

VIRGINIA ACADEMY OF FAMILY PHYSICIANS

2025 ANNUAL REPORT

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2025 ANNUAL BUSINESS MEETING AGENDA

- I. Call to Order & Welcome – Timothy J. Yu, MD, FAAFP, VAFP President
- II. President’s Remarks
- III. Election of 2025-2026 VAFP Officers and Directors
- IV. Confirmation of AAFP Fellows
- V. Legislative Report—David May, JD, VAFP Legislative Consultant
- VI. Adjournment

VIRGINIA ACADEMY OF FAMILY PHYSICIANS VAFP VISION STATEMENT

The vision of the VAFP is for Virginia to be the best place for our people to receive their health care and for family physicians to practice medicine.

VAFP MISSION STATEMENT

The mission of the VAFP is to empower its members to be physicians who provide high quality, accessible health care, dedicate themselves to the wellbeing of the people of Virginia, and are guided by the principle that the family physician remains the specialist of choice to guide lifelong health care.

2024-2025 OFFICERS, DIRECTORS, EX OFFICIO MEMBERS & CHAIRS

PRESIDENT

Timothy J. Yu, MD, FAAFP, Clifton

PRESIDENT ELECT

Robin N. Anderson, MD, FAAFP, Virginia Beach

FIRST VICE PRESIDENT

Verneeta L. Williams, MD, FAAFP, Williamsburg

SECOND VICE PRESIDENT

Julia A. Bruce, MD, Clifton

IMMEDIATE PAST PRESIDENT

Denée J. Moore, MD, FAAFP, Dinwiddie

TREASURER

Charles O. Frazier, MD, FAAFP, Williamsburg

SECRETARY

Alison Huffstetler, MD, FAAFP, Alexandria

EXECUTIVE VICE PRESIDENT

Mary Lindsay White, MHA, Richmond

2025 DIRECTORS

Yasir Abdul-Rahman, DO, Woodbridge

Amanda L. Russell, MD, Carson

Michelle M. Tran, MD, Sterling

2026 DIRECTORS

Linwood T. Joyner, MD, Portsmouth

Robert J. Newman, MD, FAAFP, Virginia Beach

Matthew S. Paine, MD, Moseley

2027 DIRECTORS

Tabatha B. Davis, MD, FAAFP, Lynchburg

Charlotte Heppner, MD, Richmond

Gordon W. Theisz, MD, FAAFP, Norfolk

RESIDENT DIRECTORS

Julia Stelter, DO, Carilion Clinic-Virginia Tech
Carilion Family Medicine Residency

