

RESIDENCY CONNECTION

A Northern Light Health Eastern Maine Medical Center
Family Medicine Residency Program newsletter

INSIDE:

A half-century
of excellence

A Maine-made legacy

The first arts, humanities,
and medicine fellowship in
the nation



Northern LightSM
Eastern Maine Medical Center

*Preparing the caregivers
of tomorrow for nearly 50 years!*

**[northernlighthealth.org/
familymedicineresidency](https://northernlighthealth.org/familymedicineresidency)**



Class of 2018



Residency Classes, 2009



Residency Class of 1987



Class of 1979

A half-century of excellence

The Northern Light Eastern Maine Medical Center Family Medicine Residency Program will celebrate 50 years of training physicians that have gone on to touch lives in Maine, New England, and beyond.

The roots of the Family Medicine Residency Program go back to the hospital's beginning in 1892 when training took the form of an intern year, an apprenticeship under the tutelage of seasoned physicians. In 1971, the American Board of Family Physicians ambitiously defined the new specialty, which paved the way for the Medical Center program to evolve.

As of 1973, the Medical Center program was unaccredited, but physicians chose to enroll in the program, and this laid the groundwork for future accreditation. Dewey Richards, MD was appointed the first program director and chief of the Family Medicine Service, and in 1977, with the approval of the Accrediting Committee for Graduate Medical Education, the first two residents were accepted into the program. Then, in 1978, four more residents entered the program for a total of six.

Nearly a half-century later, the Family Medicine Residency Program has graduated approximately 350 physicians. What began as a program with six residents has grown to a 10-10-10 program (10 first-year, 10 second-year, and 10 third-year residents) that develops a full spectrum of trained family physicians who are making an impact not only in Maine, but across the globe.

The Residency Program will turn 50 in 2023

You're Invited. Save the date!

Alumni Weekend • June 30, 2023

If you'd like to help plan our Alumni Weekend, please contact Marie Pelkey, Program Coordinator at 207.973.7973 or mpelkey@northernlight.org.

February 18, 1946

Francis W. Bradbury, M.D.
Joseph H. Pratt Diagnostic Hospital
30 Bennet Street
Boston, Massachusetts

Dear Dr. Bradbury:

Dr. Leonard writes us that you are interested in coming to the Eastern Maine General Hospital on the 1st of April.

There will be a place here for you, and we shall be glad to see you at that time.

Yours very truly,

EASTERN MAINE GENERAL HOSPITAL

Albert W. Fellows, M.D.
For the Administrative Committee



Robin Pritham, MD

A Maine-made legacy

Spotlight on Robin Pritham, MD

By Joshua Duchene, DO, chief resident

In the early 1900s, in the North Maine Woods, one could find Fred “Doc” Pritham trekking through the forest on horseback, foot, car, logging truck, train, or boat, treating all those in need. He gained such a reputation that the town of Greenville, Maine elected to honor him by naming one of the main roads of the town Pritham Avenue in 1955. Fred Pritham had two sons, Carroll Frederick Pritham, and Charles Howard Pritham.

Charles followed in his father’s footsteps. He was an Army physician, serving in World War II, where he received a Purple Heart. Following his service in the war, he practiced in Greenville as well as in Brunswick, Maine, but ultimately relocated in 1949 to the Panama Canal Zone, where he served as the Canal Zone Schools’ doctor for 26 years, from 1949-1975.

Such were the roots from which Robin Pritham, MD, sprouted and blossomed. (Our) Dr. Pritham was born September 27, 1954, in Colon in the Republic of Panama. Throughout his youth, he made biennial trips to Greenville. It was here that Robin came to love Maine, boating and water skiing, as well as spending quality time with his extended family, including his grandfather, Doc Pritham.

Dr. Pritham attended Lowell Technical Institute, pursuing a degree in mechanical engineering, but his ties to Northern Maine drew him toward family medicine, as he realized this might be the best avenue to live and work in the area. Thus, he returned home to attend the University of Maine at Orono for graduate education, studying mechanical engineering, and taking pre-med courses. During the summers, he worked for the Woodlands Division of Scott Paper Company, where he was involved in towing and salvaging logs on Moosehead Lake. This was the company responsible for the last log drive in Maine in 1976, in which Robin participated.

Once again, (not yet Dr.) Pritham left his home in Greenville to attend medical school in Vermont. To finance his studies, he obtained a scholarship through the Health Professions Scholarship Program. He was subsequently commissioned in the Army as a first lieutenant. Upon graduating in 1982, he was promoted to captain, and selected for the Family Medicine Residency Program at Fort Bragg, in Fayetteville, North Carolina.

