

# cahaba

MEDICAL CARE



*Serving from the fields  
to the streets, to the ends of the earth*

2018 ANNUAL REPORT



*caring for*



*the generations*

## WHO WE ARE

Cahaba Medical Care is a Community Health Center (FQHC), accredited as a Patient-centered Medical Home (PCMH) by the National Committee for Quality Assurance (NCQA) and Joint Commission, with sites in central Alabama serving Bibb, Perry, Chilton, Dallas, Autauga, and Jefferson Counties. Our health centers provide comprehensive primary care services including treatment and management of chronic diseases, pediatric care, women's health services, dermatological services, sports medicine services, mental healthcare and more.

Additionally, we have the technology and staff to perform on-site procedures including x-ray, laboratory tests, ultrasound, echocardiograms, women's health procedures, prenatal care with local delivery and so much more. We currently have more than 50 primary healthcare providers, ten social workers, and a team of nurses and medical assistants whose job is to assist our patients in becoming healthier individuals.



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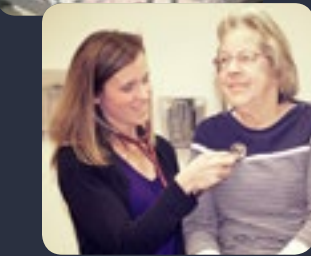
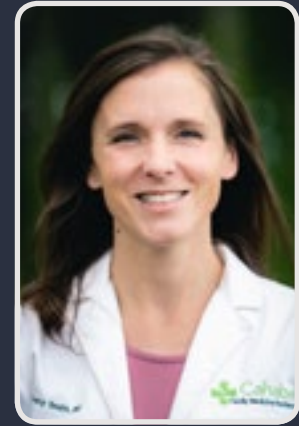
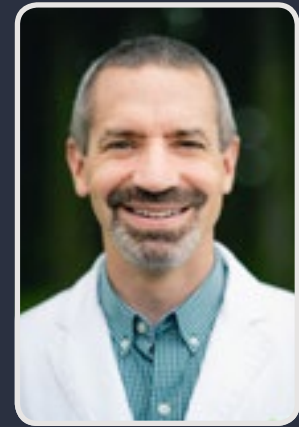
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# From Leadership DR. JOHN WAITS & DR. LACY SMITH

## COLLABORATION & PARTNERSHIPS

Exceptional individuals inspire us Americans. Observations of this are almost cliché, but no less pervasive. Examples abound: Marcus Aurelius, William Bradford, Benjamin Franklin, John Adams, Thomas Jefferson, Alexander Hamilton, Abraham Lincoln, Robert Oppenheimer, Robert Moses, Michael Jordan, Paul "Bear" Bryant, Nick Saban, Luke Skywalker, Tony Stark.

Less celebrated in the American mindset, lest we be labeled as "soft" or "liberal" is how much more can be accomplished with partnerships and collaboration. To stick with my examples above (fresh on my mind from biographies read or movies seen ~2018), think one layer deeper, of how much collaboration was needed for them to be successful.

Plymouth colony's literal survival depended upon instant toleration of the religious differences between the Puritans and the "Strangers", and ultimately in the early, albeit complex, cross-cultural understandings between the Pokanoket and the settlers.

Lincoln's "Team of Rivals", rather than just one exceptional individual, allowed the Union to survive perhaps its greatest existential challenge, continuing our grand experiment in Republican Democracy.

No one doubts that Michael Jordan would have been successful wherever he landed, but, despite being a legend in his own right and being surrounded by other All-Americans, there was a realization that a dynasty is built with teamwork and not by trying to elevate oneself as more important than the team and the partnerships. By doing that, everyone's strengths are capitalized upon and that is when greatness can occur.

And Tony without the assembled Avengers? 'nuff said! :-)

Our point in this year's annual report is that we want to celebrate not just Cahaba Medical Care, but also the collaborations and partnerships that are, and have the potential to, make us even more successful in our relentless mission

to serve our patients and our communities.

Each person mentioned here is an integral member of the team and an important partner in accomplishing the goal of leaving our communities and neighbors better through service.

Some of these partners include Dr. Rowell Ashford, a visionary OB/Gyn who considered it important to continue and grow his service to Ensley.

Resurrection Family Medicine Residency who taught us what it looks like to live where you serve and who embodied ministry and service to its community as an outpouring of love for Christ and their neighbors.

The UAB School of Medicine who has accepted us into the fold and counted it important to help train the next generation of primary care providers.

The UAB School of Nursing and Jefferson County Department of Health who decided to embark with us on a new CRNP Residency program as a collaborative effort to continue to address the primary care workforce shortage in so many areas of this state.

And there are so many others (as seen listed on the next page).

In reflecting on the past few years – particularly this past year, as we've put this Annual Report together – I'm reminded of the African Proverb:

"If you want to go fast, go alone. If you want to go far, go together."

Thanks to all of you for previous and ongoing partnerships. You have made us better, pushed us to go further, and encouraged us to dream bigger. We are excited about what the future holds and what we will be able to accomplish together for the state of Alabama and how we will be able to, together, make the people of Alabama healthier and happier.

## 2018 BOARD OF DIRECTORS

**Eleita Kinard**  
Chairman  
**Ashlie Cash**  
Vice Chairman  
**Bevin Tomlin**  
Finance Chair  
**Scott Kemp**  
QA Chair

**Darlene Hollifield**  
**John Marchant**  
**Priscilla Mack**  
**Wanda Larosiliere**  
**Willie Dunn**  
**Glenda Carter**  
**Hollie Tillery**



## COMMUNITY SUPPORTERS

- Alabama College of Osteopathic Medicine
- Alabama Health Education Consortium
- Alabama Primary Care Association and Mrs. Mary Finch
- BBVA Compass
- Bibb County Board of Education
- Bibb County Chamber of Commerce
- Bibb Medical Center & Mr. Joseph Marchant
- Bryan W. Whitfield Memorial Hospital & Mr. Arthur Evans
- Cahaba Blueway & Mr. Brian Rushing
- Cahaba Pressure
- Cahaba Timber
- Caring Hands
- Children's Hospital of Alabama
- Christ Health Center & Dr. Robert Record
- City of Centreville
- Congresswoman Terri Sewell
- Cooper Green Mercy Health Services & Armika Berkley
- Commissioner Sandra Little Brown
- Commissioner Sheila Tyson
- Dr. Bill Curry
- Dr. Connie Richardson
- Dr. Cynthia Selleck
- Dr. David Allgood
- Dr. John Hollis
- Dr. John Meigs
- Dr. Keith Roberts
- Dr. Larry Lemak
- Dr. Lata Patil
- Dr. Rowell Ashford
- Drs. Robert and Susan Griffith
- Dr. Ted Epperly
- Dr. Timothy Williams
- Dr. Wil Baker
- Henry Schein
- Jefferson County Department of Health
- LBVD, Inc.
- Marion Bank & Trust
- Mercedes Benz U.S. International, Inc.
- Mitch & Stephanie Kemmer
- Philadelphia College of Medicine, Georgia Campus
- State Representative April Weaver
- State Representative Cam Ward
- Trustmark Bank
- UAB Health Systems
- UAB Medical West
- UAB School of Dentistry
- UAB School of Medicine
- UAB School of Nursing
- University of Alabama at Birmingham (UAB), Orthopedics and Hospitalist Group
- University of Alabama Center for Economic Development
- Viva Health
- Walmart
- William Carey University School of Osteopathic Medicine
- Windwood Management Group

## COMMUNITY STAKEHOLDERS

### CENTREVILLE STAKEHOLDERS

- Amy Shields - Branch Manager, 1st Financial
- Ann Lynch - Retired School Teacher
- Billy Thompson - Topline Equipment
- Dr. Mechelle Hollifield - Principal, Brent Elementary School
- Dr. Earnie Cutts - Principal, Centreville Middle School
- James Alston - Principal, Bibb County High School
- Jim Oakley - Bibb County Chamber of Commerce
- Joseph Marchant - CEO, Bibb Medical Center
- Leanna Stephens - Teacher, Brent Elementary School; Dance Instructor
- Louise Carey - Principal, Randolph Elementary School
- Luke Smith - Farmer
- Matt Hartzell - Bibb County Extension Coordinator
- Mayor Bobbie White - Mayor of Brent
- Mayor Terry Morton - Mayor of Centreville
- Mike Oakley - Alabama Power Company
- Mitch Haubert - Pastor, Brent Presbyterian Church
- Paul Hightower - Alfa Insurance
- Rachel Waits - Director, The Studio
- Robert Lawrence - First US Bank
- Valerie Cook - Bibb County Chamber of Commerce

### WOODSTOCK STAKEHOLDERS

- Anne Stone - Woodstock Librarian
- Bob Ellis - Alfa
- Brad Roaker - Alfa
- Bridget Chambliss - Real Estate, Downs & Associates
- Dr. Greg Blake - Principal, West Blocton Middle School
- Fred Lynch - West Blocton Town Council
- Gail Cook - Director, Woodstock Senior Center
- Glenda McGuire - First US Bank
- Jeff Parker - Farmers Insurance
- Kathy Leatherwood - Klasey Realty
- Lee Thompson - State Farm
- Mayor Daniel Sims - Mayor of West Blocton
- Mayor Jeff Dodson - Mayor of Woodstock
- Pamela Gamble - Branch Manager, 1st Financial
- Patricia Sellers - Branch Manager, First US Bank
- Shea Essman - Principal, Woodstock Elementary School
- Sloan Crim - Counselor, West Blocton High School
- Steven Carroll - Mike's Truck Repair
- Tammy Morton - Principal, West Blocton Elementary School
- Terry Lawley - Principal, West Blocton High School
- Tiffany McCulley - Woodstock Town Clerk
- Tina Pierce - Owner, Mami's Attic
- Todd Roaker - Woodstock Drug
- Ty Corbell - Woodstock Town Council

### MAPLESVILLE STAKEHOLDERS

- Anna Harrison - City of Clanton
- Brad Jackson - Branch Manager, Marion Bank & Trust
- Cindy Brown - Maplesville Town Clerk
- Dr. Kevin Bolding - Veterinarian
- Dr. Robin Parnell - Professor, Auburn University at Montgomery
- George Walker - Former Principal
- Judy Walls - Patient & Former Teacher
- Kelly Hubbard - Maplesville High School
- Kendall Williams - Alfa
- Kurt Wallace - Patient & Former Alabama Legislator
- Mayor W.C. Hayes - Mayor of Maplesville
- Paul Davis - West Fraser
- Queen Morrow - Retired Teacher
- Sheila Hall - Maplesville Town Council
- Shirley Laister - Beautician
- Stacy Stough - Southcoast Paper
- Steven Hunter - Chilton County Schools
- Terry Seals - Terry's Small Engines

### MARION STAKEHOLDERS

- Albert Turner, Jr. - Perry County Commissioner
- Donald & Donna Bennett - Main Street Marion
- Dr. Cathy Trimble - Principal, Francis Marion School
- Dr. Cynthia Stewart - Principal, Marion Academy
- Dr. Leslie Ford - Principal, Robert C. Hatch High School
- Frances Ford - Sowing Seeds of Hope
- John Heard - Superintendent, Perry County Board of Education
- John Nicholson - Pastor, Siloam Baptist Church
- Kris McConnell - Biology Dept. Head, Judson College & Board Chairman, Marion Academy
- Laura Hinton - Marion City Clerk & Treasurer
- Maggie McConnell - Manager, The Vault & Vice President, Main Street Marion
- Mayor Dexter Hinton - Mayor of Marion
- Mayor Jamaal Hunter - Mayor of Uniontown