Allison Zamora, DO, VCU Riverside Family
Medicine Residency

STUDENT DIRECTORS

Snigdha Nandipati, Virginia Tech Carilion School
of Medicine

Joshua Perez, Virginia Tech Carilion School of
Medicine

AAFP Delegates

Delmas J. Bolin, MD, PhD, FAAFP, Salem

Emmeline C. Gasink, MD, FAAFP Newport News

AAFP ALTERNATE DELEGATES

Neeta Goel, MD, Ashburn

David S. Gregory, M.D., FAAFP, Roanoke

EX OFFICIO MEMBERS

Brian A. Dickens, DO, FAAFP, Blacksburg

Mark H. Greenawald, MD, FAAFP, Roanoke

Li Li, MD, PhD, MPH, Charlottesville

Lauri Ann Maitland, DO, MPH, Lynchburg

John Snellings, MD, Norfolk

Scott M. Strayer, MD, MPH, FAAFP, Richmond

CME/PROFESSIONAL DEVELOPMENT

Mitchell B. Miller, MD, FAAFP, Virginia Beach

EXECUTIVE

Timothy J. Yu, MD, FAAFP, Clifton

FINANCE

Charles O. Frazier, MD, FAAFP, Williamsburg

NOMINATING

Robin N. Anderson, MD, FAAFP, Virginia Beach

LEGISLATIVE

Jesus L. Lizarzaburu, MD, FAAFP, Yorktown

E. Mark Watts, MD, FAAFP, Vinton

RESIDENT, STUDENT & FACULTY

Daniel F. McCarter, MD, FAAFP, Richmond

Denée J. Moore, MD, FAAFP, Dinwiddie

WELL-BEING

Mark Greenawald, MD, FAAFP, Roanoke

Neeta Goel, MD, Ashburn

Andreya Risser, MD, Richmond

FAMDOCPAC

Sean W. Reed, MD, Charlottesville

2025-2026 NOMINEES FOR OFFICERS, DIRECTORS AND AAFP REPRESENTATIVES

PRESIDENT

Robin N. Anderson, MD, Virginia Beach

PRESIDENT ELECT

Verneeta L. Williams, MD, FAAFP, Williamsburg

FIRST VICE PRESIDENT

Julia A. Bruce, MD, Clifton

SECOND VICE PRESIDENT

Yasir Abdul-Rahman, DO, FAAFP, Woodbridge

SECRETARY

Amanda L. Russell, MD, FAAFP, Carson

2028 DIRECTORS

Jeffrey Carter, DO, Williamsburg

Michelle M. Tran, MD, Sterling

Richard Uribe MD, MPH, Burke

AAFP DELEGATES

Emmeline C. Gasink, MD, FAAFP Newport News

AAFP ALTERNATE DELEGATES

Neeta Goel, MD, Ashburn

OUTGOING PRESIDENT'S MESSAGE

TIMOTHY YU, MD, FAAFP, CLIFTON



To My VAFP Family,

As I complete my term as President of the Virginia Academy of Family Physicians, I want to extend my deepest thanks to each of you, and our dedicated staff and board members for making this an incredibly rewarding and successful year. It has been a true privilege to serve you.

Virginia continues to be exceptionally well-positioned to support our members and mission both strategically and operationally. Thanks to the remarkable leadership, engagement, and hard work of our academy, we are fortunate to have a strong and stable foundation that allows us to thrive. I feel grateful every day to be part of such a forward-thinking, resilient, and well-supported organization.

This past year, I've remained actively engaged in our advocacy efforts at both the state and federal levels. We have continued to champion common-sense, evidence-based public health policies, including vaccine guidance that protects Virginians, while also advocating for patient safety in opposing legislation like SB752, which would expand prescriptive authority to clinical psychologists without appropriate safeguards. I've been proud to represent our academy in discussions with the Virginia Board of Medicine and Board of Psychology as we work to ensure the highest standards of care for our patients.

One of the greatest joys of this year has been seeing our academy deepen its engagement across all stages of the family medicine journey. From medical students to residents, fellows, and practicing physicians, our membership is vibrant and growing. I'm especially proud of our involvement in shaping the future of family medicine through events like the AAFP's FUTURE Conference, where we are actively supporting the next generation of physicians. Our Scholarly Symposium this fall will continue to highlight the innovative work happening across the Commonwealth, showcasing the academic excellence of our learners and educators alike.

I also want to recognize three incredible colleagues whose accomplishments reflect the very best of our profession:

- Dr. Samuel Jones – Virginia Family Physician of the Year Award

Dr. Jones has dedicated over three decades to training the next generation of family physicians, shaping nearly 300 graduates and elevating Fairfax Family Practice into a nationally recognized leader in medical education. Today, Fairfax Family Practice alumni provide nearly 40% of all primary care visits in Fairfax County, a testament to his lasting impact. He recently retired as the President of the Primary Care Service Line for INOVA and continues to see patients and serve on the board for the ABFM Foundation. His influence, both locally and nationally, continues to inspire through his humility, wisdom, and unwavering commitment to our specialty.

- Dr. Augustine Lewis – F. Elliott Oglesby, MD Volunteer of the Year Award

A fourth-generation family physician, Dr. Lewis embodies the heart of our profession through a lifetime of service, from decades of medical mission work across Latin America to his continued dedication at free clinics here in Virginia. Over the years, he has mentored hundreds of medical students and residents, inspiring many to follow in his footsteps whether down the road or across international borders. As a fun fact, Dr. Lewis is also a distant cousin of Merriweather Lewis, of Lewis and Clark. And much like his ancestor, Dr. Lewis has spent his life forging meaningful paths, not through

unexplored territory, but through human connection, care, and healing. His example of humility, compassion, and quiet leadership reminds us all of the true impact of service.

- Dr. Elizabeth Polk – James P. Charlton, MD Teacher of the Year Award

Dr. Beth Polk has combined clinical excellence, innovation, and mentorship throughout her career. For over 20 years, she served as a trusted clinician and lead physician at Carilion Daleville Family Medicine. In 2022, she joined the Virginia Tech-Carilion Family Medicine Residency as full-time faculty, expanding her impact through teaching. She created one of the first Lifestyle Medicine board-eligibility tracks in the country, launched a resident lifestyle medicine clinic, and leads efforts in group medical visits. A former Family Medicine Clerkship Director, Dr. Polk has shaped learners across disciplines and is a nationally recognized leader in lifestyle medicine and physician well-being. She serves as Medical Director for Well-being and holds key roles on wellness committees at VTCSOM and VAFP. Whether teaching, leading yoga, or mentoring residents, she brings clarity, compassion, and energy to all she does.

