

CAHABA

M E D I C A L C A R E



CENTREVILLE

ALSO SERVING

Woodstock -20_{mi}

TUSCALOOSA -37_{mi}

Bessemer -36_{mi}

Maplesville -22_{mi}

West End -49_{mi}

Brent -2_{mi}

Ensley -46_{mi}

Marion -27_{mi}

West Blocton -13_{mi}

FAIRFIELD -44_{mi}

caring for the generations



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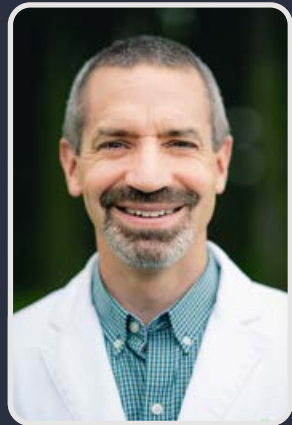
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WHO WE ARE

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.



From Leadership DR. JOHN WAITS & DR. LACY SMITH

CULTURAL COMPETENCY

Culture is “a commonly held set of values and principles that shows up in the everyday behaviors of its people. Behavior is the manifestation of culture in action.” (David Friedman)

Why is it important? Initially, this is a tough question for most of us. But it gets easier when you start thinking about, to name one example, the difference between a Chick-Fil-A and most other fast-food restaurants. Disney might be another company that comes to mind. You undoubtedly can think of some smaller businesses that treat you awesome, every time you go there.

With these examples in mind, it likely gets much easier to wrap your mind around the idea that culture – the behavior of people – is the engine that creates the setting and ability for a company – a team of people – to achieve its mission.

In 2019, we at Cahaba Medical Care embarked on a journey of defining and refining the culture we want to create and for which we want to be known... by our patients, by the people we work with each day, by the communities we serve, and by our external partners.

In some ways, we have been on this journey since the beginning. There are ways in which you have to think about how you treat the patient, and how you

treat each other, the moment you open the doors. In other ways, we have just started “version 2.0” of this journey as a company.

It does take time and commitment in order to define what a “Chick-Fil-A experience” would be for our patients. But we are excited about the path we are on and believe success is vital to being able to create the impact we desire on the health and overall well- being of our neighbors and communities.

We are serious in our desire to work each day to improve the life and health of one person or one family through love, service, and hard work in hopes that over a lifetime we will create positive and lasting change for many. But, that all starts with each one of us each day that work at Cahaba. Are we going to wake up committed to maintaining the culture of CMC in order to help create the excellent, safe, welcoming, and efficient patient care experiences for anyone who seeks care with us?

We will continue to emphasize our commitment to our patients, to each other, and in refining our culture in 2020, in hopes that, as our company invests in this work, it is evident in the care we provide that leads us into being able to leave our “dent in the universe.”



2019 BOARD OF DIRECTORS

Ashlie Cash
Chairman

Willie R. Dunn
Vice Chairman

Darlene Holifield
Treasurer

Scott Kemp
QA Chair

Bevin Tomlin
Co-Treasurer

Hollie Tillery
Secretary

Glenda Carter
Erika Crum

Wanda Larosiliere
Priscilla Mack

John Marchant



COMMUNITY SUPPORTERS

Alabama College of Osteopathic Medicine
Alabama Health Education Consortium
Alabama Primary Care Association & Mrs. Mary Finch
BBVA Compass
Bibb County Board of Education
Bibb County Chamber of Commerce
Bibb Medical Center & Mr. Joseph Marchant
Birmingham City Schools
Brent Baptist Church
Bryan W. Whitfield Memorial Hospital & Mr. Arthur Evans
Burkes Mechanical
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
City Councilwoman Crystal Smitherman
Claire Realty
Congresswoman Terri Sewell
Cooper Green Mercy Health Services
Commissioner Sheila Tyson
DC Oil
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
Fairfield City Schools
First Baptist Church of Woodstock
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
Renew Physical Therapy
ServPro of Centreville, Marion & Selma
State Representative April Weaver
State Representative Cam Ward
The Oaks/Vance-Ellison House
Topline Equipment
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
Whillard’s BBQ
William Carey University School of Osteopathic Medicine
Windwood Management Group
Woodstock Drug

COMMUNITY STAKEHOLDERS

CENTREVILLE STAKEHOLDERS

Amy Shields - Branch Manager, 1st Financial
Ann Linch - Retired School Teacher
Billy Thompson - Topline Equipment
Dr. Mechelle Hollifield - Principal, Brent Elementary School
James Alston - Principal, Bibb County High School
Janet Jackson - CAST Program
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 Geuhagan - Head Football Coach, Bibb County High School
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 - Alta Insurance
Rachel Waits - Director, The Studio
Roberta Lawrence - First US Bank
Valerie Cook - Bibb County Chamber of Commerce

WOODSTOCK STAKEHOLDERS

Bob Ellis - Alta
Brad Rooker - Alta
Bridget Chambliss - Real Estate, Downs & Associates
Chad Payne - Pastor, New Life Assembly of God
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
Kathy Leatherwood - Klassey Realty
Laran Lofton - Counselor, Woodstock Elementary School
Lee Thompson - State Farm
Mayor Daniel Sims - Mayor of West Blocton
Mayor Jeff Dodson - Mayor of Woodstock
Michele Dickey - Director of Library & Media Services, Town of Woodstock
Pamela Gamble - Branch Manager, 1st Financial
Shea Essman - Principal, Woodstock Elementary School
Sloan Crim - Counselor, West Blocton High School
Steven Carroll - Mike’s Truck Repair
Tammie Morton - Principal, West Blocton Elementary School
Terry Lawley - Principal, West Blocton High School
Tiffany McCulley - Woodstock Town Clerk
Tina Pierce - Owner, Mamie’s Attic
Todd Rooker - Woodstock Drug
Ty Corbell - Woodstock Town Council
Valerie Cook - Bibb County Chamber of Commerce

MAPLESVILLE STAKEHOLDERS

Anna Harrison - City of Clanton
Brad Jackson - Branch Manager, Marion Bank & Trust
Cindy Brown - Maplesville Town Clerk
Diana Pryor - Praise & Worship Outreach Ministry
Dr. Kevin Bolding - Veterinarian
Dr. Robin Parnell - Professor, Auburn University at Montgomery
George Walker - Former Principal
Judy Walls - Patient & Former Teacher
Kelly Hubbert - Maplesville High School
Kendall Williams - Alta
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 Slough - Southcoast Paper
Steven Hunter - Chilton County Schools
Susan Ballew - Counselor, Isabella High School
Terry Seals - Terry’s Small Engines

MARION STAKEHOLDERS

Albert Turner, Jr. - Perry County Commissioner
Allison Taylor - Counselor, Francis Marion High School
Claire Sherling - Marion Military Institute
Donald & Donna Bennett - Main Street Marion
Dr. Cathy Trimble - Principal, Francis Marion School

BESSEMER STAKEHOLDERS

Anthony Underwood - Owner, Watermark Place & Anthony Underwood Automotives
Brian Carrington - Residents Service Director, Bessemer Housing Authority
Charles Prickett - Owner, Eastern Valley Drugs
Cortney Coleman - Executive Director, Bessemer Housing Authority
Dee Howard - Counselor, McAdory High School
Latesha Cook - Bessemer Chamber of Commerce
Lynnece Washington - Jefferson County District Attorney
Maurice Muhammad - City of Bessemer Magistrate
Micah Andrews - Executive Director, The Foundry
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

