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Park Ridge Doctor is Illinois Academy of Family Physicians 2019 Family Physician of the Year IAFP Annual Awards

(Naperville, Illinois – October 19, 2019) – The Illinois Academy of Family Physicians (IAFP) presented its highest honors at their annual meeting on October 19 at NIU-Naperville Conference Center.

Family Physician of the Year Brian Chicoine, MD Advocate Adult Down Syndrome Center – Park Ridge Nominated by Advocate Lutheran General Hospital

Family medicine has the greatest scope of any specialty. Family physicians give the right care, in the right place, treating the patient as a person, family member and within the context of their community.

Dr. Brian Chicoine has delivered on that mission for adults with Down syndrome, where the patient, his or her family and the community are so important to the overall quality of life for this special population.

Dr. Chicoine started his clinical career in Freeport, Ill. after completing his family medicine residency training at Advocate Lutheran General Hospital. He returned to serve as physician faculty in the residency at Advocate Lutheran General in 1991. He has consistently been viewed by residents and faculty colleagues as a strong, well-rounded family physician clinician, as well as a strong teacher.

In 1992, Dr. Chicoine volunteered to create a system for better caring for adult patients with Down syndrome. From the beginning, the program embraced team-based care—and principles of a “Patient Centered Medical Home” before the concept became a part of our healthcare system.

The letters IAFP received from Adult Down Syndrome Center families illustrates the impact of Dr. Chicoine even further. Here are some quotes taken directly from those letters.

At our very first appointment with Dr. Chicoine, we felt a sense of relief that we hadn't know before. He gave us a checklist to fill out and we checked almost every box. We found a place where Scott could be treated as a typical patient. Dr. Chicoine understood all of Scott's medical and behavioral conditions. He truly enjoyed talking to and getting to know our son. Over the years, there have been many illnesses and surgeries. Dr. Chicoine has led us to the best specialists who have understood Scott's complicated and unique medical condition. He is also the only doctor who Scott likes seeing, and believe us, that says a lot.

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In the span of just two and a half years, Jeff had three major surgeries. In the hospital, when Brian would walk in after a hard night for us, it sounds corny, but it felt like sunshine walked in. He not only treats the patient; he treats the whole family. I can't even explain the love I feel for my brother, but Brian gets it. I've spent my life with people telling me they're sorry when I tell them my brother has Down syndrome. Brian understands what a gift my brother is. As my brother gets older, I can't even begin to tell you how comforting it is to know that we have Brian Chicoine by our side.

Chicoine was nominated by Advocate Lutheran General Hospital. Colleague Greg Kirschner, MD is program director for the family medicine residency program and sums up Dr. Chicoine's many contributions. "Dr. Brian Chicoine practices within a niche within family medicine that cares for a very vulnerable population. Adults with intellectual and developmental disabilities face marked health disparities and there is little dedicated time to their care in medical school or residency curriculums. Dr. Chicoine shines as a leader in the field and mentor to future generations of family physicians so that one day, perhaps that won't be the case. The skills he shares and passes on not only strengthen the care and quality of life for individuals with Down syndrome, but all patients we care for as family physicians."

Distinguished Service Award

Matthew C. Winkleman, MD, FAAFP

Southern Illinois Healthcare/SIH Primary Care Medical Group, Harrisburg

Nominated by Larry R. Jones, MD – Life Member, 2011 Family Physician of the Year.

For his dedication to providing outstanding primary care to far southern Illinois, along with his decades of service to the Harrisburg community and students of SIU School of Medicine, IAFP proudly recognizes Dr. Matthew C. Winkleman with the IAFP Distinguished Service Award. The Distinguished Service Award is given at the discretion of the IAFP Public Relations Task Force. It commends exceptional individual effort. IAFP last bestowed this award in 2015 to Thomas Miller, MD of Quincy. Prior to that, the award was given in 2012 to Paul Luning, MD and also to William Neil, MD. In 2006, Thomas Cornwell, MD was honored for his work in pioneering and advancing physician home care.

Access to high-quality primary care in far southern Illinois is the hallmark of Primary Care Group in Harrisburg. It was founded by, among others, Larry R. Jones, MD the 2011 IAFP Family Physician of the Year. Not only did Primary Care Group provide access to primary care, they also worked to ensure the future of the practice by recruiting physicians from the area to return to the region. Among their many recruits, family physicians and SIU graduates Matthew and Laura Winkleman joined the practice in 2005. Matthew became President and Managing Partner in 2012 and later took a leadership role in the evolution of Primary Care Group to SIH Medical Primary Care Group Harrisburg where he serves as Medical Director.

Dr. Winkleman is the consummate small-town family physician. He provides outstanding care to hundreds of families in southeastern Illinois, a medically underserved area. Patient Ray Baine gladly travels over 30 miles to see Dr. Winkleman. "I will continue to see Dr. Matt because I trust him to the fullest. He is more than my doctor; I feel I have a friend in Dr. Matt and can him about anything. I treasure this relationship."