Before I close, I want to share a more personal note. This year, I had the privilege of presenting the President's Award to my wife. While this may not be a traditional choice, we in family medicine understand better than anyone the central role family plays in sustaining us through the demands of this profession. My wife's unwavering support, wise counsel, and steadfast love have been the foundation behind every step of my journey, not just this year, but throughout my seven years on the VAFP Board. A distinguished public servant and a respected leader in her own right, she exemplifies the values that strengthen both family and community. Her leadership, insight, and quiet strength have been essential to the success of this presidency, and I am profoundly grateful.

I am also deeply excited for our new President, Dr. Robin Anderson, and I look forward to continuing to serve on your board this coming year as your Past President. A big thank you to all of the VAFP members serving on the Board of Directors and to those outgoing Officers and Directors recognized this year including Alison Huffstetler, MD, Yasir Abdul-Rahman, DO and Amanda Russell, MD. It has been an incredible honor to serve as your President, and I remain fully committed to supporting the academy, our specialty, and the family physicians of Virginia in every way I can.

Thank you again for the opportunity to lead, and for everything you do to care for your patients, your communities, and each other.

With gratitude and admiration,

Timothy Yu, MD, FAAFP

Past President, Virginia Academy of Family Physicians

INCOMING PRESIDENT'S MESSAGE

ROBIN N. ANDERSON, MD, FAAFP, VIRGINIA BEACH



Dear Colleagues,

It is my honor and privilege to serve you as the 79th president of the Virginia Academy of Family Physicians. I am happy to welcome those of you who were able to attend the meeting in person to Virginia Beach - a great place to live, in my opinion, but also a great place to relax and get some high-quality CME credits! I hope that everyone has the opportunity to unwind and spend some quality time with friends and family, and share your new pearls of wisdom with your colleagues when you return to work.

I recall saying when I was an 8-year-old girl that I was going to be a doctor. I may have wavered from that path slightly from time to time, but I set my course in high school and never looked back. Being only the second physician in my family, when I imagined what a doctor was, I always envisioned a family physician. As I went through medical school and realized that there was a lot more to it, I still found that no other specialty offered what family medicine did: the breadth of conditions, the ability to be a diagnostician, the ability to perform procedures, and the ability to develop relationships with patients and families. Not only that, but family physicians play a crucial role in healthcare by providing comprehensive and continuous care for individuals and families across all ages, genders, and diseases. We emphasize a holistic approach, focusing on preventive care, health maintenance, and the management of chronic conditions. I love building long-term relationships with patients, allowing for personalized care and a deep understanding of their medical histories. Our specialty is vital for early diagnosis, effective treatment, and coordination of care, ultimately improving the health of our patients and reducing their healthcare costs. In short, it is a privilege to be a family physician, and it is time that our specialty receives the recognition it deserves.

I was introduced to the Academy by a colleague of mine, Dr. Lindsey Vaughn, and I cannot thank him enough for encouraging me to become a part of an organization that cares about family docs just as much as we care about our patients. One of the things that I love the best about the VAFP is the feeling of being surrounded by my “family” at every meeting I attend, where respectful debate and consensus are always possible, even amidst differing opinions. I am thankful that we have this network.

The VAFP is dedicated to supporting you, our hardworking physicians, by advocating for fair compensation, preserving the full scope of family medicine, and reducing non-value-added administrative burdens. We also have a very committed group that ensures students know just how wonderful the specialty of family medicine can be and select the specialty of family medicine as their career, so that you can hand off the care of your patients to well-trained family physicians when you retire. The VAFP sponsors a Choose Virginia event to encourage medical students to train in Virginia and maintain a healthy pipeline of residents to continue to practice here. For medical students and residents, we sponsor a scholarly symposium to encourage research that matters, showing that while family medicine is a primary care specialty, that does not mean that there is no research to be pursued in our field. In addition, this year, under the leadership of Tim Yu and Yasir Abdul-Rahman, we increased our social media presence to help show what is going on at the VAFP and other health care related events.

While I and your board will work tirelessly to advocate for you and our patients, the national landscape of health policy is uncertain right now. I encourage you to join us in our efforts to fight for evidence-based practice recommendations from Health and Human Services and ACIP. In the meantime, I encourage you to go to the AAFP for evidenced based practice recommendations. At a local level, we continue to advocate for increased Medicaid reimbursement, decreased scope creep from other health care professionals, protecting the malpractice cap, to name a few. Please be on the lookout for any “Speak Out” resources that the AAFP and the VAFP make available.

Of course, everything is better when others go with you on the journey and I am grateful to have a dedicated team of officers on the board: President-Elect Verneta Williams, MD; First Vice President Julie Bruce, MD; Second Vice President Yasir Abdul-Rahman, DO; Treasurer Charlie Frazier, MD; and Secretary Amanda Russell, MD. Our new directors are Michelle Tran, MD, Rich Uribe, MD, and Jeff Carter, DO. Special thanks to our outgoing president Tim Yu for his outstanding leadership, and to our dedicated staff—Mary Lindsay White, Cheryl Modesto, Matt Schulte, Kristi Reynolds, Kristie Duncan, David May, and Hunter Jamerson—for making this year so successful.