- O'Neal Holmes - Director of Alumni & Community Affairs, Marion Military Institute
- Rene Sumlin - Director of Cadet Health Services, Marion Military Institute
- Rev. Dr. Anthony Trimble - Pastor, First Missionary Baptist Church
- Roy & Inez Barnett - College City Drugs
- Sharon Phillips - Perry County Nursing Home
- Susan Passmore - Main Street Marion
- Walter Collins - Principal, Albert Turner Sr. Elementary School

### BESSEMER STAKEHOLDERS

- Alphonso Patrick - Executive Director, Bessemer Housing Authority
- Anthony Underwood - Owner, Watermark Place & Anthony Underwood Automotives
- Charles Prickett - Owner, Eastern Valley Drugs
- Dee Howard - Counselor, McAdory High School
- Jasmine Browder - Membership Coordinator, YMCA
- Kimberly Nicholson - Residents Service Coordinator, Bessemer Housing Authority
- Latesha Cook - Bessemer Chamber of Commerce
- Lynnece Washington - Jefferson County District Attorney
- Micah Andrews - Executive Directory, The Foundry
- Neola McMillan - Patient
- Patti Thompson - Patient
- Robert Blackmon - New Bethlehem Baptist Church
- Robert Thompson - Patient
- Seth Holloway - Bessemer Cutoff News
- Sherry Tew - Patient
- Terry Dawson - Executive Director, Bessemer Civic Center
- Todd Paden - Paden Realty
- Toraine Norris - Chief of Staff, City of Bessemer

### WEST END STAKEHOLDERS

- Angela Jackson - Sales Executive, Cumulus
- Brandon McCray - City of Birmingham
- Debra Mays - President, West End Manor Neighborhood Association
- Delois Clayton - President, Arlington West End Neighborhood Association
- Dr. Michael Wesley - Pastor, Greater Shiloh Missionary Baptist Church
- Emily Graham - City of Birmingham
- Evanne Gibson - President, Germania Park Neighborhood Association
- Garrett & Caitlin Harper - Pastors, Community Church Without Walls
- Hertisene Riley - Sales Manager, Cumulus
- Karen Wadlington - Jefferson County Commission
- Kia Jenkins - Community Church Without Walls
- Melodie Agnew - Executive Director, Urban Ministry
- Misha Randle - Assistant Principal, Wenonah High School
- Neil & Wanda Boley - Patients/Business Owners
- Sandra Little Brown - Former Jefferson County Commissioner
- Sheila Tyson - Jefferson County Commissioner & Former Councilwoman
- Walter Mitchell - Jefferson County Commission

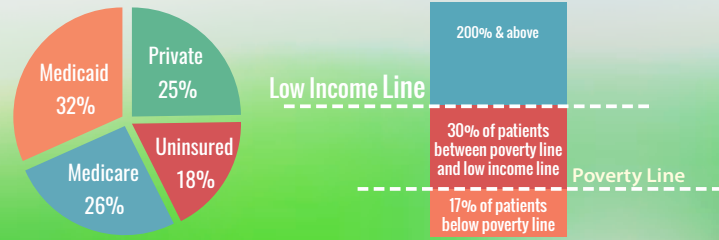
### ENSLEY STAKEHOLDERS

- Andra Walls - Principal, Central Park Elementary School
- Antonio Spurling - Spurling & Associates
- Cynthia Haywood - Patient
- Cynthia Ward - Principal, Princeton Elementary School
- Dr. Rosalyn Morgan - Pediatrician
- George McCall - President, Ensley Neighborhood Association
- Glynn Fitts - Regions Bank
- Jackie Moore - Manager, Gilmer Drugs
- Janet Maycock - Ensley Entertainment District
- Jimmy Crane - Pharmacist, Gilmer Drugs
- John Hilliard - Birmingham City Councilman, District 9
- Judith Ross - Principal, Bush Hills Academy
- Kim Dajge - Manager, P&S Transportation
- Nancy O'Neal - Nurse, Jackson-Olin High School
- Rev. RL Patterson - Pastor, Abyssinia Baptist Church
- Ron Hall - Allstate
- Ronald DeRamus - Hope International, LLC
- Steve Brown - Principal, Brown Elementary School
- Terrell Brown - Principal, Minor Elementary School

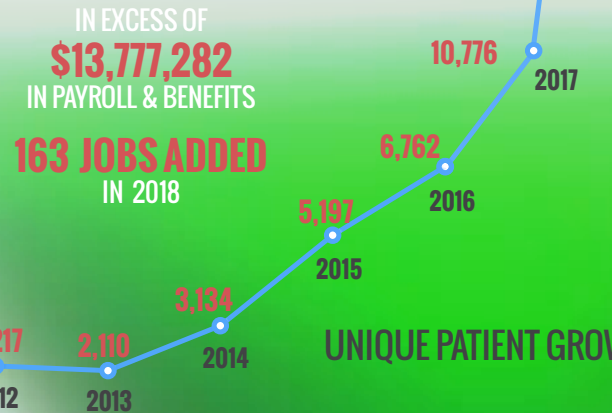


# CAHABA FACTS

## PATIENT SNAPSHOT



## ECONOMIC IMPACT



## RESIDENCY PROGRAM

**23** FAMILY MEDICINE RESIDENTS

**1<sup>st</sup>** Alabama's First & Only Teaching Health center



- 9 Centreville
- 4 Woodstock
- 2 Maplesville
- 5 Bessemer
- 8 West End
- 4 Ensley
- 2 Marion

**+27** TOTAL FAMILY MEDICINE & NURSE PRACTITIONER RESIDENTS

**61** primary care providers in HPSA shortage areas in a state that needs > 200 PCP

## STAFF GROWTH



## PATIENT VISITS

2018 UDS REPORT

## CAHABA LOCATIONS

10 STRATEGIC CENTERS

- 1 Centreville (Rural Residency)**  
405 Belcher St  
Centreville, AL 35042
- 2 Woodstock**  
28921 Highway 5  
Woodstock, AL 35188
- 3 Maplesville**  
9431 Alabama 22,  
Maplesville, AL 36750
- 4 Centreville Dental**  
260 Walnut Street  
Centreville, AL 35042
- 5 Bessemer**  
1088 9th Avenue SW • Suite 106  
Bessemer, AL 35022
- 6 West End (Urban Residency)**  
1308 Tuscaloosa Avenue  
Birmingham, AL 35211
- 7 Ensley**  
1925 Avenue E Ensley,  
Birmingham, AL 35218
- 8 Marion**  
1303 Washington St  
Marion, AL 36756
- 9 Brent Elementary**  
160 4th St  
Brent, AL 35034
- 10 West Blocton Elementary**  
828 Cahaba River Dr  
West Blocton, AL 35184



Serving the Bibb and Perry County communities since 2004, and added Chilton, Dallas, Autauga, and Jefferson Counties in 2015. Our mission is to provide high quality and compassionate primary and preventative healthcare for families in our area

- all ages, all conditions
- regardless of ability to pay
- regardless of insurance

## SERVICES

### Preventative Health Services

- Pap Smears
- DEXA Scans
- Mammograms
- Colonoscopy
- Adult Immunizations

### Chronic Disease Management

- Diabetes
- High Blood Pressure
- High Cholesterol
- Heart Disease

### Pediatric Care

- Well Child Checkups
- Immunizations
- Sick Visits
- Circumcision

### Women's Health Services

- Obstetrics
- Prenatal Care and Ultrasound
- Birth Control
- Management of Abnormal Pap Smears
- Delivery services at BMC, UAB Medical West, and Baptist Princeton

### On-site Procedures

- X-ray
- Ultrasound
- Lab
- Fracture Care (casting & splinting)
- Joint Injections
- Pulmonary Function Tests
- 24 Cardiac HR Monitoring
- Cardiac Treadmill Testing

### Dermatology/Skin Care

Sports Physicals and Department of Transportation Physicals

Nutrition / Dietary Services

Mental Health Care

Nursing Home Care at Bibb Medical Center Nursing Home

Hospital Care at Bibb Medical Center and UAB Medical West



### A MEDICALLY UNDERSERVED AREA IS A COMMUNITY WITH:

- Low Primary Care Physician to Population Ratio
- High Infant Mortality Rate
- High Percentage of Population Living Below Poverty Level
- High Percentage of Population over Age 65





# CAHABA GIVING

Here are other highlights of funds given by Cahaba Medical Care to support patient care needs and community development projects identified as needs by the local communities.



## TOTAL CONTRIBUTED TO COMMUNITIES

# \$3,165,062



**EXERCISE**  
SPONSORING WEEKLY FREE ADULT EXERCISE CLASSES

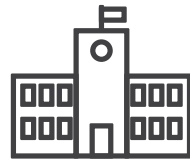
**PARTNERSHIP & SUPPORT**



HELPING TO PROMOTE FINE ARTS OPPORTUNITIES FOR CHILDREN ADULTS



**TRANSPORTATION ASSISTANCE**  
FOR PATIENTS UNABLE TO GET TO NEEDED APPOINTMENTS



**CHILD CARING FOUNDATION**  
PROVIDING FINANCIAL SUPPORT FOR THE SCHOOL BASED HEALTH FAIRS AT EACH OF THE SEVEN BIBB COUNTY SCHOOLS AS WELL AS PROVIDING STAFF TO PERFORM THE SCREENING TESTS



**FREE DENTAL VOUCHERS**  
FOR PATIENTS IN NEED OF DENTAL WORK BUT ARE UNABLE TO PAY



**COMMUNITY CENTER**  
PROVIDING FREE FOOD AND CLOTHING TO ANY INDIVIDUAL WITH NEED IN PARTNERSHIP WITH MANY COMMUNITY DONORS AS WELL AS THE WEST ALABAMA FOOD BANK

## GIVING BREAKDOWN



**\$3,065,959**  
CARE FOR LOW-INCOME & UNINSURED PATIENTS

**FOR 15,386 UNINSURED ENCOUNTERS**

**3,592** BACKPACK MEALS DISTRIBUTED



**\$15,000** FREE MEDICATIONS GIVEN OUT



**BASSINETS GIVEN OUT 52**



**19,533 LBS** OF FOOD PROVIDED



**CAR SEATS GIVEN OUT 14**



**\$4,250** SPENT TO HELP WITH TRANSPORTATION



**CAHABA SUPPORTED**

**\$6,000** - THE STUDIO SCHOLARSHIPS & PROGRAMING

**\$3,000** - EXERCISE CLASSES FOR PATIENTS

**\$12,000** - BIBB COUNTY CHILD CARING FOUNDATION



**\$5,780** DONATED TO SCHOOLS



**\$23,090** CONTRIBUTED FOR THE CAHABA RIVER WALK & CANOE LAUNCH





# COMMUNITY INVESTMENT

When most people think of healthcare, the first thoughts that often come to mind are doctors, medications, hospitals, etc. However, studies have shown that medical care only accounts for about 20% of a person's overall health. Health behaviors such as diet, exercise, tobacco and alcohol use, and sexual activity make up another 30%. But the one thing that has the greatest impact on our health and well-being is the community we live in - in fact, 50% of a person's overall health can be traced back to their zip code.

