

Oh, The Places We Have Gone!

Twentieth Annual Rural Health Scholars Retreat 2021
Cedar Hill Lodge, 19555 State Route 664 South, Logan, OH
<http://www.cedargrovelodging.com/cedarhill.htm>
October 8-10, 2021

Our purpose is to “appreciate the rural life, and to understand and aspire to [scholarly] rural practice”
(John Wheat MD, Salt Lake City, 2003)



Join other students with an interest in rural medicine and who represent all of Ohio's medical schools in the beautiful Hocking Hills of Ohio. During and following the retreat, participants will be able to:

- ◇ Explore a variety of paths and potential futures in rural practice
- ◇ Access resources that will assist them on the way to training for and practicing in a rural community
- ◇ Develop a personal plan for the next step in their own professional development
- ◇ Engage with a variety of physicians, both young and experienced, who have worked and are passionate about working in a rural place
- ◇ Connect with other students with an interest in preparing for generalist rural practice



For our 20th annual retreat, we are privileged to have the following special guests and RHS alumni:

- ◇ Eric Prenger (RHS 2002-2005) – Family Physician and Preceptor, Sidney, OH
- ◇ Scott Rogers (RHS 2003-2006) – Family Physician and Associate Dean, Ohio University Heritage College of Osteopathic Medicine, Canal Winchester, OH
- ◇ Lars Peterson (RHS 2004-2008) – Family Physician and VP for Research, American Board of Family Medicine, Family Lexington, KY
- ◇ Curt Mortenson (RHS 2006-2009) – Family Physician and Medical Director, Kodiak, AK (Invited)
- ◇ Sarah Metzger (RHS 2008 and 2009) – Family Physician, Crestline, OH
- ◇ Alex Heintzelman (RHS 2008-2010) – Family Physician and Faculty, Boardman, OH
- ◇ Sherri Adkins (RHS 2009 and 2010) – Family Physician, Madison, OH
- ◇ Kara Callahan (RHS 2012-2017) – Family Physician, locum tenens in various places
- ◇ Tim Cutler (RHS 2015-2018) - Family Medicine Resident, Sandusky, OH
- ◇ Shannon Rossio (RHS 2015-2018) – Family Medicine Resident, Kalispell, MT
- ◇ Keilah Ketron (RHS 2016-2019) – Family Medicine Resident, Waco, TX
- ◇ Aubrey LaForce (RHS 2017-2020) – Family Medicine Resident, Akron, OH
- ◇ Tara Wagner-Bair (RHS 2001-2011), CEO, Community Health and Wellness Partners of Logan County, Zanesville, Ohio.

The retreat is planned for Friday afternoon through Sunday morning. We anticipate participation by students both online and in-person. Select students will be able to participate on-site and stay overnight,



and they are expected to participate throughout the entire event. Students and faculty who participate in-person will need documentation of COVID vaccination.

In anticipation of the weekend retreat, if you are able, we encourage you to read the short book, *Hey Doc*, by Jim Damos (\$4.99 on Kindle from Amazon).

Planning Committee and Hosts

Randall Longenecker MD, Professor of Family Medicine and Assistant Dean for Rural and Underserved Programs at Ohio University Heritage College of Osteopathic Medicine, and Adjunct Clinical Professor of Family Medicine at the Ohio State University College of Medicine, Athens, OH

Sharon Casapulla EdD, MPH, is Director of Education and Research, Office of Rural and Underserved Programs, Ohio University Heritage College of Osteopathic Medicine, Athens, OH

Dawn Mollica is Administrative Director, Rural and Underserved Programs, Ohio University Heritage College of Osteopathic Medicine, Athens, OH

Scott Anzalone MD, Family Physician and Director, Longitudinal Integrated Clerkships in the Office of Rural and Underserved Programs, Ohio University Heritage College of Osteopathic Medicine, Logan, OH

Alex Heintzelman MD, Family Physician, Clinical Assistant Professor of Family and Community Medicine, and Director, Rural Medical Education (RMED) Pathway, Northeast Ohio Medical University, Boardman, OH

Lori Martensen MS, Director, Wright Rural Health Initiative, Wright State University, Boonshoft School of Medicine.

