



THE FORUM

September/October 2020 • Volume 19, No. 5 • The Official Magazine of Collier County Medical Society

Dr. Rebekah Bernard Installed as 63rd CCMS President 2019-2020 Annual Reports



In this issue:

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CALENDAR OF EVENTS

Register at www.ccmsonline.org or call (239) 435-7727

Date and Location Pending
Foundation of CCMS "Docs & Duffers"
Charity Golf Tournament

Previously scheduled for September 26th
Support opportunities at ccmsonline.org

Event Postponed
CCMS & Lee County Medical Society Social
 Mercedes-Benz of Bonita Springs
Stay tuned for details

Event Postponed
**CCMS Fall General Membership Meeting &
 Medical Cannabis Panel**
 Vi at Bentley Village
Stay tuned for details

Premier Circle of Friends



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CCMS Member Dues

The 2021 CCMS dues deadline is Dec. 31, 2020.
 Members (or their groups) can pay online today at
ccmsonline.org/membership. Invoices will also be
 mailed directly to members who pay individually, or
 to practice administrators for group payment. Thank
 you for renewing!

Up-to-Date COVID-19 Resources:
 Visit ccmsonline.org/resources/#covid

CCMS Board of Directors 2020-2021

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Views and opinions expressed in *The Forum* are those of the authors and are not necessarily those of the Collier County Medical Society's Board of Directors, staff or advertisers. Copy deadline for editorial and advertising submission is the 15th of the month preceding publication. The editorial staff of *The Forum* reserves the right to edit or reject any submission.

MEMBER NEWS

New Members:



Bill L. Bergman, M.D.

Specialty: Preventative Medicine
St. Matthew's House
2601 Airport Rd S
Naples, FL 34112
Phone: (239) 774-0500



Ronald P. Caputo, M.D.

Specialty: Cardiovascular Disease
Levine Heart & Wellness
680 2nd Ave N #304
Naples, FL 34102
Phone: (239) 206-2833 Fax: (239) 529-5491
Board Certified: Internal Medicine;
Cardiovascular Disease; Interventional
Cardiology



Natasha A. Choyah, M.D.

Contact CCMS for more info
Board Certified: Family Medicine



Jason Crespo, M.D.

Specialty: Plastic Surgery
Gardner Plastic Surgery
1250 Pine Ridge Rd Ste 101C
Naples, FL 34108
Phone: (239) 566-2611 Fax: (239) 431-8069



Alfonsina M. Garcia-Bracero, M.D.

SW Florida Women's Group
1890 SW Health Pkwy Ste 303
Naples, FL 34109
Phone: (239) 593-0990 Fax: (239) 593-0812
Board Certified: Obstetrics and Gynecology



Rebecca A. Miknaitis, D.O.

Contact CCMS for more info
Board Certified: Emergency Medicine



Maximilian R. Padilla, MD

Specialty: Ophthalmology /
Ophthalmic Surgery
Azul Cosmetic Surgery and Medical Spa
1009 Crosspointe Dr Ste 1
Naples, FL 34110
Phone: (239) 415-7576 Fax: (239) 415-7580



Duke M. Pfitzinger, D.O.

Specialty: Vascular Surgery
Vascular Center of Naples
1875 Veterans Park Dr Ste 2203
Naples, FL 34109
Phone: (239) 431-5884 Fax: (239) 631-6907
Board Certified: General Surgery

Reinstated:

Spencer Land, M.D.

Advanced Urology Institute
1035 Piper Blvd
Naples, FL 34110
Phone: (239) 465-4157 Fax: (239) 354-7603
Board Certified: Urology

New fax number:

Marilyn J. Varcoe, Ph.D.

Fax: (239) 596-1659

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A Message from the New CCMS President

Rebekah Bernard, M.D., President, Collier County Medical Society

Adapted from Dr. Bernard's inaugural remarks at the CCMS Virtual Annual Meeting, July 25, 2020.



I am honored and humbled to accept the position of president of the Collier County Medical Society. During these difficult times, it is more important than ever that physicians come together to provide each other the support and camaraderie that we all desperately need.

While we are temporarily unable to meet face-to-face, your medical society provides the chance for us to interact with each other virtually—through online meetings like the CCMS Virtual Annual Meeting and through social media connections. If you have not already joined our CCMS private Facebook group for physicians, I urge you to consider joining your nearly 300 fellow physicians already there. This forum is a great place to discuss issues that are important to physicians and get to know your colleagues better. I also urge you to reach out to your colleagues by phone, email, or text to maintain the social connections that are so important to our wellness.

Although it may not always seem like it, the community looks to us as physicians for our medical expertise. They seek the guidance and reassurance that only we as physicians can provide. The medical society has responded swiftly to the need for informed medical advice regarding COVID-19 by forming an ad hoc COVID-19 task force consisting of hospital and community-based physicians. We have presented the task force's recommendations to community leaders, and our input is being used to guide local decision-making. Moreover, as the community sees the medical society stepping up in our role as scientific experts, we are being increasingly looked to as a voice of authority, reason, and solace.

I am so proud to be a member of this group of dedicated and caring physicians. I thank each and every one of you for all that you do for patients, and I want you to know that the medical society is here to support you. I welcome you to reach out to me, to our executive director April Donahue, or to any board member if you have questions, concerns, or ideas about how we can better help you.