The environments in which we live, work and play have a direct effect on our quality of life and life expectancy. A community's overall health is based on the availability of healthy options and opportunities, including access to healthy food, clean air and water, safe transportation, quality jobs and education, and safe places for recreation, just to name a few.

As your community health center, Cahaba Medical Care is committed to patient care that extends beyond the walls of our clinics. Our goal is to seek out innovative ways to improve quality of life in the areas we serve by working with our neighbors, building relationships and supporting efforts that reinforce physical, mental, social, financial and environmental health throughout our communities.

# STAKEHOLDERS

As Cahaba Medical Care continues to expand into new neighborhoods and communities, we've learned how important it is to learn each community's unique needs, strengths, and weaknesses - and what better way to do that than engaging community members and building relationships with those who are already making a difference! For this purpose, CMC has established stakeholder groups comprised of local leaders and community-minded individuals that provide helpful insight into each community we serve.

*"It's important that we never come into a community assuming we know what's best or what that community needs. We really want to come in with humility, knowing that every town has its own areas of pride," said Dr. John B. Waits, CEO. "In every neighborhood, there are folks that have lived there their whole lives and know much more about area than we do. Those are the people we want to meet, to pick their brains and get their feedback on what we can do and how we can help make their hometown better."*

CMC hosts two to four lunch meetings per year for each stakeholder group, where the goal is to learn and discuss the unique needs of each community and gain valuable feedback on how our organization can be a better community partner. These discussions help guide our community development team as they work to find and create new opportunities to help meet those needs.

*"The stakeholders' meetings have been very effective in that they've allowed us to create a framework for our outreach efforts in each community. We keep a running list of the needs mentioned during each meeting, including our next action steps and deadlines. Between meetings, we refer back to that list and make notes for each step along the way, allowing us to report back to the stakeholders what we've been able to accomplish and what we're actively working on," said Dr. Lacy Smith, COO/CMO. "This process has been essential in keeping us accountable as a good neighbor and partner in the communities we serve."*

In the spring of 2018, CMC's stakeholders concept received national recognition as a "Promising Practice" from HRSA following their operational site visit and annual financial audit.

*"We embarked on this asset-based community development process back in 2016 to really focus on making sure our communities know that CMC is THEIR community health center. We make sure to spend substantial time listening to our community leaders and neighbors, reporting to our Board, following through and following up on their advice, implementing their ideas, and reporting back," said Waits. "This deep and sustained level of community engagement was a model that HRSA wanted to highlight, and we're proud and honored to be recognized for it."*

## PHYSICAL ENVIRONMENT



### Cahaba Riverwalk & Canoe Launch

- ▶ Secured a grant from ADECA for **\$120,000**
- ▶ Contributed **\$23,090** in addition to a full-time staff member to handle project management

## CHILD DEVELOPMENT & EDUCATION



### The Studio

- ▶ Providing financial support to help promote fine arts opportunities for children in Bibb County

### Reach Out & Read

- ▶ Partnering with Reach Out & Read Alabama to incorporate books/reading into pediatric care
- ▶ Hosting Summer Reading events

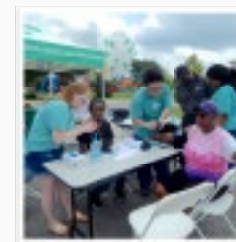
## HEALTHY BEHAVIORS



### Promoting Exercise

- ▶ Sponsoring free weekly adult exercise classes
- ▶ Co-hosting **Mayor's 100-Mile Challenge** in Bibb County
- ▶ Sponsoring Annual Watermelon 5K Run/Walk

## ACCESS TO CARE



### Bibb County Child Caring Foundation

- ▶ Providing financial support for health fairs at all Bibb County schools, as well as staff and supplies to perform screenings

### Free Sports Physicals for Student Athletes

- ▶ **526** free physicals provided in 2018 to students in Bibb, Chilton & Jefferson County

### Athletic Trainers/Sideline Care

- ▶ Two athletic trainers now serving Bibb County
- ▶ Sideline care during high school football games in Bibb & Jefferson County

### Free Community Health Fairs

- ▶ Provides free screenings for hypertension, diabetes, asthma, BMI, etc

### Transportation Assistance

- ▶ Providing assistance for patients who are unable to get to appointments

## ACCESS TO FOOD & BASIC NEEDS



### CMC Community Center

- ▶ Providing free clothing to those in need
- ▶ Food Pantry open twice a week
- ▶ Renovations planned for 2019 to include full kitchen capabilities & capacity for serving hot meals, as well as a place to take showers and wash clothing

### Backpack Buddies

- ▶ **3,592** backpack meals provided in 2018 to students in Bibb, Chilton and Jefferson Counties

### Brown Bag Program

- ▶ Providing meals for **more than 50** seniors age 65+

## FINANCIAL ASSISTANCE



### Hardship Program

- ▶ **\$3.1 million** in sliding fee discounts for low-income and uninsured patients in 2018
- ▶ Dental vouchers for patients in need of dental work but are unable to pay

### Dispensary of Hope

- ▶ **\$15,000** in free medications provided to low-income and uninsured patients in 2018
- ▶ Currently operating 2 sites @ West End & Centreville



# PUBLICATIONS

- **Abed, Sumayah, Lenord Burwell, Matthew Satcher, and Daniel J. Hurst.** "Do helmets improve outcomes in children with plagiocephaly?" Evidence-Based Practice 21, no. 9 (2018): 63-64.
- **Waits, John B. Aleksandra Murawska, Lenord Burwell, Arnelya Cade, Lacy Smith.** "Are neonatal mortality rates increased in stand-alone birthing center births compared with hospital births?" Evidence-Based Practice 21, no. 6 (2018): E6-7.
- **Hurst, Daniel J., Andreia White, Daniela Rodriguez, John B. Waits, and Lacy Smith.** "What are the short-term benefits and harms of methotrexate for treating RA?" Evidence-Based Practice 21, no. 9 (2018): 50.
- **Hurst, Daniel J.** Is there a Business Case for Constitutive Duties of For-Profit Research Funders? The American Journal of Bioethics 18, no. 11 (2018): 35-37.
- **White, Andreia, Shelley Waits, Laura Hyer, Daniela Rodriguez, and Daniel J. Hurst.** "Should we screen and treat bacterial vaginosis in asymptomatic patients at risk for preterm labor?" Evidence-Based Practice 21, no. 7 (2018): E3-4.
- **Linken, Lauren, Nicholas Darby, Lena Gamble, Daniel J. Hurst, and Hiro Takeda.** "Are fitness trackers effective for weight loss in adults?" Evidence-Based Practice 21, no. 5 (2018): E9.
- **Linken, Lauren, Jamie Bishop, Olatunde Bosu, Lacy Smith, John B. Waits.** "How effective is blood pressure self-monitoring for reducing blood pressure in people with hypertension?" Evidence-Based Practice 21, no. 4 (2018): 9.
- **Clements Ernestine, Lena Gamble, Nathan Way, Lacy Smith, John B. Waits.** "Does a family history of adenomatous colon polyp(s) in a first-degree relative pose an increased risk of developing colon cancer?" Evidence-Based Practice 21.4 (2018): E8.

# PRESENTATIONS

- **"Healthcare Disparities in the Rural Population: Exploring the Notion of Vulnerability."** Poster Presentation. Morehouse School of Medicine/ Tuskegee University/University of Alabama at Birmingham Second Conference on Bioethics Issues in Minority Health and Health Disparities Research. Opelika, AL. January 23, 2019.
- **"Improving Colorectal Cancer Screening Rates in the Rural Community."** Society of Teachers of Family Medicine, Conference on Practice Improvement. John B. Waits, Lacy Smith, and Daniel J. Hurst. Tampa, FL. December 8, 2018.
- **"Benefit Sharing in a Global Context."** Global Health Program hosted by the Association of Pacific Rim Universities & The University of Southern California Keck School of Medicine. Daniel J. Hurst. October 17, 2018.
- **"Primary Care Ultrasound: Lessons Learned in 10 Years of Ultrasound Training in a Rural Residency."** Society of Teachers of Family Medicine, Annual Spring Conference. John B. Waits, Lacy Smith, and Daniel J. Hurst. Washington, DC. May 8, 2018.
- **"Family Medicine Obstetrics - Lessons Learned in Rural and Urban Settings."** Society of Teachers of Family Medicine, Annual Spring Conference. John B. Waits, Lacy Smith, Shelley Waits, and Daniel J. Hurst. Washington, DC. May 6, 2018.
- **"Primary Care Ultrasound: Lessons Learned in 10 Years of Ultrasound Training in a Rural Residency."** American Academy of Family Physicians, Program Directors Workshop. John B. Waits, Lacy Smith, Daniel J. Hurst, and Brittany Shanks. Kansas City, MO. March 23, 2018.

# GRANTS RECEIVED

## Trustmark Bank

- Centreville Riverwalk Enhancement Project
- Backpack Buddies

## The Lucille Stewart Beeson Trust - Canterbury United Methodist Church

- Medication Assistance for 55+ (insulin, diabetic testing supplies, and asthma inhalers)

## Walmart Community Grant - Facility #425

- Cahaba Community Center - Food Pantry

## Health Resources and Services Administration (HRSA) Capital Assistance for Hurricane Response and Recovery Efforts (CARE)

- Generators for Centreville, Woodstock, Maplesville, Ensley, and West End; enable x-ray capacity at Ensley and West End; and equip Community Center for Disaster Assistance (commercial kitchen / feeding site)