Friday, October 8

Travel to Hocking Hills

2:00 to 6:00 PM	Arrival and registration
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“20 Years Mentoring Students Toward Rural Practice”

3:00 PM	Welcome
	Facilitated by Randy Longenecker and Sharon Casapulla, these 2 hours will be devoted to gleaning lessons learned from twenty years and envisioning the next twenty.
3:10	History of the Rural Health Scholars program – Longenecker Dr. Longenecker will review the history of RHS and solicit from the group their additions, corrections, and other memories.
3:30	What We’ve Learned – Casapulla A focus group of those present regarding lessons learned through participation as students, special guests, or faculty and along the path through rural practice.
4:30	Creating a Future – Longenecker and Casapulla Dr. Longenecker, who is retiring this year, and Dr. Casapulla will lead the group in envisioning a variety of possible futures, provided continued support from Ohio University, the Ohio Rural Physicians Training Pathways group, and The Ohio State University Department of Family Medicine and its endowment funding.

20th Anniversary Dinner and Celebration

5:30 PM	

Retreat Session I (Restricted to overnight participants)

8:30 PM	Getting acquainted - Introductions and retreat overview Longenecker
9:15	Our stories across generations – Longenecker, Facilitator
	Panel: Anzalone, Bair, and Mollica
10:00	Adjourn

Saturday, October 9

8:00 AM	Breakfast
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Retreat Session II – “Staying Near” (Available online)

9:30 AM	Panel: Prenger, Metzger, Adkins, Cutler
11:00 AM	Adjourn

11:30 AM	Lunch
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Retreat Session III – “Going Far” (Available online)

1:30 PM	Panel: Rossio, Ketron, Mortenson, Callahan
3:00	Adjourn

Open


6:00 PM	Dinner
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Retreat Session IV – “The ‘Atypicals’: Research, Policy, Academics, and Organized Medicine”
(Available online)

7:30	Panel: Rogers, Peterson, LaForce, Heintzelman
9:00	Adjourn

Sunday, October 6

8:00 AM	Breakfast
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9:00 AM	Longenecker - “Keeping Purpose and Staying Well”
9:45 – 10:00 AM	Summary reflection and evaluations  https://tinyurl.com/RHSEval2019

11:00 AM	Checkout and depart for home
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Session Video and Power Points (if applicable) will be available on the website of the Office of Rural and Underserved Programs in the weeks following the retreat: <https://www.ohio.edu/medicine/about/offices/rural-underserved-programs/>

Featured Alumni and Hosts – Covering 20 years

Dr. Eric Prenger (RHS 2002-2005) is a family physician in Sidney, Ohio and is affiliated with [Wilson Memorial Hospital](#). He received his medical degree from The Ohio State University College of Medicine and has been in practice in the Sidney area since completing his residency.

Dr. Scott Rogers (RHS 2003-2006) is a family physician and recently appointed Associate Dean for Clinical Education, Ohio University Heritage College of Osteopathic Medicine, Reynoldsburg, OH. Following medical school at Ohio State and residency in Klamath Falls, OR, he has practiced in rural North Carolina and in urban Columbus, OH, where he served as faculty and Associate Program Director for the Grant Family Medicine Residency Program.

Dr. Lars Peterson (RHS 2004-2009) is a family physician who grew up in Utah, attended medical school at Case in Cleveland, OH, residency and early practice in South Carolina, and now practices in Lexington, KY, where he is VP for Research, American Board of Family Medicine.

Dr. Curt Mortenson (RHS 2006-2009) is a family physician who grew up in Kodiak, Alaska, before attending college and medical school in Ohio, before returning to Alaska for residency and now practice in Kodiak, AK, where he is medical director of the family medicine clinic there. (Invited)

Dr. Sarah Metzger (RHS 2008-2010) grew up in northcentral Ohio, went to medical school at NEOMED, residency in Akron, and then returned to her home community in Crestline, OH to practice family medicine. She is mother of six children!

Dr. Alex Heintzelman (RHS 2008-2011) also returned to his home community to practice family medicine in Boardman, Ohio, following medical school at NEOMED and residency in Youngstown. He is now Clinical Assistant Professor of Family and Community Medicine, and Director, Rural Medical Education (RMED) Pathway, Northeast Ohio Medical University in nearby Rootstown.

Dr. Sherri Adkins (RHS 2010 and 2011) is a family physician with Family Health, a community health center in Madison. She also has not strayed far from home, completing medical school at Wright State and residency in Wilmington, OH. She is engaged in helping to plan a rural track residency program in Greenville, OH, in partnership with Miami Valley Hospital in Dayton.

