

# Physicians Bulletin

VOL. 46  
NO. 3

MAY/JUNE 2025

USA \$1.95

A PUBLICATION OF THE METRO OMAHA MEDICAL SOCIETY • OMAHAMEDICAL.COM



## THEY KNOW A THING OR TWO ABOUT CATTLE





## BUILDING TO A HIGHER STANDARD.

G. Lee Homes is committed to building to a higher standard. A home should be built to last. We firmly believe that giving our customers a quality finished product, a home that will last and a home they will love, is the RIGHT thing to do. We do not settle for less.

**3402 N 190TH PLAZA, ELKHORN, NE 68022**  
**402.598.0590 | OMAHASBUILDER.COM**

DESIGN

BUILD

REMODEL





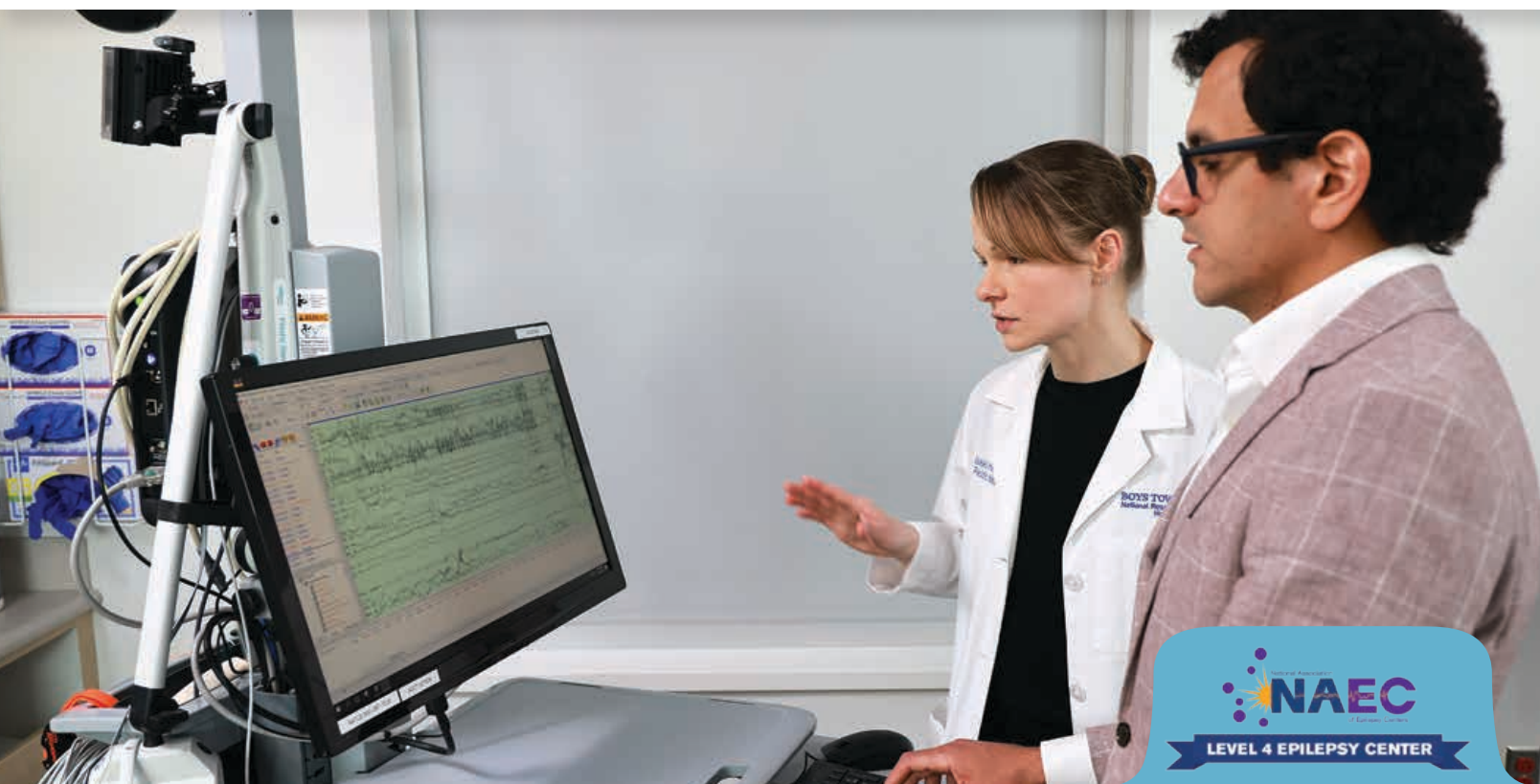
# You're not a policy number. You're a human.

---

We see you. And we understand your challenges. Our relationship doesn't start when there's a claim. From day one with Copic, we bring you insights designed to improve patient safety, help reduce risk, and let you focus on what you do best. We're here for the humans of healthcare.

[copic.com](https://copic.com) | 800.421.1834





# Quicker Access to Cutting Edge Epilepsy Care is at Boys Town

Specializing in the diagnosis and comprehensive treatment of complex epilepsies in children and adolescents, the Boys Town Pediatric Epilepsy Program is the first pediatric-focused program in the region to be accredited by the National Association of Epilepsy Centers as a level 4 treatment center.

**The epilepsy services at Boys Town are built to provide rapid access to highly specialized epilepsy care.**

- **The Boys Town First-Time Seizure Clinic** provides quick and accurate diagnosis and management of first-time seizures in children, eliminating the often-long wait for a neurology visit.
- **Neurogenetics experts** are fully integrated in the epilepsy program to ensure the best care for the toughest genetic epilepsies.
- **Access to advanced MEG imaging** allows pre-surgical mapping to enable the creation of more accurate surgical approaches for various seizure disorders.

We invite you to refer your difficult-to-treat epilepsy patients with confidence that they will receive the highest level of specialized and comprehensive treatment designed just for them.

**To refer a patient, call us at 531-355-7420.**

Boys Town Pediatric Epilepsy Program  
14080 Hospital Road (139th & Pacific, on the Boys Town Campus)  
Boys Town, NE 68010







# BELIEVE *in better*

## Striking out drug-resistant epilepsy? Believe it.

From loss of motor skills, disrupted sleep and persistent seizures to returning to the baseball diamond, 6-year-old Beaudin received life-changing care for his drug-resistant epilepsy at Children's Nebraska's Level 4 Pediatric Epilepsy Center. A successful surgery with real-time, collaborative guidance from a Children's epileptologist showcased that innovative surgical techniques and advanced diagnostics paired with an unwavering commitment to kids and families is a combination that can't be beat.

[ChildrensNebraska.org/Epilepsy](https://ChildrensNebraska.org/Epilepsy)







15



22



18

ON THE  
COVER

## FEATURES

**15 RECLAIMING OUR WELL-BEING: A DOCTOR'S GUIDE TO SELF-CARE IN AN UNCERTAIN WORLD**

**18 THEY KNOW A THING OR TWO ABOUT CATTLE**

**22 PHYSICIAN BOARD SERVICE: THE RETURN ON INVESTMENT GOES BOTH WAYS**

**12 MOMS LEADERSHIP**

Mom Knew Best:  
Take a Moment

**13 FINANCIAL UPDATE**

Keep More, Grow More:  
5 Tax-Efficient Investment  
Strategies

**14 RISK MANAGEMENT**

Why Password Managers are  
a Must in Medical Practices

**26 MOMS EVENTS RECAP**

**27 NEW MEMBERS / IN MEMORIAM / DUALITY OF INTEREST DISCLOSURES**

**28 CAMPUS & HEALTH SYSTEMS UPDATE**

## DEPARTMENTS

**8 COMING EVENTS**

**9 EDITOR'S DESK**

Keeping Politics Out of the  
Equation

**11 NMA MESSAGE**

Medicaid Coverage on the  
Chopping Block

**"Something as simple as paying a bill, writing a check, we can do that smarter and safer."**



**Lindsey Miltner**  
Treasury Management

**We're Built for This**



Member FDIC

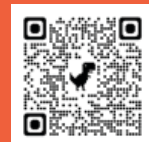
SecurityNational.Bank  
844-SNB-1964



**IT'S OKAY TO ASK FOR HELP**

We offer free confidential  
online counseling and  
telepsychiatry sessions

Complete a short assessment  
to connect with a mental  
health professional at  
[providerwellness.org](http://providerwellness.org)



Metro Omaha  
Medical Society  
Foundation

THE  
PHYSICIANS  
FOUNDATION  
Empowering Physicians  
Improving Healthcare







**CONSTRUCTION-TO-PERMANENT MORTGAGE**

## Finance The Future Of Your Practice.

Create your perfect practice with one simple mortgage loan. First Citizens' Construction-To-Permanent Mortgage Loans can help you purchase land, fund renovations or finance construction costs with only one closing. These convenient loans are a great way to build or remodel your practice sooner with reliable disbursements that keep construction moving forward.