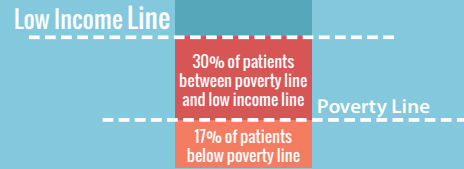
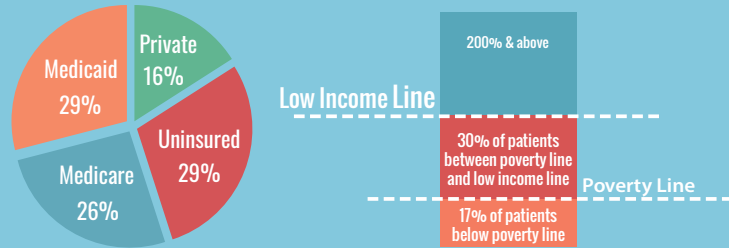
Angela Jackson - Sales Executive, Cumulus
Brandon McCray - City of Birmingham
Crystal Smitherman - Councilwoman District 6
Debra Mays - President, West End Manor Neighborhood Association
Delois Clayton - President, Arlington West End Neighborhood Association
Dr. Michael Wesley - Pastor, Greater Shiloh Missionary Baptist Church
Emily Ingram - Jefferson County Commission
Evanne Gibson - President, Germania Park Neighborhood Association
Garrett & Caitlin Harper - Pastors, Community Church Without Walls
Kia Jenkins - Community Church Without Walls
Kristin Booker - Principal, Hemphill Elementary
Sheila Tyson - Jefferson County Commissioner & Former Councilwoman
Tom Duley - Executive Director, Urban Ministry

ENSTLEY STAKEHOLDERS

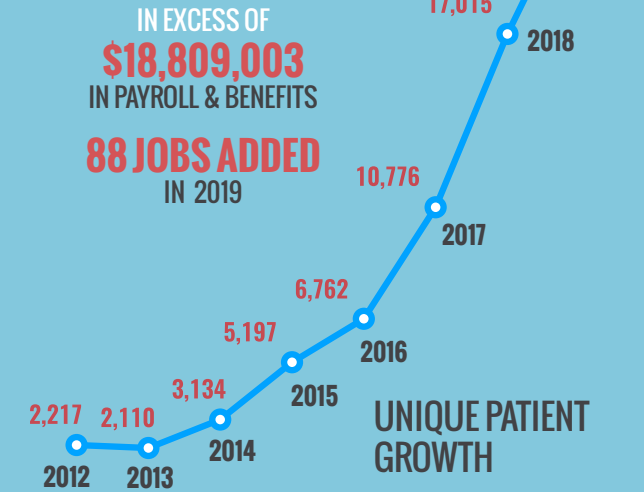
Andra Walls - Principal, Central Park Elementary School
Antonio Spurling - Spurling & Associates
Dana “Lady Woo” Woodruff Williams - VITAL & V94.9
George McCall - President, Enstley Neighborhood Association
Glynn Fitts - Regions Bank
Jackie Moore - Manager, Gilmer Drugs
Janet Maycock - Enstley Entertainment District
Jimmy Crane - Pharmacist, Gilmer Drugs
John Hilliard - Birmingham City Councilman, District 9
Paul Davis - West Fraser
La Tausha Daniels, Ed.S., NBCT - Interim Principal, Princeton Elementary School
Nancy O’Neal - Nurse, Jackson-Olin High School
Rev. RL Patterson - Pastor, Abyssinia Baptist Church
Ron Hall - Allstate
Ronald DeRamus - Hope International, LLC
Rueben Morris - Build Up
Steve Brown - Principal, Brown Elementary School
Terrell Brown - Principal, Minor Elementary School

CAHABA FACTS

PATIENT SNAPSHOT



ECONOMIC IMPACT



RESIDENCY PROGRAM

32 FAMILY MEDICINE RESIDENTS

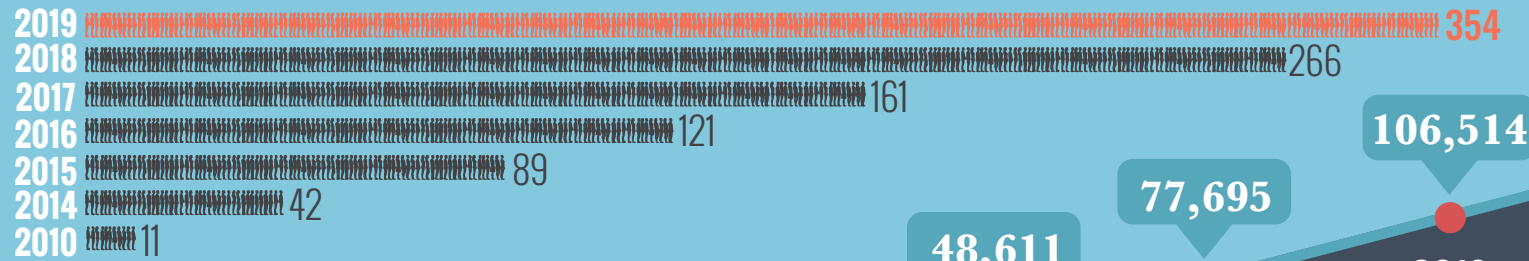
1st Alabama's First & Only Teaching Health Center

RESIDENT & FACULTY IMPACT
Providers by Location

+ 40 TOTAL FAMILY MEDICINE & NURSE PRACTITIONER RESIDENTS

> 60 primary care providers in health provider shortage areas in a state that needs >200 PCPs

STAFF GROWTH



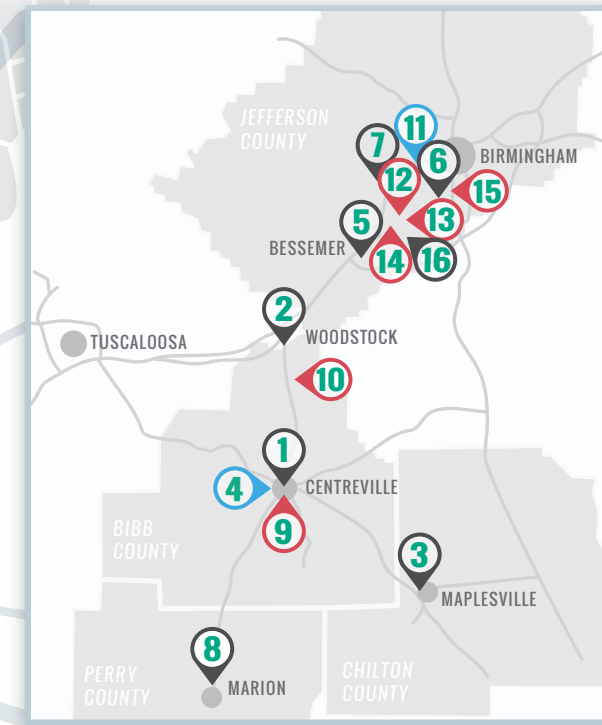
PATIENT VISITS

2019 UDS REPORT

LOCATIONS

16 STRATEGIC CENTERS

ALABAMA



- Centerville (Rural Residency)**
405 Belcher St • Centerville, AL 35042
- Woodstock**
28921 Highway 5 • Woodstock, AL 35188
- Maplesville**
9431 Alabama 22 • Maplesville, AL 36750
- Centerville Dental**
260 Walnut Street • Centerville, AL 35042
- Bessemer**
1088 9th Avenue SW • Bessemer, AL 35022
- West End (Urban Residency)**
1308 Tuscaloosa Avenue • Birmingham, AL 35211
- Ensley**
1925 Avenue E Ensley • Birmingham, AL 35218
- Marion**
1303 Washington St • Marion, AL 36756
- Brent Elementary**
160 4th St • Marion, Brent, AL 35034
- West Blocton Elementary**
828 Cahaba River Dr • West Blocton, AL 35184
- Birmingham Dental**
623 8th Ave W • Birmingham, AL 35204
- CJ Donald Elementary**
715 Valley Rd • Fairfield, AL 35064
- Robinson Elementary**
501 61st St • Fairfield, AL 35064
- Glen Oaks Elementary**
1301 Highland Dr • Fairfield, AL 35064
- R.C. Hemphill Elementary**
714 12th St SW • Birmingham, AL 35211
- Fairfield**
7000 Grasselli Road, Fairfield, AL 35064