It was at Fort Bragg that Robin met his soon-to-be-wife, Ursula, who was a captain in the U.S. Army Nurse Corps. A New York native, she was born in Elmhurst, Queens, and raised on Long Island. They fell in love and were married in Greenville prior to Dr. Pritham's final year of residency.

Dr. Pritham was a well-liked chief resident, being always calm and level-headed. He won an award for best research project. He graduated from residency in 1985 and began his active service in the Army. Both he and Ursula were assigned to Seoul, Korea, for two years, and then were sent to Ford Ord, California.

In 1989, after completing their active duty commitment, Robin and Ursula began looking toward Maine to make a permanent home. They chose to settle in Bangor, as they felt this was much more suitable to further their careers, as well as raise their children. Dr. Pritham, in looking for work, found that the Eastern Maine Medical Center Family Medicine Residency had an opening. He had completed a rotation in medical school at Eastern Maine Medical Center, and thus was familiar with the hospital. He applied and was subsequently hired as faculty.

Dr. Pritham, of course, fit in naturally as faculty here. In short order, he was known as a quiet but confident teacher and leader. He served as residency director from 1999 to 2008, and was named faculty teacher of the year four times (1993-94, 2011-12, 2012-13, and 2017-18). The stories of Dr. Pritham's feats are legendary. For example, the story goes that Dr. Pritham taught himself to do the no-scalpel vasectomy by reading a book. He then successfully performed the procedure with ease. He attempted to teach other faculty the process, however they were unable – not for his lack of teaching, but instead because he was the only person with the steadiness and dexterity to be able to complete it!

In their plans for the future, Dr. Pritham and Ursula have demolished the old camp on Moosehead Lake, and are building a permanent home on the site. They intend to retire there in January of 2021. There, he will be able to continue to pursue his hobbies of making furniture, reading, watching movies, boating, and gardening. He and Ursula also plan to visit their two children, Megan and Ryan. And lest you think that the lineage of physicians stops with Robin – Ryan graduated from University of New England College of Medicine this year and has entered an internal medicine residency at Baystate Hospital in Springfield, MA, with the goal of becoming a cardiologist and returning to Maine.

I feel incredibly blessed to have had the opportunity to work with Dr. Pritham. He is about as good-natured and even-keeled as they come. I know that the impact he has had on the lives of others has been just as great, and the wisdom he shares will stay with me and with countless of other residents for decades to come.

“Different approaches and world views add a richness to learning. There’s a multiplier effect.”

- Owen Smith, PhD
Director
Intermedia Master of Fine Arts Program

Northern Light Eastern Maine Medical Center Family Medicine Residency Program Art and Humanities Fellowship



Beth Baratta, MD

Dr. Baratta graduated from the University of Massachusetts Medical School in 2017 and the Eastern Maine Medical Center Family Medicine Residency Program in 2020.

Beth Baratta, MD was recently named Maine Art and Humanities in Medicine’s first fellow. Dr. Baratta’s main area of concentration will be writing, but she also has prior experiences with digital photography, culinary arts, and music. Her research focus will be the evaluation of a creative intervention in reducing suicidality and transforming hegemonic masculinity in an especially vulnerable population, the gender nonconforming and transgender subpopulation of the LGBTQIA community.



The arts and humanities help teach empathy, professionalism, and other character competencies that pave the way to a successful career in healthcare. Gaining practical skills in communication, analytical thinking, and creative expression help prepare caregivers for the journey that lies before them.



Better together

New fellowship explores the intersection of the arts, humanities, and medicine

At first glance, the practice of medicine doesn't have much in common with the arts and humanities. But what if studying the arts and humanities could help doctors bring a new dimension to patient care? A collaboration between the University of Maine and the Family Medicine Residency Program seeks to explore the benefits of bringing these disciplines together.

The Maine Art and Humanities in Medicine Fellowship, the first fellowship of its kind in the nation, allows residents to become immersed in the arts and humanities for a year. At the heart of the program is the belief that there's a lot to learn by studying the arts and humanities, and that the knowledge and experience gained by fellows may impact their approach to medicine and improve their quality of life. Fellows take classes on research methodology and creativity and attend weekly seminars with other fellows. The fellowship culminates in a major project that results in a published article or display.

According to Owen Smith, PhD, director, Intermedia MFA at the University of Maine and a co-director of the program, there are many benefits to bringing together medicine and the arts.

"When you gain interaction between different professional disciplines, you can see the wonderful ways in which they support each other," he says. "Different approaches and world views add a richness to learning. There's a multiplier effect."

Fellows' areas of focus can be wide ranging from year to year and may include music or theater performance, writing, graphical arts, and more. Fellows continue to develop their medical skills by practicing part-time in the residency.

The program is housed at the Family Medicine Residency and the Intermedia MFA Program at the University of Maine. According to Dr. Smith, the first year of the program will be a learning experience for all involved.