### FEATURES & BENEFITS

- One Closing
- Affordable Payments
- Rate Options
- Primary Practice
- Land Purchase
- Reliable Disbursement
- Refinancing

### READY TO GET STARTED?

Benjamin Purkeypile  
Area Vice President, Nebraska Area Executive  
15950 W Dodge Rd  
Omaha, NE 68118  
402.445.3450  
ben.purkeypile@firstcitizens.com

[firstcitizens.com](http://firstcitizens.com)

**Thanks Omaha for over 40 Years!**

# Sparkling Klean

**YOUR BUILDING MAINTENANCE SOURCE**



**402.399.9233 | WWW.SPARKLINGKLEAN.COM**

# Physicians Bulletin

VOLUME 46, NUMBER 3

A PUBLICATION OF THE



## METRO OMAHA MEDICAL SOCIETY

7906 Davenport St. | Omaha, NE 68114  
(402) 393-1415 | [www.omahamedical.com](http://www.omahamedical.com)

### OFFICERS

**President** | Cori McBride, M.D.  
**President-Elect** | Andrew Coughlin, M.D.  
**Secretary-Treasurer** | Tiffany Tanner, M.D.  
**Past President** | Travis Teetor, M.D.  
**Executive Director** | Carol Wang

### EXECUTIVE BOARD

Cori McBride, M.D.  
Andrew Coughlin, M.D.  
Tiffany Tanner, M.D.  
Travis Teetor, M.D.  
Alëna Balasanova, M.D.  
Jason Bruce, M.D.  
Robert Cochran, M.D.  
Linda Collins, M.D.  
Alex Dworak, M.D.  
Stephanie Hartman, M.D.  
Jennifer Hill, M.D.  
Sara May, M.D.  
Kris McVea, M.D.  
Joshua Mammen, M.D.  
Joel Michalski, M.D.  
Anne O'Keefe, M.D.  
John Peters, M.D.  
Randy Pritza, M.D.  
Juan Santamaria, M.D.  
Steven Wengel, M.D.

### EDITORIAL/ADVERTISING STAFF

**Publisher** | Omaha Magazine, LTD.  
**Editor** | Audrey Paulman, M.D.  
**Photographers**  
Justin Barnes, Sarah Lemke, Bill Sitzmann  
**Creative Director** | Rachel Birdsall  
**Graphic Designer II** | Nickie Robinson  
**Senior Designer** | Reneé Ludwick  
**Graphic Designer I** | Joey Winton

### ADVERTISING SALES

Greg Bruns | Gil Cohen | Dawn Dennis  
Francine Flegg | Alicia Hollins | George Idelman  
Sandy Matson | Sandi McCormack  
Tim McCormack | Michelle Schrage

**FOR ADVERTISING INFORMATION:**  
**402-884-2000**

*Physicians Bulletin* is published bi-monthly by Omaha Magazine, LTD, P.O. Box 461208, Omaha, NE 68046-1208. ©2025. No whole or part of contents herein may be reproduced without prior permission of Omaha Magazine or the Metro Omaha Medical Society (MOMS), excepting individually copyrighted articles and photographs. Unsolicited manuscripts are accepted, however, no responsibility will be assumed for such solicitations. Omaha Magazine and the Metro Omaha Medical Society in no way endorse any opinions or statements in this publication except those accurately reflecting official MOMS actions.





## COMING EVENTS

### DOCBUILD: ROCK THE BLOCK EDITION, HABITAT FOR HUMANITY EVENT

**SATURDAY, JUNE 7 | 8 A.M. – NOON**  
Omaha, Location TBD

### RETIRED PHYSICIANS MEETING WITH GRETN MAYOR MIKE EVANS

**WEDNESDAY, JUNE 18 | 10 – 11 A.M.**  
**UNO Community Engagement Center**  
6400 S, University Drive Road N, Omaha

### WOMEN IN MEDICINE NIGHT OF NETWORKING & PICKLEBALL

**WEDNESDAY, JUNE 18 | 6 – 8 P.M.**  
**Smash Park La Vista**  
8121 S 125th Street, La Vista

### MOMS CAUCUS

**TUESDAY, JUNE 24**  
**5:30 – 7:30 P.M.**

**MOMS Office Boardroom and Zoom**  
7906 Davenport Street, Omaha

### LEGISLATIVE MEET & GREET

**FRIDAY, SEPTEMBER 12 | 6 – 8 P.M.**  
**One Pacific Place Clubhouse**  
1365 S. 101st Street, Omaha

#### Scan the QR Code

More event information  
and online registration  
on our website  
events page



## STRATEGIC PARTNERS

The Metro Omaha Medical Society Strategic Partners offer a variety of expertise, products and services to assist physicians and practices in addressing their needs and achieving success.

We encourage you to talk with our Strategic Partners when making decisions for yourself or your practice.

### GOLD PARTNERS



**Renaissance  
Financial**

### SILVER PARTNERS



**KOLEY ■ JESSEN**  
ATTORNEYS



### BRONZE PARTNERS



For more information on our Strategic Partners  
visit [OMAHAMEDICAL.COM](http://OMAHAMEDICAL.COM)



## KEEPING POLITICS OUT OF THE EQUATION



**AUDREY PAULMAN, M.D.**

Editor  
*Physicians Bulletin*

Tokyo DisneySea may just be the best theme park in the world. Our multi-generational trip there in 2023 was unforgettable. The rides were both fresh and technically impressive – more advanced than what we'd experienced at Disney World or Disneyland. DisneySea offered exclusive attractions alongside enhanced versions of classics like the Tower of Terror and Star Wars rides, all set against stunning visual effects.

Tokyo itself was just as impressive: spotless, efficient and full of gleaming skyscrapers. The bullet trains ran fast, the monorail was graffiti-free and the people were polite. DisneySea fits right into this remarkable city – a seamless blend of wonder and precision.

We're lucky to be able to travel with our grandkids and afford these adventures, thanks in part to the detailed planning of our son-in-law, who always knows the best place to catch fireworks or meet characters at the breakfast buffet. Yes, Disney is expensive – but so are Broadway shows, ski passes, and beach vacations. For us, it's worth it.

But politics always seems to follow. Several people have insisted that I boycott Disney because of political issues. That would mean giving up Star Wars, Marvel, classic Disney animation and the theme parks we love. Politics, these days, seem to invade every choice we make.

Honestly, I just want to enjoy my vacations, buy what I need and eat the occasional Chick-fil-A without guilt. Life's hard enough. For me, self-care includes family trips to places like Disney, where the magic still feels real to me.

I invite you to think about what makes joy in your heart, and what you can do to take care of those around you.

We asked Ali Khan to talk a little bit about his own self-care during these times. I hope you find these tips helpful in your own life.

Each month, we try to interview member physicians with interesting hobbies and after-work activities. In this edition, we have three women who raise cattle as a hobby. We also highlight physician volunteerism through participation on nonprofit boards of directors.

I encourage you to focus on what brings you joy.

And yes – I'll keep going to Disney Parks with my family for as long as I can. 🍷



**I invite you to think about what makes joy in your heart, and what you can do to take care of those around you."**

— AUDREY PAULMAN, M.D.

# A resource for Nebraskans who are ready to quit tobacco.

Refer your patients  
to the Quitline  
to support their  
successful quit.



Available 24/7 to  
Nebraska residents,  
regardless of insurance.



Can provide coaching,  
information, and a  
free NRT starter kit\*  
when available.

**NEBRASKA  
TOBACCO  
QUITLINE**

Complete a web  
or fax referral at  
**QuitNow.ne.gov/providers**

1-800-QUIT-NOW (784-8669) 1-855-DÉJEO-YA (335-3569)



Nebraska Department of Health & Human Services | Division of Public Health | Tobacco Free Nebraska

\*To qualify for the over-the-counter nicotine replacement therapy (gum, patch or lozenge), the participant must be a Nebraska resident over the age of 19 who is ready to quit, register with the Quitline and complete one coaching session. Participants will be screened for medical eligibility.

**OMAHA**  
MAGAZINE

For 44 years, Omaha Magazine has brought stories of the city's most fascinating people and interesting places. This regional lifestyle magazine serves a readership of more than 200,000 people, both print and digital, reaching local homes, professional offices. Every issue, our award-winning writers, photographers, columnists, and designers bring you captivating stories on area homes and gardens, lifestyles, food and dining, style, the arts, entertainment, and travel.