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



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

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, Baptist-Princeton & UAB Medical West



CAHABA GIVING



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

GIVING BREAKDOWN



\$5,547,640

IN UNCOMPENSATED CARE FOR LOW-INCOME & UNINSURED PATIENTS



69 THANKSGIVING FAMILIES HELPED



PROVIDED **2500** AFFORDABLE INSULIN PRESCRIPTIONS



BASSINETS GIVEN OUT **61**



41 CHRISTMAS KIDS HELPED



PROVIDED **98** GAS CARDS



DISTRIBUTED

CAR SEATS GIVEN OUT **48**



\$3,415 SPENT TO HELP WITH TRANSPORTATION



LOCAL SCHOOLS SUPPORT

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



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

WELLNESS INITIATIVES & HEALTH FAIRS

\$104,432



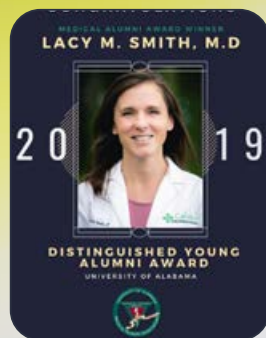
PUBLICATIONS

- **Hurst DJ.** Response to "Time for Family Physicians to Change Strategy Against Vaccine Refusal. *Family Medicine*. 2019;51(9): 787-88.
- **Potter J, Hurst DJ,** Stockey S, Trani C, Clatty A. "The Utility of a Bioethics Doctorate: Graduates' Perspectives" *Journal of Medical Humanities* 2019. PMID: 31209629
- **Hurst DJ.** The Future of Precision Medicine for Physician Assistants in Family Medicine. *Journal of Physician Assistant Education*. 2019; 30(3):188-189. PMID: 31356583
- **Hurst DJ.** "Transitioning from Urban to Rural: Challenges Seen through the Eyes of a Recent Bioethics Doctoral Graduate." *Narrative Inquiry in Bioethics*. 2019;(9)2:91-93. PMID: 31447438
- **Hurst DJ.** "Ethics Education in US and Canadian Family Medicine Residency Programs: A review of the literature. *International Journal of Ethics Education*. 2019;4(1):73-82.
- **Waits JB, Smith L, Hurst DJ,** "Maternal Pertussis Vaccination During Pregnancy" *American Family Physician*. 2019;99(7):454-55. PMID: 30932462
- **Mahmood S, Waits S, Rodriguez D, Hurst DJ,** "Which have biggest impact in weight loss: Either low fat or low carb diet?" *Evidence-Based Practice*. 2019;22(3): 32-33.
- **Abed S, Burwell L, Satcher M, Hurst DJ,** "Do helmets improve outcomes in children with plagiocephaly?" *Evidence-Based Practice*. 2019;21(9):63-64.

PRESENTATIONS

- **Hurst DJ.** "The Moral Responsibility of the Pharmaceutical Industry in Combatting Antimicrobial Resistance." *American Society of Bioethics and Humanities*. Pittsburgh, PA. October 26, 2019.
- **Hurst DJ.** "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. Virtual Lecture. October 16, 2019.
- **Hurst DJ.** "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.
- **John B. Waits, MD.** "Women's Health Update 2019". Presentation to the Alabama Academy of Family Physicians, Summer Meeting. Sandestin, Florida. June 20, 2019.

AWARDS



Dr. Lacy Smith was chosen as the recipient of the 2019 Distinguished Young Alumni Award from the University of Alabama Medical Alumni Association and was honored at the Annual Awards Luncheon during the 46th Annual Medical Alumni Weekend on Saturday, February 23rd in Birmingham. The Distinguished Young Alumni Award recognizes the young individual's outstanding contribution to the health of all people through basic research, clinical research, health services administration, health, or others, as well as the individual's demonstration of the high principles of the medical profession.



Dr. Jeremy Crider was awarded the Degree of Fellow from the American Academy of Family Physicians. The Degree of Fellow recognizes AAFP members who have distinguished themselves among their colleagues, as well as in their communities, by their service to family medicine, by their advancement of healthcare to the American people, and by their professional development through medical education and research.

GRANTS RECEIVED

HRSA RRPD Grant

In July 2019, Cahaba Medical Care announced a three-year grant award from The Health Resources and Services Administration (HRSA), to establish another rural residency program in rural Perry and Wilcox County. This grant is part of a larger \$20 million multi-year initiative by HRSA to expand the physician workforce in rural areas by developing new, sustainable residency programs in family medicine, internal medicine, and psychiatry. This grant will expand the Cahaba-UAB Family Medicine Residency (FMR) program by establishing a new Frontier Track, where residents will spend their first year in Bessemer serving at Cahaba Medical Care's Bessemer clinic and UAB Medical West, followed by two years serving at Cahaba Medical Care's Marion clinic and J. Paul Jones Hospital in Camden. "We know from decades of research, as well as from our own experience in Bibb County, that physicians who spend their critical, formative training years, actually practicing and training in rural, underserved areas, are as much as five times more likely to practice in a rural area. With initiatives like this, we hope to do our part in changing the rural physician workforce shortage for the good" says Dr. John B. Waits, Residency Director of the Cahaba-UAB Family Medicine Residency, and CEO of Cahaba Medical Care.



Advanced Nursing Education - Nurse Practitioner Residency

- Nurse Practitioner Residency Program at Cahaba Medical Care Foundation (CMCF) with a primary focus of increasing primary care providers in community-based settings

Ryan White Title III HIV Capacity Development and Planning Grant

- Infrastructure development for a new access point for oral healthcare for PLWHA

Walmart Community Grant - Facility #425

- Backpack Buddies Program - North Bibb County

Alabama Department of Economic and Community Affairs Healthy Foods Programs

- Expansion of Cahaba Community Center Food Pantry for the

distribution of fresh produce

Trustmark Bank Community Grant

- Cahaba Riverwalk and Canoe Launch and Backpack Buddies

Lucille S. Beeson Charitable Trust Fund

- CMC Jefferson County Dental Vouchers for the Elderly 55+

The Caring Foundation

- Cahaba Riverwalk and Canoe Launch

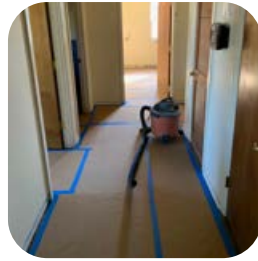
The Poarch Creek Indians Endowment Fund

- Cahaba Riverwalk and Canoe Launch

South Bibb Parks and Recreation Board

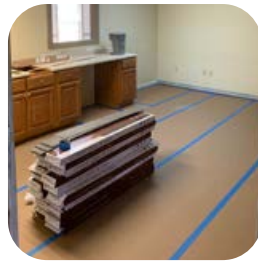
- Trash cans for the Cahaba Riverwalk and Canoe Launch

CARE Grant



COMMUNITY CENTER RENOVATIONS IN CENTREVILLE

Cahaba Medical Care, through its Emergency Preparedness planning process for both the Community Health Center program and through the Joint Commission Ambulatory Care accreditation process, has been working with the local communities to better integrate into a community-wide Emergency Preparedness plan. So, as part of the HRSA Capital Assistance for Hurricane Response and Recovery Efforts (CARE) grant funding opportunity, CMC renovated the Cahaba Community Center at 195 Hospital Drive in Centreville so that it is capable of helping people with physical needs such as shelter, food, and clothing. This included the renovation of a kitchen area in order to cook and serve hot meals, renovation of a bathroom to make space for a shower, renovation to include a washer and dryer for people to utilize who are currently without facilities to wash their clothes or other items, and renovation of the current food pantry and clothes closet to expand capacity to serve more people.