"We'll be working very closely with Dr. Baratta, our very first Arts and Humanities in Medicine fellow, to see how the ideas that we developed will work in practice," he says. "We really think of ourselves as co-travelers with her, because we're all going to learn this year. This can be a wonderful way in which we can collaboratively create modes of informational exchange, foster a better service and engagement in the client/patient relationship, and facilitate an enrichment of a healthcare provider's life and professional experiences."



Dr. Bloom-Foster with her daughter. Photo by Brooke Smith

Faculty focus **Jessica Bloom-Foster, MD**

Guiding research

Dr. Bloom-Foster completed a Society of Teachers of Family Medicine grant writing fellowship in 2014. She has been the primary investigator on several projects, including a phone-based application that encouraged mindfulness in early substance abuse recovery, and a recent Joint Grant Awards Program grant that explores ultra-brief mindfulness interventions for patients with opiate dependence on buprenorphine.

As associate program director for research, Dr. Bloom-Foster guides residents in completing five to seven projects each year. Residents have presented novel research at local, national, and international conferences and have engaged the institutional Research Board and worked with faculty on research projects and publications.

At a glance:

Faculty member since 2009

Associate Program Director for Research since 2015

Chief of Family Medicine since 2019

Local editor for the Family Physicians Inquiry Network (FPIN) publications since 2019



“I see my role as not only gathering the right information to get an accurate diagnosis and treatment plan, but also as guiding patients to make healthy choices, interpreting medical information for my patients, coordinating complex care, and advocating for their health care needs. I give every patient the

full amount of time they need for me to provide them the best possible care.”

- Jessica Bloom-Foster, MD

Points of pride

Dr. Bloom-Foster is proud of being named the 2017 Faculty Teacher of the Year by the residents and having her research project published and then presented at the North American Primary Care Research Group (NAPCRG).

Education and training

Undergraduate: Amherst College (BA Neuroscience)

Graduate: University of Pennsylvania College of Medicine (MD)

Residency: West Suburban Hospital Oak Park IL



Saluting the 2020 graduates

Seven of our ten 2020 Residency Program graduates will remain in Maine, using their skills and experience pursuing fellowships, practicing the full spectrum of family medicine, and working in hospitalist medicine.

* Chief Residents 2019-2020



► **Elizabeth Baratta, MD**

Education: University of Massachusetts Medical School

Future plans: Maine Art and Humanities in Medicine Fellowship at Eastern Maine Medical Center and the University of Maine



► **Erin Chandler, DO**

Education: Rocky Vista University - College of Osteopathic Medicine in Parker, Colorado

Future plans: Full-spectrum family medicine at Milo Family Practice in Milo, Maine



► **Karen Farris, DO**

Education: Campbell University School of Osteopathic Medicine

Future plans: Full-spectrum family medicine in southern Indiana



► **Matthew Fasolino, DO**

Education: Lake Erie College of Osteopathic Medicine

Future plans: Outpatient family medicine in Norway, Maine, and part-time wound care



► **Sara Happel, DO**

Education: Lake Erie College of Osteopathic Medicine

Future plans: Palliative medicine fellowship, then a combination of palliative care and family medicine in Maine

Get to know our residents

View profiles of our current residents, graduating class, and 12 core faculty members at northernlighthouse.org/familymedicineresidency



► Scott Kellett, MD

Education: Drexel University College of Medicine

Future plans: Hospitalist, Bryn Mawr, Philadelphia, Pennsylvania



► Katie Knipscher, DO

Education: University of New England College of Osteopathic Medicine

Future plans: Outpatient family medicine at Northern Light Primary Care, Brewer, Maine



► Chelsea Martin, DO*

Education: University of New England College of Osteopathic Medicine

Future plans: Accepted to the ONMM3 Residency and plans to practice rural family medicine and NMM in Maine



► Drew Ramsey, DO*

Education: University of New England College of Osteopathic Medicine

Future plans: Outpatient family medicine at Milbridge Medical Center in Milbridge, Maine



► Aaron Schwertschcow, DO

Education: Kansas City University of Medicine and Biosciences College of Medicine

Future plans: Outpatient family medicine at Vacaville Medical Center, Vacaville, California

A warm welcome for the 2020 intern class

Recruiting the intern class sometimes begins years prior when medical students rotate with the Family Medicine and Hospitalist Services at Eastern Maine Medical Center, and when the residency faculty and residents attending conferences network with medical students and potential residents.

The program typically receives 2000 applications and around 125 candidates are interviewed. Then, we submit a match list in February and receive notification in March from the National Resident Match Program (NRMP).

