



family matters

June 2015

UCSF DEPARTMENT OF FAMILY AND COMMUNITY MEDICINE

IN THIS ISSUE

Name That Newsletter!

And the winner is...**Hali Hammer!** Congratulations to Hali for submitting the winning entry in the "FCM Name that Newsletter!" contest. For her winning submission, *Family Matters*, Hali will receive a pair of movie tickets!

In addition to being the top vote-getter, *Family Matters* also had the most repeat submissions.

However, we could only have one winner so the prize went to the first person to submit the entry. Not only was Hali the first to submit *Family Matters*, she was also the first to respond to the contest. (This was even before the contest reminder was sent out, which means she actually read the entire newsletter!)

Family Matters also had the most variants, including *FCM Matters* and *Family and Community Matters*.

Other top vote getters included: *FCM Chronicles* (submitted by Kristin Marchi), and *FCM Focus* (submitted by Sandy Ng).



And we would be remiss if we didn't acknowledge the person with the most submissions. That honor goes to Laura Gottlieb who submitted a whopping 11 titles, plus a tag line!

Thanks to all who participated*:

Dan Ciccarone, Hannah Emple, Laura Gottlieb, Hali Hammer, Ronald Labuguen, Katya Lavine, Kristen Marchi, Sarah Mars, Lesley McCaskey, Sandy Ng, Ceci Quintanilla, Michael Reyes, Anjana Sharma, Roberto Vargas, Teresa Villela, Beth Wilson.

My apologies to anyone who was inadvertently omitted.

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My Life

by James Rouse-Iñiguez

Childhood ambition:

When I was a child I really wanted to be a therapist, and help people who were emotionally vulnerable. In retrospect, it was kind of an intense goal for a young person. I also wanted to be a teacher. Ultimately I wanted to work in a place of learning, and have been fortunate to make that happen over the past fifteen years or so.

Fondest memory:

The most recent fondest memory was going to New York City during a snowstorm to see Hedwig & The Angry Inch, and Cabaret on Broadway. I had never seen snow before in my life, and was fascinated by it... until it was on the ground, and dirty – then I wanted to come back to SF! But that moment when it fell onto my forehead for the first time was pretty magical.

Proudest moment:

Standing up against Prop 8 in the court system with my husband.

Biggest challenge:

Affording San Francisco.

Perfect day:

Waking up late, walking to my favorite coffee shop, relaxing at home playing video games, talking on the phone with my family, a nap, dinner at a nice restaurant, seeing a show or performing in a show, taking a cab home so I can enjoy some wine, falling asleep without a care in the world.

First job:

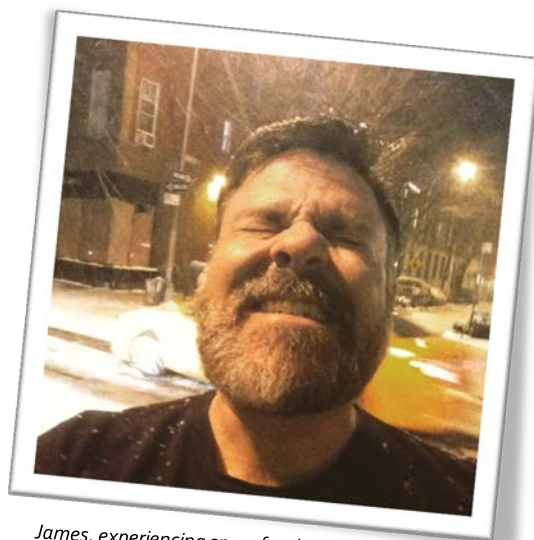
I answered telephones at a Mom & Pop pizza shop in Foster City when I was 13. My brother worked there, and knew the owners. They said I had a very nice telephone voice, and paid me under the table because I didn't have a work permit yet. Also, um free pizza!

Indulgence:

Music equipment. Honestly, if I sold all my instruments, gear, DJ stuff, I'd have a small fortune. I like guitar pedals and drum addons, what can I say!?

Favorite movie, book, or soundtrack:

My favorite movie is LA Confidential, my favorite book(s) are the Game of Thrones series, and my favorite soundtrack is to Bram Stoker's Dracula.



James, experiencing snow for the first time!

Indulgence:

Audre Lorde, for combining her radical feminism and civil rights activism through art, and expression. The Occupy Wall Street movement, for standing up against social and economic inequality worldwide. My Mom, Maria, for teaching me how to swear in Spanish.