WEST END X-RAY

Through the funding from the HRSA Capital Assistance for Hurricane Response and Recovery Efforts (CARE) grant program, CMC was able to add X-ray capabilities at the West End facility. This added service will allow us to be a low-level triage point in times of a natural disaster as part of the Jefferson County Comprehensive Emergency Preparedness Plan.



FAIRFIELD EXPANSION

Opened January 2020



Cahaba
Medical Care

Appointments
(205) 791-5048

HEALTH CENTER →

FAIRFIELD 7000 GRASSELLI RD



STAFF



DR. SHELLEY WAITS
LEAD PHYSICIAN



MCKENZIE ACKER, CRNP
PROVIDER



LADARRYL BANKS, RN
OFFICE MANAGER



SHAGORIA CARTER
RECEPTIONIST



TAMARA COTTON
MEDICAL ASSISTANT



MACKENZIE DUCKWORTH
SOCIAL WORKER



BIRMINGHAM SCHOOL BASED HEALTH CLINICS EXPANSION



After working closely with the City of Fairfield and the Birmingham City School System, CMC opened four new school-based health clinics (SBHCs) at Hemphill Elementary (located in the West End Community) and at the three Fairfield City Elementary Schools (C.J. Donald, Glen Oaks and Robinson) on December 2. SBHCs 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. Our SBHCs offer 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. Benefits associated with the SBHC model include improved academic performance and graduation rates, increased rates of preventative visits and immunizations, better access to care, decreased rates of school absences, safer and more supportive learning environment.



STAFF



HEMPHILL ELEMENTARY



FAIRFIELD ELEMENTARY



ROBINSON ELEMENTARY



C.J. DONALD ELEMENTARY



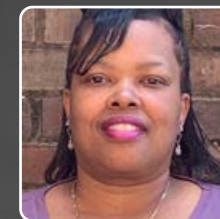
CAMPBELL SCOTT, CRNP
PROVIDER



KALEIGH NAYLOR, PA-C
PROVIDER



MACKENZIE DUCKWORTH, LGSW
SOCIAL WORKER



DENISE GARRETT, LPN
NURSE



FELICIA SIMS, LPN
NURSE



DAISY REYES
RECEPTIONIST



LATONYA GREENE
RECEPTIONIST

OPENING OF BIRMINGHAM DENTAL OFFICE

On May 24th, we officially opened our new Cahaba Medical Care Birmingham Dental Center



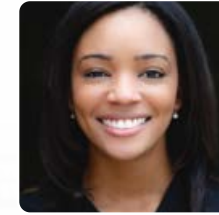
Oral health has a significant impact on the overall well-being of a person. Cahaba Medical Care is committed to achieving its goals by ensuring its patients have access to oral healthcare. On May 24th, 2019, CMC expanded into Jefferson County by opening Cahaba Medical Care - Birmingham Dental. The dental center is located in the Graymont neighborhood, which is home to the historic Legion Field.

Patient dental care is provided by Dr. Andrea Wiley, DMD, Dr. John Aiken, DMD, Rhonda Hiott, RDH, Jessica Garrison, dental assistant, Shaikierra Sims, dental assistant, and Tina Ferguson, receptionist. The center is open 5 days a week and will provide care to children and adults. Most major insurances are accepted. Patients who do not have insurance will still have access to dental care on our sliding fee program, which is based on income.

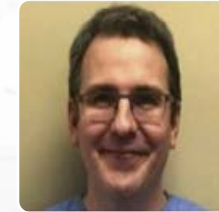
CMC is humbled by the opportunity to serve the residents of the Graymont neighborhood and surrounding areas in Greater Birmingham and Jefferson County.



STAFF



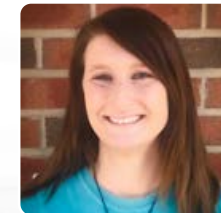
DR. ANDREA WILEY
DENTIST



DR. JOHN AIKEN
DENTIST



RHONDA HIOTT
DENTAL HYGIENIST



JESSICA GARRISON
DENTAL ASSISTANT



SHAIKERRA SIMS
DENTAL ASSISTANT

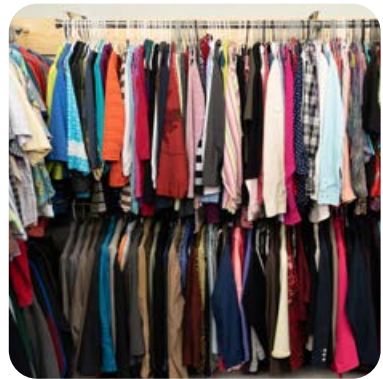


TINA FERGUSON
RECEPTIONIST



WEST END COMMUNITY CENTER

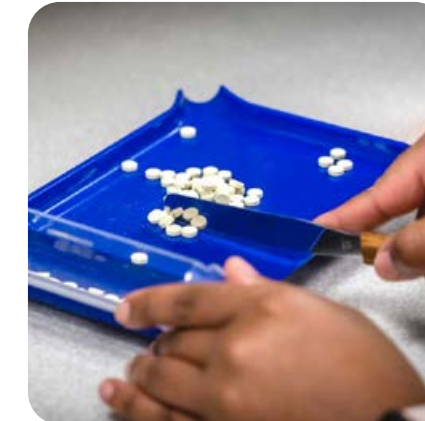
The Food Bank & Clothing Closet in West End officially opened on April 16th! It was established to serve patients that are identified as having a need. Although no proof is required, patients still have to meet certain criteria, which can include SSI, TANF, and loss due to a fire or natural disaster. Patients are referred to the Food Bank/Clothing Closet by a provider. Once the provider has identified a need, the patient is then scheduled for a Food Bank appointment, which are only done on Tuesday afternoons for the time being. Patients can come once per month to receive items. Since its inception, there have been six patients served by the Food Bank/Clothing Closet. This is only the beginning, and we look forward to meeting a need for our patients in Jefferson County!



WEST END PHARMACY OPENS



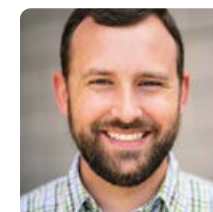
Cahaba Medical Care opened our first full pharmacy in West End on October 29th. The pharmacy functions the same as a typical CVS or Walgreens, which allows us to fill prescriptions for CMC patients, as well as other community residents. The pharmacy also has a limited supply of medical equipment that patients can receive, such as diabetes testing supplies, nebulizer machines, etc. Patients can also receive all adult vaccinations at the pharmacy, including flu and tetanus shots. Just like any CMC clinic, the pharmacy serves uninsured patients by providing medications on a sliding fee schedule. The Dispensary of Hope is still in place, which offers certain medications for free to patients that cannot afford them. Future goals for the pharmacy include implementation of home delivery and/or mail prescription options available for patients as well. The pharmacy is currently staffed by our pharmacist, Greg Lochamy, as well as our pharmacy tech, Melinda Richardson.



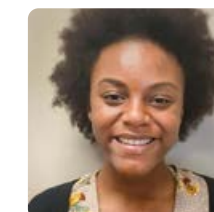
WOODSTOCK HEALTH CENTER

We recently completed some much needed renovations to our clinic in Woodstock to allow us to grow our services to help meet the needs of the community. The expansion includes six new offices, as well as a new addition to our team of Woodstock providers, Anna Lockhart, CRNP.