## Resurrection Health

- Student and Missionary Guest Housing in Birmingham area



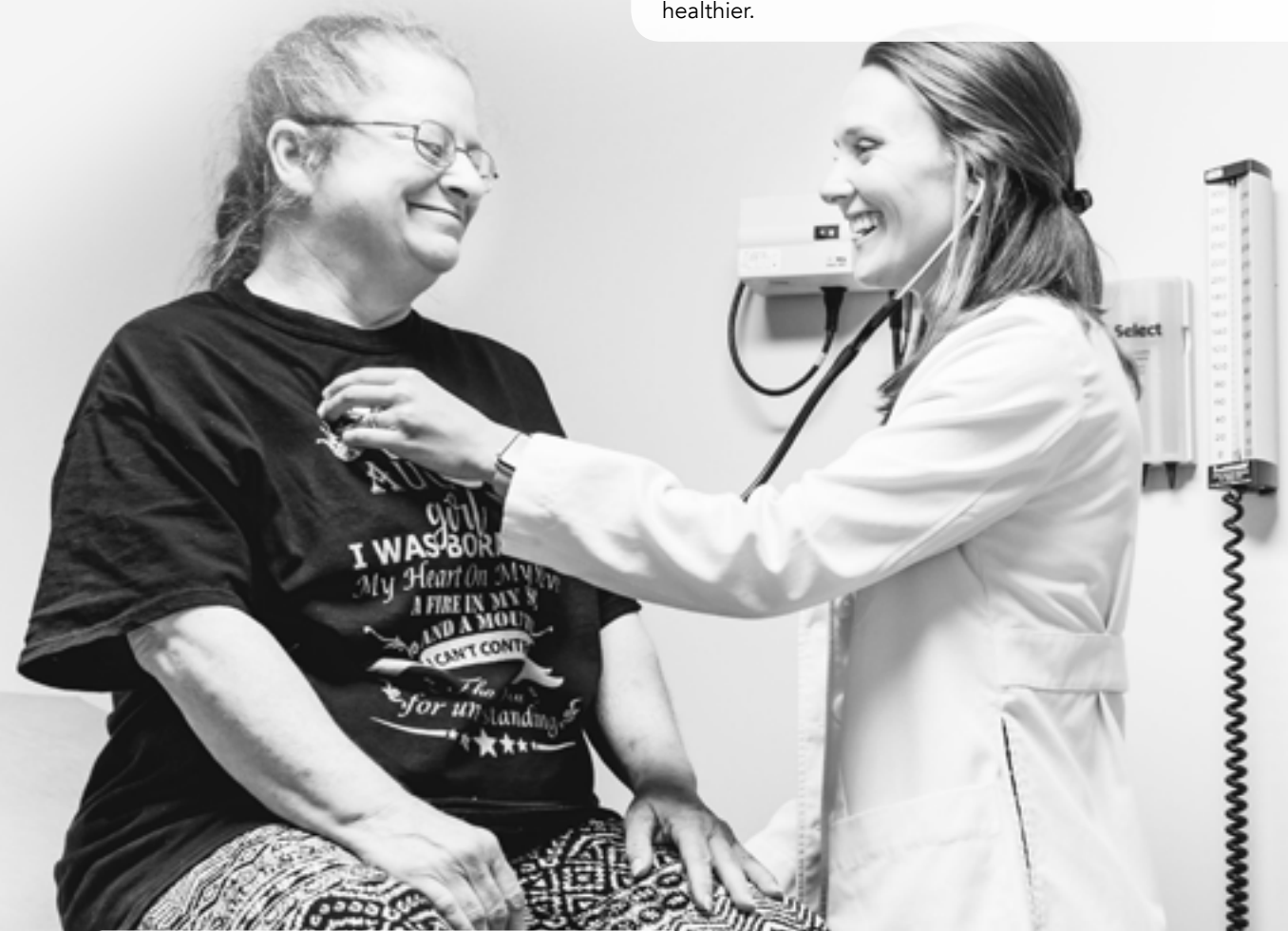
## NCOA RECERTIFICATION

In 2017, we received recertification for our Patient Centered Medical Home through the National Committee for Quality Assurance. Five sites received level 3, the highest level, of recognition. We receive this recognition after completing a total of 6 concepts that contain many activities for satisfactory performance. Each site had to meet the same concepts in order to achieve level 3 recognition.

In 2018, Cahaba Medical Care once again earned the coveted level 3 recognition, this time for seven clinical sites. Cahaba Medical Care has once again earned the coveted level 3 (highest level) NCOA Patient Centered Medical Home recognition!

This is a big accomplishment for us because it reflects our aspirations of accessible, affordable, quality care for our wonderful patients.

This elite award shows that we have not only made a commitment to, but have also established results care results in patients that are happier and healthier.

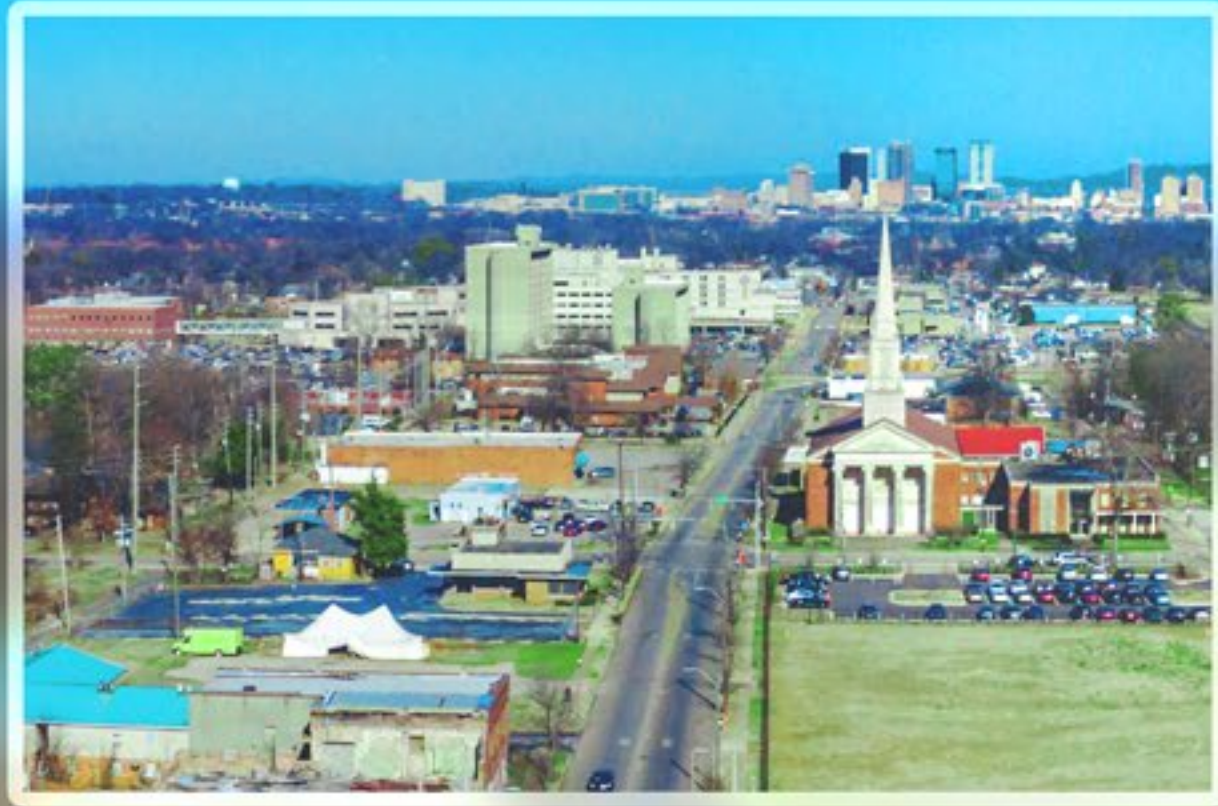


## JOINT COMMISSION RECERTIFICATION

In 2018, we received our recertification of the Joint Commission Ambulatory Care and Patient Centered Medical Home accreditation. Joint Commission covers an array of areas including infection control, patient safety, provider credentialing, clinical workflows, and quality care for our patients. This process was achieved following an on-site visit from Joint Commission to all of our locations.



# THE STREETS

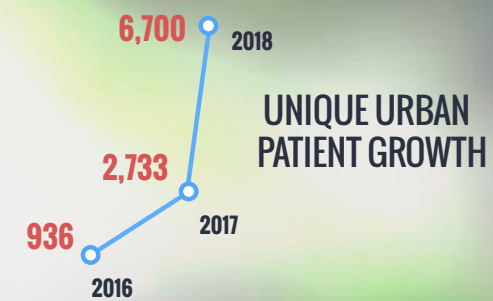


## SERVING URBAN BIRMINGHAM

Although Cahaba Medical Care has been serving patients in Bessemer since 2015, we only just made our debut into Birmingham in 2017 with the opening of our health centers in West End and Ensley. Within the first year of serving the residents of the I20-59 Corridor, we realize that there is still much work to be done. We are working to break down barriers and provide more access to the thousands of residents who are lost in the cracks. Providing local access to healthcare is a necessity because the financial and economic hardship many patients face limits their ability to have to drive long distances to their primary care appointments. Secondly, the need is so great and the population is so large in this "island" of unmet health care needs, that more points of access into care and more providers are needed to actually make a meaningful "dent" in the care that needs to be provided to begin to turn around the health

inequalities that have been present in this portion of Jefferson County for numerous decades. Since CMC's inception in 2004, the mission has been to provide comprehensive, high-quality healthcare to all individuals regardless of insurance status or income. Also during the last three years as a community health center in Jefferson County, in response to Board of Director's driven needs assessment and strategic planning, CMC has thoughtfully been considering how to continue to work to meet the vast needs of Jefferson County. The opportunity to open additional medical sites within other impoverished and disparate areas will be key in helping to address the long-standing inequalities in health outcomes by offering comprehensive primary care, behavioral health, and social services support to all people of all ages and backgrounds.

### URBAN IMPACT



**77** STAFF ADDED



**2** NEW RESIDENCY PROGRAMS ADDED  
(URBAN FAMILY MEDICINE & NURSE PRACTITIONER RESIDENCIES)



# URBAN HEALTH CENTER SITES

Cahaba Medical Care first decided to expand into the urban setting by opening its Bessemer clinic in 2015, having primarily served residents of rural communities since its inception in 2004. Quickly realizing the immense need of medically underserved communities in Birmingham, CMC opened its West End clinic in January of 2017. The Ensley clinic opened shortly after in October of the same year.

During 2018, the most notable and impactful urban development for CMC came in January, when Resurrection Health in Memphis, Tennessee transferred its residency program and merged with Cahaba to establish a new urban track based in Birmingham at the West End clinic. With this transition came the addition of six resident transfers and five faculty physicians joining the clinical staff in Birmingham. The merger also enabled Cahaba's residency program to triple in size, expanding to what is now accredited as a 12-12-12 program, with five rural residents based in Centreville and seven urban residents based in Birmingham.

This growth has allowed CMC to dramatically expand its reach and impact the health of thousands of residents throughout Jefferson County. In 2018, the Bessemer clinic saw a 39% increase in its total number of both patients and patient encounters; the West End clinic saw a 298% increase in its total number of patients and a 258% increase in its total number of patient encounters; and the Ensley clinic saw a 295% increase in its total number of patients and a remarkable 857% increase in its total number of patient encounters. The three clinics combined provided care for 6,700 patients during 2018.





# GROWTH OF SERVICES

In 2018, the immense growth in the medical staff at our Jefferson County clinics gave us the skill sets that we needed to provide more services to our patients. We now offer prenatal care with delivery at both Baptist Health - Princeton and UAB Medical West. We also perform in-house ultrasounds and advanced medical procedures. Additionally, we opened our Dispensary of Hope in 2018, allowing us to provide free medications to low-income and uninsured patients.



## 77 STAFF ADDED

The Urban-based providers and staff grew by tremendous numbers in 2018.