Congratulations to the CCMS Board of Directors 2020-2021:

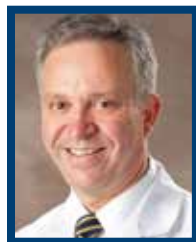
Rebekah Bernard, M.D. – President

Gulf Coast Direct Primary Care

Phone: (239) 322-3860

Dr. Bernard is a Family Physician in a private Direct Primary Care practice in Estero. A Florida native, Dr. Bernard grew up in the rural town of Clewiston, attended the University of Florida graduating with a degree in Sociology, and received

her MD from the University of Miami. She completed her residency at Florida Hospital in Orlando and served for 6 years in Immokalee as a National Health Service Corps Scholar. Dr. Bernard authored *How to Be A Rock Star Doctor* and writes a monthly blog for the Medical Economics website. She is also a national speaker on the topic of Physician Wellness and practice management.



Alejandro D. Perez-Trepichio, M.D. – Vice President

Millennium Physician Group

Phone: (239) 249-7800

Born in Argentina, Dr. Perez-Trepichio is a graduate of the National University of La Plata. He pursued a research career at Cleveland Clinic Foundation, where he received grants from the National Institutes of Health as co-investigator and published several articles in peer-reviewed journals. He then completed his Internal Medicine residency at Cleveland Clinic and relocated to Naples. In 2009 he was appointed a member of the physician leadership for Millennium Physician Group. From 2014-20 he represented CCMS as an FMA delegate and is a PHO/SWFPA board member.



Rebecca G. Smith, M.D. – Treasurer

VITAS Healthcare

Phone: (239) 649-2300

Dr. Smith, Medical Director for VITAS Healthcare, earned her BS in Biology and MS in Physiology from The Pennsylvania State University, and MD from St. George's University School of Medicine. She began her internship in Internal Medicine and residency in Physical Medicine & Rehabilitation (PM&R) at Louisiana State University Medical Center, completed at Temple University Hospital. She completed a Pain Medicine fellowship at Harvard Medical School and is Board Certified in PM&R, Hospice & Palliative Care Medicine, and Pain Medicine. She has co-authored peer-reviewed publications and teaches at St. George's School of Medicine.



Gary D. Swain, M.D. – Secretary

NCH Physician Group

Phone: (239) 624-0340

Dr. Swain attended medical school at the University of Nevada School of Medicine where he was elected to Alpha Omega Alpha. He completed his residency in family medicine at David Grant USAF Medical Center at Travis Air Force Base. Following his residency, he was stationed in Italy where he was Chief of Clinical Services at the San Vito Air Station. He then returned to a faculty position at the Travis AFB residency program prior to retiring as a Lt. Colonel. He practiced in Decatur, Texas in a solo practice prior to moving to Naples to accept a position with NCH Physician Group.

continued from page 4


David R. Wilkinson, M.D. – Immediate Past President

Advanced Urology Institute

Phone: (239) 465-4157

Dr. Wilkinson began his career as a respiratory therapist and returned to medical school at The Boonshoft School of Medicine at Wright State University. He graduated with honors and was elected into the international honor society of Alpha Omega Alpha. Dr. Wilkinson completed his urologic surgery training at the University of Kentucky, Albert B. Chandler Medical Center. During his residency he received the Excellence in Medical Student Education Award. Dr. Wilkinson is board certified, a Diplomat of the American Board of Urology, and practices with Advanced Urology Institute. He has been a member of the CCMS Board since 2015.


George Brinnig, M.D. – Officer / Director at Large

Center for Sight

Phone: (239) 261-8383

Dr. Brinnig continues his 29-year career as a general ophthalmologist. He has practiced in numerous settings including solo practice in California, large group in Massachusetts, and single specialty group in Connecticut. He has served in several organized medicine venues including governing boards of the California Medical Association, Stanislaus County Medical Society (also as President and CEO), and New Haven County Medical Societies. His BS is from SUNY Albany, PhD from UC Berkeley, MD from UC Berkeley, and MMM from Carnegie Mellon. He enjoys inventing, foreign language, and travel.


Zubin Pachori, M.D. – Director at Large

Premier Inpatient Partners

Phone: (239) 330-2933

Dr. Pachori is a Hospital Medicine Physician, practicing in Collier County since 2012. He was raised in Florida and is a graduate of Florida Atlantic University. He received his medical degree from Ross University School of Medicine and completed his residency at Stamford Hospital/Columbia University College of Physicians and Surgeons Program in Family Medicine. He is one of the founders of Premier Inpatient Partners, and has been involved with several hospital committees. At home he enjoys spending time with his two sons and his wife.


Jose M. Baez, M.D. – Director at Large

Jose M Baez, MD, LLC

Phone: (239) 777-0663

Dr. Baez is a board-certified internist with a private practice in North Naples. He attended medical school at Mount Sinai School of Medicine and completed his Internal Medicine residency at Bronx

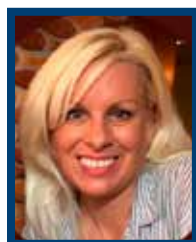
Lebanon Hospital Center. While in private practice in Connecticut, he was Assistant Clinical Professor at University of Connecticut's School of Medicine. Dr. Baez has served on numerous hospital committees and medical association boards. For the past few years, he has chaired the CCMS Membership Committee and represented CCMS as an FMA alternate delegate. Dr. Baez has completed 7 New York City Marathons and a Chicago Marathon.