STAFF



GREG LOCHAMY
PHARMACIST



MELINDA RICHARDSON
PHARMACY TECH

COMMUNITY



ROCKETS + RAPIDS 5K & FUN RUN

CMC hosted its 6th annual 5K fundraising event in Centreville on Saturday, July 6th. This year's event was a big success - we had a great turnout with nearly 100 runners, and we were able to raise \$3,300 for our Community Center & Backpack Buddies Program!



HEART HEALTH FAIR AT HEMPHILL ELEMENTARY

On Monday, February 25th, Dr. Clements, Dr. Kate Abraham, Veronica McDonald and Julia Berger conducted a Heart Health Fair at Hemphill Elementary School. The health fair consisted of blood pressure checks, nutrition wellness information and heart healthy snacks.



FREE SPORTS PHYSICALS DAYS

CMC provided 477 free sports physicals for students at Bibb County High School, West Blocton High School, Centreville Middle, West Blocton Middle and Cahawba Christian. 176 free physicals were provided at our West End location for students of Fairfield High Preparatory School.



MARION MADE CHALLENGE

Cahaba Medical Care sponsored and attended the Marion Made Challenge that was held on Saturday, March 2nd. This event is a 5K military obstacle course race located at the historic Marion Military Institute campus.



CAHABA MEDICAL CARE SCHOLARSHIPS

The Cahaba Medical Care Foundation (CMCF) Scholarship was established in 2018 to recognize and assist deserving local students in gaining the necessary skills to become our communities' healthcare providers of tomorrow. This year we presented a \$500 scholarship to Sophie Vick at West Blocton High School and Jacob Majors at Bibb County High School.



FAIRFIELD ALL ACCESS SPORTS MEDICINE CAMP

Dr. Daniel Kim gave a presentation on concussions at the All Access Sports Medicine Camp held at Fairfield High Preparatory School on July 26th. Majors at Bibb County High School.



MAPLESVILLE TREATS ON MAIN

CMC-Maplesville participated in Treats on Main, where staff members braved the cold weather to hand out candy to local trick-or-treaters!

COMPLETION OF ADECA CANOE LAUNCH PROJECT

On July 6th, CMC staff members gathered with community leaders and others to celebrate the completion of the Cahaba Riverwalk & Canoe Launch in Centreville. Among those in attendance were Dr. John Waits and Patricia Cade of Cahaba Medical, Mayor Terry Morton and Councilman Don Mack of Centreville, Councilman Tom Owings of Brent, Dr. Randy Haddick and Gordon Black of the Cahaba River Society, and Iris Korthauer of the Autauga Creek Improvement Society drove up from Prattville to see the new launch "and be inspired." The project has spanned more than 2.5 years in all, with the final push coming in the last 8 months as project managers battled the weather tearing things up at the park. In all, the project cost over \$200,000 but is expected to bring new economic growth and development as outdoors enthusiasts around the state learn of its existence and come to Bibb County. Cahaba Blueway (visit here for river and launch maps and more) has modeled its program after others across the nation that have proven positive economic impacts in the communities where they are based.



BACK 2 SCHOOL HEALTH FAIR AT KIMBROUGH HOMES

CMC West End hosted a Back 2 School Health Fair at Kimbrough Homes on August 6th where staff performed glucose, BMI and hypertension checks. While the main focus was health, we were also able to incorporate some fun activities including music, hopscotch, double dutch, four square, basketball, face painting, an art station, a healthy cooking demonstration and free refreshments from a local food truck.



ADVOCACY



DR. WAITS TESTIFIES IN DC

The U.S. Senate Committee on Health, Education, Labor and Pensions (HELP) conducted its "Access to Care: Health Centers and Providers in Underserved Communities" hearing on Tuesday, January 29th where Dr. Waits gave a testimony to make the case that Teaching Health Centers are the best and most effective way to solve the healthcare workforce crisis and access to care crisis in the U.S. As one of four witnesses, he served as the primary expert on Teaching Health Centers and gave support for the other three witness' testimonies on FQHCs and NHSC. During his testimony, Dr. Waits urged the committee to consider additional legislation brought forth by Senator Susan Collins of Maine and Senator Doug Jones of Alabama that would add funding to restore resident slots, increase allocations and expand the THCGME program. The following day, Dr. Waits, along with Dr. Julia Todd and Dr. Andreia Williams White, met with Alabama Senators and Representatives to discuss the value of the Community Health Centers and the THCGME program.

SCHOOL BASE HEALTH CLINIC ADVOCACY

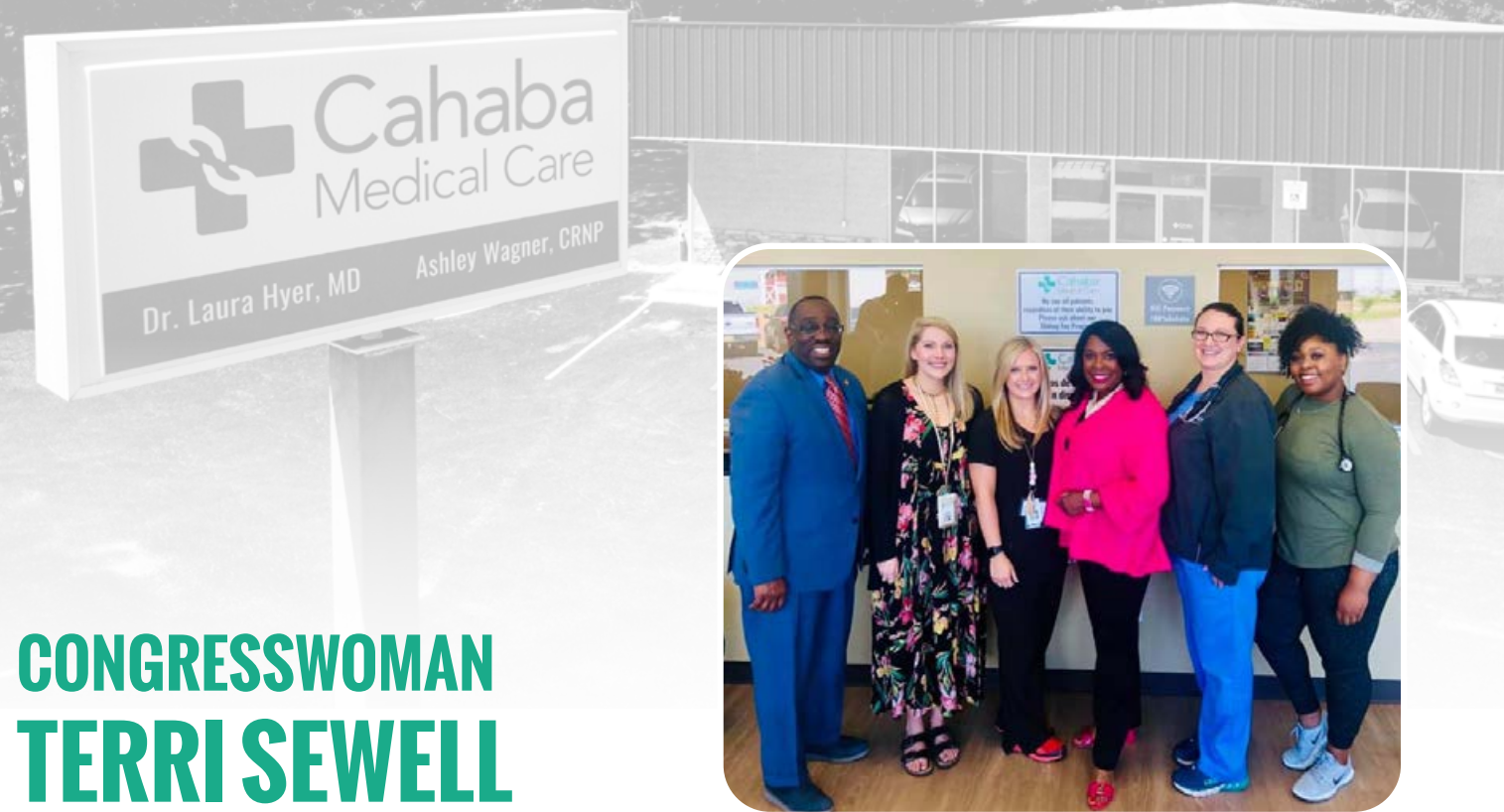
CMC School-Based Health Clinic staff, along with representatives from United Way, traveled to Washington D.C. to attend the National School-Based Health Care Convention and advocate for continued funding and support of SBHCs in Alabama.