### West End

- 12 Residents Physicians
- 4 Nurse Practitioner Residents
- 6 New Faculty Physicians
- 1 Dietitian
- 1 Residency Coordinator
- 1 Community Development Coordinator
- 5 Receptionists
- 18 Medical Assistants
- 1 LPN
- 1 RN/Office Manager
- 1 RN

### Ensley

- 2 Receptionists
- 6 Medical Assistants
- 1 RN/Office Manager
- 1 Referral Coordinator
- 1 Social Worker
- 1 RN/Centering Coordinator

### Bessemer

- 4 Receptionists
- 7 Medical Assistants
- 1 Substance Abuse Disorder Coordinator
- 2 Physicians

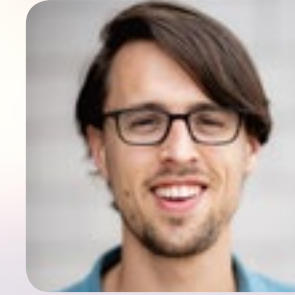
# NEW STAFF



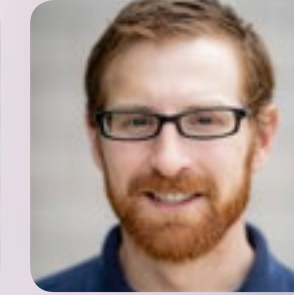
**JEREMY CRIDER, MD**  
PHYSICIAN  
& CFMR URBAN TRACK DIRECTOR



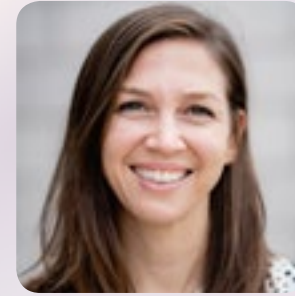
**ADAM ROSS, MD**  
PHYSICIAN & CFMR FACULTY



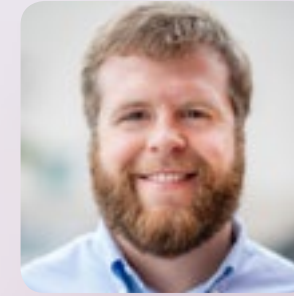
**DAKOTA PRICE, MD**  
PHYSICIAN & CFMR FACULTY



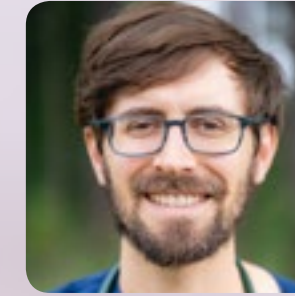
**AUSTIN KLINT, MD**  
PHYSICIAN & CFMR FACULTY



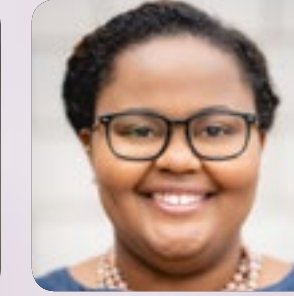
**JENNIFER KENDALL, MD**  
PHYSICIAN & CFMR-OB FACULTY



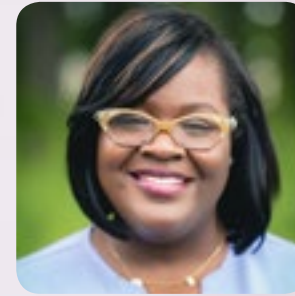
**JONATHAN PETERS, MD**  
PHYSICIAN & CFMR FACULTY



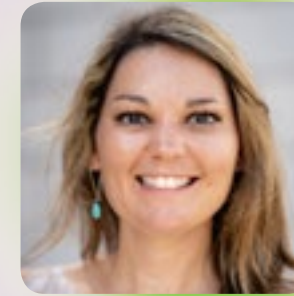
**ANDREW POSEY, DO**  
PHYSICIAN & CFMR FACULTY



**ERNESTINE CLEMENTS, DO**  
PHYSICIAN & CFMR FACULTY



**DEAUNDRIA HARRIS, RN**  
ENSLEY OFFICE MANAGER



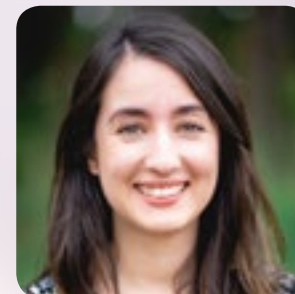
**CATARINA MOJICA**  
CFMR ASSOCIATE PROGRAM COORDINATOR



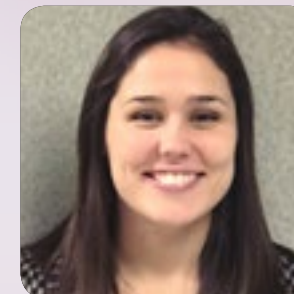
**JOHNQUETA BAILEY, MPA**  
URBAN COMMUNITY DEVELOPMENT COORDINATOR



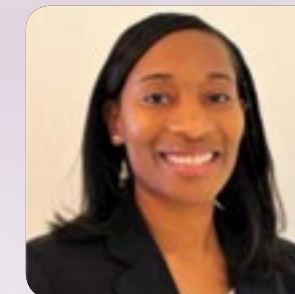
**VERONICA MCDONALD, RN**  
WEST END OFFICE MANAGER



**DANIELA PHILLIPS**  
SOCIAL WORKER



**SARAH ROSS, RN**  
JEFFERSON COUNTY WOMEN'S HEALTH NURSE

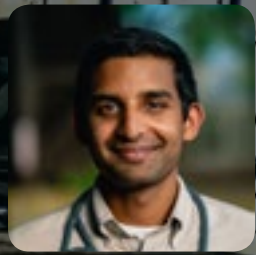


**CHARITY LAISTER, LICSW**  
SUBSTANCE ABUSE/BEHAVIORAL HEALTH PROGRAM COORDINATOR





KATE ABRAHAM, MD



PAUL ABRAHAM, MD



ALEX LEA, MD



MALIA SWANSON, MD



RUBIN VARGHESE, MD



SAJEL NUWAMANYA, MD



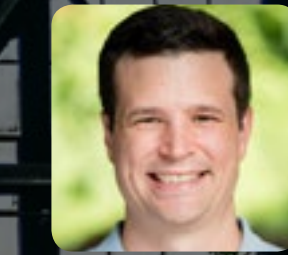
DEREK CHUI, DO



CHERIE SALISBURY, DO



PENNSON WANG, MD



J.T. EPTING, MD



An unexpected change occurred within the Cahaba Family Medicine Residency in January 2018. The program, which had been accredited for four residents per year, expanded its accreditation to 12 residents per year. This event occurred when Resurrection Family Medicine Residency (RFMR) in Memphis, TN, closed due to financial reasons in January 2018. Having been friends and collaborative partners for many years, CFMR's Program Director began coordinating with RFMR as well as with the ACGME (the accrediting body for residency programs), to apply for an expansion in order to offer a transfer option for residents and faculty from the RFMR program. Upon a successful accreditation application with the ACGME, CFMR received 6 transfer residents and 5 faculty members during the first quarter of 2018 with the desire to continue the work and training that RFMR had been doing in Memphis. With this expansion, CFMR created two residency tracks. The rural track is based in one of CMC's rural clinics in Centreville, while the urban track is located in one of CMC's urban clinics in the West End community of Birmingham. Both tracks teach the skills needed to care for the uninsured and underserved populations, either rural or urban.

When assessing the community needs prior to opening the West End clinic, 13 percent of the community was without insurance and 45 percent was considered to be living in poverty. Secondly, the prevalence of high blood pressure, heart disease, and stroke were found to be much higher in this area than in Alabama and the nation. Thirdly, the prevalence of numerous types of cancer including prostate, colon, and breast was higher. Also, when surveying access to medical care for low income and uninsured patients, the primary source appeared to be the Emergency Department.



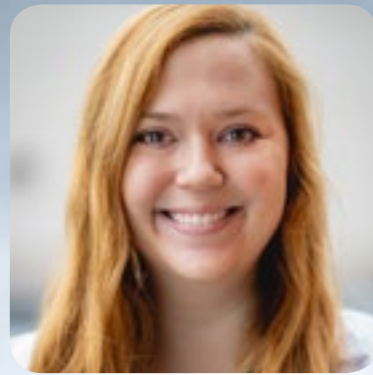
And, when the staff of CMC began meeting community members, other areas of need surfaced including easier and enhanced mental health and substance abuse access, resumed prenatal care in the West End community, and easier access to primary care for people without insurance. Adding the urban residents and faculty greatly increased the number of physicians available to help meet these needs and to continue advancing the collaborative partnerships needed to improve health and wellness in West Birmingham.

In July 2018, despite a very short recruiting year in Birmingham, CFMR successfully matched a class of 6 residents for the Urban Track. There are ten total residents training in the urban track for the academic year 2018-2019. Their names and photos are displayed above.

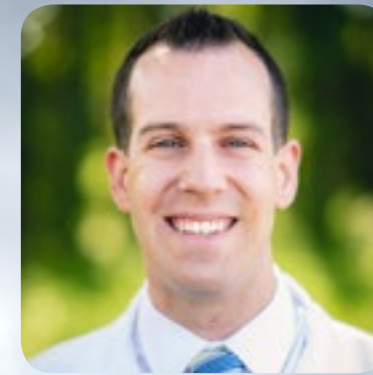




**CAMPBELL SCOTT, CRNP**



**MCKENZIE ACKER, CRNP**



**JOSH ELLEDGE, CRNP**  
PROGRAM DIRECTOR

Josh Elledge was born, raised and currently resides in Tuscaloosa, Alabama. He obtained his MSN-FNP from Samford University in May 2016 and was subsequently certified through the American Academy of Nurse Practitioners. "My ultimate goal is to simply love and obey the Lord God and His Son Jesus with all of my heart and in every aspect of my life. My true joy and peace in this life is found in walking with Him.



**MEGHAN PATTISON, CRNP**



**SARA JOHNSON, CRNP**



## NURSE PRACTITIONER RESIDENCY

Learning to care for patients where they live has proven to be effective in addressing burnout and retention of medical providers in rural and urban underserved communities. Like physicians, nurse practitioners fresh out of training are often overwhelmed by the challenges they face, the lack of medical resources, and the complexity of the patients in medically underserved communities across the nation. Seeing the need, CMCF in partnership with UAB School of Nursing and the Jefferson County Department of Health established the first Family Medicine CRNP Residency in Alabama in 2018. The one-year residency program accepts CRNPs who have graduated and have an expressed interest in practicing in an underserved community in Alabama. It offers full-spectrum training with advanced experience and exposure in urban underserved medicine. The program features a combination of clinical experience, academics, and procedural tracing and includes clinical rotations with Cahaba Medical Care and the Jefferson County Department of Health. In early 2018, we welcomed the first CRNP residents, Campbell Scott and McKenzie Acker. Then in November 2018, we welcomed two additional residents, Meghan Pattison and Sara Johnson.



# PARTNERSHIPS & COMMUNITY IMPACT

Addressing the needs of the community through outreach is vital to CMC's mission. Because of its growth in Jefferson County in 2018, in Jefferson County in 2018, CMC was able to do more community outreach in the West End and Ensley communities in Birmingham. From providing screenings at community health fairs and hosting weight loss programs, to learning more about mental health first aid and shining a light on the medically underserved communities in West Jefferson to gubernatorial candidate Walt Maddox - CMC was there to let our communities know we are here to serve!

## WEST END HEALTH FAIR



## WALT MADDOX VISITS WEST END

On Monday, October 1st, Democratic Gubernatorial Candidate, Mayor Walt Maddox, visited and toured our West End clinic. There were a number of additional guests in attendance including: Sheila Tyson, Birmingham City Councilor for District 6; Debra Mays, President of the West End Manor Neighborhood Association; Evanne Gibson, West End Community President and Germania Park President; Kristin Booker, Principal of Hemphill Elementary; and staff and two scholars from Hemphill Elementary. Office Manager, Veronica McDonald and Dr. Ernestine Clements conducted the tour and were able to articulate very eloquently the day-to-day flow of the clinic, as well as the services we offer and demographics of patients we serve. Mayor Maddox was very impressed with CMC and took several notes during the visit, recognizing healthcare as one of the most important issues and the central focus of his campaign.



## BACK 2 SCHOOL HEALTH FAIR AT GREATER SHILOH MISSIONARY BAPTIST CHURCH

Several staff members at CMC-West End had an awesome time at the Greater Shiloh Missionary Baptist Church Back 2 School Rally and Health Fair on Saturday, July 28. Residents performed blood pressure checks, encouraged healthy eating habits and conversed with community members. CMC would like to thank Dr. Michael Wesley and his congregation for the opportunity to serve! We look forward to continuing to serve the residents of our communities through medical care and community engagement!