Michael Slater, Jr., D.O. – Resident Physician Representative

NCH Graduate Medical Education

Phone: (239) 624-0030

Dr. Slater is a 3rd-year resident at NCH Healthcare System. He is from Long Island, New York and received his undergraduate degree in biology from Stony Brook University, where he volunteered as an EMT and was involved in multiple research projects. He graduated from Lake Erie College of Osteopathic Medicine (LECOM) - Bradenton, FL in 2018 and that July, he started his internal medicine residency at NCH, a member of their second class. He is currently involved in multiple committees and research projects, and is one of the founders/captains of the NCH residents softball team. He will serve as an internal medicine chief resident at NCH for 2021-2022. Dr. Slater is interested in gastroenterology and is pursuing a fellowship in the field.


Amy Howard and Dr. Jamie Weaver – CCMS Alliance Co-Presidents

colliercountymsa@gmail.com

fb.com/CollierCountyMedicalSocietyAlliance

Congratulations to the 2020 FMA Alternate Delegates:

Alexandra R. Grace, D.O.

Physicians Regional Medical Group


Glenn E. Groat, M.D.

Radiology Regional


Rafael C. Haciski, M.D.

Advanced Gynecology Inc

CCMS Honors 2020 Physician of the Year Dr. Raymond Phillips

Collier County Medical Society



Collier County Medical Society honored Raymond Phillips, M.D. with 6th Annual CCMS Physician of the Year Award at the 63rd CCMS Annual Meeting & Installation of Officers virtual event. This award honors a physician member who deserves special recognition for exemplary contributions to the practice of medicine and/or outstanding service to our community. Members of the Medical Society submitted nominations for this prestigious award to the CCMS Board of Directors, who selected Dr. Phillips from the talented pool of candidates.

"I am honored to receive this recognition and privileged to provide medical care for the people of Collier County," said Dr. Phillips. "I appreciate the efforts of the Collier County Medical Society to maintain a collegial relationship in our medical community between independent and employed physicians to allow us to better serve our patients."

Dr. Phillips was nominated by his colleague Dr. Susan Liberski. Her nomination described Dr. Phillips' contributions to the community as President and Partner of Gastroenterology Group of Naples (GGN); numerous publications and clinical studies in gastroenterology; leadership positions at local and nationally renowned healthcare facilities; founder of a research division at GGN which has brought new diagnostic and treatment techniques to Collier County; education of colleagues through the annual GGN GI Symposium; and his volunteer work at the Neighborhood Health Clinic and Collier County Crohn's and Colitis Support Groups.

Dr. Liberski commended Dr. Phillips as an "an involved and caring doctor, innovator to the local practice of medicine, and educator in Collier County."

"We are honored to recognize those physicians who exceed the usual call of duty in sharing their time, talents, and expertise with our community," commented CCMS Board President, Dr. David Wilkinson. "Congratulations, Dr. Phillips, we appreciate all you do to enhance the quality of medical care in Collier County."



Dr. Susan Liberski presents the 2020 Physician of the Year Award plaque to Dr. Raymond Phillips.



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CCMS Alliance Annual Report 2019-2020

CCMSA Executive Committee

The Collier County Medical Society Alliance had another year of fantastic events and programs. We kicked off our year with our Family Swim Party at the Rougraff Residence in August. Our Fall Preview followed in September, where members enjoyed a wonderful lunch at The Naples Yacht Club while learning about identity theft and fraud prevention from the Collier County Sheriff's Department. Our Rotating Seat Dinner Fundraiser, a fun evening in a beautiful setting, was held in October. Holiday shopping started off well in November, with our annual Nordstrom Ladies Dinner followed by a shopping Fundraiser. In February, our members and the community at large gathered at Royal Poinciana Golf Club for our Spring Fashion Show Fundraiser. A highly successful and well attended event, guests enjoyed fashions by Anne Fontaine and John Craig.

Thanks to the incredible support from our medical community, we netted over \$14,000 in fundraising and through the Trygstad Scholarship Fund and we were able to present over \$10,000 in scholarships to ten seniors at five Collier County Public High Schools.

To further our mission to serve the community and provide opportunities for healthcare-based education, our members continued to volunteer at the Teenagers as Parents Program (TAAP) of Immokalee. We provided the students and babies with gifts at the holidays and educational talks throughout the school year. Although we were unable to hold our Gavel Club Luncheon it was decided to use the Judy Sullivan Fund to continue our support of the CCMS Physicians Wellness Program. The CCMSA Book Club, chaired by Kim Hochman, meets every six weeks and continues to thrive. Additionally, this year our Alliance Night Out Committee planned monthly opportunities to socialize with members and prospective members.

Without the hard work and endless dedication of the Board of Directors and Committee Members, the past year would not have been possible. Our 2020-2021 Board is looking forward to another fabulous year! If you or your spouse would like to join the CCMSA, please email us at colliercountymsa@gmail.com.