CONGRESSWOMAN TERRI SEWELL VISITS MARION

Congresswoman Terri Sewell, the U.S. Representative for Alabama's 7th congressional district, stopped by CMC-Marion on Monday, April 22 for a tour of our new facility. During her visit, staff members had the opportunity to discuss the health disparities in Perry County and to give the Congresswoman a first-hand look at the impact of Congress' support of physician training and Teaching Health Centers. Rep. Sewell has been a huge supporter of Graduate Medical Education (GME) - In fact, just last month she and Rep. John Katko (R-NY) introduced legislation that would take critical steps towards reducing nationwide physician shortages by boosting the number of Medicare-supported residency positions. The Resident Physician

Shortage Act (H.R. 1763) would support an additional 3,000 positions each year for the next five years, for a total of 15,000 residency positions. "The U.S. faces a projected shortage of up to 120,000 physicians by 2030. We need to act now to train more qualified doctors," Sewell said. "Increasing the number of Medicare-supported residency positions means increasing the number of trained doctors to meet growing demand. It also means giving hospitals and health centers the tools they need to increase access, lower wait times for patients and create a pipeline of qualified medical professionals to serve Americans' health needs."



SENATOR CLYDE CHAMBLISS VISITS MAPLESVILLE

CMC was honored to have Senator Clyde Chambliss visit our Maplesville clinic on February 15th to tour our facility and to see first-hand the impact of the state of Alabama's support for physician training and Teaching Health Center





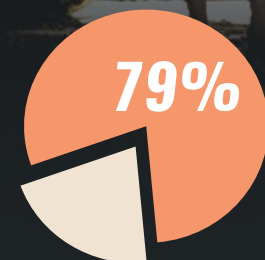
As an outflowing of its mission to train future medical professionals for a career in underserved medicine, Cahaba Medical Care has been a part of medical and residency education since 2004. In an effort to expand medical and residency education in the rural and urban impoverished and underserved areas 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.



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.

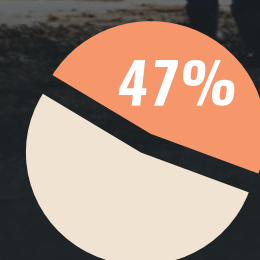


WHERE OUR RESIDENTS END UP

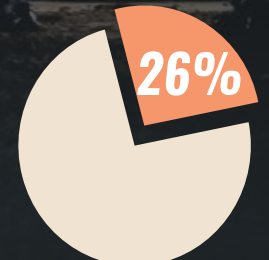


79% WORKING IN UNDERSERVED AREAS

National Average is 26%



47% STAYED IN ALABAMA



26% WORK IN RURAL AREAS

National Average is 5%



PREPARED TO GO PREPARED TO SERVE 2019 RESIDENCY GRADUATION

Cahaba Family Medicine Residency held its fifth annual graduation ceremony on June 27th at Noah's Event Venue in Hoover to honor the successful culmination of the medical training of Dr. Sumayah Abed, Dr. Nicholas Darby, Dr. JT Epting, Dr. Shoaib Mahmood and Dr. Edward Williams. The event was well attended by faculty, staff, family members and community partners. CFMR was honored to have Dr. William "Bill" Curry, Senior VP for Population Health for UAB Health System, deliver the commencement speech. Dr. Shoaib Mahmood is completing a hospitalist fellowship at UAB, and Dr. Sumayah Abed accepted a position with the UAB Department of Family and Community Medicine in Birmingham, Alabama. Dr. Nicholas Darby is now practicing in Florence, Alabama; Dr. JT Epting is now practicing in Memphis, Tennessee; and Dr. Edward Williams is now practicing in Lillian, Alabama. Since CFMR's inception in 2013, 84 percent have accepted jobs in underserved communities in Alabama. Also, 47 percent are currently working in underserved communities around the United States.





TOBY ABRAHAM, DO

Dr. Abraham is from Oklahoma City and earned his medical degree from Oklahoma State University College of Osteopathic Medicine. After his first year of medical school, he spent two weeks with Resurrection Health (Rez) in Memphis, where he was immersed in the community and had the opportunity to learn the heart cry of their residency program. During his third year of medical school, Rez eventually closed and a remnant from Memphis came to form Cahaba Urban in Birmingham. By the time his fourth year rolled around, he had difficulty choosing where to go for residency, although the experience, mission and community of Rez/Cahaba never left his mind. Ultimately, he was reminded to pursue God more than anything else and felt there was no place better to do that than at Cahaba. Outside of medicine, he loves sports and doing life in community.



SHERIN CHERIAN, DO

Dr. Cherian is a Colorado native from Denver and attended the University of Colorado Boulder, where she received her BA/MS in integrative physiology. She then went on to pursue primary care at Liberty University College of Osteopathic Medicine. Her faith is the most important part of her life, and she wants to use medicine as a tool to share Christ's love with the underserved and marginalized here and around the world. She has a huge extended family that she is very close with, and she also loves volleyball. She feels grateful to be in community with other physicians and friends who share the mission and heart for reaching others with the message of hope in Christ, and she feels that primary care physicians are uniquely able to provide holistic medicine through caring for the body and the soul. She strongly believes in primary prevention and hopes to someday have a clinic that uses nutrition classes, exercise programs, social workers, counselors and more to address barriers in these underserved populations.



DRAKE DUCKWORTH, MD

After attending the University of Missouri for undergrad, Dr. Duckworth spent a year in Memphis, Tennessee where he was invited into a community of faithful physicians choosing to live and work in an under-resourced setting. He returned to the University of Missouri for medical school, but he and his wife, Mackenzie, knew that they wanted to go to a program that was investing in communities both domestically and abroad. They are excited to be a part of Cahaba's residency and are thrilled to be able to surround themselves with people who are responding to the reality that Jesus is King by where they live, how they invest their resources and who they serve. Outside of medicine, his interests include people, snowboarding, wakeboarding, folk punk, philosophy/religion, socks, guitar, reading the comments section, graphic novels and Marvel.



MARK GINGERICH, MD

Dr. Gingerich was born and raised in the jungles of Guatemala. His family was the only North American family in their town of 10,000, and in their role as long-term missionaries, his parents gave him and his siblings the gift of living and loving a different culture and language. He attended medical school in Guatemala City and was actively involved in church and youth ministry, as well as helping with his family's missions headquarters. He and his wife, Abigail, then moved to Pennsylvania, where he began studying to obtain his U.S. medical license while also working for a construction company to put food on the table. After two unsuccessful attempts to match with a residency program, they were invited to work in a mission hospital in the Andes Mountains of Peru, where they stayed until he matched with Cahaba's Urban Track earlier this year. The couple has a vivacious 3-year-old daughter, Meghan, and welcomed their son, Ian, in March of 2019. Although being unashamedly non-athletic, Dr. Gingerich loves spending time outdoors - hiking, canoeing, walking, camping, etc. He also loves construction and has recently realized his long-time dream of buying and remodeling a house.