»» If it's Omaha, it's in Omaha Magazine. ««

*Subscribe Today*

Omaha Home  
included with your subscription!



*Sign Up  
for Our Newsletter*



**LOCAL STUBS**

LOCALSTUBS.COM | Brought to you by Omaha Magazine

**THE ONLY TICKETING  
PLATFORM CREATED  
EXCLUSIVELY FOR  
LOCAL EVENTS!**

Looking for a powerful,  
yet cost-effective ticketing  
solution for your events in  
and around Omaha?  
**Check out Local Stubs!**

Fewer fees than eventbrite!

With features:

- Customizable event web pages
- Ticket sales tracking
- Sales dashboard
- Pre-created social media posts
- Data analytics and insights
- Free mobile check-in app
- Instant access to local consumer audiences

Get started with a free demo  
at [localstubs.com](http://localstubs.com)!





## MEDICAID COVERAGE ON THE CHOPPING BLOCK



**AMY REYNOLDSON**

Executive Vice President  
Nebraska Medical Association

Medicaid funding has been at the center of the conversations around the proposed federal budget cuts. As the budget conversation continues to evolve in Washington D.C., the concern continues to mount with the NMA.

As physicians, we cannot stand idly while cuts to this critical program are discussed without making it clear what is at stake. Cuts to the Medicaid program will hurt the children, families, seniors, and individuals with disabilities who rely on Medicaid coverage. Cuts will hurt the entire health care system in Nebraska. And cuts will ultimately hurt all Nebraskans by decreasing access, increasing the cost of health care and hurting our communities.

We have seen firsthand the vital role that Medicaid plays for our most vulnerable populations. Medicaid provides a safety net of healthcare coverage for roughly 350,000 Nebraskans – including 180,000 children. It ensures access to well-child visits, dental care, speech, and physical therapies, and other treatments for our state's youngest citizens. In Nebraska, the Medicaid program provides \$30 million to support school-based services every year to improve learning outcomes. We know that helping children grow up healthy means better education, better jobs, and a better life. If we are serious about Nebraska providing the opportunity to live “the good life,” we need to ensure that we start by taking care of kids.

**“As physicians, we cannot stand idly while cuts to this critical program [Medicaid] are discussed without making it clear what is at stake. Cuts to the Medicaid program will hurt the children, families, seniors, and individuals with disabilities who rely on Medicaid coverage. Cuts will hurt the entire health care system in Nebraska. And cuts will ultimately hurt all Nebraskans by decreasing access, increasing the cost of health care and hurting our communities.”**

— AMY REYNOLDSON

In fact, we should start caring for kids by caring for moms and parents. Medicaid provides coverage for roughly 40% of all births nationally. In rural areas – like much of our great state – that number climbs to more than 50%. Medicaid provides the coverage to ensure that moms and babies receive the care they need. Healthy families benefit all of us.

Also, Medicaid in Nebraska supports over 21,000 seniors, helping them live independently. Nebraska Medicaid also supports more than 36,000 individuals with disabilities – supporting their caregivers, helping them to find and maintain meaningful employment, and allowing them to live independently. There should be no doubt about the value of providing this important support to our fellow Nebraskans.

However, it is not just those enrolled in Medicaid who benefit from it. By supporting rural hospitals and clinics, Medicaid

ensures better access to healthcare for everyone in rural communities across the state. Without Medicaid, access to obstetric care would be more limited, pediatric and family physician offices would close, and families across the state would have to travel further to access care. The Medicaid program contributes more than \$3 billion to the state economy every year. Federal cuts to the state Medicaid program will only increase the burden on the state budget. Federal cuts will require either cuts to other important Nebraska programs or increases in state taxes to overcome the budget deficit.

The NMA is focused on ensuring all Nebraskans have access to necessary health care. We will continue to communicate with our congressional delegation about the importance of retaining Medicaid funding assisting Nebraskans to live healthy lives. [🔗](#)

## MOM KNEW BEST: TAKE A MOMENT



**CAROL WANG**

Executive Director  
Metro Omaha Medical Society

“I can’t hear myself think.” It’s a phrase that when I use it, it makes me convinced I’m turning into my mother. Know the feeling of echoing something you heard your parents say and the sense of déjà vu and, frankly, horror when you hear it exiting your mouth? I think it’s inevitable for all of us as we learn the joys of adulthood.

Speaking of the challenges of juggling life in these times – whether you truly have an ADHD diagnosis, we’re all getting so much thrown at us, it can get overwhelming. It’s in those moments that I’m realizing how little time we have to truly think and let the mind wander. So many people start the day by reaching for their phones, and scroll through emails, social media or news sites. The ride to work means the radio is on or phone calls are made. When you’re doing administrative work, you’re sitting and maybe playing music or have videos on in the background. Walks frequently involve earbuds and podcasts. And TV is often the background noise of households.

For parents of busy children, I’ve heard the bathroom can sometimes be their only respite. It’s in the quiet of the shower, I will admit, my brain will come up with ideas and remember things that have fallen off my radar. It’s one of the rare times I’m not electronically leashed to anything.

**“Noise pollution affects cognitive functions like reading attention, memory, and problem solving. The good news is that adding more silence into your life can help your brain restore its resources and recover from the damage of too much excess noise.”**

— CAROL WANG


And therein lies the double-edged sword about productivity. We have learned to value being busy to the detriment of stillness and allowing our brains to process and think. It is a tactic in teaching that some refer to as “wait time”: When a teacher asks a question, there should not be a move to ask for answers immediately, but to give students time to think and reflect. Studies over the last 50 years indicate that taking additional time to wait for answers encourages deeper thinking and more meaningful interactions.

A 2013 study in the journal *Brain Structure and Function* found that when mice were exposed to two hours of silence per day they developed new cells in the hippocampus. Other studies indicate noise elevates stress hormones that makes it hard to tune in to anything. On the other hand, two minutes of silence in humans is more relaxing than listening to relaxing music based on changes in blood pressure and blood circulation in the brain.

Noise pollution affects cognitive functions like reading attention, memory, and problem solving. The good news is that adding more silence into your life can help your brain restore its resources and recover from the damage of too much excess noise.

Life is full of distractions and stimuli, we all know that. But taking a break to just sit and be quiet may be the key to coping and even excelling. I often think about Warren Buffett’s approach to his workday: He’s famously known for not having a computer at his desk and instead reads and thinks several hours a day. We may not be able to have that for a schedule all the time, but there are elements I want to incorporate – and maybe you do too:

1. Taking a breath before reacting to an email or text that puts you on the defense or creates a negative reaction. Time and time again, I find that a little distance and perspective makes my responses more thoughtful and hopefully less combative or hostile.
2. Walking without devices for a short period of time, just to hear the rustle of branches or smell the grass and flowers.
3. Setting aside a little time to read, jot down thoughts, and allow my mind to wander and see what emerges.

Whether sitting in stillness or pondering with purpose, I have to admit my mother, once again, was right and I’m understanding why silence is golden. 



## KEEP MORE, GROW MORE: 5 TAX-EFFICIENT INVESTMENT STRATEGIES



**CHRISTINE INSINGER AND  
CHAD RUTAR, CFP®, CHFC®, CLU®**

Financial Advisers, Shareholders  
*Renaissance Financial*

As you build and manage your wealth, you may find yourself seeking ways to optimize investment returns while minimizing your tax burden. By understanding how to build a tax-efficient investment strategy, you can prioritize keeping more of your money working toward your future.

Consider these five tax-efficient investment strategies for high-net-worth individuals that can help make the most of your portfolio.

### 1. Find Appropriate Investment Vehicles for Tax Efficiency

A foundational principle of a tax-efficient strategy is strategic asset allocation, using different types of accounts to help optimize after-tax returns.

- **Tax-Deferred Accounts (Traditional IRAs, 401(k)s):** These accounts defer tax payments until retirement. They are ideal for less tax-efficient assets like bonds and REITs, allowing investment gains to grow tax-free until withdrawal. The tax burden is shifted to a potentially lower income bracket in retirement. However, this strategy involves a trade-off: you don't benefit from tax-free growth until retirement.

- **Taxable Accounts (Brokerage Accounts):** These accounts are subject to annual taxes on investment income and capital gains. They are best suited for tax-efficient investments like growth stocks and ETFs, benefiting from lower long-term capital gains tax rates. The flexibility of taxable accounts allows for more control over when you realize gains and pay taxes.

- **Tax-Free Accounts (Roth IRAs, Roth 401(k)s):** Contributions are made with after-tax dollars, but withdrawals and growth are tax-free (subject to certain conditions). These accounts are perfect for investments with high growth potential, maximizing long-term tax advantages. The upfront tax cost is offset by the tax-free nature of future withdrawals.