LEGISLATIVE UPDATE

DAVID MAY, JD, MBA, LEGISLATIVE CONSULTANT

Introduction

During the 2025 session of the Virginia General Assembly, the VAFP Legislative Committee, Co-Chaired by Drs. Jesus Lizarzaburu and Mark Watts, Mary Lindsay, Executive Vice President, David May, Legislative Consultant, and all family physician committee members, worked diligently to advocate on behalf of family medicine in Virginia. The Committee met weekly throughout the legislative session and continues to meet during the interim on an as-needed basis or through its list serv. The Committee continues to serve an important role in promoting VAFP's mission and in representing all VAFP members in the legislative arena to ensure that all issues related to primary care, especially those impacting the daily practice of family medicine, are monitored and addressed.

Despite numerous challenges during the 2025 session of the Virginia General Assembly, the VAFP Legislative Committee had yet another successful year. As highlighted below, in advocating for the interests of family medicine, VAFP secured several significant victories in coordination with our colleagues in the House of Medicine.

Medical Malpractice

SB 904 (Stanley) proposed to eliminate the recovery cap on medical malpractice actions brought against health care providers by patients 10 years of age or younger. After advancing from the Senate Courts Committee (8-6-1 vote), VAFP, in coordination with other stakeholders, was able to defeat the bill in the Senate Finance Committee (9-6 vote to pass by indefinitely). Because efforts to remove or increase the recovery cap on medical malpractice claims are likely to reappear, VAFP will continue to advocate on this issue and participate in roundtables that will take place during the interim.

Prior Authorization

VAFP, in consultation with the House of Medicine, successfully supported the passage of three bills related to prior authorization.

HB 2525 (Fowler) requires that the online electronic prior authorization process insurance carriers are required by existing law to establish and maintain beginning July 1, 2025, link directly to real-time patient out-of-pocket costs for prescription drugs. The bill also modifies the requirements and reporting timeline of the work group on electronic prior authorization established by the State Corporation Commission's Bureau of Insurance established by prior legislation.

SB (Pekarsky) and HB 2099 (Maldonado) require certain health insurance contracts under which the insurance carrier has the right to require prior authorization for a health care service to include provisions governing the prior authorization process. Such required provisions include (i) time limits for the carrier's response to prior authorization requests, (ii) a prohibition on revoking, limiting, making conditional, modifying, or restricting a previously approved prior authorization except in certain circumstances, and (iii) a requirement that the carrier provide reasons for denial of a request. The bills require carriers to make publicly available on their website a list of health care services and codes for which prior authorization is required. The bills, which become effective January 1, 2027, also require the State Corporation Commission's Bureau of Insurance to establish a work group to develop and deliver a report related to the bill's provisions by November 1, 2025.

Health Insurance – Claims Payment Method

SB 925 (Head) and HB 2085 (Shin), which also passed with advocacy assistance by VAFP and relevant

stakeholders, help to improve carrier business practices related to methods of payment for claims. Specifically, these bills require insurance carriers to notify providers via contract if the carrier, or entity completing a transaction on behalf of the carrier, uses a payment method that imposes a transaction fee, processing fee, or similar charge on the provider. In situations in which any such fee or charge is to be imposed, the bills also require the carrier to offer the provider an alternative payment method that does not impose such a fee or charge. Moreover, if the provider elects to accept the alternative payment method and has provided all required information to the carrier to enroll in such alternative method, the bills require the carrier to pay the claim using such alternative method.

Scope of Practice – Physician Assistants

After an agreement was reached between MSV and the physician assistants subsequent to the 2024 session, the General Assembly ultimately passed HB 2489 (Henson). This bill directs the Department of Health Professions (DHP) to conduct a study on potential expansion of the scope of practice for physician assistants. In addition to a review of the education and training requirements for physician assistants, the study will include an analysis of the costs and benefits to patients associated with an expansion of the physician assistant scope of practice. DHP is expected to submit its findings and recommendations to the General Assembly by November 1, 2025. The Legislative Committee intends to monitor this study and ensure that VAFP's position on this matter is known and advocated for.

Budget Items

Amid a projected \$636M shortfall at DMAS and a host of other priorities sought during the pressures of an election year; it was a tough year for budget requests. Nevertheless, VAFP continued to zealously advocate for budget items to improve the practice of family medicine in the Commonwealth. These measures included requests for additional funds for the physician loan repayment program and an increase to the Medicaid reimbursement rate. Due to budgetary constraints, we were unable to secure this funding for the current budget cycle; though, we will continue to advocate for improvements in these areas moving forward.