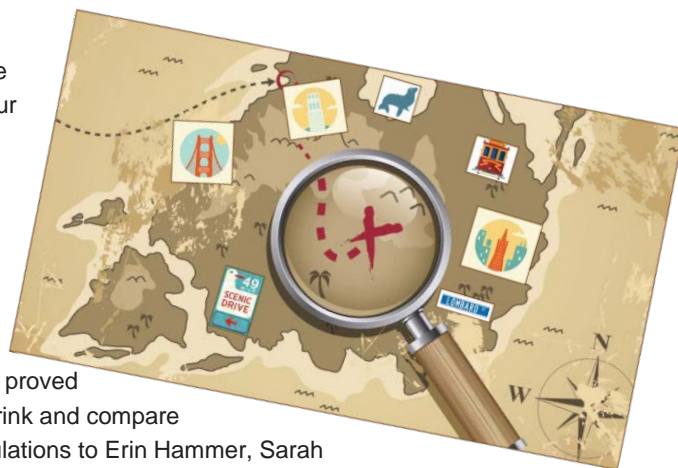
James is the Program Coordinator for the Community Engagement & Health Policy Program. He works out of both SFGH and Parnassus.

2015 All-Staff Retreat

The 2nd Annual FCM All-Staff Retreat was held on Wednesday, May 6. The day started with a treasure hunt in Golden Gate Park followed by Happy Hour at Kezar Pub.

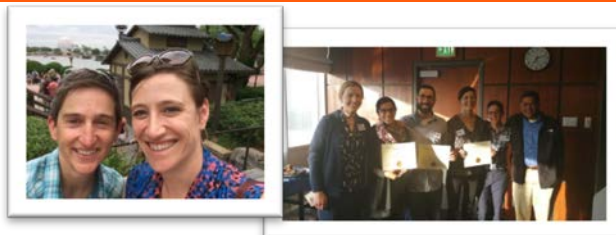
The hunt, facilitated by SF Treasure Hunts, took staff through different areas of Golden Gate Park including Stow Lake, Peacock Meadow and Museum Way. While the walking proved difficult for some, the clues were actually more challenging!

After three long hours of walking and clue-solving, happy hour at Kezar Pub proved to be the perfect end to the day. Staff had a chance to rest tired feet, eat, drink and compare war stories. We were also able to acknowledge the winning team: Congratulations to Erin Hammer, Sarah Mars, and Vicky Bowyer who correctly answered a whopping 11 out of 13 clues! Impressive!



Focus on Education

by Beth Wilson



Society of Teachers of Family Medicine (STFM) Annual Conference

Our network of affiliated programs was well represented in Orlando at the STFM annual conference! Here is a list of participants, including residents/fellows from Fresno, Contra Costa and SFGH:

Fresno - Ivan Gomez, Susan Hughes, Benjamin Huang, Melanie Southard, Rachel Goerzen, Ji Young Park, Anjani Kolahi Mary McLain

Kaiser Napa Solano - Aakash Agarwal

John Muir - Jeremy Fish, John Zuorski, Lynn Eddleman

Santa Rosa - Tara Scott, Cheryl Green, Mariah Hansen

Salinas - Steve Harrison, Walt Mills

Contra Costa - Brian Johnson, Sarah McNeil, Emily Cotter, Ken Saffier, Alan Siegel, Jessica Selvin

UCSF/SFGH - Margaret Stafford, Isabel Lee, Lydia Leung, George Saba, Bill Shore, Jessica Muller, Sarah GaleWyrick, Beth Wilson, Lealah Pollock, Marianna Kong

For more information on the STFM conference: <http://www.stfm.org/Conferences/AnnualSpringConference>

Primary Care Leadership Academy 2015 Showcase

On the evening of May 11th, PCLA hosted a terrific event to highlight how much we are doing to advance primary care and celebrate our graduating students. The event featured six oral presentations and four posters.

Family medicine presenters included Laura Hill-Sakurai, Crystal Perez, Sarah Colvario, Sonali Sheth, Laurie Bauer, and Marianna Kong.

Of our seven graduating seniors, five are going into Family Medicine, Maisha Davis, Maggie Dietrich, Milana PeBenito, Sonali Sheth and Maya Zwerdling.

The PCLA family medicine leadership team includes Margo Vener, Beth Wilson, Roy Johnston, Sandi Borok and Claire Richardson.