For more complex portfolios, alternative investments like private equity or hedge funds can offer unique tax benefits. However, these investments often come with their own tax complexities, requiring careful consideration and professional advice.

### 2. Leverage Tax-Efficient Assets

Some investments are naturally more tax-advantaged than others. Strategically including these assets can significantly reduce your overall tax burden.

- **Municipal Bonds:** Interest earned is often exempt from federal taxes and, sometimes, state and local taxes as well. This makes them particularly attractive for high-income individuals in high-tax states. However, the yield on municipal bonds is generally lower than that of comparable taxable bonds.

- **Exchange-Traded Funds (ETFs):** ETFs generally offer better tax efficiency than mutual funds because they typically don't distribute capital gains annually. This allows investors to control when they pay taxes on gains, potentially deferring tax liabilities.

- **Tax-Efficient Mutual Funds:** Some mutual funds are designed to minimize taxable distributions, making them a suitable option for those seeking professional management while minimizing tax exposure.

### 3. Manage Capital Gains Efficiently

Capital gains are profits from selling assets for more than their purchase price. Appropriate timing of asset sales can significantly impact your tax liability.

- **Delaying Capital Gains:** Holding assets for over a year qualifies them for lower long-term capital gains tax rates, compared to higher short-term rates.

- **Strategic Timing:** High-net-worth individuals should consider realizing gains in lower-income years to minimize their overall tax burden.

### 4. Be Strategic About Distributions

Dividends and interest income can lead to substantial tax liabilities. Careful planning can help mitigate this.


- **Minimizing High-Dividend Investments:** Reducing exposure to high-dividend stocks or interest-heavy investments can lower taxable income.

- **Qualified Dividends:** These dividends receive more favorable tax treatment.

- **Managing Complex Investment Distributions:** Tax-deferred vehicles, income spreading, and real estate deferral options can help manage distributions from complex investments like real estate or business interests.

### 5. Utilize Tax-Loss Harvesting

Tax-Loss harvesting allows selling underperforming assets to offset capital gains, reducing taxable capital gains. These losses can offset up to \$3,000 of ordinary income annually, potentially reducing your tax burden. You can reinvest proceeds in similar assets to maintain a balanced portfolio, reaping tax benefits without significantly changing long-term investment plans. However, the IRS's wash-sale rule prohibiting certain repurchasing must be considered.

Tax laws are complex and constantly evolving. Working with a financial professional means you aren't navigating these complexities alone. Let's work together to make your money work smarter and go further. Contact us to get started with a tailored, tax-savvy investment strategy. 

Chris Insinger and Chad Rutar, Financial Advisors. Securities offered through Cetera Advisor Networks LLC (Doing insurance business in CA as CFGAN Insurance Agency LLC, CA Insurance Lic#0644976), member FINRA/SIPC. Advisory Services offered through Cetera Investment Advisers LLC, a registered investment adviser. Cetera is under separate ownership from any other named entity. 12801 Pierce Street, Suite 300, Omaha, NE 68144 (402) 682-3900

Exchange-traded funds and mutual funds are sold only by prospectus. Please consider the investment objectives, risks, charges and expenses carefully before investing. The prospectus contains this and other important information about the investment company. Be sure to read prospectus carefully before deciding to invest.

## WHY PASSWORD MANAGERS ARE A MUST IN MEDICAL PRACTICES



**RUSSELL VAUGHN**

Partner + Growth  
Ascend Technology Group

In today's digital age, where medical records and patient data are stored electronically, the importance of good password practices cannot be overstated. For medical professionals, maintaining robust cybersecurity measures is not just a matter of best practice – it is a regulatory requirement under HIPAA. One of the most effective ways to bolster cybersecurity while ensuring HIPAA compliance is through the use of password managers.

**Understanding the Stakes:** Medical facilities hold a treasure trove of sensitive data – from patient histories and diagnoses to billing information. A single security breach can expose this information, resulting in devastating consequences such as identity theft, financial fraud, and damage to a facility's reputation. HIPAA mandates that healthcare providers implement measures to protect patient information, and strong password practices form a fundamental layer of defense against cyber threats.

Cyber attackers often exploit weak or reused passwords to gain access to networks and sensitive information. In a medical setting, where every account might be linked to critical systems, a compromised password can lead to a cascade of vulnerabilities. It becomes evident that relying on predictable or repeated passwords is a risk that no healthcare organization can afford.

### The Case for Strong Password Practices:

Good password practices involve more than just choosing a long string of characters. They encompass creating complex, unique passwords for different accounts, updating them regularly and avoiding obvious patterns. For medical professionals who juggle multiple applications, this can be a daunting task. However, the consequences of negligence are too great. A single weak link in the security chain could result in a breach that compromises not only patient safety but also the legal standing of a medical practice.

A strong password should be a mix of uppercase and lowercase letters, numbers, and symbols, making it harder for cyber attackers to crack them using brute force or dictionary attacks. Additionally, regularly updating these passwords minimizes the time window during which a compromised password can be exploited.

### Password Managers – a Practical Solution:

Given the challenge of managing multiple complex passwords, password managers emerge as an indispensable tool for both individuals and organizations. These software applications store and encrypt a variety of passwords in a secure database, allowing users to generate and retrieve complex passwords without the need to memorize them. For busy healthcare professionals, a password manager can eliminate the stress associated with maintaining robust password security across numerous platforms.

For instance, consider a hospital setting where various departments access sensitive data systems. A password manager can be integrated into the organization's cybersecurity framework to automate the generation and storage of strong, unique passwords. This not only simplifies password management but also ensures that best practices are adhered to across the board. Moreover, most password managers offer additional security features such as multi-factor authentication (MFA), secure sharing of passwords among team members, and alerts for compromised credentials – features that significantly enhance a healthcare provider's defense against cyber threats.

**Compliance and Beyond:** HIPAA compliance is not only about protecting patient data – it also involves demonstrating to regulators that proactive measures are in place to safeguard information. Using a password manager helps meet these stringent requirements by ensuring that all access points are secured with robust, unique passwords.

Beyond compliance, the integration of password managers into a healthcare organization's security protocol sends a clear message about the institution's commitment to patient safety and data integrity. It reassures patients, stakeholders, and regulatory bodies that the organization takes cybersecurity seriously. Furthermore, the time and administrative overhead saved by automating password management can be redirected to other critical areas, ultimately enhancing operational efficiency and patient care.

### Practical Steps for Implementation:

Medical organizations looking to improve their password practices should start by evaluating their current systems and identifying vulnerabilities. Training staff on the importance of good password hygiene is equally essential. Once the need for change is established, adopting a reputable password manager can provide a centralized solution to manage and secure passwords.

Organizations should also consider establishing policies for password creation and management. This includes setting guidelines for the minimum length and complexity of passwords, scheduling regular updates, and enforcing the use of multi-factor authentication where possible.

In an era where cybersecurity threats are becoming more prevalent and sophisticated, good password practices are a cornerstone of protecting sensitive medical data. Password managers simplify the process, making it easier for healthcare professionals to comply with HIPAA regulations and maintain a secure environment. By investing in robust password management solutions and fostering a culture of cybersecurity, medical organizations can ensure that they are well-equipped to face the challenges of today's digital landscape while keeping patient data safe and secure. 



BY ALI KHAN, M.D.

As physicians, we find ourselves in an era where our voices aren't always the most trusted in our communities. The world of modern medicine has been upended by health system changes, regulatory requirements, disinformation and financial distortions – many self-inflicted. State and national legislation impacts everything from how we practice, where we practice, what we practice, and how much we get for our practice.

Amidst this whirlwind of change, including at the university where I serve as a dean of the College of Public Health, self-care has usually been relegated to the back burner. Yet, now, as we navigate these challenges and seek to reaffirm our relevance, it's the perfect time to prioritize our well-being. Indulging in self-care isn't just a luxury; it's a necessity. It ensures we have the physical and mental health to focus on what truly matters: providing exceptional care, advocating for the best health of our patients in the hospital and in the community, advancing science, and training the next generation of public health guardians.

#### **Evidence-Based Self-Care Practices: Learning to Say "No"**

The best thing I learned in my MBA was to say "no." It is a critical skill that helps create space for self-care and forces priority setting. Effective time management reduces stress by promoting a sense of control and reducing feelings of overwhelm. Setting boundaries helps protect personal time and prevent burnout. Prioritizing tasks, delegating responsibilities and scheduling breaks are essential for maintaining a healthy work-life balance.