Moreover, despite the aforementioned budgetary constraints, VAFP helped to successfully advocate for other items that were ultimately signed into law. These included a significant bump in funding for the adult psychiatric access line (APAL) and additional funds to support free clinics, which will be used to provide medical, dental, vision, speech, hearing, and behavioral health care, as well as prescription medications and substance use disorder services, to uninsured and underinsured patients.

Looking Ahead

VAFP will continue its advocacy in the General Assembly to support the priorities of family medicine. The Legislative Committee is presently focused on continued defense of scope of practice, implementation of administrative burden reforms, support for family medicine residency programs, and reimbursement improvements in both the public and private sectors. VAFP also continues to place significant focus on achieving Medicare–Medicaid payment parity.

In the midst of significant budgetary constraints and competing opinions and priorities among health professionals and other stakeholders, advocacy by VAFP and its members continues to be of incredible importance. Please consider supporting the FamDocPAC to assist us in promoting and advocating for family medicine in the Commonwealth.

2025 Advocacy Day

VAFP successfully utilized the 2025 session of the Virginia General Assembly as an opportunity to spread awareness of the issues associated with, and the priorities of, family medicine. With more than 60% of the General Assembly members serving their first term, there has been a genuine need for education. As such, VAFP again spent

significant time educating legislators about the ins and outs of primary care.

As part of such advocacy efforts, VAFP sponsored another successful Advocacy Day on Thursday, January 30, 2025. The day began with breakfast and an issue brief from David May, VAFP Legislative Consultant, after which the group headed to the General Assembly Building. With the help of a great turnout by our fearless members, we were able to engage in many face-to-face meetings with legislators and explain our positions on legislation and budget items before the legislature. These efforts not only helped us to develop new relationships and strength existing ties with Delegates and Senators, but also to ensure that all legislators understand and appreciate the importance of primary care in the Commonwealth.

In recognition of these efforts, the feedback we received from legislators was nothing short of amazing. Numerous members made clear that VAFP's presence at the General Assembly Building was not only welcomed, but appreciated. As an example, after our team spoke to Senator Hashmi as a group and took a picture with her outside the Capitol, she reached out to our legislative consultant to reaffirm her appreciation for VAFP's presence and stressed the need for family docs to have a seat at the table as legislators weigh new statutory provisions governing the Commonwealth's health care system.

With that said, we would like to extend a special thanks to all members that volunteered their time to support our advocacy efforts this year! If you are interested in participating in our 2026 Advocacy Day, please reach out to ML White (mlwhite@vafp.org) and/or sign up to be a VAFP Key Contact.

Family Physician of the Day Program

During the 2025 Session of the General Assembly, VAFP members again volunteered their time to staff the health clinic in the General Assembly Building daily from 9am–3pm. This continues to serve as a great way for our members to meet legislators and ensure that family medicine remains at the forefront in the minds of our lawmakers. If you are interested volunteering at the clinic during the 2026 Session, please reach out to ML White (mlwhite@vafp.org).

VAFP Key Contact Program

With so many new legislators in the Virginia General Assembly, it is now more important than ever to participate as a Key Contact for your senator or delegate. If you know your legislator or would like to get to know them, please use the QR code below to sign up to be a VAFP Key Contact.



CONTINUING MEDICAL EDUCATION

The Virginia Academy of Family Physicians continues its tradition of offering first class, affordable continuing medical education conferences for Academy members. The Academy is pleased to report that year 2024-2025 was again very strong in attendance at our CME events. The VAFP CME Committee Chaired by Mitchell Miller, MD, continually works on behalf of family physicians to create events that focus on the most up to date topics that are pertinent to the daily practice of family medicine and national/state educational requirements.

Each year, the Academy sponsors two major CME activities. The Winter Family Medicine Weekend is held over four days in the month of January. The 2025 winter event was held over the dates of January 23-26 at Wintergreen Resort. It drew over 200 family physicians, residents, medical students, and other health care professionals and 38 exhibiting organizations supported the meeting. The Academy continues to offer a one-time complimentary registration to all AAFP member recent graduates that were less than 5 years out of residency. Eight of our new physician members took advantage of this outstanding opportunity.

The Academy's Annual Meeting & Exposition is held each summer in mid-July or early August. This year's Annual Meeting is scheduled for July 10-13 at the Marriott Oceanfront in Virginia Beach. The meeting will be comprised of two full days and two half days of in person general CME sessions and workshops worth over 20 credits of live AAFP Prescribed CME. In 2024, the Academy began offering the VAFP Journal Club as a new session that satisfies the ABFM certification requirements. A special thank you to VAFP Past President and Treasurer Charles Frazier, MD for continuing to facilitate this session in 2025.