This coming year, we will also be welcoming Sarah GaleWyrick as the newest family medicine team member. For more about PCLA: <http://pcla.ucsf.edu/>

My Life

by Nicole Person-Rennell

Childhood ambition:

Combo ballet dancer/giant dog shelter owner/architect/beach bum.

Fondest memory:

Childhood vacations with my family.

Proudest moment:

Hard to say – graduations versus when my dogs actually sit when instructed. ☺

Biggest challenge:

Intern year! Specifically being the person I want to be amidst adversity and exhaustion.

Perfect day:

With family and friends, some sunrise/sunset time, dance of some kind, beach/mountain/outdoors time, incredible food. ☺



First job:

Gymnastics coach.

Indulgence:

Dark chocolate or Easy Breezy. ☺

Favorite movie, book or soundtrack:

The Grapes of Wrath/The Giving Tree.

Inspiration:

My faith, friends, family and my amazing colleagues!

Nicole is a current PGY-1 resident and the recent recipient of the 2015 Krevans Award for Excellence in Patient Care.

My Life

by Laura Gottlieb

Childhood ambition:

My best friend's grandmother told her that she could be anything she wanted when she grew up and then went on to say, "You could even be VICE-president." From then on I said I wanted to be President. Sadly, now this seems very unlikely to come true.

Fondest memory:

Hiking with any dog I've ever had.

Biggest challenge:

A whole day of FCM clinic.

Perfect day:

Hike and picnic with my family and friends, maybe overseas.

Proudest moment:

Winning basketball league championship title in high school (sigh).

First job:

Carpool driver.

Indulgence:

Not looking at email for over fifteen minutes (sad and true).

Favorite movie, book, or soundtrack:

Little Men by Louisa May Alcott or maybe ABBA's Gold Greatest Hits Album.

Inspiration:

Alicia Velasquez.



Laura Gottlieb is an Assistant Clinical Professor. Her current research focuses on designing and evaluating methods to integrate interventions to address social factors into health care.

Recognizing FCM Champions!



Carrie Kawamoto, LVN, recipient of the DAISY Award for Extraordinary Nurses

The Center for Geriatric Care staff and providers recognize and appreciate the many contributions Carrie Kawamoto has made to the practice and especially to our patients. Carrie CONSISTENTLY takes a patient centered approach to her work, even with the pressures of time and multiple demands. Her empathy and ability to remain calm is remarkable. Carrie's professionalism, compassion and abilities are highly regarded by patients at UCSF Center for Geriatric Care. Several comments attesting to this were received from patients through the Press Ganey survey and direct feedback. Carrie Kawamoto is a true team player, a positive role model who exhibits excellent communication skills and a professional who is consistently caring and compassionate.

Roberto Vargas, recipient of the 2015 UCSF Chancellor Award for Exceptional University Service

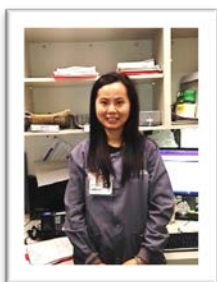
Roberto, a Navigator for the UCSF Clinical and Translational Science Institute, builds partnerships between UCSF researchers, civic and community groups to improve the health and health care of San Franciscans. The award, one of the most distinguished awards for non-managerial staff, was presented by Chancellor Hawgood at an awards luncheon on May 15. As the presentation at the awards ceremony stated, "Everyone who has interacted with Roberto will immediately feel his passion and commitment to social injustice. He has an amazing willingness to share his wealth of knowledge on vulnerable communities with UCSF students, residents, staff, and faculty. At the heart of Roberto's work is his belief that respectful, constructive, and dynamic partnerships are the best way to ensure UCSF remains relevant and important to communities struggling to be healthy in the face of social and economic hardship."

Paula Fleisher, recipient of a Community Leader Award from the SF Alcohol Prevention Coalition

Paula, a fellow Navigator for the UCSF Clinical and Translational Science Institute, was commended for her work in coordinating the SF Alcohol Policy Working Group for SF Health Improvement Partnership (SFHIP) and "spearheading efforts in the city that support the work of the coalition, mobilizing the community to take action in making SF a healthier place for youth and families, valuing the power of youth and adults as partners in this work, and creativity and willingness to make the coalition's work look cool and inviting to the community."

