

# TULSA MEDICINE

Tulsa County Medical Society | A Newsletter for the Medical Community

November 2023



*"The thinnest yellow light of November is more warming and exhilarating than any wine they tell of. The mite which November contributes becomes equal in value to the bounty of July."*  
— Henry David Thoreau

Pictured: Woodward Park, Tulsa in the Fall



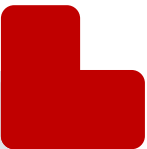
**President's Letter** - Sharon C. Smallwood, M.D.

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**TCMS Scholarship Awards Medical Students \$37,000**

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**Welcome New Members!**  
Jones & Walters

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# TULSA COUNTY MEDICAL SOCIETY PRESIDENT'S LETTER



**TULSA COUNTY  
MEDICAL SOCIETY**  
Physicians Advancing Health Care

## BOARD OF DIRECTORS

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Physicians Caring for the Community

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## TULSA COUNTY MEDICAL SOCIETY & TCMS FOUNDATION

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Tulsa, OK 74105  
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It's November! The air is cool, leaves are starting to turn, and it's safe to say that summer is officially at an end. Though as we all know, a warm day or two is probably around the corner! This is, after all, Oklahoma - the land of ever changing weather. In any event, now is a perfect time to get outdoors, take time to breathe, and enjoy quiet moments when you can - which I highly encourage you to do as the busy holiday season ramps up.

As you receive this newsletter, we have just wrapped up our 2023 TCMS Annual Meeting and Scholarship Dinner. It was a great time of celebrating our scholarship recipients, hearing words of inspiration from our keynote speaker, Dr. Syeachia Dennis, and connecting with our peers. I appreciated the opportunity I had to visit with many of you, and I hope you enjoyed sharing time with friends and colleagues both old and new.

The end of the year is drawing near, and we will soon be fully plunged into the holiday season. I encourage you to check one item off your to-do list now by taking care of your membership dues for 2024 as soon as possible, so that your membership will remain active without interruption. Your contribution and participation make it possible for us to support our local medical community, and we appreciate the insights, energy, and abilities that each of our members brings to the table. If your full-time working status has changed or you have pressing financial concerns, there are options for membership that may be a fit for you, so reach out to us if you need to. We value you, and we're here for you.

With the holiday season beginning, November is a great time of year to reconnect with friends, family, and our extended network. For those who are Life Members/Tulsa Retired Physicians, be sure to participate in the holiday lunch happening for you on November 15. Our lives can be so busy, even after retirement, and it's vital to make time for socializing and having fun. Make sure to join in the festivities!

November is also a time to remember and honor those who have gone before us and have given of themselves to benefit us. Veterans Day is November 11, and I want to take this opportunity to honor all of those among our members who have served, or who have loved ones who have served. It is such a gift to have people willing to give back and make a difference. I hope you'll join me in thanking any veterans and active military members you know and honoring those who have sacrificed so much for us all.

And finally, of course, we mustn't neglect the big turkey in the room - Thanksgiving Day on November 23, followed by Native American Heritage Day on November 24. We have a long line of people who have come before us to add value to the world we live in. Let's take time to truly appreciate all that we have been given. As medical professionals, we have the great privilege of sharing our knowledge and skills to empower people's wellness. As human beings, we have so many things we can be thankful for, big and small. Make time to show your gratitude to others this holiday season - your patients, your staff, your family who support your vocation, and all those who make your days a little brighter.

I thank you from the bottom of my heart for being a part of the Tulsa County Medical Society - and I celebrate everything you're doing to provide good things to our community. Thank you, thank you, thank you!

All the best,

Sharon Smallwood, M.D.

*"Taking the correct turn in life doesn't mean that there will not be detours - only that we must adjust our road maps."*



**Sharon C.  
Smallwood, M.D.**  
TCMS President

## TCMS LAUNCHES ONLINE CAREER CENTER // JOB BOARD

In October, Tulsa County Medical Society launched a Career Center and Job Board. The TCMS Career Center is designed with physicians and medical professionals in mind. Take your career to the next level, and recruit qualified Oklahoma physicians and staff across all specialties.



### Job Board

Looking for a job? Use the Job Board to search for career opportunities across the state. It's free!

### Looking for qualified candidates?

To get started, create an Employer profile on the Job Board. TCMS members receive employer discounts.

For more information use the link below or contact [mark@tcmsok.org](mailto:mark@tcmsok.org).

**TCMS CAREER CENTER**



**OSMA  
BOARD AWARDS**

Nominations Due  
Jan. 24, 2024

Do you know an outstanding physician or community health champion who deserves recognition? Nominate them for a 2024 OSMA Board Award!