#### **My Daily Wordle**

Social support is a powerful buffer against stress and promotes resilience. Strong social connections are associated with lower levels of cortisol, improved immune function and a reduced risk of depression. This requires making time for loved ones, joining groups and volunteering as ways to enhance social connection. My daily Wordle to a dozen friends from across the years of my career serves as a short form daily check-in with them and an open line for more long-form phone conversations. It also has helped to build new relations with the simple addition of a phone number to group text. Engaging in these meaningful social interactions has helped me foster a sense of belonging and purpose.

# RECLAIMING OUR WELL-BEING: A DOCTOR'S GUIDE TO SELF-CARE IN AN UNCERTAIN WORLD





## The Khan File

### Hometown

Brooklyn, New York

### Undergraduate Degree

City University of New York, Brooklyn College

### Medical Degree

State University of New York, Downstate Medical Center

### Residency

University of Michigan Medical Center in Internal Medicine/Pediatrics

### Fellowship

Centers of Disease Control and Prevention in Applied Epidemiology

### Specialty

Public Health

### Title

Dean, College of Public Health

### Institution

University of Nebraska Medical Center

### Hobbies

Fishing

### Family

Triplet adult children

### Why He Joined MOMS

Sense of community

**“Self-care was never a luxury for health care providers but a necessity. By prioritizing our well-being, we can enhance our resilience, improve our ability to provide compassionate care, and reduce the risk of burnout. Our patients will thank us for it.”**

— ALI KHAN, M.D.

## FROM PAGE 15

### Trying Meditation (or any other mindful practice)

Science is clear that mindfulness meditation, deep breathing exercises and yoga have been shown to reduce cortisol levels, decrease blood pressure and improve heart rate variability. This is supported by neuroimaging studies that demonstrate that regular mindfulness practice can alter brain structures associated with stress regulation, attention and emotional control. Reportedly, these practices activate the parasympathetic nervous system, promoting the "rest and digest" response, which counteracts the effects of the sympathetic "fight or flight" response. Just 10 minutes a day does the trick for me and it is much easier now that I will pray during the month of Ramadan.

### Getting Moving

My No. 1 advice to those seeking to get healthy is to move. And I will do some minimal exercise – like climbing stairs – every day despite my travel schedule. Regular physical activity improves cardiovascular health, reduces inflammation and enhances sleep quality. Thirty minutes of moderate-intensity exercise most days of the week is a good goal to strive for but can be achieved in different ways by a combination of anaerobic and aerobic exercise. Exercise releases endorphins-neurotransmitters that have mood-boosting and pain-relieving effects. Studies have shown that exercise can be as effective as medication in treating mild to moderate depression.

### Going to Bed

I aim for at least seven hours of quality sleep per night – up from four to five hours. The secret has been maintaining a consis-

tent sleep schedule and reading a book as a relaxing bedtime routine. Adequate sleep is essential for cognitive function, immune regulation and emotional well-being. During sleep, the brain consolidates memories, repairs tissues and clears metabolic waste.


### Remembering the Apple a Day

I have developed a healthy respect for the gut microbiome with new studies showing the influence on immune function, obesity, and mental health. The mantra is "a balanced diet rich in fruits, vegetables, whole grains, and lean protein provides the nutrients necessary for optimal physical and mental health." Personally, I have been limiting junk food and drinking more water while prioritizing five fruits and vegetables a day. The rest seems to work out. While I don't use alcohol or smoke, I would recommend to my fellow colleagues who smoke to quit using drugs and for all to cut down on the booze.

### Self-Care: A Necessity, Not a Luxury

Self-care was never a luxury for health care providers but a necessity. By prioritizing our well-being, we can enhance our resilience, improve our ability to provide compassionate care, and reduce the risk of burnout. Our patients will thank us for it.

Incorporating these self-care practices into our daily routines, even if it's just for a few minutes at a time, can make a world of difference. Seeking professional help for stress management or mental health concerns is a sign of strength, not weakness.

By embracing self-care, we can cultivate a healthier, more resilient medical community, ultimately benefiting both ourselves and our patients. 







# THEY KNOW A THING OR TWO ABOUT CATTLE





Don't be surprised to hear Drs. Ann Sjulín, June Wedergren and Brianne Kling talk about their cows. And if it's the weekend, they might just be tending to their livestock on a cattle ranch near Craig, Nebraska.

Tending their cattle means trips to the Triple J Show Cattle ranch, where owner Johnnie Johnson keeps his stock and theirs. While they may not fit the true definition of cattle women, the three physicians, who specialize in obstetrics and gynecology, are in the cattle business.

With Johnson's assistance, they buy cows, breed them and sell the calves – one at a time. "It has been an amazing experience," Dr. Sjulín said. "The enjoyment" Dr. Wedergren added, "has been the Johnson family. They have a genuine interest in us. They're just wonderful people."

And owning cattle, the three said, means they have stories to tell – including one about how a trio of city doctors entered into the cattle-breeding and cattle-buying business. And then there's the story about how inseminating, caring for and delivering babies – human and bovine – are different, yet somewhat the same.

The bonus, as Dr. Wedergren said, is working with the Johnson family. The Johnsons – Johnnie and his wife, Melinda – welcome visits from their partners, especially at calving time in late winter. Dr. Kling said her family visited the cattle ranch recently. They counted 47 calves, with more births imminent.

"We wear big muck boots when we're there. They get a little dirty. My kids are city kids, but they just love being out there."

Dr. Wedergren said her daughter, Ella, was interested for a time in pursuing a career in veterinary medicine. She too enjoyed spending time at the ranch working cattle and helping with pregnancy checks. As does Dr. Sjulín's daughter, Jacki, who works as a veterinary technician.

There's a story about how the three physicians got into the cattle business. It starts with Dr. Sjulín's bucket list, which

now has one fewer entry. "It was on my bucket list to pull a calf," she said. "To be a part of a delivery."

Dr. Sjulín mentioned her bucket list item several years ago to Dr. Wedergren during a random conversation in the operating room. "The next day June tells me her husband has a friend in the cattle business – and he's ready to induce his pregnant cows," Dr. Sjulín recalled.

Would she like to visit the ranch during delivery time? "Heck yes," Dr. Sjulín said. "The timing was great."

Turns out that Dr. Wedergren's husband and son (Cory and Evan) had just visited the ranch and witnessed a delivery and learned of other cows' pending deliveries. At first, Dr. Wedergren admitted, she was a bit miffed with her husband and son for being left out. "There was birthing going on and I wasn't a part of it."

Her annoyance quickly faded because one conversation led to another and Drs. Wedergren and Sjulín had their invitation to the Johnson ranch to witness some calves being birthed.

Dr. Sjulín recalled that a question she initially posed to the ranch's owner proved to be a bit naïve. "I asked, 'Where are the gloves we'll use in the deliveries?'"

She quickly realized – with some explanation from Johnson – that gloves aren't needed. "Most cows are delivering in the dirt. You may stick your whole hand and arm in. You just wash your hands when you're finished."

The pair witnessed and assisted with three births – one requiring the use of chains to pull the calf by its hooves – eliminating a bucket list item from Dr. Sjulín's list.

Johnson would later pose a question to his visitors: Would they like to get in the cattle business? Basically, would they like to buy cows at auction, have them bred, and then sell their calves?

CONT. PAGE 20



## The Sjulín File

### Hometown

Sutherland, Nebraska

### Undergraduate Degree

University of Nebraska-Lincoln in biological sciences

### Medical Degree

University of Nebraska Medical Center

### Residency

UNMC in obstetrics and gynecology

### Specialty

Obstetrics and gynecology

### Location

Mid-City OB-GYN

### Hobbies

Traveling and knitting

### Family

Her husband, David Sjulín, M.D.; three daughters, Lucy, Lotte and Jacki

### Why She Joined MOMS

"To be more connected with the medical community. MOMS activities are important and they're a great way to connect with your peers."



## The Wedergren File

### Hometown

Omaha, Nebraska

### Undergraduate Degree

University of Nebraska-Lincoln in biological sciences

### Medical Degree

University of Nebraska Medical Center

### Residency

UNMC in obstetrics and gynecology

### Specialty

Obstetrics and gynecology

### Location

Mid-City OB-GYN

### Hobbies

Photography and attending her children's activities

### Family

Her husband, Cory; and two children, Ella and Evan

### Why She Joined MOMS

"I wanted to be part of a community organization with fellow active physicians."

### FROM PAGE 19

The business arrangement: Johnson keeps the cows and their calves at his ranch, cares for them and they split the return when the calves are sold at auction.

Dr. Kling heard a later conversation between the other two – and was intrigued. It was likely in a physician's lounge. "Doesn't all good conversation happen in the doctor's lounge?" she asked. "It's the meeting of the minds."

