



## Scott Rogers, MD

While I love the many challenges that come with being a family physician, it is critical to my mental health to connect with nature every day and see the world through different eyes (rectangular-pupiled goat eyes to be exact)! I am blessed to live just outside of the big city and have some space to spread out, raising goats, chickens, llamas, and three human kids on our small farm.

One of my greatest joys as a family physician has been helping patients through the birth process, and raising dairy goats affords me the opportunity to be a "gout doula," witnessing and attending to the birth of kids on the farm! Seeing a mother goat immediately connect with her new baby is just as awe-inspiring as the human version! Having lots of extra goat milk around has come in handy, as I enjoy making goat cheese, cajeta (Mexican goat milk caramel sauce), ice cream, and whey bread. I've also experimented with the art of soapmaking, selling at craft fairs and giving away lots of goat milk soap to friends and family during the holidays. Most importantly, life on the farm has afforded me the joy of teaching my children about hard work, life, and loss.





## Beth Weinstock, MD

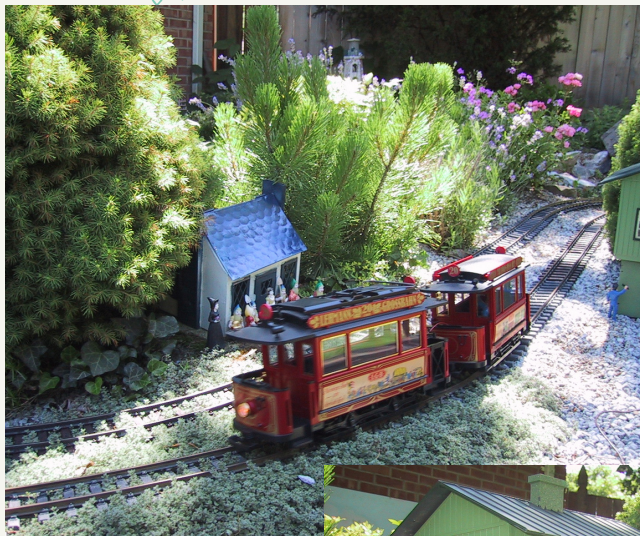
After 18 years, I had reached a critical juncture in my career; I owned a primary care practice, and worried constantly about its financial stability. I had lost sight of medicine as a humanistic art, and instead found myself on the hamster wheel of medical economics. At age 48, I applied and was accepted to the Bennington Writing Seminars MFA program in poetry. I sold my practice, graduated with my master's degree after two years, and accepted a part-time position at Equitas Health in Columbus.

Now, I write and teach poetry, and I get to care for patients at the same time. It's like the volume has been turned down on the stress in my life. Primary care is always hard, but my creativity now runs a parallel and equal path to my medical practice. Which, in turn, allows me to feel more texturized as a human being; I am not only a doctor, because none of us are "only" anything.





# Gordon Walbroehl, MD



Dr. Walbroehl collects and makes indoor and outdoor model trains and railroads. His G Gauge trains (1:22.5 ratio) run outside in the garden and he has a large indoor display.

His spouse gifted him a train set 35 years ago and Dr. Walbroehl has been collecting and making his collection since.

Dr. Walbroehl is also member of the local garden railroad club in Dayton, OH.

His favorite part of this hobby is making unique pieces that are unavailable on the market, especially if done at a low cost.



# Humaira Lateef, MD



My love for art and painting has been with me from the very beginning, but for the longest time I never attempted it myself. Over the years, the rigors of medical school, training, and then working as a family physician did not leave any time to pursue this passion of mine.

Then one day, as I enrolled my elementary school-aged kids in an art class, I also signed up for a painting class. I started out learning basic rules about form and color with prismacolors. From there I explored oil paints, and found them very versatile to work with.

I love to paint flowers — it gives me so much peace and tranquility. I had so much fun painting these tulips and feel this piece is one of my best.





# Kristen Kenney MD

"We got involved in 4-H and raising chicken, turkeys, and ducks a few years ago. During COVID we were given a miniature donkey. After getting a friend for him, I now have two miniature donkeys that I raise with all the birds. I also keep a 200 sq foot garden. This is my escape from life and I spend all my free time talking with the animals!