Learn more about the awards and categories [here](#).

- Don J. Blair, Friend of Medicine Award
- Gordon H. Deckert, MD, OSMA Award for Community Service
- Ed Calhoon, MD, Leadership in Medicine Award
- Newcomer of the Year Award

Recipients will be recognized at our Inaugural and Awards ceremony on April 12, 2024, at the Renaissance Waterford in Oklahoma City.

**OSMA Board Awards Nominations Are Open!**

## CALENDAR OF EVENTS

### November 3, 2023

Annual Meeting & Scholarship Awards Dinner  
DoubleTree Warren Place, Tulsa  
Happy Hour: 6 PM  
Dinner & Program: 7 PM  
[Click HERE](#) to RSVP

### November 15, 2023

11:30 AM to 1:00 PM  
Holiday Lunch with Tulsa Retired Physicians (Formerly Golden Oldies) at TCMS.  
\$25 per person (Lunch and drink ticket).  
See page 8 for details or [Click Here](#) to RSVP

### November 16, 2023

Proper Prescribing - Live Webinar  
Featured Speaker: Cori Loomis, J.D., Christensen Law Group, P.L.L.C.  
Approved for 1 hour of Proper Prescribing credit by the Oklahoma Licensure Board  
6:00 pm - 7:00 pm  
Register Online

### November 22-24, 2023

TCMS, TCMS Foundation, and Project TCMS Offices Closed for the Thanksgiving Holiday. From all of us here, "Happy Thanksgiving!"



### PROPER PRESCRIBING VIRTUAL CME

Thursday, February 15, 2024 – 6-7:00 PM  
Friday, May 17, 2024 – 12-1:00 PM  
Friday, July 19, 2024 – 12-1:00 PM  
Friday, September 13, 2024 – 12-1:00 PM  
Thursday, November 14, 2024 – 6-7:00 PM  
Friday, December 6, 2024 – 12-1:00 PM

To sign up or for more information, contact Katie Kemper, 405-601-9571

\*Signed into law in 2018, Oklahoma's Senate Bill 1446 mandates that all physicians complete one hour of CME in pain management per year. To help Oklahoma's physicians better understand how this new law impacts their practice and patients, the Oklahoma State Medical Association is hosting special CMEs in Oklahoma City and Tulsa. This one-hour event offers insight to the legal issues affecting pain management and an overview of the new laws connected with prescribing opioids to patients. All Oklahoma physicians with a DEA license are required to take this one hour course annually.



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## FEES

Fiberoptic endoscopic evaluation of swallowing (FEES) exams allow for a thorough assessment of the pharyngeal phase of swallowing and visualization of the pharyngeal and laryngeal anatomy utilizing flexible nasal endoscopy. P.O. trials are administered while the endoscope is in place. The exam allows for detection of aspiration, penetration, backflow, excessive secretion pooling, and anatomical concerns such as protrusions, discolorations, etc. During the exam, the clinician trials strategies and techniques to determine their therapeutic effectiveness.

## VIDEOSTROBE

A videostroboscopy voice evaluation involves pairing a strobe light with a flexible nasal endoscope or a rigid oral scope to view the vocal fold movement in slow motion. Stroboscopy allows our clinicians to fully assess vocal fold closure and vibration patterns to identify any vocal fold weakness, tension, or vocal pathologies to help determine the best, most individualized plan of treatment.



## WHERE

2121 S. COLUMBIA AVE  
SUITE 501  
TULSA, OK 74114



## REFERRALS

phone: 918-928-4700  
Fax: 918-928-4701  
Email: [therapy@tulsasnr.com](mailto:therapy@tulsasnr.com)



## INVOICE



## MEMBERSHIP INVOICES SENT

The 2024 TCMS & OSMA Dues Statements have been mailed and emailed to our membership. There are several options to pay:

1. **Check** - Make payable to TCMS and mail to our office.
2. **Credit Card** - Complete the information and mail or fax.
3. **Online** - Use the link in your **emailed invoice** to pay securely and directly to your membership account.

Please contact 918.743.6184 or email or [joetta@tcmsok.org](mailto:joetta@tcmsok.org) if you have any questions about dues or membership.

*If your full-time working status has changed, please contact our office for lower-cost membership options.*

**We thank you for your membership and support!**

## PHYSICIAN WELLNESS PROGRAM (PWP)

The Physician Wellness Program (PWP) provides a safe harbor for physicians to address normal life difficulties in a confidential and professional environment. A physician's life can be difficult. Problems with the current health care delivery system, maintaining a healthy work/life/family balance, and dealing with the normal stresses of everyday life do take their toll on physicians.