Focus on Programs

Welcome New FCM Team Members! @ UCSF Family Medicine Center at Lakeshore



Kana Liang, CMA

Certifications: National Certified Medical Assistant, Certified Phlebotomy Technician, Certified ECG Technician, BLS Certification/CPR Certification

Recent Experience: MA/Phlebotomist, UCSF Center for Reproductive Health

Lakeshore Start Date: December 09, 2014

What you like best about working at Lakeshore?

Helping and taking care of people, which I love, and learning about how miraculous the human body is.

Claire Bautista Sunga

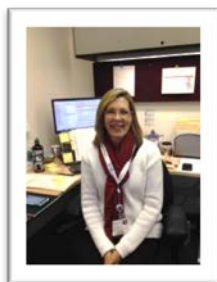
Certification: Medical Assistant and Certified Phlebotomy Technician

Recent Experience: UCSF Primary Care Float Pool

Lakeshore Start Date: February 17, 2015

What you like best about working at Lakeshore?

I like working at Lakeshore being in the team let because I get a chance to know my providers and build relationship with them as well as the pts. I like establishing relationship with patient because I feel like they become more comfortable and satisfied from getting the care that they need. I also enjoy working at Family medicine because I feel like I am learning different things every day since we are seeing all ages.



Jean Frances Jacquemet, BSN

License: RN license, certificate in Public Health Nursing

Recent Experience: Clinics Manager for San Mateo County Health Services

Lakeshore Start Date: April 20, 2015

What do you like best about working at Lakeshore?

The staff are great, very different work environment from the public sector (in mainly good ways)! I have enjoyed learning about UCSF and everything they are doing for the betterment of their patients, staff and providers. Very innovative and progressive especially with getting PCMH national recognition!

Jamie Whitsett, LVN

License: Licensed Vocational Nurse

Recent Experience: Worked in Surgery and at Kaiser Permanente UCSF Center for Reproductive Health

Lakeshore Start Date: May 11, 2015

What you like best about working at Lakeshore?

What I like best about working at Lakeshore is being able to apply my experience and knowledge to better assist patients and their needs at the time of their visit.





Melody Julia Chin, RN

License: RN license

Recent Experience: Telephone Triage Advice RN
(Physician's Choice Medical Group) and Research Assistant (Sutter Health)

Lakeshore Start Date: May 11, 2015

What you like best about working at Lakeshore?

The genuine caring nature the Lakeshore staff towards patients, and the teamwork environment.

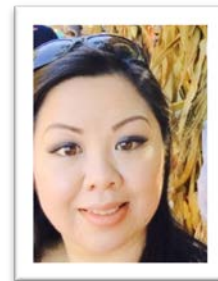
Kathleen Chan

Certification or license: Bachelor's in Science, Health Education

Recent Experience: Registration, Non-Credit Department at City College of San Francisco

Lakeshore Start Date: 04/06/2015.

What you like best about working at Lakeshore? What I like best about working at Lakeshore is the opportunity to work with a diverse group of colleagues and patients.



Welcome New FCM Team Members!

@ Clinician Consultation Center (CCC)

Carolyn Chu assumed the role of Clinical Director on d on May 11. Carolyn is a Family Physician who did her training and HIV research fellowship at Montefiore in the Bronx and then joined the Montefiore/Albert Einstein Family and Social Medicine Department faculty, concentrating her clinical, educational and research work on HIV. She was the main educational force in their very active HIV programs. Carolyn has written a number of excellent articles on HIV care delivery and has given numerous lectures and workshops on a variety of HIV topics. For the past year or so Carolyn was the Medical Director (and more) for the Ryan/Chelsea-Clinton Community Health Center and a network of clinics in Midtown Manhattan. There, she has been a leader in all the essential areas needed as our Clinical Director, especially clinical care, consultation, quality improvement and quality assurance, administration and personnel. Carolyn is absolutely thrilled to be joining us. We are thrilled to welcome Carolyn to the CCC team!

Kate Cummings comes to us with more than 20 years of experience in the California Department of Public Health (CDPH) as a Research Scientist specializing in epidemiology and biostatistics. Her work has included evaluating and improving the performance of public health infectious disease programs, implementing and evaluating strategies to prevent and control infectious diseases, and to promote the scientific understanding of infectious diseases and their evidence-based control measures. Her most recent position included supervising the California component of a national study of persons living with HIV which utilized information collected through an annual multi-stage probability sample to inform and improve programs and policies relating to HIV prevention and care. She has extensive experience in the design and conduct of epidemiologic research including study design, choice of statistical methods, data collection methods, developing and implementing quality assurance and control procedures, analyses, interpretation of findings and dissemination of results. And on top of all that, she is a creative thinker and an avid worldly sailor! We are thrilled to have her join the team. I hope all of you will join us in giving her a very warm welcome. Welcome Kate!