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**Wilson**



**Ozzy**





# Stephanie Deuley, DO

I began to crochet at the start of the pandemic. I was a PGY2 at the time and though my responsibilities were shifting, and I was busy, it was the quiet evening hours that I felt I needed to fill with something other than Netflix. This whole last year I have decided to hold space for things other than medicine. I think it gets hard to take time for hobbies and passions as you can feel the constant pressure to read that next journal article or prepare that next clinical skill. The truth of residency I found is that we can all wait for our programs (and I am sure our future jobs) to fill our cups with wellness, but much of that work also needs to be done at home. You must make conscious decisions each day to set down the book, turn the pager off, and stop typing in your EMR. Work in medicine is always going to be there and each time you choose that work over your own well-being that wellness cup becomes more and more empty. Focusing on this philosophy, I had already begun reading for pleasure and was exercising regularly but needed another project to occupy my time and was desperately seeking a creative one. I like crocheting because you learn patterns to follow, some thought is required, and you get to create something beautiful and unique from scratch. This can also come in handy when you need gifts for loved ones! Not being a stereotypical "artist", I have thoroughly enjoyed exploring this new hobby and seeing beautiful things come to life. Here is my latest project, a multicolored shawl. I used videos from YouTube and yarn ordered from Amazon to help me complete this.







# Steve Ulrich, MD

I find capturing images sometimes stressful as I struggle to get just the right angle and lighting, but it helps distract me from the stress of medicine and the human suffering that I deal with on a daily basis. Here are some of my favorite photos I've taken.

I love snorkeling in the Virgin Islands and capturing images under the water. The starfish photo included is an edited version to show more detail.

The two additional photos are of an eclipse a few years back on our family farm in Southern Illinois. Now that was a mind-altering experience!

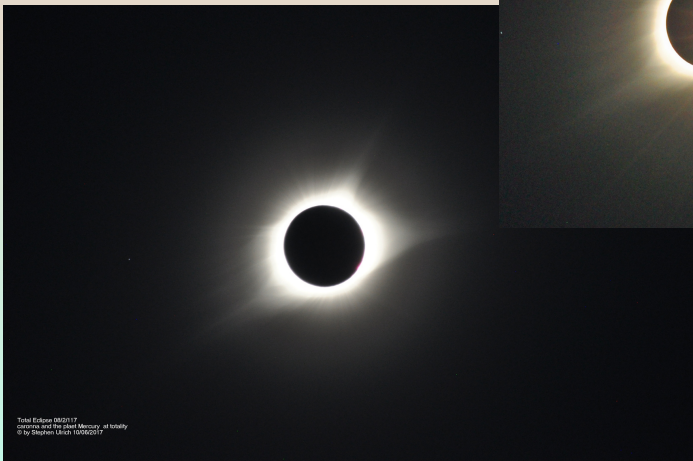


**"Starfish Journey"**



Stephen C. Ulrich  
Copy Right 10/08/2017  
Ring of Fire

**"Ring of Fire"**



Total Eclipse 10/08/2017  
Copyright and Photo Memory of Society  
© by Stephen Ulrich 10/08/2017



# Steve Ulrich, MD

I'm also a pilot. This gives me an "overview" on life. Here are two aerial photographs that got honorable mention in a contest sponsored by the Profession Aerial Photographers Association.



**"Cars at Worship"**



**"A Bridge to Salvation"**





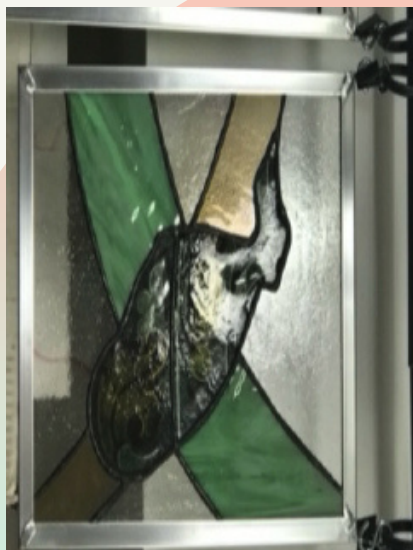
# Brian Bachelder, MD

Dr. Bachelder is a glass artist, creating stained glass pieces. He has done many variations, themes, and designs over the years.

"Working with stained glass keeps me connected to the arts while serving as a family physician and medical educator."