Often our patients turn to us for counseling and guidance, but who can we turn to when we need to talk through an issue or get some coaching for how to handle the stresses in our lives? Too often the answer is "no one," and that is regrettable because it is important that we be as healthy as possible in our role as health care providers.

It is important that we function at our best in all areas of our life. By addressing areas of difficulty, we can decrease our stress levels and increase our level of resilience and effectiveness.

### HOW PWP WORKS

We have gathered a diverse group of counselors to help our physicians. These counselors provide counseling to active physician members, students, residents, and retired physicians of the Tulsa County Medical Society (TCMS), up to eight visits per calendar year. Non-urgent sessions can be scheduled during regular business hours.

Our counselors maintain a confidential file for each physician. No insurance will be billed and TCMS will not be given any information about those who utilize the program. As such, this program is completely confidential. TCMS will pay a monthly bill based on the number of sessions provided. TCMS membership will be verified.

The Physician Wellness Program (PWP) is available to Tulsa County Medical Society members, including resident and student members. The PWP provides:

- Up to 8 free, confidential sessions with licensed therapist
- Convenient, private location
- No diagnosis specified, no insurance billed, no electronic record kept
- Appointments at convenient hours for physicians

### TO MAKE AN APPOINTMENT

Contact the therapist of your choice and let them know you are a member of Tulsa County Medical Society. The therapist will verify membership and set up an appointment with you. For more info, use the link below.

**TCMS PWP**



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# TCMS EDUCATIONAL ASSISTANCE AWARDS ANNOUNCES MEDICAL STUDENTS RECEIVE \$37,000

The Scholarship Fund of the Tulsa County Medical Society Foundation is honored to announce the recipients of the *Education Assistance Awards for 2023-2024*. This year, we are awarding \$37,000 in scholarship awards.

**Congratulations to these students for their hard work, leadership, and community service.**



**Alec Camacho, MSIII**

OU-TU School of Community Medicine

TCMS President's Leadership  
Scholarship Award



**Jantzen Faulkner, OMSIV**

OSU College of Osteopathic Medicine

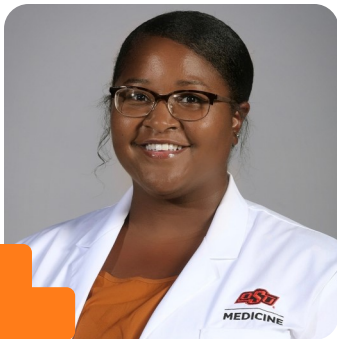
TCMS President's Leadership  
Scholarship Award



**Joanna George, OMSII**

OSU College of Osteopathic Medicine

TCMS Foundation Community  
Service Scholarship Award



**Deseree Jones, OMSIII**

OSU College of Osteopathic Medicine

TCMS Foundation Community  
Service Scholarship Award



**Carson Loncarich, MSII**

OU-TU School of Community Medicine

OU Dean's Scholarship Award



**Kaylee Mach, OMSIII**

OSU College of Osteopathic Medicine

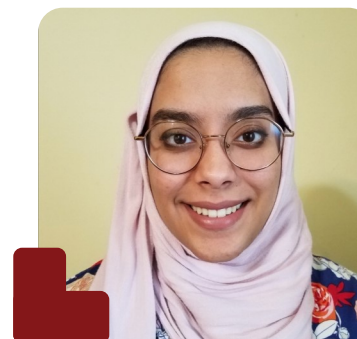
OSU Dean's Scholarship Award



**Danielle Safo, MSII**

OU-TU School of Community Medicine

Charles James Bate Memorial  
Scholarship Award



**Maryam Saleh, MSII**

OU-TU School of Community Medicine

Betty Louise Conrad Memorial  
Scholarship Award



**Kirstyn Taylor, MSII**

OU-TU School of Community Medicine

Mona Whitmire Scholarship in Honor of  
Elizabeth Blackwell Award





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a living prevent you  
from making a life.

John Wooden

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TCMS TULSA  
RETIRED PHYSICIANS

# ANNUAL HOLIDAY LUNCH



**Wednesday, November 15, 2023**

11:30 AM - 12:00 PM (Social)  
12:00 PM - 1:00 PM (Lunch & Program)  
At Tulsa County Medical Society  
5315 S Lewis Avenue, Tulsa, OK 74105

You are invited to a Holiday Lunch  
Party with the Tulsa Retired  
Physicians (Formerly Golden Oldies).