Thank you 2019-2020 Board Members:

Shelley Montiero
Amy Howard
Tracy Ornstein
Miriam LeMoine
Chrissy Winzenried
Susan Bello
Barbara Rougraff

2020-2021 Executive Committee

Amy Howard: Co-President
Jamie Weaver, D.P.M.: Co-President
Barbara Rougraff: Treasurer



CCMSA Fall Preview, September 2019



CCMSA Nordstrom Ladies Dinner, November 2019



CCMSA Fashion Show Fundraiser, February 2020



Collier County Medical Society 2019-2020 Annual Report

VISION

Helping Physicians Practice High Quality Medicine in Our Community

MISSION

Serve the needs of our physician members so they can better serve the needs of the community

CORE VALUES

Collegiality, Professionalism, Leadership, Advocacy, Education,
Communication, Physician Wellness



2019-2020 Presidential Report

David Wilkinson, M.D., Immediate Past President, Collier County Medical Society
Adapted from Dr. Wilkinson's outgoing remarks at the CCMS Virtual Annual Meeting, July 25, 2020.



It has been a true pleasure to serve as your CCMS President over the last year. It has been one of the most interesting years I can recall since beginning practice here in Naples in 2007. We have seen a regime change at Naples Community Hospital, as well as many positive changes with the installation of the new CEO Paul Hiltz. We saw our community and private physicians come together to affect positive change in our medical care, and we have seen NCH reach out and reestablish relationships that were previously allowed to grow stale.

This year has also been one of the most challenging years that many of us have faced in our practices due to the pandemic of COVID-19. Many of us have faced financial challenges, have been forced to use telemedicine and move forward into technology that we were unfamiliar with, and it's cancelled many elective surgeries which are the lifeblood of many of our practices. We have seen political unrest and racial tensions at the highest level we have seen in decades. Many of us are left wondering what our future holds and how our country can recover.

Despite all of the crises of this year, we have also seen the best of humanity shine through. We have seen neighbor helping neighbor; we have seen first responders, physicians, nurses, practitioners putting their personal safety aside for the sake of their patients and their community. We have seen communities rallying around healthcare providers, we have seen physicians donating personal protective equipment to hospitals that were in shortage, and we have seen retired healthcare professionals volunteering to serve their communities overwhelmed by the virus.

There remains great controversy over proper practice of social distancing, wearing of masks in public, returning to school in the fall for our children, best testing procedures for coronavirus, how to report positive testing, and the development of effective vaccines. There is a great concern as to how this virus will affect our daily lives and for how long it will continue to do so.

All of this can seem overwhelming and never ending. But I know one thing for sure. What I have seen in our community is that when we stand together as a community of physicians, armed with the best intentions for our patients, and with the best data available, we will prevail. We will get through this and we will be stronger for weathering the storm together, and we will be able to provide better care for our patients in the future.

My final parting remarks to all of my fellow physicians are these: be strong. Show up every day to do the best for your patients and be a continual learner. These are the tenets of our practice, that make sure we honor the Hippocratic oath that we took when we became physicians. Once again, it has been my true pleasure to be your CCMS President. Thank you for your time, thank you for your service, and God bless all of you.

Thank You to the 2019-2020 Board of Directors:

President: David Wilkinson, M.D.

Vice President: Rebekah Bernard, M.D.

Treasurer: Alejandro Perez-Trepichio, M.D.

Secretary: Rebecca Smith, M.D.

Immediate Past President: Cesar De Leon, D.O.

Officer/Director at Large: Gary Swain, M.D.

Directors at Large: George Brinnig, M.D.; Zubin Pachori, M.D.

Ex Officio Directors:

Amy Howard, CCMS Alliance President

Julia Skettini, D.O. & Michael Slater, D.O.,

Resident Physician Representatives

April Donahue, Executive Director, CCMS



CCMS Annual Highlights, April 2019-March 2020

As a CCMS member, you support our mission to “Serve the needs of our physician members so they can better serve the needs of the community.” With your membership, our society leads the way on issues that affect you and your patients. This past fiscal year’s member benefits and accomplishments include:

- ◆ Conducting the “CCMS Physicians Care” public relations campaign, with articles, television commercials, and social media posts, to highlight the ways our member physicians care for our community.
- ◆ Starting at the beginning of March this year, supplying frequent updates to CCMS members and the community regarding the COVID-19 pandemic, which have continued throughout the pandemic.
- ◆ Providing 130 confidential, cost-free psychological counseling sessions for physician members through the CCMS Physician Wellness program;
- ◆ Educating legislators on important healthcare issues that affect the practice of medicine and public safety;
- ◆ Offering approximately 20 complimentary meetings and social events to our members for education, networking, and stress-reduction, and additional seminars for practice administrators and for our resident/intern physician members;
- ◆ Continuing to assist physicians and patients with CCMS member physician referrals via the popular CCMS member physician directory, our online “find a doctor” search, and phone calls to the CCMS office;
- ◆ Representing our members’ interests in organized medicine at the FMA and AMA, including involvement in reference committee leadership at the FMA Annual Meeting, Dr. Corey Howard as the FMA Immediate Past President, Dr. Rafael Haciski and Dr. Howard on the delegation to the AMA, and executive director April Donahue as Immediate Past President of the Conference of Florida Medical Society Executives;
- ◆ Presenting the 12th Annual Women’s Health Forum, a free public service educating nearly 400 attendees on the latest health trends and medical treatments while highlighting CCMS member speakers;
- ◆ In addition to two full-time staff Ms. Donahue and executive assistant Nancy Wood, continuing to utilize a part-time contracted employee and student interns to help provide additional services to our members;
- ◆ Supporting the efforts of the Foundation of CCMS to sustain their charitable activities in healthcare, and the CCMS Political Action Committee, to help elect medicine-friendly candidates for state and local office.