This conversation was all about how Dr. Kling could buy some cows of her own. "I kind of inserted myself," she recalled.

Dr. Kling figured she could use the opportunity as a teaching moment for her children. "I wanted my kids to see a different aspect of life – where their food comes from. It's so peaceful and calming at the ranch."


The Kling family makes several trips each year to the Triple J. They own one cow – an Anjou/Angus – which her children named "Oreo" because of its black-and-white color. They bid on two cows on an

online auction and bought one. Oreo has had two calves, which were not named – and one already has been sold.

Naming cows is one thing, the three learned, but naming newborn calves, which can lead to attachment, is another. "We don't name the babies," Dr. Kling said.

Dr. Wedergren currently also has one cow – a Simmental – and one calf, with three calves previously sold.

Dr. Sjulín has the largest herd of the three cattle women – four cows (all mixes but mostly Simmental) and three calves. She's previously sold three calves. The Sjulín family named the first two cows – "Mabel" and "Clementine" – but have resisted naming the others. "We don't name them anymore – it's just too hard."

The three buy their cows and sell their calves at auction – virtual and in-person. Dr. Sjulín said she wasn't prepared for the pace of the in-person auction she attended. "It was wild. I thought I was going to buy my first calf. It sold before I figured out what had happened." 



**"It was on my bucket list to pull a calf, to be a part of a delivery."**

— ANN SJULIN, M.D.





## The Kling File

### Hometown

Fargo, North Dakota

### Undergraduate Degree

University of Nebraska-Lincoln in biological sciences

### Medical Degree

University of North Dakota School of Medicine in Grand Fork

### Residency

Banner Good Samaritan Medical center in Phoenix in obstetrics and gynecology

### Specialty

Obstetrics and gynecology

### Location

Methodist Physicians Clinic

### Hobbies

Running marathons, reading and attending youth sports events

### Family

Her husband, Mike Petrocchi; and three children, twin boys, Cruz and Rocco, and daughter, Gia

### Why She Joined MOMS

"I had never lived in Omaha before. I didn't know anyone here. I wanted to be part of a community with my peers and develop relationships with them."







# PHYSICIAN BOARD SERVICE: THE RETURN ON INVESTMENT GOES BOTH WAYS

**B**rendan “Dan” Connealy, M.D., knows the time he devotes while serving on the board of directors for the Ronald McDonald House Charities (RMHC) in Omaha is time well spent.

“I never see it as here’s another meeting to have to add to my busy schedule,” he said. “This board is conscientious, talented, efficient and forward-thinking. I feel revitalized about the Ronald McDonald House mission every time I am there.”

“I am glad to be part of the growth and progress that has been made over the years I have been part of Ronald McDonald House Charities.”

Howard Liu, M.D., tells a similar story about his service as a founding member of the Radius Board of Directors. “It was an easy ‘yes’ when I was asked to serve because I believe in the mission.”

The directors of the two Omaha-based health-related nonprofits said having physicians serve on their boards is invaluable.

“Nonprofits need board leaders who use both their head and their heart to provide strategic guidance,” said Nick Juliano, Ph.D., Radius president and chief executive officer. “Physicians are uniquely trained to use data to develop solutions to complex issues and do so with great care and respect to those they serve.”

Added Lindsey Rae Kortan, chief executive officer for RMHC Omaha: “It is not just critical that we have physician involvement on our board because it comes with their medical background, but they have an investment in the patients staying in the house.”

Some background about both organizations: Radius’ mission is to serve boys and girls, ages 12 to 18, with a focus on restoring relationships between youth, families, and their community. The Omaha Ronald McDonald House provides out-of-town families who bring their sick children to Omaha for health care with a temporary home during their stay.

As a physician who treats women with high-risk pregnancies at Methodist Women’s Hospital, Dr. Connealy, who is serving his second stint on the RMHC Omaha board, often is directly involved with the families staying at the Ronald McDonald House, Kortan said. “He has a clear understanding where the healing can happen,” she said. “His is an investment on both sides.”

Kortan provided two examples in which Dr. Connealy’s expertise was critical with the nonprofit organization’s approach to service.

The first example came when the organization was trying to assist in curbing the high infant fetal mortality rate in Nebraska. Dr. Connealy helped the Ronald McDonald House launch a healthy cafe for women with high-risk pregnancies being treated in Omaha no matter where they lived.

The other example came in 2019 when the Ronald McDonald House renovated and expanded. Dr. Connealy provided advice on how to make the guest rooms more conducive for new mothers to rest and relax – one example being added insulation to make those rooms more soundproof. “The result was deeper sleep for our moms while they were resting,” Kortan said.

CONT. PAGE 24



## The Liu File

### Hometown

Des Moines, Iowa

### Undergraduate Degree

Northwestern University in Evanston, Illinois, in history and biology

### Medical Degree

University of Michigan Medical School in Ann Arbor

### Residency

University of Michigan Hospitals in Ann Arbor in adult psychiatry

### Fellowship

Massachusetts General Hospital/McLean Hospital in Boston in child and adolescent psychiatry

### Executive MBA

University of Colorado, Denver, in health administration

### Title

Chair and Professor, Department of Psychiatry

### Institution

University of Nebraska Medical Center

### Hobbies

Cooking, hiking, listening to audiobooks and traveling internationally

### Family

His wife, Jennifer Liu, M.D., a UNMC/Nebraska Medicine Family assistant professor; and four children

### Why He Joined MOMS

“It is important at all times to be connected to the greater physician community where you practice. I received a lot of mentorship from my fellow physicians.”



## The Connealy File

### Hometown

Chadron, Nebraska

### Undergraduate Degree

Chadron State College  
in human biology

### Medical Degree

University of Nebraska  
Medical Center

### Residency

UNMC in obstetrics  
and gynecology

### Fellowship

University of Texas Health  
Science Center in Houston  
in maternal fetal medicine

### Specialty

Maternal and fetal medicine

### Institution

Methodist Women's Hospital

### Hobbies

Golfing, enjoying water  
sports and attending his  
children's activities

### Family

His wife, Tovah Connealy;  
and his five children,  
Caden, Mallory, Nolan,  
Audrey and Ryleigh

### Why He Joined MOMS

"I wanted to stay connected  
and involved in the Omaha  
physician and health  
care communities."



Howard Liu, M.D.

### FROM PAGE 23

Dr. Connealy said he is glad to serve. He enjoys the interaction with guests staying at the Ronald McDonald House – a family is always spotlighted at each board meeting. Board members also are encouraged to provide meals for families staying at the house, he said.

One reward for his service, he said, is witnessing the gratitude expressed by the families staying at the Ronald McDonald House. The organization is one example of how Omaha, as a community, is a charitable one, he said, noting that the families served come from outside the area.

"It is one example of how Omaha rolls out the red carpet and lends a helping hand," he said. "Everything we do and give is to help guests to our community."

Dr. Liu was part of the conversation five years ago when community leaders looked to determine how best to provide mental health services to justice-involved youth who were being sent out of state for care. "With this approach, there was little chance of family integration," said Dr. Liu, chair of UNMC's Department of Psychiatry. "Radius focused on providing family-centered and trauma-informed services."

With the program in place, including funding, Dr. Liu recalled, he was asked to chair the Radius Board of Directors. While he had



Brendan "Dan" Connealy, M.D.


served on boards previously, he said, he had never chaired one. "I could see the vision for Radius. I already felt passionate about the organization and the mission."

Now in his second three-year term, Dr. Liu said he continues to feel inspired by his service on the Radius board. "The board is a diverse group of leaders from different industries. I learn from the other board members. Witnessing many styles of leadership and seeing the commitment from community stakeholders has been inspiring."

Dr. Liu offered advice to physicians asked to join boards, especially those with health care-related missions. First, seriously consider the request because you will fill a crucial role with that non-profit. While discerning, he said, do your homework.

"Learn about the organization. Make sure you read and learn about the mission and vision. Understand what you're getting into."

Then, make sure you have a passion for the organization and its mission – or you could see yourself developing that passion. "It's not helpful to have a board member who shows up just to sit in. You want to be actively engaged."

Finally, view the request as an opportunity to give back. "We benefitted from the wisdom of others. Know that there are not a lot of physicians serving on boards. Having someone with a background in health care is so valuable." 







# MOMS EVENTS RECAP

## BATTLE OF THE BARTENDERS HIGHLIGHTS EARLY CAREER PHYSICIANS OUTING

MOMS and the Omaha Bar Association joined forces to host a networking and “doctors vs. lawyers” bartender battle in April. Maggie Rossiter, attorney and OBA member, received just slightly more votes for her espresso martini than the passion fruit pisco sour created by MOMS bartenders Juan Santamaria, M.D., and Sean Figy, M.D.