In addition to the VAFP Journal Club, the VAFP also sponsored five Knowledge Self-Assessment (KSA) programs to assist VAFP members with the completion of their ABFM Family Medicine certification requirements. These sessions drew maximum attendance and continue to be evaluated very highly. The facilitation of KSA's in a hybrid model has truly been a great membership as it allows members to feel as though they are in person without having to travel if they choose.

New in the year 2024-2025, the VAFP was selected as the educational partner for a program facilitated by the Medical Society of Virginia's Foundation. This new program called the Adult Psychiatric Access Line (APAL), a Project of Health Haven Recovery, is funded by the state's budget and mirrors the current pediatric mental health program, VMAP. Beginning at the 2024 VAFP Annual Meeting, the Academy facilitated lectures, webinars, scholarships and media all focused on mental health and substance use disorder education throughout this past year. The partnership was very successful, and the education extremely well received by VAFP members. The Academy will continue the educational partnership for the 2025-2026 year.

The Academy expresses deep appreciation to the Continuing Medical Education Committee for their outstanding work in creating superb CME for VAFP members and to Kurtis S. Elward, MD, MPH, FAAFP, Mark H. Greenawald, MD, FAAFP, and Charles Frazier, MD, FAAFP for their exceptional work as Family Medicine Certification session presenters.

MEMBERSHIP

As of May 2025, total VAFP membership stood at 3,018 with Active membership totaling 1,752, resident membership at 347 and student membership at 492. Four additional categories including Life membership totaled 427. The membership numbers have slightly decreased from 2024 and an area that the VAFP staff is focused on for the remainder of the year 2025 membership. In evaluating the drop in active membership, the New Physician category (graduation from residency within seven years) and those members that are transitioning from the Active Member to Life Member category show the largest decrease.

Additionally, our resident members decreased slightly and an area that staff will work with program coordinators to strive for 100% resident membership in the VAFP. To help with the decrease in our New Physician members, the VAFP membership voted in 2024 to approve a 25% dues reduction for year two new physicians which adds to the current 50% dues reduction for year one new physicians currently in place. These align with the reductions that the AAFP also made to the national dues structure. The VAFP was also chosen to participate in an AAFP pilot program to obtain personal contact information for all graduating residents so they can be tracked for continued membership either in Virginia or the state in which they practice.

The VAFP continues to offer multiple member benefits including access to the Daily POEMS, the VAFP Career Center and legal resources for employment contract negotiations, regulatory and administrative issues.

Daily POEMS (Patient Oriented Evidence that Matters) from Essential Evidence Plus provide members with complimentary daily alerts and over 3,000 archived POEMS to help members stay abreast of the latest and most relevant medical literature. Delivered directly to by e-mail every Monday through Friday, Daily POEMS identify the most valid, relevant research that may change the way physicians practice. Since 1996, POEMS editors review more than 1,200 studies monthly from more than 100 medical journals, presenting only the best and most relevant as POEMS. The acclaimed POEMS process applies specific criteria for validity and relevance to clinical practice. If you are interested in receiving, please e-mail cmodesto@vafp.org.

VAFP's General Counsel, Hunter Jamerson, JD, MBA, continues to partner with the Academy to provide an initial legal resource for VAFP members. The summer of 2024, VAFP welcomed a new Legislative Representative in David May, JD. David's background in legislative services at the Virginia General Assembly is a big win for the Academy's efforts to continue to establish grassroots relationships between legislators and VAFP members. See pages 10-12 for a complete legislative report.

The VAFP Career Center is housed on the VAFP website and is the career hub for physician employment opportunities in Virginia. The VAFP Career Center is the premier resource for you to explore employment opportunities in Virginia or to recruit for open positions within your practice. The VAFP has discounted member rates for those that want to advertise open positions within the VAFP Career Center. See page 17 for additional information on this great membership benefit.

In addition to the specific benefits mentioned above, members of the VAFP generally benefit in multiple ways noted below.

- Advocacy and representation at a state and national level
- Continuing medical education offerings that are family medicine specific
- Communications and services to keep you up to date
- Cost effective VAFP's dues structure
- Leadership opportunities at the committee and board levels
- Access to the VAFP's dedicated staff to answer your questions
- Monthly e-mail updates and a quarterly magazine
- Online registration for all VAFP events

- Facebook/Twitter/Instagram social media content to keep members connected with the Academy
- Easy online CME reporting, tracking, and planning

For information on all the member benefits, please contact the VAFP at admin@vafp.org; 1-800-THE-VAFP or the website <https://vafp.org>.