## MENTAL HEALTH FIRST AID

CMC hosted our first in-house Mental Health First Aid Course on Friday, September 14 at our West End clinic to educate our resident providers on how to identify and assist someone experiencing a mental health crisis. The course was facilitated by Sarita Colvin, a Licensed Clinical Social Worker for CMC who currently serves patients in Jefferson County.

The MHFA - Youth is primarily designed for adults who regularly interact with young people and focuses on teaching how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including ADHD), and eating disorders.

## "FIT TO BE" CELEBRATION





# THE FIELDS



## SERVING RURAL ALABAMA

Rural Alabama is experiencing a health crisis. Of the sixty-seven counties in Alabama, fifty-four are rural and sixty-two are classed as Health Provider Shortage Areas (HPSA) by HRSA. Based on 2017 ACS data, the poverty level in rural Alabama is 20.1%, 19.8% of rural residents have not completed high school, and there is a 4.9% unemployment rate. Lack of insurance, lack of transportation, and lack of access to healthcare are barriers that plague many of the rural residents. Some of the poorest counties in the nation are located in West Central Alabama and the Alabama Black Belt.

When Dr. John B. Waits opened Cahaba Medical Care in Centreville in 2004, his vision was to set up a clinic where the medically underserved in Bibb and Perry Counties could have a place to establish primary

medical care. Since the founding of Cahaba Medical Care Foundation in 2012 as a Federally Qualified Health Center, that vision of serving the rural areas of West Central Alabama has ignited a movement that has spurred the establishment of additional rural primary care clinics in Woodstock (Bibb County), Maplesville (Chilton County), and Marion (Perry County).

Even though the establishment of these practices is a major step in addressing the needs of these communities, there is still so much more work to be done. Cahaba Medical Care Foundation is standing at the forefront in addressing the healthcare needs of rural Alabama by forming alliances with other healthcare agencies that are willing to make a difference. Great things are on the way!

### RURAL IMPACT



**1** NEW HEALTH CENTER &  
**2** SCHOOL CLINICS OPENED



**1** NEW  
COMMUNITY  
ENGAGED



**RURAL RESIDENCY  
PROGRAM EXPANDED**

**59** STAFF ADDED



# RURAL HEALTH CENTER SITES

## SCHOOL-BASED HEALTH CLINICS

In 2018, Cahaba Medical Care partnered with the Bibb County School System to establish the **Cahaba Medical Care School-Based Health Clinic (SBHC)**. The goal of the SBHC is to remove barriers to receiving physical, mental, emotional and spiritual care by providing students, faculty and staff members access to quality healthcare services in a location that is safe and convenient.

Two school-based clinics were opened in the fall of 2018, located at **Brent Elementary School** and **West Blocton Elementary School**. The SBHC offers the same primary care services typically offered at any of our other medical clinics, including sick visits, well child checks, vaccines, laboratory testing, prescriptions, counseling services and more. The clinics are open to any student currently enrolled in the Bibb County School System, as well as any current or retired employee of the school system.

During its first semester, the SBHC saw **311** new patients and **503** patient encounters. Additionally, the SBHC was able to identify several needs beyond physical health within the schools and refer a number of students to CMC's social work department for counseling and outreach services.

### The SBHC is staffed as follows:

- Andria Knighten - on-site certified registered nurse practitioner (CRNP) for both clinics
- Amanda Wiggins - licensed practical nurse (LPN) and office manager for both clinics who also serves as CMC's vaccine coordinator
- Tameka Lavender-Hyche - licensed independent clinical social worker and counselor (LICSW) for both clinics who provides mental health counseling and social support services
- Liz Cook - athletic trainer for Bibb County High School
- Nick Opolski - athletic trainer for West Blocton High School

### Benefits associated with the SBHC model include, but are not limited to:

- Improved rates of primary care use among adolescents
- Improved academic performance and graduation rates
- Increased rates of preventative visits and immunizations
- Improved chronic disease management outcomes
- Better access to care
- Removal of barriers such as lack of transportation and parents who are unable to take time off from work
- Decreased rates of school absences
- Safer and more supportive learning environments
- Better educational and social outcomes
- Improved mental health
- Improved sexual health
- Early identification and treatment of substance abuse issues
- Increased promotion of healthy eating and active living
- Improved weight management programs and treatment



## MARION HEALTH CENTER

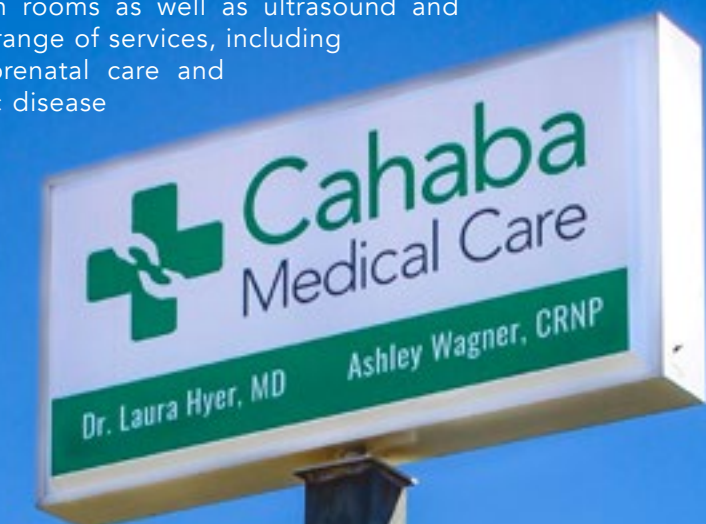
Since becoming a nonprofit FQHC in 2012, Cahaba Medical Care has been accountable for the care of people living in northern Perry County. While many patients were making the almost 30-mile drive to Centreville for healthcare services, it became clear that we could not care for the immense needs in Perry County without having a clinical site there. And so, after receiving approval from HRSA, Cahaba Medical Care opened its tenth clinic location in Marion, Alabama on November 5th, 2018.

Located in Alabama's "Black Belt," Perry County ranks at the bottom for health outcomes related to heart and kidney disease, overall causes of death, and overall quality of life when measured against other counties throughout the state. Statistics have shown that people who live in Perry County die younger and are more likely to die from chronic diseases compared to others who live just a few counties over.

"This clinic opening is the result of many years of planning and hard work, and we couldn't be more excited about the impact we feel we can have on this community and the county overall," said Dr. Lacy Smith. "We hope to improve health outcomes in Perry County through high-quality care and the many ancillary and social services we strive to offer at each of our clinic locations."

The new facility includes 15 examination rooms as well as ultrasound and x-ray technology. The clinic offers a wide range of services, including family health, urgent care, pediatrics, prenatal care and obstetrics, gynecological services, chronic disease management, preventative care and cancer screenings, and much more. Providers on-site include Dr. Laura Hyer, a 2018 graduate of Cahaba Family Medicine Resident and current OB fellow, as well as Ashley Wagner, CRNP. Madison Stringfellow, RN serves as the office manager.

By the end of 2018 (less than two months after its opening), the Marion clinic saw 192 patients and 266 patient encounters. "The Marion community has been so supportive and welcoming, and the patient response has been equally as great," said Dr. John Waits. "We're looking forward to building relationships with other community partners and working together to serve residents of Perry County for many years to come."





# GROWTH OF SERVICES

## 53 STAFF ADDED

The Rural-based staff grew throughout 2018

### Centreville

- 1 CFO
- 3 Billing Employees
- 1 Human Resource Assistant
- 1 Quality Improvement Specialists
- 1 Community Development Coordinator
- 1 Nurse Anesthetists
- 1 Nurse Practitioner
- 1 Inventory Specialist
- 2 X-Ray Technicians
- 1 IT Technician
- 1 Pharmacy Technician
- 1 Ultrasound Technician
- 1 Substance Abuse Disorder Coordinator
- 2 Facilities Employees
- 16 Medical Assistants
- 3 Receptionists
- 1 RN/Chronic Care Coordinator
- 1 Physician
- 5 Residents

### Marion

- 1 Physician
- 1 Nurse Practitioner
- 1 RN/Office Manager

### School Based Health Clinic

- 1 Nurse Practitioner
- 1 LICSW
- 2 Athletic Trainers

### Maplesville

- 1 Receptionists
- 3 Medical Assistants

### Woodstock

- 1 Physician
- 1 Receptionists

### Dental

- 1 Dentist
- 1 Receptionist
- 1 Dental Assistant



# NEW STAFF



**ARNELYA CADE CHATMAN, MD**  
PHYSICIAN



**JAMIE BISHOP, DO**  
PHYSICIAN & CFMR WOMEN'S HEALTH FELLOW



**LAURA HYER, MD**  
PHYSICIAN & CFMR WOMEN'S HEALTH FELLOW



**CLAIRE AHALT, CRNP**  
NURSE PRACTITIONER



**ANDRIA KNIGHTEN, CRNP**  
NURSE PRACTITIONER



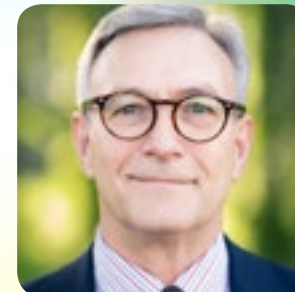
**CHELSEA MANISCALCO, DMD**  
DENTIST



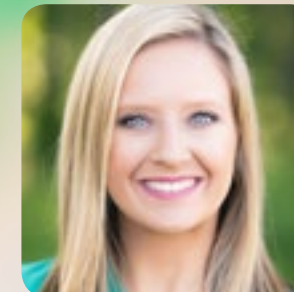
**ASHLEY WAGNER, CRNP**  
NURSE PRACTITIONER



**COURTNEY ALLEN**  
RURAL COMMUNITY DEVELOPMENT COORDINATOR



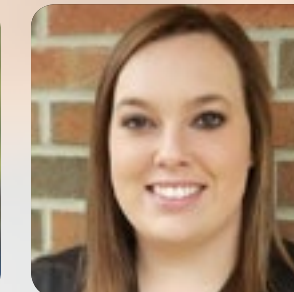
**CARL KENNEDY**  
CFO



**MADISON STRINGFELLOW, RN**  
MARION OFFICE MANAGER



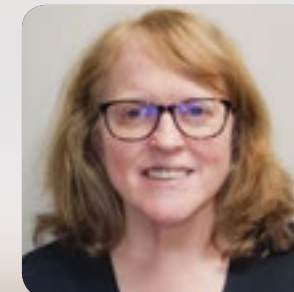
**TAMEKA LAVENDER-HYCHE, LICSW**  
COUNSELOR/SOCIAL WORKER



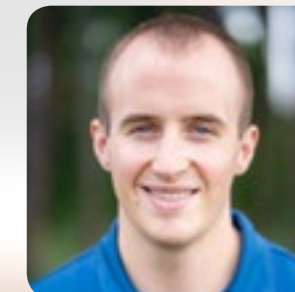
**SHELBY MASSEY, RN**  
CHRONIC CARE MANAGER



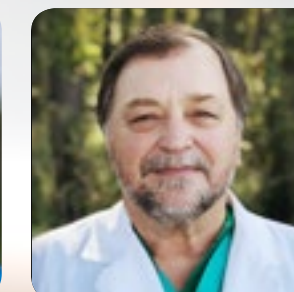
**ELIZABETH COOK**  
LAT, ATC - ATHLETIC TRAINER



**MARY RICHARDSON, RDMS**  
ULTRASOUND TECHNICIAN



**NICHOLAS OPOLSKI**  
ATHLETIC TRAINER



**TIM WILLIAMS, CRNA**  
NURSE ANESTHETISTS





KEITH DO, MD



JASMINE HEARD, DO



WHITNEY HUDMAN, MD



MYA STAYTON, DO



JULIA TODD, DO



BROOKE CARROLL, MD



JEFFREY WEEKS, DO



CHRISTINE WHITEN, DO



JOHN WRIGHT, DO



SUMAYAH ABED, MD



NICHOLAS DARBY, MD



SHOAIB Y. MAHMOOD, MD



EDWARD WILLIAMS, MD



The expansion that occurred while adding the urban residency track in early 2018 allowed CMC to extend its reach to improve healthcare for the local rural community. The rural track in Centreville, Alabama, founded in 2013, was able to increase its class of residents from four to five per year.