1



3

1. Competing bartenders Maggie Rossiter of the OBA and Drs. Juan Santamaria (center) and Sean Figy of MOMS entertained attendees with the mixology demonstrations and witty banter.
2. MOMS Early Career physicians mingling with OBA young attorneys.
3. Attendees Drs. Megan Kalata, Ankita Sarawagi and Rachel Mercer sample the signature cocktails.



2

## WOMEN IN MEDICINE NIGHT AT THE FAT PUTTER

April 1, 2025, MOMS Women in Medicine spent an evening networking and playing mini-golf among other games at The Fat Putter.



1



2

1. Dr. Ananya Ray, Laura Polak, and Women in Medicine Co-Chair, Dr. Linda Collins

2. From left: Drs. Linda Collins, Jennifer Hill, Women in Medicine Co-Chair, Carissa Wiesels and Ann Edmunds



# NEW MEMBERS

**AMARD ABCEJO, D.O.**

OrthoNebraska  
Family Medicine, Sports Medicine

**ANNALIESE BOSCO, M.D.**

Creighton University – Neurology  
Neurology

**VICTORIA CUNNINGHAM, M.D.**

Creighton University – General Surgery  
General Surgery

**MATTHEW DILISIO, M.D.**

OrthoNebraska  
Orthopedic Surgery

**LAWRENCE FENG, M.D.**

UNMC – General Surgery  
General Surgery

**MICHAEL HALL, D.O.**

OrthoNebraska  
Emergency Medicine

**ANDREW HUFF, M.D.**

OrthoNebraska  
Anesthesiology

**MICHEALA MCCARTHY, M.D.**

MDWest One PC  
Orthopedic Hand Surgery

**MATTHEW MILLER, M.D.**

OrthoNebraska  
Neurological Surgery

**ERIC SHERMAN, M.D., MPH**

Charles Drew Health Center  
Pediatrics

**MICHAEL STOJANOVIC, M.D.**

OrthoNebraska  
Orthopedic Surgery

**DAVID TAYLOR, M.D., PH.D.**

UNMC – Psychiatry  
Psychiatry

## IN MEMORIAM

**LINDA HEAD, M.D.**

March 1, 1952 –  
April 3, 2025



## 2025

### Metro Omaha Medical Society Board of Directors

### DUALITY OF INTEREST DISCLOSURES

These disclosures include information provided by each new board member as well as any changes indicated by existing board members.

For a sample of the Metro Omaha Medical Society Duality of Interest Policy or the Duality of Interest Disclosure Form, please email [laura@omahamedical.com](mailto:laura@omahamedical.com).


**ALEX DWORAK, M.D.**
**Disclosures:**

I have mutual funds managed by Robert O'Neil at Morgan Stanley in Omaha

**Receives Compensation from:**

- OneWorld Community Health Centers

- UNMC Specialty Care Center (via OneWorld)
- Nebraska Medical Association (as faculty for the SUD ECHO program)

**Serves in Official Capacity:**

- Immediate Past Board Member and Executive Secretary of Nebraska AIDS Project (term ended Jan 2025)
- I testify for OutNebraska, but have no other official capacity

**Other Relationships:**

Membership in AAFP, GLMA, WPATH, NAFF, NMA, AAHIVM and Endocrine Society


**ANDREW COUGHLIN, M.D.**
**Disclosures:**

Consultant for nSight Surgical (AI company) with less than 2% interest

**Receives Compensation from:**

Methodist Health System

**Serves in Official Capacity:**

- Methodist Hospital Medical Executive Committee
- Jennie Edmundson Cancer Care Committee
- American Academy of Otolaryngology – HNS Associate Editor for the journal
- Creighton University Otolaryngology Chair, Search Committee


**ALËNA BALASANOVA, M.D.**
**No Disclosures**

**KRIS MCVEA, M.D.**
**Receives Compensation from:**

All Care Health Center




### DR. PICCI NAMED ENDOWED CHAIR

Georgia Picci, Ph.D., has been named the Susan and George Haddix Endowed Chair in Developmental Neuroscience. Dr. Picci is the director of the Cognitive Affective Neurodevelopment in Youth (CANDY) Laboratory at the Boys Town National Research Hospital Institute for Human Neuroscience. Her research primarily focuses on how early life experiences, such as adversity and trauma exposure, influence neurodevelopment trajectories and adolescent mental health.

"Findings show that if children are in unsafe environments, their bodies can undergo different developmental trajectories. That's important because puberty instigates a cascade of neurodevelopmental changes and opens a window of risk for mental health problems. It's also a huge window of opportunity for intervention," Dr. Picci said.

In the CANDY Laboratory, her work continues to emphasize examining multiple levels of biology, including hormones, s/fMRI (structural and functional magnetic resonance imaging) and MEG (magnetoencephalography). "Our lab is very proud of the fact that we're able to integrate multiple levels of biology and how they can influence mental health," she said.

Boys Town's commitment to enhancing translational pediatric neuroscience research was a driving force behind creating this endowed research chair in 2018. For benefactors George and Susan Haddix, this new era of neurobehavioral research coupled his interest in science and technology with her passion for helping children and families.

For more than 25 years, Susan Haddix has worked to help at-risk children as a volunteer and board member with the Child Saving Institute and more recently with Boys Town. George Haddix, Ph.D., has been a prominent leader in computer engineering/software as CEO for PKWare Inc., Applied Communications, CSG Systems International and US West. 




### NEW MARKET DIRECTOR OF ORTHOPEDICS, NEUROSCIENCES NAMED

Ann Nelson has been named as the new market director of orthopedics and neurosciences for the CommonSpirit Health Nebraska and Iowa Market. This appointment reflects CommonSpirit Health's commitment to strengthening and expanding its orthopedic and neuroscience service lines.

Nelson brings a wealth of experience to this role, having been a member of the CommonSpirit Health team since 2011. She began her career as a physical therapist at CHI Health Immanuel and, since 2018, has served as director of rehabilitation services at CHI Health Lakeside. In this capacity, she oversaw inpatient and outpatient physical, occupational and speech therapies across three facilities, demonstrating a strong track record in driving operational excellence and strategic growth.

As market director, Ann will be responsible for the strategic direction of these two service lines, with a focus on expanding market share, enhancing coordination between care sites, and leading performance improvement initiatives. She will work in a dyad leadership structure alongside Eva Bernitsas, M.D., chair of neurology; Ranjan Gupta, M.D., chair of orthopedics; and Craig Rabb, M.D., chair of neurosurgery; to achieve key organizational objectives related to quality, patient experience, access and growth.

"I'm excited to collaborate with our talented physicians and teams to strategically advance our orthopedic and neuroscience service lines. By focusing on exceptional patient care in these high-demand specialties, we can significantly contribute to the organization's success and improve the lives of our patients," Nelson said. 




### MATCH DAY ENDS WITH 100 PERCENT MATCHED

It was another successful Match Day at Creighton University School of Medicine with 94% of students matching into their No. 1 specialty of choice and 100% of students being placed into a residency or research fellowship program.

The clinical experiences, community work and faculty mentorship at Creighton make Creighton-trained physicians sought after by residency programs nationwide. However, the Jesuit values-based approach to care is what truly sets these future physicians apart.

"My experience at Creighton has been incredibly transformative, shaping me into a physician who views medicine as far more than the memorization of facts and procedures," said Creighton undergraduate alumna and soon-to-be medical school graduate, Emily Reeson.

Reeson understands that compassionate health care reaches far beneath the surface. Growing up on a family farm in West Point, Nebraska, she worked with her hands. When a basketball injury left her unable to make a fist, she underwent hand surgery, experiencing the life-changing effect of orthopedic care. This experience led her to pursue a career in orthopedic surgery. Her hard work culminated in a match at Rush University Medical Center in Chicago.

Of the 218 students matching, 22 specialties were represented and 91 (42%) matched into a primary care specialty. Internal medicine, pediatrics, family medicine and diagnostic radiology were the most popular specialties. 





## STUDY COULD CHANGE CARE FOR POSTPARTUM HYPERTENSION

What started out as a quality improvement project a few years ago might just be a “practice-changing” study, said Methodist maternal-fetal medicine specialist Todd Lovgren, M.D. And it may just be the first of its kind in the world, Dr. Lovgren added.


When a handful of women were getting readmitted to Methodist Women’s Hospital for hypertension after delivery, Dr. Lovgren and his colleagues took a closer look at mothers with high blood pressure who were prescribed medication at the time of discharge to see if they had lower rates of readmission compared to those with high blood pressure who left the hospital unmedicated.