AWARDS

Congratulations to the recipients of this year's VAFP Awards.

The 2025 Awards will be presented during the Academy Highlights & Legislative Update on Friday, July 11, 2025.

Congratulations again to each of the recipients!!

Virginia Family Physician of the Year Award



Samuel M Jones MD, FAAFP

*Fairfax Family Practice
Fairfax, VA*

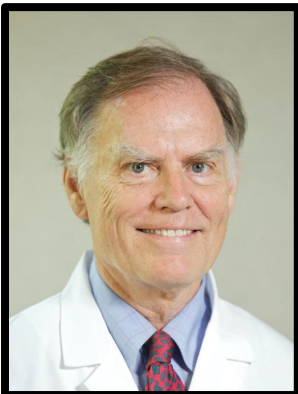
James P. Charlton, MD Teacher of the Year Award



Elizabeth "Beth" Lynn Polk MD, FAAFP

*Carilion Clinic
Roanoke, VA*

F. Elliott Oglesby, MD, Volunteer of the Year Award



Augustine "Gus" W. Lewis, MD, FAAFP

*Bon Secours
Midlothian, VA*

CAREER CENTER

The VAFP Career Center is the hub for physician employment opportunities in Virginia and is the premier member resource to explore employment opportunities in Virginia or to recruit for open positions within your practice. The VAFP has discounted rates for members that want to advertise open positions within the Career Center.

To access the Career Center, visit vafp.careerwebsite.com or scan the QR code below. The VAFP Career Center will provide the opportunity to:

Manage Your Career - search and apply to multiple family medicine positions that are all located in Virginia, upload your anonymous resume, and allow employers to contact you through the Career Center's messaging system, set up job alerts specifying your skills, interests, and preferred location(s) to receive email notifications when a job is posted that matches your criteria.

Recruit for Open Positions - promote your jobs directly to VAFP members via the exclusive Career Center email system, search the anonymous resume database to find qualified candidates, manage your posted jobs and applicant activity easily on this user-friendly site.

One of the goals at the VAFP is to provide members with training and tools to advance their career development. Please utilize the VAFP Career Center to find or fill a job in the future. If you have any questions, please do not hesitate to contact the VAFP at 1-800-THE-VAFP or e-mail Matt Schulte at mschulte@vafp.org.



RESIDENT, STUDENT & FACULTY

The Virginia Academy of Family Physicians puts great focus on our resident members and student members and the faculty at the residency programs and medical schools that support the training of these future family physicians.

Resident and Student Leadership

VAFP resident and student members can participate in multiple leadership positions at the state level on the VAFP Board of Directors, as members of VAFP committees and as Delegate to the AAFP National Conference representing Virginia. On the national level, as members of AAFP commissions and other various representatives to partner AAFP organizations. On the VAFP Board, resident and medical student representatives serve a one-year term beginning in the fall of each year. Representatives are funded to attend all VAFP Board Meetings as well as the AAFP's National Conference of Family Medicine Residents and Medical Students held annually in July/August.

Resident and Student Benefits

Academy dues are paid by the VAFP for resident members in their first year of residency and all four years of medical student dues are complimentary.

In addition to membership dues benefits, the VAFP provides complimentary housing for students and residents to attend the VAFP Winter Family Medicine Weekend held annually at Wintergreen Resort. At the 2025 VAFP Winter Family Medicine Weekend, 27 Family Medicine Residents and 38 medical students were in attendance. Continued from previous years, was a resident panel discussion that offered students the opportunity to ask questions of residents related to "What It's Like to be a FM Resident?". At the conclusion of the panel discussion, the residents and students enjoyed a complimentary networking dinner.

VAFP also supports residents with discounted employment contract review by the VAFP's General Counsel and a Career Center that houses multiple job offerings in the Commonwealth. VAFP supports the Family Medicine Interest Group's at each of the six Virginia medical schools with \$500.00 in funding to develop programs that promote Family Medicine.

Choose VA Scholarships

The VAFP Foundation offers a medical student scholarship and a resident scholarship for assistance with education loan repayment. Many medical students and family medicine residents in Virginia have expressed an interest in staying in the Commonwealth after their graduation to complete a family medicine residency or to practice in a medically underserved area.

The VAFP Foundation receives donations from generous members to support this effort to keep our own. In 2025, the Foundation received a larger donation that has made it possible to increase the student scholarship by \$500 and the number of resident scholarships from one to two and from \$3,000 each to \$5,000 each.

A \$3,000 scholarship is available for a graduating medical student that attends a Virginia Residency Program, and two \$5,000 scholarships are available for Virginia PGY-3 Graduating Residents that choose to practice in an underserved area of Virginia. The Foundation awarded its first scholarships in 2017.