LUCAS KANE, DO

Dr. Kane was born and raised in northern Virginia, in a suburb of Washington D.C. He attended Virginia Tech for undergrad and Edward Via College of Osteopathic Medicine for medical school. He and his wife recently moved to Birmingham from Wichita, Kansas. His journey to Cahaba ultimately began in 2009, when the Word of God took hold of his life. He was greatly blessed by the discipleship of a group at Christ Church Radford, and along with their influence, a summer spent in Zambia, and the Global Missions Health Conference in 2013, he developed the conviction that God was calling him to learn medicine as a tool for reaching people who haven't yet heard the Gospel. His particular desires are to be proficient in point-of-care ultrasound, critical care, procedures and obstetrics. Outside of medicine, he enjoys most activities that allow him to move, be with other people and be outdoors. He especially enjoys soccer, snowboarding, hiking, frisbee golf and spikeball. He also feels that few things are better than a date with his wife, intentional time with others, singing, or a comfy chair and a good book. Additionally, he and his wife enjoy traveling and learning about different cultures, both locally and abroad.



DANIEL KIM, MD

Dr. Kim was born in California but raised in Georgia - mostly in Atlanta. He received his bachelor degree in international studies at Emory University, attended Georgia State University for pre-medical classes, and received his medical degree from Morehouse School of Medicine. During his interview at Cahaba, he was drawn by the strong sense of community and vision to manifest God's abundance. It was clear to him that he would be challenged at Cahaba, both in his medical training and personal growth to put on the character of Christ - to be one who loves deeply. When he's not working, he enjoys a good pour over, watching movies, Dallas Willard, playing board games, reading biographies and nonfiction, and cookies.



MORGAN LEPARD, MD

Dr. Lepard grew up in Chattanooga, Tennessee. She is married to Jacob, a resident at UAB, and they have two daughters, ages two and four. As a family, they enjoy spending time outside in nature or in their small backyard. They love reading together with the girls, and she enjoys making homemade treats in the kitchen. Her interest in health started in high school, and the Lord increasingly grew her passion for holistic health, addressing the needs of the body, soul, spirit and heart. During her time as a medical student in Memphis, she had the opportunity to interact with residents at Resurrection Health, where she felt inspired by the way they incorporated prayer, worship and community into medical practice and knew she wanted her practice to be a ministry as well. After finishing medical school, she took some time off to be with her husband and their daughters. During that time, her husband was accepted for an amazing opportunity in global neurosurgical research, and they ended up spending a year living in Uganda and Vietnam. She then felt the Lord moving her heart to apply for residency, which led her to Cahaba. She is overjoyed to be part of the Cahaba community and looks forward with great anticipation to see what God has in store for the next three years.



2019-20 INTERN CLASS



2019-20 INTERN CLASS



ZEB AKERS, MD

Dr. Akers is originally from Muscle Shoals, Alabama. After high school, he spent four years in the Marine Corps infantry, and his experiences in Afghanistan led him to pursue a career in medicine. He left the Marine Corps in 2010 to attend undergrad at the University of Alabama, where he majored in exercise science and minored in nutrition, biology and Spanish. He went on to attend medical school at UAB, where he discovered his passion for rural primary care and behavioral medicine. Outside of medicine, he spends most of his time exercising and farming. He and his wife currently live near Woodstock on a 7-acre homestead where they raise sheep, goats, chickens, turkeys and honeybees.



SHIRIN AMLANI, DO

Dr. Amlani comes to us from Fayetteville, Georgia, but she feels that Centreville has become more like home. She completed most of her 3rd year medical school rotations with Cahaba in Centreville, but it wasn't until after she explored other clinics and hospitals that she realized just how broad and encompassing her training here would be. She is excited to learn full-spectrum family medicine that she can put to use in all resource-limited settings in the future and feels fortunate to be learning in a longitudinal curriculum, which will simulate the variety of patients she will see on a day-to-day basis after her training. In her free time, she enjoys traveling, playing board games, watching movies, spending time with her huge family and trying new creative ventures.



ISAIAH MATRONI, DO

Dr. Matroni is originally from Huntsville, Alabama and attended undergrad at the University of Alabama, where he received a BS in Biology. During this time, he took a course called "Discovering Alabama" that discussed healthcare disparities in the state, specifically in the Black Belt region. He was able to travel to Centreville, Selma and other rural communities where he had the opportunity to meet with community residents and see first-hand the potential to help alleviate the hardships they experience in obtaining medical care. During medical school, he completed many of his third and fourth year rotations with Cahaba in Centreville and feels that residency training will teach him the ability to manage both inpatient and outpatient services in areas with limited resources. Outside of medicine, his interests include canoeing, backpacking, chess, fishing and guitar.



PHILIP OJEABULU, MD

Dr. Ojeabulu is from Cordova, Tennessee, but has lived most of his life in Benin City, Nigeria. He received his medical degree from the University of Benin, Nigeria, where he was an active member of the Christian Medical and Dental Association (CMDA) student arm and held several leadership roles, including missions secretary and president of the association. His time with CMDA influenced his decision to pursue training in family medicine. He feels that his life can be summed up in three words: ministry (missions), medicine and music. In his spare time, he enjoys spending time with his family, medical missions, serving at his local church, singing and writing songs, and playing soccer.



TYLER RUSHFORTH, DO

Dr. Rushforth grew up in Bountiful, Utah and attended Weber State University, where he graduated with a BS in medical laboratory science. He then went on to attend medical school at Alabama College of Osteopathic Medicine (ACOM). He never thought he would end up in the South; however, during his interview with ACOM, he felt that this was where God wanted him to be, and it didn't take long for him to fall in love with the beauty, culture and people of the South. His love for underserved, rural family medicine is what pulled him to Cahaba, and he feels that the longitudinal curriculum will best prepare him to succeed in giving quality care to those in underserved/rural areas. In his free time, he enjoys spending time with family, singing, cooking, exploring the outdoors, playing Lego's with his nephew, and anything Disney.

NURSE PRACTITIONER RESIDENCY



GRANT & EXPANSION

In 2018, CMC partnered with UAB School of Nursing, the Jefferson County Health Department and Christ Health Center to start the first Nurse Practitioner Residency Program in the state of Alabama. The program features one year of full-spectrum training, combining clinical experience with academics, with some longitudinal rotations scheduled at the health department in between a busy, real-life continuity clinic at CMC. In the summer of 2019, CMC was awarded a HRSA grant which allowed us to expand our footprint of CRNP residents from two to six per year. The grant also allowed us to have both an urban and rural track, with four residents serving in Jefferson County and two serving in Bibb, Chilton and Perry County.

GRADUATION

On October 21st, CMC held a graduation ceremony to honor the two nurse practitioners who successfully completed their CRNP Residency training program, Sara Johnson and Meghan Pattison. Now that they have completed their residency training, Meghan is working for Christ Health Center, a faith-based FQHC serving east Birmingham in the Woodlawn community, while Sara is working for Esperanza Health Center, a multicultural ministry providing holistic healthcare to the Latino and underserved communities of northern Philadelphia.



JOSH ELLEDGE, CRNP, DNP
PROGRAM DIRECTOR

MEET OUR RESIDENTS



KINSEY PAIGE, MSN, CRNP, FNP-C

Kinsey is originally from Mt. Vernon, Ohio. She attended undergrad at Auburn University where she received a bachelor of science in nursing, then went on to obtain her master of science in nursing at UAB. Prior to joining Cahaba, she worked for four years as a nurse for UAB in the Heart and Lung Transplant ICU. She currently lives in downtown Birmingham with her husband, Joey, and their dog, Finn. In her spare time, she enjoys cooking, gardening, exercising, reading and journaling.