Join us in welcoming the incoming class:



Jonathan Rieder, DO
University of New
England College of
Osteopathic Medicine



Cameron Burke, DO
New York Institute of
Technology College of
Medicine



Cassandra Butt, MD
Ross University
School of Medicine



Callaghan Gillis, MD
Saba University
School of Medicine



Katie Lockhart, MD
Trinity College Dublin
School of Medicine



Mollie Myers, MD
University of Toledo
College of Medicine
and Life Sciences



Marielle Opeña, DO
Burrell College of
Osteopathic Medicine



Ashley Rivers, MD
Saint James School
of Medicine



Karsen Seto, MD
Saint James School
of Medicine



Dane Wanniarachige, MD
Trinity College Dublin
School of Medicine



Osteopathic physicians interacting with a patient

Osteopathic Family Medicine and Training

OMT boot camp

For the third year, our program has offered an Osteopathic Boot Camp. One week before starting residency, the allopathic physicians interested in the Osteopathic Recognition Track receive an introduction to Osteopathic Manipulative Medicine (OMM). They continue to advance the skills learned in this course throughout the family medicine residency program.

ACGME osteopathic recognition

July 1, 2020 the ACGME and the AOA finalized the merger of postgraduate medical education for a single accreditation process. Through this process, they developed the Osteopathic Recognition of residencies so that previously dually accredited programs could continue to show their osteopathic distinction. This has developed a pathway for MD physicians to be able to learn Osteopathic Principles and Practices and be able to enter the ONMM3 Residency program.

A familiar face

We are excited to welcome Lori “Keelin” Isenhower, DO as our newest faculty member in September 2020. Dr. Isenhower graduated from our Family Medicine residency in 2019 and stayed an extra year to complete the ONMM3 Residency. She will be dual board-certified in Family Medicine and Osteopathic Neuromusculoskeletal Medicine.

New ONMM3 residents

The Osteopathic Neuromusculoskeletal Medicine 3 (ONMM3) Residency is a 4th year of residency training that prepares the resident to become board certified in NMM. This additional year, following completion of a primary residency, allows a resident to hone their OMM skills to better serve their patients as well as act in a consultative role. This year we have 2 new ONMM3 residents. Chelsea Martin, DO, a graduate of our Family Medicine Residency and Zachary West, DO, a graduate of the Fairfield Medical Center Internal Medicine Residency in Lancaster Ohio.

Get Involved:

We’re exploring an osteopathic track for our 2023 reunion conference. Save the weekend of June 30, 2023, and contact Marie Pelkey at 207.973.7973 or mpelkey@northernlight.org if you have ideas or would like to participate in planning.

Osteopathic Faculty



► Tasha Hofmann, DO

Osteopathic Director of Medical Education

Undergraduate: State University of New York, Albany 1995

Graduate: University of New England College of Osteopathic Medicine 2000

Residency: Eastern Maine Medical Center FMR 2003

Residency: Eastern Maine Medical Center ONMM3 Residency 2015

Faculty: Eastern Maine Medical Center 2015



► Lori "Keelin" Isenhower, DO

Undergraduate: Bennington College 2000

Graduate: Virginia College of Osteopathic Medicine 2016

Residency: Northern Light Eastern Maine Medical Center FMR 2019

Residency: Northern Light ONMM3 Residency 2020



► K Emily Redding, DO

Osteopathic Neuromusculoskeletal Medicine 3 Residency Director

Undergraduate: Concord University, Athens, WV 2000

Graduate: West Virginia School of Osteopathic Medicine 2005

Residency: Eastern Maine Medical Center FMR 2009

Residency: Eastern Maine Medical Center ONMM3 Residency 2010

Leave a Lasting Legacy

For many of us, there is a compelling need to make a difference – to leave a lasting impact on the people most dear to us and the world in which we live. One of the most meaningful and easiest forms of gift planning is a bequest. A bequest may also be an effective way to make a gift to charity and lessen the burden of taxes on your family and estate. One benefit is that it enables you to further the good work of an organization including our Northern Light Eastern Maine Medical Center Family Medicine Residency Program.



A planned gift, or a gift today, will have a tremendous impact on the Family Medicine Residency Program in providing an outstanding residency experience, helping sustain and expand compassionate clinical programs, accelerate new knowledge through research, and train the next generation of leaders in family medicine to address specific aspects of medical care in rural populations.

Call or e-mail us for creative ideas and resources to make your estate plan simple and effective.

Wendy M. Lux, CFRE, vice president of philanthropy

Phone 207.973.9627

Email wlux@northernlight.org

Northern Light Health Foundation Family Medicine Residency Program

Checks payable to the Northern Light Health Foundation may be sent to PO Box 931, Bangor, ME 04402

or visit northernlighthealth.org/foundation, select “make a gift” and “Northern Light Eastern Maine Medical Center,” and choose Family Medicine Residency Program under “designation.”



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