Membership

Total Membership 2019-2020: 623

New Members, April 2019-March 2020

Bassan J. Allan, M.D.	Emily Kassar, D.O.	Alberto Rotsztain, M.D.
Hashem Azad, D.O.	Brandon M. Kirsch, M.D.	Nicole Saccone, D.O.
Maged M. Bakr, M.D.	Zanetta S. Lamar, M.D.	Edward L. Salerno, M.D.
Courtney D. Bell, M.D.	Lisa Larkin, D.O.	Miriam M. Sevilla Saez-Benito, M.D.
Mary G. Conley, M.D.	Kelsey Lee, D.O.	Michael A. Silva, M.D.
Lawrence DeBellis, D.O.	Stephan M. Levitt, M.D.	Anshika Singh, MBBS
Lisette Delgado Sanchez, M.D.	Diego Lugo, M.D.	Brian J. Solomon, M.D.
Kelsey Diemer, D.O.	Ryan B. Lundquist, M.D.	Price Sonkarley, M.D.
Elena Douglas, M.D.	Michael D. Martinez, M.D.	Katherine Stam, D.O.
Thomas A. Elkins, D.O.	Danielle M. Matta, D.O.	Michael R. Sternberg, M.D.
April M. Fetzer, D.O.	Usman T. Mian, M.D.	Sonal Sura, M.D.
Glenn M. Flanagan, M.D.	Stephen J. Muehlenbein, M.D.	Mahesha Thimmarayappa, M.D.
Mark B. Frenkel, M.D.	Florina Neagu, M.D.	Edison P. Valle, M.D.
Kyle Grant, D.O.	Valeriu R. Neagu, M.D.	Ashley M. Warmoth, D.O.
Edward C. Grendys, M.D.	Daniel A. Ostler, D.O.	Sajid Wazir, M.D.
David S. Greschler, M.D.	Alexander T. Owens, D.O.	Carla Williams, M.D.
Nathalie Gutierrez-Prieto, M.D.	Marylin Palackel James, D.O.	Carmen J. Wilson, M.D.
Kimberly J. Hamilton, M.D.	Brandon Patri, D.O.	Rebecca J. Witherell, M.D.
Priyanka Handa, M.D.	Timothy A. Quinn, M.D.	Michael Wolf, M.D.
Daniel J. Harmon, D.O.	Catherine Reizun, D.O.	Christopher Yanichko, D.O.
Tran B. Ho, D.O.	Debra A. Renner, M.D.	Paulos Yohannes, M.D.
Nicoleta Kakaes, M.D.	Carol L. Roberts, M.D.	

CCMS Annual Report (cont.)

Income and Expenses

Income, Fiscal Year ending March 31, 2020

Dues	\$224,150
Interest	\$733
Members events	\$84,545
Publications	\$116,470
Total Income	\$425,898

Expenses, Fiscal Year ending March 31, 2020

Accounting/professional services	\$25,245
Donations/gifts	\$5,700
Member events	\$106,620
Misc operating expenses	\$18,349
Phone/computer/website	\$10,435
Publications	\$42,776
Rent/electric	\$15,222
Salary/benefits/taxes	\$199,267
Travel/seminars/meetings	\$24,130
Total Expenses	\$447,745

Net ordinary income (\$21,847)*

**Net loss attributed to community education campaigns, for which funds were designated in previous fiscal year*

Net Assets Fiscal Year Ending March 31, 2020: \$382,595

CCMS PAC Report 2019-2020

The CCMS Political Action Committee (PAC) helps fund local and state candidates who are physician and patient friendly. CCMS members and spouses are encouraged to contribute to make an impact on elections in Collier County and Florida.

Your PAC had \$3,750 in income for the 2019-20 fiscal year and \$2,000 in expenses, with an end-of-fiscal-year bank balance of \$4,569 on March 31st. During that fiscal year, the PAC board made contributions to:

- Bob Rommel for State House District 106
- Florida State House Majority
- Jason Brodeur for State Senate District 9

The PAC Board also prepared to interview candidates for additional local elections in 2020.

We are seeking contributions from CCMS members and spouses for upcoming elections. Help support our efforts to improve healthcare in our community by affecting important local and state races. The suggested contribution is \$100. Contact CCMS or visit ccmsonline.org/membership to contribute.

If you have questions about voting, the PAC, or its endorsements, contact any of the PAC Board: Dr. Rolando Rivera – Chair/Treasurer, Dr. Mitchell Zeitler, Dr. Julian Javier, Dr. Catherine Kowal, or April Donahue at CCMS. Thank you to all our PAC contributors and future contributors.

Thank You to

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To join a committee, email april@ccmsonline.org



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Foundation of CCMS 2019 Annual Report

Rolando Rivera, M.D., Foundation Chair



It is my pleasure to provide the 2019 report from our Medical Society's 501c3 charitable arm, the Foundation of CCMS. It was a year of continued growth for the Foundation, as we raised more awareness of our organization and more funds for scholarships to future medical professionals and donations to local healthcare programs in need.