There is a healthcare crisis in rural areas of Alabama and the country. Geographic, demographic, and socioeconomic factors severely impact access to healthcare for many living in rural areas including the rural areas we serve in Alabama. There is a higher incidence of chronic diseases including heart disease, diabetes, and cancer in rural areas as well as a larger population of the elderly. To compound the issue, most rural areas in the U.S. suffer from a significant shortage of primary care physicians. By increasing the number of available physicians in our rural track, Cahaba Family Medicine Residency is working to further address these issues by training more physicians to care for and work in these areas.

The rural track successfully matched a class of 5 residents who started in July 2018. Their biographical sketches and photos are below.





# PARTNERSHIPS & COMMUNITY IMPACT

## CAHABA RIVERWALK & CANOE LAUNCH GROUNDBREAKING

After two years of extensive effort and behind-the-scenes preparation, the first phase of construction for the Cahaba Riverwalk & Canoe Launch officially began in December of 2018.

Cahaba Medical Care has been working closely with the City of Centreville, the Bibb County Board of Education, Bibb Medical Center and the University of Alabama Center for Economic Development (UACED) to rebuild and expand the existing walking trail along the river and install a safe, sustainable canoe launch and scenic lookout with handicap accessibility. Our organization took the lead on this project back in 2017, when we successfully wrote a grant to secure funding from the Alabama Department of Economic and Community Affairs (ADECA).

"We feel strongly about this project because it has the potential to impact our community in so many ways - by promoting walking and exercise which can help address some of the issues we've seen with obesity and diabetes, and providing a safe place to access the Cahaba, which is something our community has been lacking for many years now." said Dr. John B. Waits, CEO.

The Cahaba River is one of the most beautiful and arguably the most biologically diverse river in North America.

Located directly behind Bibb County High School, the trail will allow students to access the river, learn about the ecosystem and see first-hand what it is that makes the Cahaba so unique.

The new access point is being developed as part of the Cahaba Blueway, a program designed to remove the informational and physical barriers that prevent people from experiencing the Cahaba by promoting sustainable development for recreational access. The Cahaba Blueway has created guidelines for developing river access infrastructure that is safe, sustainable and durable, as well as distinctive, marketable branding and standardized signage. The signs provide important and easy-to-understand location and safety information that enables visitors to have a more enjoyable experience on the river.



CMC hosted a Groundbreaking Ceremony on December 21, 2018 at the Bibb County Chamber of Commerce, where several community and project stakeholders came out to show their support of the project and to celebrate the long anticipated official start of construction.

"This project will not only improve the quality of life in our community by enhancing access to green space - it will also have a great economic impact and lead to better conservation outcomes, allowing both residents and visitors to experience and enjoy the Cahaba in Centreville for generations to come."



## SENATOR DOUG JONES VISITS CENTREVILLE

In February of 2018, Senator Doug Jones made a visit to Centreville where he was given a tour of Cahaba Medical Care, Cahaba Family Medicine Residency and Bibb Medical Center. Senator Jones has shown continuous support of our work in rural healthcare and was a critical voice and co-sponsor on legislation that reauthorized Teaching Health Centers and Community Health Centers. His visit allowed him to see the strengths of our rural community and provided the opportunity for CMC leadership to discuss the many things we need him to continue advocating for in Washington on our behalf.



## CAHABA MEDICAL CARE FOUNDATION SCHOLARSHIP

The Cahaba Medical Care Foundation (CMCF) Scholarship was established in the spring of 2018 to recognize and assist deserving local students in gaining the necessary skills to become our communities' healthcare providers of tomorrow. The scholarship is for graduating seniors who are seeking a career in a healthcare-related field (e.g. physician, nurse, therapist, technologist, pharmacist, etc.) and have a GPA of 3.0 or higher.

Eligible and interested students at Bibb County High School and West Blocton High School submitted a short application along with a letter of support from a mentor or teacher. The applications were then de-identified and sent to CMC's Board of Directors and community stakeholders who voted for the applicant they thought best represented high academic achievement and a dedication to community service.

Two recipients were chosen to receive the \$500 scholarship award: Chandler Hubbard from Bibb County High School and Emma Hicks from West Blocton High School. Chandler is pursuing a degree in biomedical engineering and radiology at the University of Alabama at Birmingham (UAB) starting in the fall of 2018. Emma is also attending UAB to pursue a career in nursing.





# THE WORLD



**SERVING TO THE ENDS  
OF THE EARTH**

CFMR Residents have the option to spend up to one month during each of their three years of training overseas completing a mission/humanitarian rotation that is funded by the program. Many of the residents take advantage of this opportunity. Dr. Casey Hicks and Dr. Austin Klint serve as faculty advisors for these rotations, and help counsel the residents as they are researching potential sites. CFMR has several residents who plan to work overseas full-time after residency, so this is a great way

for them to start cultivating relationships in potential practice sites. During academic year 2017 - 2018, nine residents served in Haiti, Honduras, Jordan, Tanzania, Togo, and Uganda.

Dr. Lena Gamble, a 2017 CFMR graduate, and 2018 fellow graduate became CFMR's first resident to accept a full-time position overseas upon completing training. She is currently completing language school in Portugal, and will begin serving in Angola upon completion.

## GLOBAL IMPACT



**12** MISSION  
TRIPS



**9** COUNTRIES  
VISITED



**1** **6** RESIDENTS &  
FELLOW GRADUATED





CASEY HICKS, MD  
**EGYPT**



SHOAB MAHMOOD, MD, MBA, CPA  
**JORDAN**



JENNY KENDALL, MD  
**ETHIOPIA**



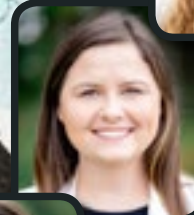
JOHN WRIGHT, DO  
ARNELYA CADE CHATMAN, MD  
**HAITI**



JEFFREY WEEKS, DO  
**UGANDA**



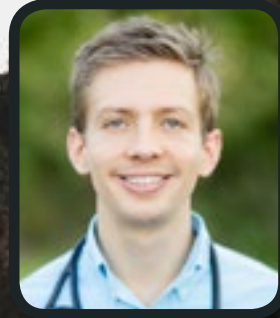
KAYLEE PERKINS, PA-C  
CHASITY GIBSON PA-C  
CANDICE HATHCOCK, RN  
**RWANDA**



JAMIE BISHOP, DO  
**UGANDA**



MALIA SWANSON, MD  
**PERU**



NICHOLAS DARBY, MD  
**TANZANIA**



CHRISTINE WHITEN, DO  
**ZANZIBAR**



READ THE STORIES  
[WWW.CAHABAFAMILYMEDICINE.COM/TRIPS](http://WWW.CAHABAFAMILYMEDICINE.COM/TRIPS)



STORY

RWANDA

KAYLEE PERKINS, CHASITY GIBSON & CANDICE HATHCOCK

We are so grateful for the opportunity to serve God and His people in Rwanda through a medical mission trip with Come Away Missions. We spent several days in the rural village of Gahara sharing our testimonies, playing with children, and teaching on multiple health topics. We shared our knowledge of family planning, birth control options, sexually transmitted diseases, HIV, arthritis and water sanitation. We worked to create closer cultural ties not only by asking them questions about their daily lives and values, but also by visiting genocide memorials, attending a traditional Rwandan wedding and attempting a soccer game with the locals. We were able to visit the site of the future City on a Hill, a joint medical clinic and church being built in the town of Muyumbu. The project is being funded by donations through Come Away Missions.

The mission of Come Away Missions is to give God glory and empower believers to make Jesus known among the nations. They partner with Christ Community Church of Columbus, Georgia and with Jean Baptiste Tushimeyere, a pastor in Kigali, Rwanda. They strive to build lasting relationships with the Rwandan people and invest in their lives. The founders, Jonathan and Jessica Taylor, have created a company called COPO (Creating-Ownership-Providing-Opportunity). This company provides sustainable incomes for artisan women in Rwanda through empowerment and opportunity.



A Partnership with Purpose

In late 2018, after deciding to place a renewed focus on primary care education, the University of Alabama at Birmingham made the decision to partner with Cahaba Medical Care in its residency training efforts to create a new, innovative program aimed at providing high-quality care and enhancing the pipeline of family physicians.

This partnership will recruit 12 new residents per year during the three-year residency, and residents will split their time between UAB's hospitals and Cahaba's rural or urban clinics.

*"Most residency programs are housed strictly in hospitals,"* said Craig Hoesley, M.D., senior associate dean for Medical Education at the UAB School of Medicine. *"We recognize that, to properly train and incentivize young physicians to pursue a career in primary care medicine, particularly in underserved regions of our state, we need to train them within that environment, so they see firsthand the rewards and challenges that come with that career path."*

The program will place seven residents at CMC's West End clinic and five at its rural Centerville clinic. They'll spend the majority of their time seeing patients in those clinics, mentored by Cahaba physicians, with additional training at UAB in family medicine, as well as specialty areas that include internal medicine, pediatrics, obstetrics and emergency medicine.

*"This is where the need is,"* said Dr. John Waits. *"Health care is really a local phenomenon. You can't have a state health care infrastructure without the specialized, tertiary care available at a major hospital such as UAB; but you need primary care where people live. Our clinics in West End and Bibb County will be ideal training locations for these residents."*

Although CMC has trained residents for nearly a decade, this consortium with an academic medical center brings a powerful added value to the community-based program.

