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