Our mission: Provide support and leadership to programs that address access to healthcare and promote health education.

We awarded a total of \$34,500 in scholarships this past year, including our 5th annual Dr. William Lascheid Memorial Scholarship for Florida medical students who excel in community service, with an award amount of \$12,500. Award recipient Jennifer Trebilcock, Barron Collier High School graduate and student at Florida State University College of Medicine, exemplified Dr. Lascheid's dedication to service.

We were also pleased to provide six additional awards in our general healthcare scholarship program, helping four medical students, and two physician assistant students. Read more about our winners at ccmsfoundation.org/#scholarships, where interested applicants can also download applications for next year's scholarships, which will be due March 31, 2021. We have recently completed reviewing the many deserving applicants for our 2020 scholarship awards; see page 7 for details on our amazing scholarship recipients.

Our 6th Anniversary Docs & Duffers charity golf tournament was held in September, 2019 and it was one of our largest yet, welcoming 110 golfers. We were fortunate to have 23 sponsors/supporters, 50 prize donors, and 20 volunteers. The event raised nearly \$26,000 in net proceeds, as participants enjoyed a wonderful day of golf, networking, prizes, and raising funds for worthy healthcare needs in our community.

Another highlight of 2019 was our continued support of the CCMS Physician Wellness Program. This important initiative to help our members treat and prevent burnout is critical to improving access to quality healthcare in our community. We were also pleased to continue supporting the efforts of PLAN (Physician Led Access Network) of Collier County, to help provide specialty care to the underserved in our community.

As we look ahead, one of our goals is to continue building the endowment fund we launched in late 2017, managed by the Community Foundation of Collier County. Our endowment fund is an important asset, working for us to help create long-term sustainability. In addition to unrestricted gifts, we can also accept designated gifts for our endowment, or for scholarships, charitable healthcare program funding, and the CCMS Physician Wellness Program. Supporters can provide their gifts in a variety of ways – financial, property, planning giving, and more.

Gross income for 2019 was \$65,167, including donations from members and friends; a portion of the proceeds from the CCMS Women's Health Forum, fundraising efforts at CCMS events, and our own programs: the Docs & Duffers golf tournament, wine tasting dinner, and day at the ballpark. Total expenses for 2018 were \$39,379, including programming expenses, our scholarships, donations to healthcare programs, and low operations costs. At the end of our fiscal year, the Foundation had a gain of \$5,720, while our balance of reserves/total assets was \$56,508.

Thank you to all the member physicians and friends of the Foundation who have made contributions over the last seven years since our founding. Your support is critical to our success, and we look forward to continued growth for the years to come. We encourage all our members to consider the Foundation in your charitable giving plans. You can donate at ccmsfoundation.org or call us at 239-435-7727 for details.

Thank you also to the hard-working Foundation Board Members, with a fond farewell to outgoing board member Andrew Hill and a warm welcome to new board member Karen Mosteller.

We invite everyone to participate in our upcoming 7th Annual Docs & Duffers golf tournament (NOTE: date and location pending due to COVID-19 pandemic). You are welcome to golf, be a sponsor, volunteer, and/or donate prizes. Register or learn more about the tournament at CCMSFoundation.org.

Please contact any one of us for information on the Foundation's activities and mission, or reach out to April at the CCMS office, (239) 435-7727 or april@ccmsonline.org. We also hope you will follow us on Facebook, fb.com/ccmsfoundation. On behalf of all of us, thank you again and we look forward to working with you to improve the health of our community.

Thank you to the 2019 Foundation Board Members:

Rolando Rivera, M.D., Chair
 Jeremy Darstek, Treasurer/Secretary
 Rebekah Bernard, M.D.
 Joshua Bialek
 Reisha Brown, M.D.
 Mitchell Dannenberg
 April Donahue
 Andrew Hill



Foundation of CCMS announces 2020 Scholarship Recipients

Dr. William Lascheid Memorial Scholarship for Medical Students:



The Foundation of CCMS is pleased to announce that Lisvet Luceno, a Naples resident in the class of 2023 at the University of Central Florida College of Medicine, is the winner of the Foundation's 2020 Dr. William Lascheid Memorial Scholarship for Medical Students.

The \$10,000 award recognizes future physicians who are Florida residents and have demonstrated excellence in community service, in memory of Dr. Lascheid, co-founder of the charitable Neighborhood Health Clinic in Naples and a Past President of the Medical Society. It is the sixth year the Foundation has provided this scholarship.

"As a Foundation we are concerned for the students whose studies have been interrupted and futures have become uncertain because of COVID-19. To that end, the main goal of this scholarship is to provide critical financial aid to future medical professionals, and to recognize students who give their time to charitable causes," said Dr. Rolando Rivera, Foundation Chair. "Ms. Luceno is a shining example of Dr. Lascheid's dedication to caring for the underserved, and we are honored to award her this scholarship."

"The Dr. William Lascheid Memorial Scholarship Foundation clearly identifies my husband's mission of providing quality medical care for low-income workers, who are in need," said Nancy Lascheid, co-founder of the Neighborhood Health Clinic. "Congratulations to Lisvet, this year's recipient, who illustrated in her application commitment and compassion for the underserved."