Welcome New FCM Team Members!

@ Parnassus

We are pleased to share that Hannah Martin has joined the Behavioral Diabetes Research Group (BDRG) as an Assistant Research Coordinator. Hannah comes to us with a background in Psychobiology and Cognitive Science. She brings with her a mixture of research experience in both psychology and health research, as well as diabetes experience as an associate at a health information firm. Hannah will be working on our study aimed at reducing distress in adults with type 1 diabetes, working closely with Vicky Bowyer, Danielle Hessler Jones, and Larry Fisher.

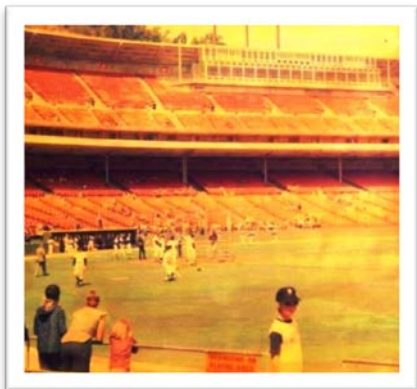
Candlestick Then and Now

by Todd May

I was raised a Giants fan in the central valley in the 60s and 70s. My transistor radio was a constant summer companion. Listening to the venerable Lon Simmons offer the play-by-play, as

well as his frequently irreverent commentary. I often would slip the radio under my pillow during night games.

My family spent many warm summer nights at John Eulless Park watching the young players come up to the big leagues via the triple A Fresno Giants.



And the best memories of all—the trips to Candlestick Park to see the big guys at least once per season. Sometimes the whole family would go, Dad, Mom, and my two younger brothers. One year all three brothers sported our number "25" T-shirts in honor of my favorite player, Bobby Bonds. We made the most of these excursions by choosing weekends with double-headers, which were common back then. We were able to get more games in that way.

Perhaps most special were the road trips with just my Dad and me. Dad was a wholesale traveling salesman for a small engine and parts distributor. His territory spanned Bakersfield to Stockton. We would start our weekend trip on Thursday morning, winding our way through the valley. My Dad would call on his customers in various mom-and-pop lawnmower and power equipment shops in the larger and smallest of valley towns. I had the opportunity to see first-hand what my Dad did for a living, which otherwise I don't think I would have had any idea, really.

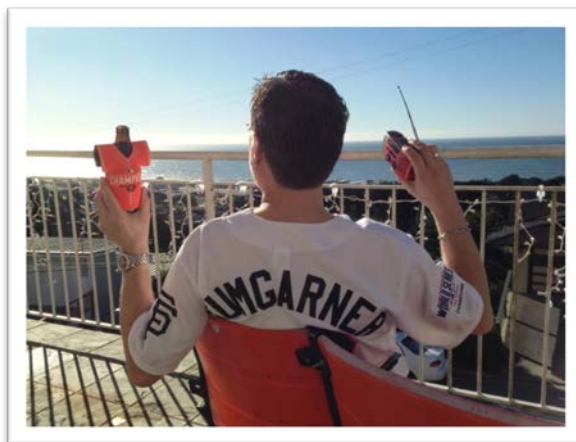
We would make our way to Candlestick by early evening on Friday to catch the first game. To take full advantage of the opportunity, we would go to the park as soon as the gates opened, taking in the warm ups and batting practice. We would buy a program and Dad taught me how to keep score. Dad brought the transistor radio so we could listen to the commentary during the game, a tradition I continue at every game I attend. Then we went to a Saturday double-header before completing the 4-game weekend on Sunday. And then came the drive home, reviewing the series with Dad. Pure bliss.

I moved to the Bay Area to attend Cal in 1979, making access to Candlestick much more accessible ever since.

One summer, I reunited with the family in Fresno in July for my grandparent's 50th wedding anniversary. We left home and went directly to Candlestick to catch a game. It was 107 degrees when we left Fresno. It was 55 degrees when we arrived at the 'Stick less than 3 hours later! And so it goes...