**Most recent work done with old church pieces.**



**This work was created from glass recently rescued from St. Paul's Lutheran Church. (est. 1942).**



**"Empowerment"**



# Evan Howe, MD



I started playing bagpipes in elementary school and have carried this hobby with me throughout the years since that time. I find music to be a creative outlet for my energy and very stress relieving. This has been a way for me to connect to my family's Scottish history while learning the history and traditions of Scotland. Attending associated cultural events has helped me learn about others who share a common heritage. My son, a Scottish snare drummer, and I attended the summer camp where I first learned about competitive bagpiping. He and I are currently members of the Geauga Highlanders pipe band based in Chardon, Ohio. It has been a joy to rediscover this hobby through the eyes of my son. Aside from the benefits of having a hobby, it has been very therapeutic for me to be able to set aside my physician role at times. Living and practicing medicine in the town where I grew up has had many fulfilling benefits. However, this also creates certain challenges in being able to participate in the community without being asked to give medical opinions and defend the entirety of the medical and public health communities when outside of the office. Attending non-medical events and workshops focused on the world of bagpiping and outside of my community gives me a welcome break from this. While I cherish serving the community where I was born and raised, and proudly wear the title of family physician, there are many pleasant times when I can step aside and be Evan the bagpiper, which is pretty rewarding as well.



## Jodie Makara

"I am a third-year nonbinary medical student at The Ohio State University College of Medicine. Whatever free time I have goes into exercising, spending time with friends, and writing. I started writing spoken word poetry my junior year of college after seeing Andrea Gibson perform live and realizing I was living someone else's life. Sarah Kay's TEDtalk gave me a place to start and it's been lifesaving ever since. Before and during medical school, I've used poetry to cope with loss, frustration, uncertainty, even academic failure, giving me a way to process my thoughts before I could vocalize them. Poetry has been my comfort food and voice of reason, allowing me to stay resilient time after time. Even more rewarding, poetry has given me a new way to connect with others. My hope is to continue sharing my stories in a way that anyone can relate to, but especially other queer folk. I want to see others like me pursuing medicine and being visible, having mentors and not feeling alone in whatever path they choose to pursue. Being vulnerable with people is one of the greatest gifts you can give and encouraging others to express themselves through poetry will continue to be a passion of mine as we all try to navigate our overlapping lives."





# Jodie Makara

## Clarification

Will someone just slap me already?  
Then I'd have a reason  
To be upset. Right?  
Or is the way they look at me,  
The way they talk about me,  
Enough?

"I prefer only a female physician."  
"There's a man in the room"  
"Well she's a med student"  
No. Ze's a med student.  
I'm used to it.  
Or not.

Where did she go?  
He said he'd be right back.  
Ze never left.  
I'm right here.  
I've always been here.  
I'm still here.

I sense those piercing eyes  
Boring into my skin.  
I feel that a lot in gendered spaces.  
Them, thinking they know better  
Where I belong.  
What did I do to them?  
Just because they can't tell?  
Maybe I'm not making it easy?

People look through me.  
Have you seen her?  
I never saw him.  
No one sees zir.  
Invisible.  
Give me a chance.

Labor and delivery  
People bearing children  
A personal choice.  
Their choice.  
Not zirs choice.  
I feel both gratitude and regret.

That's her patient.  
That's his patient.  
Actually,  
That's zirs patient.  
I'm running out of patience,  
But they are my patients.  
Does my existence offend?

To those who do not understand:  
I've worked to get here.  
I'm not sorry for who I am.  
I've arrived in this space.  
Doing everything I can to  
Bring good health  
To all types of people.  
Give me two more years  
Then I'll tell you:  
Just call me  
Doctor.





# Dana Maxwell, DO

I am a certified Hatha and Kundalini yoga teacher and a chief resident physician at The Ohio State University Family Medicine Program. I found yoga when I was 14 years old. My career before finding medicine was as a ballet dancer. I had injured my back while training and my friend suggested I try yoga. I started going to yoga daily and, not only did my back pain resolve, but I fell in love with the philosophy behind yoga and its teachings. I did my first teacher training in Hatha Yoga when I was 18 years old and was dancing with Ballet Austin in Austin, TX. Shortly after becoming certified, I retired from ballet secondary to an injury, and yoga became my primary focus. The following year, I did my second teacher training in Kundalini yoga to focus more on meditation and breath work. I have been teaching ever since in some capacity, whether full-time in the various cities where I have lived or free classes for medical students and residents after lectures the past seven years. Yoga is my way to stay balanced and centered.

I'm happy to share this teaching with other family physicians. Here are three videos I created for OAFP Wellness Week:

- 30-Minute Lunch Time Yoga Session
- Meditation for a Calm Heart
- Simple Stretches to Incorporate Into Your Work Day.

I want to give a special thank you to LIT Life Yoga Studio in Columbus, OH, my second home for the past three years of residency, for allowing me to use their space to record these videos. I hope you all enjoy this series!