Ms. Luceno received her diploma from Golden Gate High School in Naples and her Bachelor of Psychology at University of Pennsylvania. Her community service activities have included volunteering with the Neighborhood Health Clinic, the Apopka Student-Run Free Clinic, and the KNIGHTS clinic. Her aspirations after earning her medical degree are to pursue a Master's in public health and as a practicing physician, to provide community-based, patient-centered care for vulnerable populations who face health disparities.

"By awarding me the Dr. Lascheid Memorial Scholarship, you have greatly relieved my financial burden which allows me to focus more on the most important aspect of school, learning" said Ms. Luceno. "Your generosity will inspire me to continue helping others and giving back to the community. I hope one day I will be able to help students achieve their goals just as you have helped me."

Foundation of CCMS Healthcare Scholarship Awards:

The Foundation's healthcare scholarships are for students who are Florida residents enrolled or accepted into a healthcare degree program, with awards based on need, academic performance, and community involvement. This year's recipients are MaryJo Bekhash, Sydney Record, and Yesenia P. Stephens. Each student will receive a \$4,000 scholarship.



Ms. Bekhash, a Gulf Coast High School graduate, is a medical student at the UM Miller School of Medicine, class of 2024. "I am so grateful for this scholarship award which will help alleviate the financial burden of medical school. I am eager to join the medical profession and give back to the community as a compassionate physician and patient advocate. The Foundation's generosity is helping make this dream a reality."



Ms. Record is a Naples High School graduate and a first-year medical student attending the Duke University School of Medicine. "I am extremely grateful to the Foundation for their incredibly generous support! I am about to complete my third week of medical school and my experiences here have already made me so much more excited about my career in healthcare. This scholarship will be instrumental in me being able to afford the costs of my education to pursue this career!"



Ms. Stephens is from DeLand, Florida and a student at the Philadelphia College of Osteopathic Medicine South Georgia, class of 2024. "I am honored and grateful for the scholarship award from the Foundation. This scholarship helps relieve some of the financial stress from medical school and allows me to focus on becoming a physician for underserved patients. I am encouraged by the support from the Foundation during this rigorous journey. Thank you for believing in me."

Scholarship applications for next year will be available online at ccmsfoundation.org in January 2021. Applications must be turned in by March 31st.

The Foundation's signature fundraiser, the Docs & Duffers Golf Tournament, and the generous donations from our supporters, help raise funds for its scholarship awards and for local healthcare programs in need. To learn more and to contribute, visit ccmsfoundation.org.

Circle of Friends – A Program of Preferred Vendors

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Contact: Sunil Muley
Business Type: Banking
Phone: 239-919-1361

Sunil.Muley@lmcu.org / lmcu.org

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Business Type: Certified Public Accountants & Business Consultants

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kmosteller@markham-norton.com / markham-norton.com

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Circle of Friends



Attorney Linda R. Minck, PL

Contact: Linda Minck
Business Type: Attorney

Phone: 239-260-5827 / Fax: 239-260-5829

linda@minck-law.com / minck-law.com

Attorney Linda Minck provides legal services to physicians and healthcare providers particularly in business transactions such as setting up new practices, buying or selling, employment agreements, and representing physicians with daily legal needs. CCMS members who mention their membership before services are rendered receive a 10% discount on the first matter of representation.



HealthLynked

Contact: Michael Sturupp
Business Type: Healthcare Network

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msturupp@healthlynked.com / healthlynked.com

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Contact: Chris Jimenez
Business Type: Merchant Services

Phone: 805-358-5580

Chris.Jimenez@BankCardUSA.com / bankcardusa.com

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Leading Edge Benefit Advisors

Contact: Timothy McGee
Business Type: Employee Benefits

Phone: 239-415-0101 / Fax: 239-433-1565

timothy.mcgee@LE-Advisors.com / lebenefitadvisors.com

Leading Edge Benefit Advisors has served the Naples area for over 34 years, providing employee benefit and compensation solutions to local businesses. Leading Edge can offer an industry specific, multiple employer welfare arrangement ("MEWA"), allowing CCMS member private practices the benefit of large group medical insurance with Florida Blue for themselves, their staff, and families. Leading Edge also offers many physician specific coverages, including business overhead protection, disability coverage, and life insurance options.



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Contact: Miranda Sharkey
Business Type: Banking

Phone: 239-514-2237 / Fax: 239-594-9566

miranda.sharkey@firstcitizens.com / firstcitizens.com

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Suncoast Credit Union operates 65 full-service branches with 785,000 members. The Suncoast Foundation has donated over \$22 million to community initiatives in the 21 counties the credit union serves. Suncoast Credit Union is committed to providing CCMS members with personalized solutions and expert service. Our business lending, legacy planning, and retirement planning services can help you meet your business needs and achieve your long-term goals. CCMS Members receive a complimentary half-hour consult with the Suncoast preferred estate attorney.



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Business Type: IT Services
Phone: 630-433-7453

keith.knohl@technicaldr.com / technicaldr.com

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Verita Wealth Advisory Group is a private wealth advisory practice of Ameriprise Financial Services, LLC and a financial planning practice with over 30 years of experience. They specialize in working with physicians and small business owners to integrate their unique needs with proprietary strategies and deliver customized solutions for each client. CCMS members receive a free initial consultation which includes an Investment Portfolio Review and 1040 Tax Return Review. They will also offer a 15% discount from their standard financial planning fees.