So, Dr. Lovgren wondered, what if the two most commonly prescribed drugs for postpartum hypertension – labetalol and nifedipine – aren’t the same?

And a clinical research study was born.

The randomized controlled trial was funded by Methodist Hospital Foundation and conducted by Dr. Lovgren; Methodist maternal-fetal medicine specialist Joshua Dahlke, M.D.; and a specialized group of nurses – Teresa Minarich, Alex Fadell and Jodi Gute. The trial was open-label, meaning enrolled patients knew which of the two medications – labetalol or nifedipine – they were being prescribed and that one may be more effective than the other.

The finding? Nifedipine reduced the readmission rate of those assigned to the medication by 88%.

Dr. Lovgren and his team of researchers were recently honored with the 2025 Norman F. Gant Award for Best Research in Maternal Medicine at the annual Society for Maternal-Fetal Medicine Pregnancy Meeting. Dr. Lovgren believes that his team’s efforts will soon change the standard of care for postpartum hypertension. 

## PROTON THERAPY SYSTEM COMING IN 2027

The Fred & Pamela Buffett Cancer Center will be home to the first-of-its-kind targeted particle therapy treatment in the state. Proton therapy will offer patients new hope with construction starting on a \$36 million-dollar project at Nebraska Medical Center.


Proton therapy provides significant benefits to certain patients. The system focuses an extremely targeted dose of radiation for the treatment of tumors, minimizing damage to surrounding tissues and reducing side effects.

Currently, there are less than 50 proton therapy centers in the United States. Nebraska Medicine is partnering with Mevion Medical Systems to bring the first proton therapy system in a six-state region to the Fred & Pamela Buffett Cancer Center.

Proton therapy is the preferred treatment for tumors in sensitive locations, such as those near the brain, spine, heart and eye. It is considered especially beneficial for treating pediatric patients, whose bodies and brains are still developing.

The MEVION S250-FIT Proton Therapy System, will be integrated into a previously unfinished treatment room at the cancer center. Mevion has adapted their technology to allow patients to be treated in an upright position, as opposed to lying down, which will allow the system to fit into that existing space. Nebraska Medicine is partnering with H&H Design-Build and Kiewit to ensure the installation meets the highest standards of quality and safety.

The construction project will take about two years, with proton therapy being offered to patients in spring of 2027.

“Nebraska Medicine is committed to providing our patients with the most advanced cancer care available,” said James Linder, M.D., CEO and board chair of Nebraska Medicine. “The generous support of donors has enabled the addition of proton therapy to the Fred & Pamela Buffett Cancer Center and marks another important step in fulfilling that commitment.” 

## DR. GRIESS RECOGNIZED AS OUTSTANDING TEACHER

Anthony Griess, M.D., was an Excellence in Educational Service Award recipient at the University of Nebraska Medical Center in March.


The award recognizes a UNMC volunteer, emeritus or adjunct faculty member who exemplifies the spirit of outstanding teaching and whose contributions are significant and lasting to the advancement of health care learners, health care education or health care professions.

Dr. Griess, a dermatologist and Mohs surgeon at Dermatology Specialists of Omaha, also has been a volunteer clinical faculty for UNMC in dermatology and internal medicine since 2005.

“I owe a debt of gratitude to the instructors and physicians, both academic and in private practice, who trained me,” Dr. Griess said as he described what “service in education” meant to him. “They will never realize the impact they have had on my professional and personal development. Paying it forward by educating the next generation of health care professionals acknowledges and magnifies the spirit and generosity of those who taught me. Long after I am gone, I sincerely hope that my call to service inspires others to do the same.”

Dr. Griess said the best part about teaching “is the long-lasting and genuine relationships that I have developed from mentoring trainees. The return on this effort is truly amazing.”

He said, “A successful teacher will set high expectations, provide the resources for success and lead by example.”

Dr. Griess was honored at the UNMC Impact in Education Award ceremony in March. 



# APPLICATION FOR MEMBERSHIP



This application serves as my request for membership in the Metro Omaha Medical Society (MOMS) and the Nebraska Medical Association (NMA). I understand that my membership will not be activated until this application is approved by the MOMS Membership Committee and I have submitted my membership dues.

## PERSONAL INFORMATION

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_ Middle Initial: \_\_\_\_\_  
Birthdate: \_\_\_\_\_ Gender: ☐ Male ☐ Female  
Clinic/Group: \_\_\_\_\_  
Office Address: \_\_\_\_\_ Zip: \_\_\_\_\_  
Office Phone: \_\_\_\_\_ Office Fax: \_\_\_\_\_ Email: \_\_\_\_\_  
Office Manager: \_\_\_\_\_ Office Mgr. Email: \_\_\_\_\_  
Home Address: \_\_\_\_\_ Zip: \_\_\_\_\_  
Home Phone: \_\_\_\_\_ Name of Spouse: \_\_\_\_\_  
Preferred Mailing Address: \_\_\_\_\_  
Annual Dues Invoice: ☐ Office ☐ Home ☐ Other: \_\_\_\_\_  
Event Notices & Bulletin Magazine: ☐ Office ☐ Home ☐ Other: \_\_\_\_\_

## EDUCATIONAL AND PROFESSIONAL INFORMATION

Medical School Graduated From: \_\_\_\_\_  
Medical School Graduation Date: \_\_\_\_\_ Official Medical Degree: (M.D., D.O., M.B.B.S., etc.) \_\_\_\_\_  
Residency Location: \_\_\_\_\_ Inclusive Dates: \_\_\_\_\_  
Fellowship Location: \_\_\_\_\_ Inclusive Dates: \_\_\_\_\_  
Primary Specialty: \_\_\_\_\_

I certify that the information provided in this application is accurate and complete to the best of my knowledge.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

**FAX APPLICATION TO:**  
402-393-3216

**MAIL APPLICATION TO:**  
Metro Omaha Medical Society  
7906 Davenport Street  
Omaha, NE 68114

**APPLY ONLINE:**  
[www.omahamedical.com](http://www.omahamedical.com)





## BRING YOUR DREAM TO LIFE.

At Curt Hofer & Associates, creating one-of-a-kind environments is what we do best. Inspired by the wide-open beauty of the prairie, we believe great design starts with space—room to think, dream, and get creative.

And it all starts with you. Bring your style, ideas, and inspiration, and we'll guide you through a process we've refined over decades. It's smooth, thoughtful, and guaranteed to deliver your ideal living space.

Contact us today to see why the iconic designs at Curt Hofer & Associates have earned top awards for more than 30 years.



C U R T H O F E R  
& A S S O C I A T E S

16820 Frances Street, Ste. 102 | Omaha, NE 68130 | Phone: 402.758.0440 | [www.curthofer.com](http://www.curthofer.com)

Please contact Curt Hofer & Associates today! For an appointment, visit [curthofer.com](http://curthofer.com) or see our Ideabook at [houzz.com/curthofer](http://houzz.com/curthofer).



Metropolitan Omaha Medical Society  
7906 Davenport Street  
Omaha, NE 68114

PRSRT STD  
U.S. POSTAGE  
PAID  
Omaha, NE  
Permit No. 27

ADDRESS SERVICE REQUESTED

## Exquisite Contemporary Ranch with Park-Like Backyard in Cimarron Woods!



**10250 MARGO STREET, LA VISTA, NE 68128 | \$575,000**

South-facing, one-owner home and refined curb appeal with Hardie Plank siding, stone accents, and professional landscaping. Modern interior design with 11' ceilings, hardwood floors, large windows, and floor-to-ceiling fireplace (tile surround, metal accents, and custom shelving/built-ins). Entry is flanked by formal dining room. Gourmet kitchen features birch cabinets, curved granite island, stainless steel appliances (dishwasher-2023, fridge-2021, microwave-2023, and two ovens), and designer light fixtures. Extra large primary suite has walk-in closet (windows and built-ins) & spa-like bath with walk-in tile shower and two floating vanities. Bedroom 2, full bath, and office with built-in shelves are on opposite side from primary suite. Laundry and drop zone just off the garage. Finished lower level has bedrooms 3 and 4, 3/4 bath, and family/rec area with wet bar (birch cabinets, granite, slate tile flooring, and beverage chilling zone). Covered composite deck with stone pillars, stone paver patio, fire pit, and fenced backyard. New A/C (2024). Impressive! Thank you!



**BERKSHIRE  
HATHAWAY**  
HomeServices

Ambassador  
Real Estate

**KAREN JENNINGS**



**BEST OF OMAHA WINNER  
13 YEARS IN A ROW!**

**402.290.6296 | STANDING TALL FOR YOU!**

**TOP TEN NATIONALLY NUMBER OF UNITS SOLD SMALL TEAM**