I went to the last Giants game at Candlestick. Took my eldest daughter. Very glad we were there to close out the old yard. And I was thrilled when my pair of stadium seats arrived last September. One of my best purchases ever. They mostly reside on the front deck, where I can listen to games on my radio while looking out over the ocean in Pacifica. And it was awesome bringing them into the living room to watch the playoffs and 2014 World Series sitting in our Candlestick seats!

I'll always have fond memories of the old stadium and now have a tangible piece of Candlestick Park.



Todd, circa 1970 (upper right). Above, listening to a repeat of the World Series from the comfort of his Candlestick stadium seats!

Todd May is a Professor of Family and Community Medicine and Chief Medical Officer, San Francisco General Hospital.

We'd like to thank Todd for initiating this new section on personal stories and invite you to submit your stories for publication.

Send your story to your site contact:

CCC: Andrea Abi	CSDH: Amy Edmonds
Education: Beth Wilson	Lakeshore & UCGC: Joanna Laffey
Osher: Wolf Mehling	PAETC, CETH, I-Tech: Michelle Kipper
Parnassus: Pat Mejia	SFGH: Victoria Chen, Georgina Sleeth

Wellness Corner

from [Berkeley Wellness](#)

Of all the ways to get and stay fit, walking is the easiest, safest and cheapest. It can also be a lot of fun, with attainable goals. Here are some suggestions to help you get the most out of your walking workouts.

1 Do It Daily
Try to walk briskly for at least half an hour every day, or for one hour four times a week. If you weigh 150 pounds, walking at 3.5 miles an hour on flat terrain burns about 300 calories per hour. So this schedule would burn about 1,100 calories a week. If you can't work that into your schedule, try more frequent, shorter walks.

2 Count Your Steps
Get a simple pedometer or other fitness tracking device to see how many steps you take a day. There are also various pedometer apps available for smartphones. Aim initially for at least 5,000 steps a day and then try to work up to 10,000 steps. In addition to walking at home and at work, incorporating some brisk walking into your daily routine can help you achieve the higher goals.

3 Add It Up and Speed It Up
Skip elevators and escalators and take the stairs instead. Leave the car at home if you can walk the mile or two to a friend's house. Walk to work, or at least part of the way. If you want to go faster, instead of taking longer steps, take faster steps. Lengthening your stride can increase strain on your feet and legs.

4 Swing Your Arms
Bend them at 90 degrees and pump from the shoulder. Move your arms in opposition to your legs—swing your right arm forward as you step forward with your left leg. Keep your wrists straight, your hands unclenched and your elbows close to your sides. The vigorous arm pumping allows for a quicker pace, and provides a good workout for your upper body.

5 Change Your Routine
Try something different. For example, speed up for a minute or two out of every five minutes. Or, alternate one fast mile with two slower miles. And vary your terrain as well. Walking

on grass or gravel burns more calories than walking on a track. Walking on soft sand increases caloric expenditure by almost 50 percent.

6 Climb Hills
Combine hill walking with your regular flat-terrain walking as a form of interval training. When walking uphill, lean forward slightly—it's easier on your legs. Walking downhill can be harder on your body, especially the knees, and may cause muscle soreness. So, slow your pace, keep your knees slightly bent and take shorter steps.

7 Try Walking Poles
To enhance your upper-body workout, use lightweight, rubber-tipped trekking poles, which are sold in many sporting-goods stores. This is like cross-country skiing without the skis. It works the muscles of your chest, arms and abs, while reducing knee stress. Find the right poles by testing them in the store before purchasing. You should be able to grip each pole and keep your forearm about level as you walk.

8 Use Hand Weights, With Care
Hand weights can boost your caloric expenditure, but they may alter your arm swing and lead to muscle soreness or even injury. To start, use one-pound weights and increase the weight gradually. The weights shouldn't ever add up to more than 10 percent of your body weight. Ankle weights are not recommended, as they increase your chance of injury.

9 Try Backward Walking
This is demanding, since it's a novel activity for most people. If you're doing it outdoors, choose a smooth surface and keep far away from traffic, trees, potholes and other exercisers. A deserted track is ideal. Try to go with a partner who can keep you from bumping into something and help pace you. Skip this activity if you're elderly or have balance problems.

10 Choose Shoes Wisely
You want to be comfortable while you walk. Shoes that are specially designed for walking have flexible soles and stiff heel counters to prevent side-to-side motion. But for normal terrain, almost any comfortable, cushioned, lightweight, low-heeled shoes will do just fine. It's best to avoid stiff-soled shoes that don't bend.