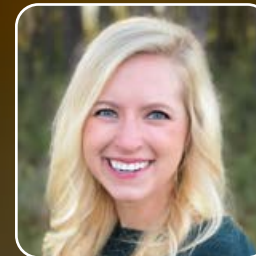
BROOKE MURPHREE, MSN, CRNP, FNP-C

Brooke grew up in Pleasant Grove, Alabama and obtained both her bachelor's and master's degrees in nursing from UAB. She previously spent a year working as a nurse for UAB's Trauma/Burn ICU, as well as two years as a graduate teaching assistant for UAB School of Nursing. Before she became a nurse, she worked as a surgical vet tech for the local nonprofit, Alabama Spay & Neuter. She currently lives in Hoover with her husband and daughter, Bill and Olivia, as well as their two dogs, Suzy and Buddy. Outside of work, she enjoys watching her daughter perform on the color guard at West Blocton High School, as well as traveling and fly fishing with her husband.



DARRYL "CHAD" ELLIOTT, MSN, CRNP, FNP-C

Chad is originally from Birmingham and grew up in Shelby County. He received his associate degree in nursing at Jefferson State Community College in Birmingham, then went on to earn both his bachelor's and master's degrees at UAB. He previously worked as a nurse for a medical step-down unit for two and a half years, then spent three years as the assistant nurse manager of a geriatric medicine unit. He currently lives in Alabaster with his two rescue dogs, Juno and Frankie. In his spare time, he enjoys cooking, wine tasting, exploring new places and spending time outdoors.



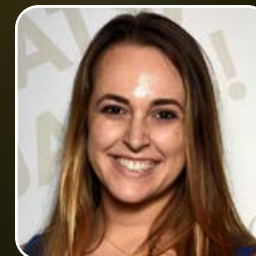
EMILY MORTON, MSN, CRNP, FNP-C

Emily is originally from Batavia, Ohio. She attended undergrad at Auburn University where she received her B.S. in Nursing, then went on to earn her master's degree in nursing at UAB. Prior to joining Cahaba, she worked as a nurse at St. Vincent's Hospital in the orthopedic post anesthesia care unit (PACU). She also previously worked in UAB's Trauma Burn ICU for a year and a half, then spent three years as a PACU nurse at Brookwood Medical Center. She currently lives in Bluff Park with her husband, Thomas. In her spare time, she enjoys running, reading, painting, hiking and traveling.



JANSEN WUISAN, MSN, CRNP, FNP-C

Jansen was born in Indonesia but grew up in Hattiesburg, Mississippi. He graduated with his BS in nursing from the University of Southern Mississippi, then went on to obtain his master's degree at UAB. He has previously worked in the General ICU at Forrest General Hospital in Hattiesburg, then spent more than 3 years working as a nurse in the RNICU at UAB. He currently lives in Birmingham and enjoys hiking, traveling and playing guitar in his spare time.



CHERYL HORD, MSN, CRNP, FNP-C

Cheryl was raised in Atlanta, Georgia. She attended Vanderbilt University in Nashville, Tennessee for her undergraduate and graduate studies. She graduated in 2017 with her Bachelor of Arts in Medicine, Health, and Society with a concentration in Health Behaviors and Health Sciences. Cheryl chose to stay at Vanderbilt to pursue her Masters of Science in Nursing. She recently moved to Birmingham and is enjoying exploring new places and trying new restaurants. In her spare time, she enjoys reading, working out, playing guitar, singing, and traveling.



MYA STAYTON, DO
PERU



JASMINE HEARD, DO
HAITI



CASEY HICKS, MD
EGYPT



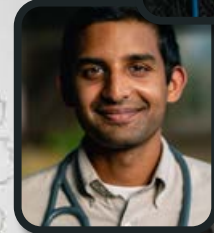
SAJEL NUWAMANYA, MD
UGANDA



KATE ABRAHAM, MD, MPH
& PAUL ABRAHAM, MD
INDIA



DRAKE DUCKWORTH, MD
HORN OF AFRICA



RUBIN VARGHESE, MD, PHARM D
INDIA



PENNSON WANG, MD
UGANDA



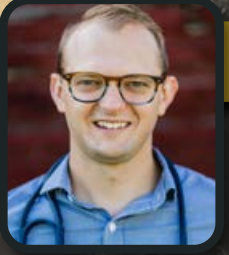
KEITH DO, MD
PERU



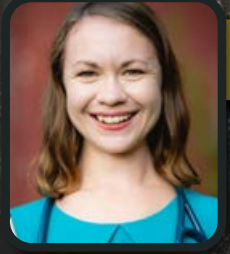
CHASITY GIBSON PA-C
CHRISTINE WHITEN, DO
RWANDA



NICHOLAS DARBY, MD
PERU



TYLER RUSHFORTH, DO
TANZANIA



WHITNEY HUDMAN, MD
PERU/MEXICO



ALEX LEA, MD
ETHIOPIA/UGANDA



READ THE STORIES
WWW.CAHABAFAMILYMEDICINE.COM/TRIPS

STORY

HORN OF AFRICA

DRAKE DUCKWORTH (SEPT 2019)

Going into our mission month, our primary goal was to determine if living abroad long term was a viable option for our family. We left about 60% convinced we wanted to be full time missionaries and returned at 90%. For this alone, I consider the trip a great success. I cannot overstate the value of being able to spend time with a team on the "front lines" and how it put flesh to our long term personal/professional goals. More specific to my medical training, I was able to see first hand how to enter a community as a family medicine provider. I attended a health cluster meeting for the regional state that discussed the appropriate response to a cholera outbreak. I performed house visits in the community, toured the local hospital while being educated on local health disparities, and spent half a day at a local school educating 4th-10th graders about basic health topics.



A Partnership with Purpose

On February 21, **Cahaba Family Medicine Residency (CFMR)** faculty and residents joined with many people from the **UAB School of Medicine** - including the Dean of the School of Medicine, Dr. Selwyn Vickers; the Senior Associate Dean of Medical Education, Dr. Craig Hoesley; and the Chair of the Family Medicine Department, Dr. Irfan Asif - to celebrate a new partnership between CFMR and UAB. After recently deciding to place a renewed focus on primary care education by beginning a new Family Medicine Residency program, UAB made the decision to partner with Cahaba Medical Care in our residency training efforts rather than starting their own program. Practically, this means both rural and urban CFMR residents will now have enhanced access to UAB rotations throughout their three years of training. It also means that CMC will now be an integral partner with UAB as we work to develop other Family Medicine training programs throughout the state to help address the primary care workforce shortage noted in almost every county in Alabama. This is definitely a new partnership for both UAB and CMC... but it is an exciting opportunity with many possibilities to make a difference in many communities throughout the state *and boosting the number of primary care physicians in the state.*

SPORTS MEDICINE FELLOWSHIP

Cahaba partnered with UAB Department of Family and Community Medicine to enhance and expand its ACGME accredited Sports Medicine Fellowship. Dr. Ian McKeag was appointed fellowship director in September 2019 and led the charge to recruit 2 fellows for the 2020-2021 academic year.



This fellowship is a two-year ACGME accredited program supplemented by a Master's Degree in Exercise Physiology. The fellowship is designed to provide comprehensive sports medicine training in musculoskeletal and non-musculoskeletal disease in athletes and active individuals. The two-year experience provides ample time to become an expert in all domains of sports medicine including sports cardiology, ultrasound, comprehensive concussion management, exercise as medicine, and much more. The Master's program provides additional expertise in exercise prescription, nutritional assessment/recommendations, and motivational tools for behavior change. Fellows provide coverage for Professional, Collegiate, and High School athletes, as well as the typical "weekend warrior". Our fellows have ample opportunity to work with athletes through prevention, diagnosis, treatment, and rehabilitation of a variety of injuries.



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