Dr. Kara Callahan (RHS 2012-2017) went to residency in Klamath Falls, OR, after growing up in central Ohio and attending medical school at Wright State. She recently graduated, is currently doing locum tenens work, and is seriously considering returning to Ohio to practice.

Dr. Tim Cutler (RHS 2015-2018) attended medical school at Ohio University Heritage College of Osteopathic Medicine – Cleveland Campus. He is currently a third-year resident in family medicine at family medicine residency in Sandusky, OH, near the home community in which he grew up.

Dr. Shannon Rossio (RHS 2015-2018) is currently a third-year family medicine resident in Kalispell, MT, after growing up in Michigan and attending University of Toledo College of Medicine and Life Sciences.

Dr. Keilah Ketron (RHS 2016-2019) attended Ohio University Heritage College of Osteopathic Medicine – Dublin Campus and is a second-year family medicine resident in Waco, TX, where she is preparing for broad scope rural family practice.

Dr. Aubrey LaForce (RHS 2017-2020) has just started family medicine residency in Akron, OH. She attended Northeast Ohio Medical University where she was an active participant in the RMED pathway and represented NEOMED in leadership roles on multiple national committees: American Academy of Family Physicians National Primary Care Leadership Collaborative, 2019 Ohio medical student delegate to the National Conference of Family Medicine Residents and Medical Students, and most recently as

AAFP Student Delegate to the American Medical Association Student Section (AMA-MSS). In addition, she serves as student trustee on the OAFP Foundation Board of Trustees.

Tara Wagner-Bair (RHS 2001-2011) is President/CEO at Community Health & Wellness Partners of Logan County a federally qualified health center (FQHC) that replaced the medical practice vacated by The Ohio State University Rural Program, an integrated RTT in family medicine that closed in 2012. From 2001 to 2011 she assisted Dr. Longenecker in planning and hosting the Annual Retreat and planning and accompanying students attending the National Rural Health Association Rural Health Policy Institute in Washington, DC.

Dr. Scott Anzalone (RHS 2014-2021) is a family physician in Logan, Ohio, who in addition to a wide scope of generalist practice, teaches medical students, does international mission trips, and even works from time to time as a cruise ship doctor. He is also Director of Longitudinal Integrated Clerkships at the Heritage College of Osteopathic Medicine.

Dawn Mollica (RHS 2013-2021) is Administrative Director, Office of Rural and Underserved Programs, Ohio University Heritage College of Osteopathic Medicine, and Administrative Director, The RTT Collaborative, a nationwide non-profit cooperative of rural health professions education and training programs that promotes the development and supports the sustainability of education and training in rural communities.

Dr. Randy Longenecker, (RHS 2001-2021) a family physician in rural practice for 30 years in Logan County, Ohio, fifteen of those as Program Director for a rural training track residency program, is now a professor of family medicine and assistant dean for rural and underserved programs at Ohio University Heritage College of Osteopathic Medicine. He is retired from clinical practice and is Executive Director for The RTT Collaborative. He has created and directed more than a dozen programs in rural medical education and rural medical education research including the Rural Health Scholars program.

Rural Health Policy Institute and the NRHA Annual Meeting

Following the retreat, we will choose two students to attend the [Rural Health Policy Institute](#) in Washington DC, February 8-10, 2022, and two students to attend the [Rural Medical Educators](#) preconference and [NRHA Annual Meeting](#) in Albuquerque, NM, May 10-13, 2022. Those chosen will be notified by the end of November so they can make appropriate plans for being released from their medical school duties. The total travel and meeting stipend this year is \$750 per student and may be supplemented with other scholarships, including scholarships from the NRHA.

Credits

Sponsored by The Ohio State University Department of Family Medicine Endowment Funds and Ohio University Heritage College of Osteopathic Medicine/Office of Rural and Underserved Programs; A special thanks goes to the J. Martin Byers family, for their support of this program over the past 17 years through the Ohio State University Byers Endowment Fund and to the faculty and staff of the Ohio University Heritage College of Osteopathic Medicine and its Office of Rural and Underserved Programs.

If you wish to write a letter of appreciation to the Dr. Byers family, here is the contact information you need:

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