*"We're looking for people who have expressed an interest in working in underserved areas of the country,"* Waits said. *"Our program embeds these young physicians in the community, allowing them to experience the practice of medicine at its most basic level. Physicians are much more likely to pursue a career in primary care and practice in rural or underserved areas if they are exposed to those environments during their training."*

*"We felt that we needed a presence in the Birmingham area, and wanted a partner that would provide the rural and urban environments that are so important,"* said Irfan Asif, M.D., chair of the UAB Department of Family and Community Medicine, who helped establish the partnership with Cahaba Medical Care. *"Alabama is a medically underserved state, and we think a residency program that firmly grounds its trainees in community medicine is essential to improving access to health care and boosting the number of primary care physicians in the state."*

CAHABA - UAB





Alabama's Only Dually Accredited Family Medicine Residency

1st

Alabama's First & Only Teaching Health Center

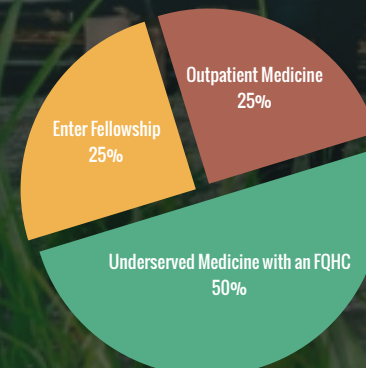
23

Family Medicine Residents

*Physicians trained in community-based programs are more than twice as likely to work in an underserved area as those trained in university and hospital based programs.*



As an outflowing of its mission to train future medical professionals for a career in underserved medicine, Cahaba Medical Care has been a part of medical and residency education since 2004. In an effort to expand medical and residency education in the rural and urban impoverished and underserved areas of Alabama served by Cahaba Medical Care Foundation (CMC), the clinic established its Family Medicine Residency / Teaching Health Center in 2012. During early 2013, CMC successfully obtained both ACGME and AOA accreditation for its, then, 4-4-4 rural Family Medicine residency. CFMR then expanded to a 12-12-12 program in 2018 with residents based in both Centreville, Bibb County, AL and West End, Jefferson County, AL. CMC continues to work with its community, hospital, and academic partners to offer a robust clinical experience to its residents and continues to strive to help do its part to meet the growing needs of the primary care workforce shortage in Alabama, the United States, and the world.



**WHERE OUR RESIDENTS END UP**



# 2018 RESIDENCY GRADUATION

Cahaba Family Medicine Residency's fourth annual graduation ceremony was held on June 25, 2018 at The Oaks in Centreville, Alabama to honor the successful culmination of the medical training of Dr. Jamie Bishop, Dr. Arnelya Cade Chatman, Dr. Ernestine Clements, Dr. Laura Hyer, Dr. Ashley Iles, and Dr. Matthew Iles. The event was well attended by faculty, staff, family, and community partners. CFMR was honored to have Dr. John Wheat, Professor of Family, Internal, and Rural Medicine at the University of Alabama and former director of the Rural Health Leaders Pipeline, deliver the commencement speech. Four of CFMR's six graduates made the decision to remain employed with Cahaba Medical Care. Dr. Jamie Bishop and Dr. Laura Hyer are completing CFMR's Family Medicine - Obstetrics Fellowship. Dr. Arnelya Cade Chatman is working full-time at Cahaba Medical Care - Woodstock, while Dr. Ernestine Clements is working full-time at Cahaba Medical Care - West End. Dr. Ashley Iles and Dr. Matthew Iles are both working in Louisville, Kentucky.

Since CFMR's inception in 2013, 43 percent have accepted jobs in underserved communities in Alabama. Also, 71 percent are currently working in underserved communities around the United States.





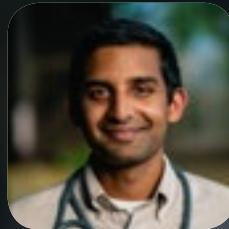


# 2018-19 INTERN CLASS



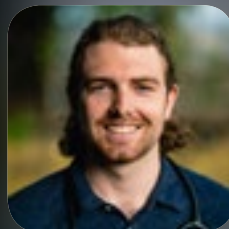
## KATE ABRAHAM, MD

Dr. Abraham is the wife of Dr. Paul Abraham, who is also a family medicine intern at CFMR - Urban Track. She is the mother of two, Anaiya and Jeremiah. She attended medical school at the University of North Carolina in Durham, NC. She noted that she is a disciple of Christ and that she enjoys the privilege of being someone's doctor. She loves working alongside people that she considers to be her sisters and brothers. She stated, "I love getting to care for people holistically. And I love Cahaba and am so grateful to be here!" After residency, she and her husband will serve overseas.



## PAUL ABRAHAM, MD

Dr. Abraham grew up in Houston, TX and started med school at UT Southwestern in Dallas. He met his wife Kate at a Christian Community Health Fellowship Conference and transferred to the University of North Carolina to finish medical school after they were married. The Abrahams are preparing to serve overseas when they complete their medical training. Dr. Abraham stated, "We are thankful God led us to Cahaba because of the strong community here, the constant reminders of God's promises and faithfulness, and the daily challenge to hold fast to our calling and die to ourselves. We are honored to be a part of a primary care center that strives to care for underserved populations and is able to do so with excellence." Outside of residency, some of his favorite things to do are study God's word and discuss it with others, play basketball, and hang out in his neighborhood.



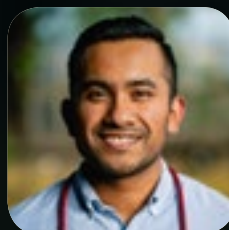
## ALEX LEA, MD

Dr. Lea was born and raised in the suburbs of Nashville, TN. He spent the next near decade in beautiful Greenville, SC as an undergrad at Furman University and as a med student at USC-Greenville. He stated, "It was in college that the Lord revealed to me the goodness of His grace and His calling of me to enter into His Kingdom work. I entered medical school prepared to grind out 4 years always looking ahead to returning to the mission field." For residency, he found a place to carry out God's plan for his life at Resurrection Health in Memphis. When Resurrection Health closed, he came to Birmingham to form the "Cahurban track". He stated that he wanted to be apart of something that challenged his faith and would deepen his dependence on the Lord. Starting a brand new track with lots of question marks sounded like a fertile ground for him. He knew that he would be surrounded by God and by some of the most inspiring people in medicine that he had ever come across. While in Bham and settling into the community of West End, when he is not doing medicine, he enjoys hiking the great outdoors, playing basketball on 8-foot hoops, and watching Indie films.



## MALIA SWANSON, MD

Dr. Swanson is from Boulder, CO, and attended medical school at the University of Maryland in Baltimore. She chose Cahaba Urban track because its a place where patients are cared about as whole people; spiritual, emotional and physical. She stated, "Cahaba urban is filled with passionate faculty that lead by example. These faculty encourage and guide us in providing medical care to people who struggle to receive the care they need." She hopes to work abroad in a low healthcare access setting and so chose a program that will prepare her spiritually and academically for that setting. For rest and rejuvenation, she likes to hike along Vulcan trail with her husband, daughter and son.



## RUBIN VARGHESE, MD

Dr. Varghese's family immigrated to the States from India when he was 3. He grew up in Oklahoma City. Originally, he pursued a degree in pharmacy, but after being led by God he felt an increasing desire to respond to the Gospel by using his life to live out the Kingdom of God on this earth. After going on a mission trip his eyes were opened up to global health care disparities. He stated, "I felt the urge to practice health care at a wider scope and use my skill set to impact the disenfranchised and underrepresented in local and global communities." He went to medical school at the University of Oklahoma. He chose Cahaba FMR because he felt that it would challenge his growth spiritually and as a physician. He said, "I want my career to mean more than just the number of patients I can see or procedures I can complete. Rather I would have my career defined by the quality of care for each individual patient and how I use that to advance the Kingdom."

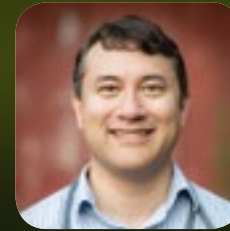


## SAJEL NUWAMANYA, MD

Dr. Nuwamanya grew up surrounded by the largest freshwater lakes in the world, in beautiful Michigan. She enjoys watersports and being outdoors. She's been blessed by the opportunity to snorkel in French Polynesia, run along the Atlantic coast in Dakar Senegal, and white water raft on the Nile River in Uganda. She noted that people have taught her how to love God even when she's in lack and how to love people especially when it's inconvenient. She came to Cahaba Family Medicine residency because she wants to continue to be challenged. She stated, "My job doesn't end with a signature on my last clinic note but continues as I struggle with my co-residents and faculty to be a good neighbor. I'm here because practicing excellent medicine is a daily opportunity to fight with the least of these."



# 2018-19 INTERN CLASS



## KEITH DO, MD

Dr. Do came to Cahaba FMR from nearby Montgomery, Alabama. Over the years, he has received several degrees from Auburn University Montgomery including a B.S.B.A. in Information Systems in 2004, a M.B.A. in 2009, and a B.S. in Biology and Accounting in 2013. He attended medical school at the University of Alabama School of Medicine. He stated, "I love the variety that Cahaba's longitudinal curriculum provides as well as having opportunities to serve the underserved, both locally and internationally." Outside of medicine, he enjoys spending time with his family, being involved at church, playing the piano, and running.



## JASMINE HEARD, DO

Dr. Heard is from Gadsden, Alabama. She obtained a bachelor's degree in Biology from Alabama State University in Montgomery, Alabama and a Master's degree in Biomedical Sciences from Barry University in Miami Shores, Florida. During her time in Florida, she worked as a health advisor at a wellness organization before beginning medical school at the Philadelphia College of Osteopathic Medicine, Georgia Campus. She stated, "After completing several rotations at Cahaba Medical Care as a medical student, I saw firsthand how Family Medicine physicians can impact the community. I am excited to join Cahaba Medical Care and look forward to being of service." She enjoys traveling and spending time with her family and friends.



## WHITNEY HUDMAN, MD

Dr. Hudman grew up in Chilton County, where her grandparents are peach farmers. Her interest in medicine was sparked as a child when she had spinal fusion surgery for scoliosis. After receiving a B.S. in Psychology and a master of Public Health from UAB, she pre-matriculated as a Rural Medical Scholar at the University of Alabama, then returned to Birmingham to complete medical school at UASOM. She stated, "The Cahaba residency program was the perfect choice for me to pursue my passion for rural medicine and serving the underserved. I'm grateful for the opportunity to be part of the Cahaba family and hopeful about the impact that both the Rural and Urban Tracks will have on their communities." In her free time, she likes to play with her Blue Heeler, Layla, and crochet clothes and toys for her niece, Evie.



## MYA STAYTON, DO

Dr. Stayton is from the great city of St. Louis, Missouri with strong ties to Alabama from her years of schooling. She graduated from Tuskegee University, where she was a Tuskegee Merit Scholar earning degrees with Summa cum laude distinction in Biology & Chemistry. With a love for food and community education, she completed a master's degree in Food & Nutrition Science with a thesis concentration of "Chemopreventative effects of Portulaca Oleracea in 1,2 dimethylhydrazine cancer induced mice." She stated, "Cahaba FMR was a perfect fit for me because I desired a full-spectrum family medicine program with great people, strong didactics, and a community in need. It was a bonus for me that 'Cahaba trains doctors in every facet including ultrasound, extensive procedures, with vast OB exposure'...it felt like a match made in heaven." When she has time she enjoys traveling, time with family, dining at various restaurants, shopping, and do-it-yourself projects. Her greatest accomplishment is being a recipient of the "Words of Wisdom" award from Maya Angelou. She stated, "I continue to strive everyday to be better with a goal of creating a legacy to leave behind for others to surpass."



## JULIA TODD, DO

Dr. Todd is from Birmingham, AL. She said, "I chose Cahaba FMR because I believed it was the intersection of the training that would make me the physician I've always envisioned myself becoming and being able to stay close to home. I grew up admiring doctors who were able to treat anyone in the family, do most office procedures themselves, and who became a part of the community they served. Also, having my parents raise my siblings and me to have a strong sense of family is something that has become my personal philosophy. I found all of these qualities at Cahaba: excellence in medical training, service, support and family." Outside of medicine, she enjoys writing, singing karaoke, hitting the road, spending time with her family, attending church service, and anything involving animals.





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