We hope you will join us for a social  
at 11:30 AM with lunch served at noon  
with a program to follow. We look  
forward to seeing you there!

Sincerely,  
Lynn Frame, M.D.  
Chair

.....

**\$25 per person**  
includes lunch and one drink ticket  
*Spouses & Guests invited*

**Holiday Attire (if desired)**

## To RSVP

Online:  
Scan the QR Code  
Call: 918.743.6184



For 100 years, the Oklahoma Medical Board has promoted the Health, Safety and Well-being of the citizens (patients) of Oklahoma by requiring high levels of qualifications, standards and continuing education for regulated medical licenses.

We take pride in our agency's ability to ensure that qualified healthcare professionals are available to the citizens of this state.



Learn more about our purpose and vision at [www.okmedicalboard.org](http://www.okmedicalboard.org)





# WELCOME NEW MEMBERS!



**Jessica L. Jones, D.O.**  
OB-GYN

The Women's Health Group  
9001 S 101st E Ave Ste 350  
Tulsa 74133  
918.293.6200



**R. Chanc Walters, M.D.**  
Urology

Urologic Specialists of Oklahoma  
10901 E 48th St  
Tulsa 74146  
918.749.8765

# IN MEMORIAM



**Robert Melo Melichar, M.D.**  
*TCMS Member Since 1977 (46 Years)*

Dr. Robert Melo Melichar ("Dr. Bob") was born on August 8th, 1944 in Caldwell, Kansas to Helen and Melo Melichar. He grew up on a farm with his older sister Melinda and his younger brother Albert in a one-bedroom house with no indoor

plumbing. "Bobby" was a straight A student, an athlete, and was president of his senior class. He was also a prize-winning 4-H'er.

At Kansas State University, Bobby was recruited to join the rowing team. He called rowing "crew", "the hardest thing I ever did, but also the most rewarding." He also joined the ROTC and was very proud to serve his country. He eventually earned the rank of Major in the Army.

While In Medical School at the University of Kansas, fellow medical student Dr. Lucinda (Cindy) Farmer caught his eye. His friends discouraged him from asking her out, saying she was way out of his league. Robert was not easily discouraged, and their courtship evolved into 43 years of marriage and three children, Lori, Jodi and Jerry. Robert credited Cindy with increasing his compassion for those in need, for widening his circle of friends to include community leaders from across the city of Tulsa, and with his love of off-the-beaten-path international travel.

After Medical school Dr. Melichar was accepted into the prestigious Parkland Memorial Hospital surgical residency program under one of his most influential mentors, Dr. Thomas Shires. At Parkland, Dr. Melichar met Dr. John Phillips, who became his close friend and business partner. Dr. Melichar was selected to follow Dr. Shires to the University of Washington in Seattle to complete his residency.

Dr. Robert Shepherd and Dr. Harold White welcomed...

To view the full obituary [click here](#).



**George S. Mauerman, M.D.**  
*TCMS Member Since 1970 (53 Years)*

Dr. George S. Mauerman, devoted father, physician, and friend passed away peacefully in his home early Monday, October 2, at the age of 86.

Born April 6, 1937, in Monroe, WI, George was a Phi Beta Kappa football scholarship graduate of Vanderbilt University. He went on to receive his medical degree from Columbia University. When duty called, he served as a captain at March Air Force Base. Upon completing his orthopedic residency at the prestigious Campbell Clinic in 1970, George joined Eastern Oklahoma Orthopedic Center, now Advanced Orthopedics of Oklahoma. That same year he began serving as the team physician at the University of Tulsa where he worked up until the day he died.

George went on to become one of the most renowned orthopedic surgeons in not only Tulsa, but also the country. His numerous awards and achievements are well documented and established, most notably having the sports medicine facility at The University of Tulsa named after him. Despite his many professional accomplishments, George valued Faith, Family and Friends above all else.

He became a member of Asbury Church in 1970 where he attended the early morning Sunday service followed by Sunday school for over 50 years...

To view the full obituary [click here](#).

*Our deepest sympathies and condolences to the friends and family of these members.*

If you would like to make a contribution in the memory of these individuals, please mail your donation to TCMS Foundation at 5315 S. Lewis Avenue, Tulsa, OK 74105 or call our office at 918.743.6184.



# TULSA MEDICINE

A Newsletter for the Medical Community | November 2023

Tulsa County Medical Society

5315 S. Lewis Avenue

Tulsa, OK 74105-6539

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