The Winkleman family includes IAFP Member Dr. Laura Winkleman and their five children: sons Samuel, Luke, Noah and Boaz and daughter Sarah. Raising a family not only provides a busy schedule, but also many outlets to directly help better the community.

Dr. Matthew Winkleman has served the community as the team physician for the High School, coaching basketball and baseball in the community, and serving on the school board. He has made multiple medical trips to the bush villages in Africa to provide primary care.

Dr. Winkleman has regularly hosted medical students from the Southern Illinois University School of Medicine. Several of those students have chosen rural family medicine as their career choice.

One of his former students is now a practice partner, Brent Jones, MD. "Matt is the finest physician I know. I have worked with him now in nearly every capacity—he served as my pre-med mentor, mentor in medical school in first year and a preceptor in two different family medicine rotations," says Jones. "Now, we work literally right beside each other in our clinical and personal offices. He is a great teacher, and many medical students have learned from his 'let's find a way to get this done well for this patient' mentality."

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Family Medicine Teacher of the Year
Sonia Oyola, MD, ABOIM
University of Chicago – Pritzker School of Medicine
Nominated by Eric Sullivan, MD

Illinois has a great legacy of long-serving dedicated educators along with an infusion of new and innovative talent joining forces to educate and inspire. Sonia Oyola, MD was nominated by a former medical student, who is now a family medicine resident member of IAFP.

“I can say without exaggeration that I would not be in this position but for Dr. Oyola’s example of what it means to be a family doc,” says Eric Sullivan, MD a University of Chicago graduate and first year resident physician at Northwestern McGaw Family Medicine Residency Program at Humboldt Park. “With limited family medicine faculty to turn to at my medical school, I often found myself looking to Dr. Oyola as a stand in for the entire field; and came to realize that she embodied everything I had hoped to find in medicine. Her effortless compassion, sense of purpose in helping the underserved and broad-minded philosophy on the many modalities of healing showed me a path in medicine that I hadn’t been sure existed when I started medical school.”

University of Chicago colleague Janice Benson, MD provides an even longer perspective from her years of work with her since Dr. Oyola was a resident and began directly working with her in the family medicine clerkship in 2011. “She has done an outstanding job in her role as a medical student teacher and students constantly name her as one of their most loved and admired and appreciated teachers.”

Benson also cites Oyola’s innovation for the University, specifically developing a new core for the family medicine clerkship curriculum with wellness and resiliency. “This new innovation has placed our core values for physician wellness in the center of our medical student clerkships,” explains Benson. “This curriculum initially was thought as a bit offbeat for the serious Pritzker student body. Now due to the extremely positive feedback from the students, this Family Medicine Wellness curriculum has become the centerpiece for all the primary care clerkships’ work on student wellness, resiliency and balance.”

Oyola’s additional education contributions include serving as the mentor for many students, and specifically as the faculty advisor for four Pritzker student groups: the Family Medicine Interest Group, the Integrative Medicine Interest Group, the Pritzker service fellowship group and the Dance group.

Resident Teacher of the Year
Kimberly Beiting, MD
McGaw Northwestern Family Medicine Residency Humboldt Park

Faculty member Dorothy Dschida, MD describes Dr. Kimberly Beiting as a dynamic and engaging speaker. “Over the last year of her residency she championed a lecture series on the care of the elderly patient. Her sessions were evidence-based, interactive, and entertaining. She strives to connect with her learners and really help them to experience the didactic content in a way that sustains the learning over time.”

Dr. Beiting led a particularly innovative session in which learners were given specially designed gloves, glasses and headphones that simulate the sensory changes of aging. “This really helped the learners to understand first-hand what their patients experience every day, and hopefully will allow the residents to connect with their elderly patients with enhanced empathy,” concluded Dschida.

Dr. Beiting also has a passion for advocacy, representing her program at IAFP’s Spring into Action advocacy days in Springfield, and twice in Washington, DC with the American Academy of Teaching Health Centers and the National Association of Community Health Centers. She’s an avid social media messenger, both for herself and served as the residency’s social media manager.

The Chicago native graduated from University of Chicago, followed by medical school at the University of Illinois at Chicago College of Medicine. After graduating residency this summer, Beiting is now a Geriatrics Fellow at the University of Chicago. “As a fellow we are continually involved in teaching and education at all levels, and I also still go back and guest lecture at my residency program at Northwestern,” she says, “I have a passion for teaching and education, and I plan to stay in academic medicine and medical education in my future career.”

The Illinois Academy of Family Physicians (IAFP) represents over 5,000 family physicians, family medicine residents and medical students dedicated to promoting the value of the specialty of Family Medicine and improving health for all through advocacy, education and action. Learn more at www.iafp.com.