VYTAL Medical Solutions LLC

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Phone: 703-731-0073 / Fax: 703-448-1411

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Community Corner: St. Matthew's House, An Integrative Model for Addiction Recovery

Bill Bergman, M.D.



The St. Matthew's House addiction recovery program, Justin's Place, has drawn national attention with 85% of those completing the program still maintaining sobriety two years after graduation. Since 2010, 575 men and women have graduated from the yearlong recovery program, which currently serves more than 150 people at any given time. The curriculum, which

draws on both secular and faith-based recovery models, also incorporates job training and transitional housing in structured, supervised environments to enable individuals to flourish as they regain independence.

On this successful foundation, St. Matthew's House is now implementing an integrative model for addiction recovery that combines a faith-based approach with best practices of effective addiction recovery, the latest brain neuroscience, and the innovative field of health psychology.

These improvements have been systematically integrated into the existing program using the Genesis Process, a body of relapse prevention resources based on a Biblical and neurochemical understanding of what is broken, what causes destructive behaviors, and what promotes brain healing.

Neuroplasticity: the brain's ability to change

As we know from current brain science, the brain is damaged through destructive attitudes and behaviors such as alcohol and substance abuse. In addition, stress, processed food, and environmental toxins disrupt metabolic function and cause chronic inflammation at the cellular level. Inflammation in the body creates inflammation in the brain and vice versa.

Through the insights in the new field of neuroplasticity, we have learned that the brain can heal itself, diminish destructive circuitry, form new connections and pathways, and even develop new brain cells (neurogenesis). We find that this understanding is very empowering for those in recovery and greatly increases their capacity to overcome addiction and other destructive behaviors.

Rebuilding Trust

Justin's Place was initially established to serve participants of several existing St. Matthew's House ministries, including soup kitchens, emergency shelters, and jail chaplain services. Many of the poor and homeless served through these programs struggled with chronic substance abuse, which resulted in a seemingly endless cycle of short-term sobriety followed by relapse. The Justin's Place recovery program was developed



to meet this need and overcome repeated past failures leading to mistrust, loneliness, and despair.

Broken trust can lead to many destructive

behaviors. Addictions temporarily anesthetize the conscious awareness of the "lonely space" from broken trust. A significant part of the recovery process is learning to trust again. Changing destructive behaviors and emotions requires a change of heart. Relationships often create problems, but empowered relationships can also heal. The St. Matthew's House culture is based on building trust and helping residents learn new behaviors, develop healthy habits, and restore damaged relationships.

Touching hearts and transforming lives

For 32 years, St. Matthew's House, a 501(c)(3) not-for-profit organization, has provided innovative solutions to fight homelessness, hunger, poverty, and substance abuse in Southwest Florida. St. Matthew's House operates the only emergency homeless shelters in Collier County. Over 300 men, women and children call St. Matthew's House home every night. Currently, because of the economic impacts of COVID-19, St. Matthew's House has been providing food relief to as many as 2,100 families per week.

Over the years, St. Matthew's House has developed a unique Social Enterprise Model that includes thrift stores, a car wash, restaurant, catering operation, and more. The income from these social enterprises covers all administrative and fundraising costs so that 100% of every donated dollar goes to support life-saving programs. Social enterprises also provide job training and employment for program participants.

The mission of St. Matthew's House is to change lives in a spiritual environment that is both compassionate and disciplined. St. Matthew's House provides community, hope, and healing through caring for the body, mind, and spirit.

St. Matthew's House welcomes Collier County Medical Society members for a tour to see firsthand the inspirational, personal transformations that are taking place through St. Matthew's programs. For information, please visit stmatthewshouse.org or call (239) 774-0500.

A physician and educator in the leading-edge fields of preventive medicine and stress management, St. Matthew's House Chief Medical Officer Bill Bergman, MD, received his medical degree at Columbia University, College of Physicians and Surgeons in 1970. He also was a member of the International Fellows Program at the Columbia University School of International and Public Affairs as an Edward John Noble Foundation Fellowship recipient.

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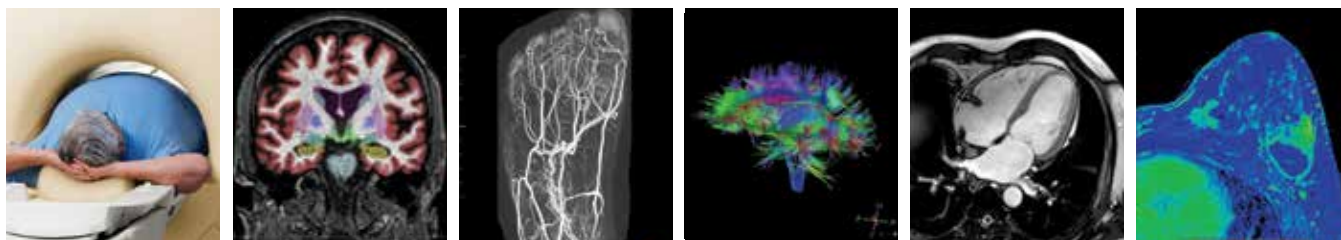
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