Research

In the fall of 2024, the VAFP hosted a Scholarly Symposium for residents, medical students, and fellows. This one-day event showcased scholarly work in the areas of clinical or population health research, medical education research, literature review, case reports, QI/PI projects, clinical successes, patient stories, or educational projects. Over 40 student, resident and family physician members attended the virtual conference which was approved for 1.50 AAFP Prescribed CME credits. The event for 2025 is slated for Saturday, November 8th from 10:00 a.m. – 11:30 a.m.

Choose VA

On May 17th the VAFP hosted Choose Virginia 2025 at the Delta Hotel in Richmond, Virginia. This event was first held back in 2009 in partnership with the Virginia Workforce Development Authority and the Virginia Department of Health. Over 45 medical students from Virginia, surrounding states and Caribbean medical schools and over 40 faculty, staff and family medicine residents from twelve programs across the Commonwealth were in attendance. Choose VA offers medical students a firsthand look into what it's like to be a family physician with introductions to Virginia's family medicine residency program faculty and residents as well as multiple procedural sessions for that clinical experience.

The residency programs in attendance included:

- Bon Secours St. Francis Family Medicine Residency Program
- Carilion Clinic - Virginia Tech Carilion Family Medicine Residency Program
- Centra - Lynchburg Family Medicine Residency Program
- Dr. S. Hughes Melton Family Medicine Residency Program
- EVMS Family Medicine Residency Program
- HCA-LewisGale Medical Center Family Medicine Residency Program
- INOVA Fairfax Family Medicine Residency
- Mary Washington Hospital Family Medicine Residency Program
- Riverside/VCU Family Medicine Residency Program
- Shenandoah Valley Family Medicine Residency Program
- University of Virginia Family Medicine Residency Program
- VCU Health Community Memorial Hospital Family Medicine Residency Program

Virginia Program/Associate Program Director Engagement

The Virginia Family Medicine Residency Program leadership faculty continues to meet on a quarterly basis to share ideas and learn from each other on ways to continue to enhance the training of our future family physicians.

FINANCES

The Virginia Academy of Family Physicians continues its tradition of operating under sound financial leadership. This effort is led by VAFP Treasurer Charles Frazier, MD, and the members of the VAFP Executive/Finance Committee. The committee meets each year to develop an operating budget that meets the needs of the Academy yet is very mindful of the fiscal responsibility to the Academy. During the meeting, the committee also reviews the Academy's Financial Reserve Policy and Statement of Cash.

Currently, the VAFP's dues are among the lowest in the country as compared to other AAFP Chapters with an active membership of similar size. In the last 30 plus years, the Academy has only had four dues increases.

In the fall of 2024, the Academy created an Investment Policy Committee guided by an Investment Policy Statement that enhances the Academy's long-term strategy of investing cash reserves in strategic instruments including certificates of deposit and a portfolio comprised of investment vehicles that are well diversified, with reasonable expense ratios.

Net income for fiscal year 2024 was \$111,297 which exceeded the budgeted projections by just over \$67,500. The VAFP ended fiscal year 2024 with Net Assets of just over \$2,371,000.

Finances — Statement of Financial Position & Activities FOR THE YEAR ENDING DECEMBER 31, 2024

SUPPORT AND REVENUE

Membership dues	\$ 584,562
Annual Meeting	\$ 186,698
CME seminars	\$ 185,967
APAL Educational Partnership	\$ 22,607
Choose VA	\$ 16,150
Career Center	\$ 7,606
Grants	\$ 11,500
Interest income	\$ 107,112
Total support and revenue	\$ 1,122,202

EXPENSES

Program	
Education	\$ 549,684
Advocacy	\$ 244,381
Supporting services	
General and administrative	\$ 216,129
Unrealized Loss on Investments	\$ 711
Total expenses	\$ 1,010,905

Unrestricted Net Assets, beginning of year	\$ 2,260,550
Increase in unrestricted net assets	\$ 111,297
Unrestricted Net Assets, end of year	\$ 2,371,847

WELLBEING COMMITTEE REPORT

The VAFP Well-being Committee, co-chaired by VAFP Past Presidents Mark Greenawald, MD and Neeta Goel, MD met quarterly via zoom over the course of the last year specifically addressing issues that were derived from the results of the well-being survey and educational topic suggestions from CME event attendees. In the spring of 2025, Dr. Greenawald stepped down as Co-Chair and committee member Andreyia Risser, MD, joined Dr. Goel as committee Co-Chair.

The committee addressed multiple topics over the course of the quarterly meetings with specific action related to educational topic suggestions for the VAFP CME Committee, continued Well-being Corner articles in the VAFP magazine, and heard updates on the Joy in Healthcare collaborative which includes five participating organizations (Bon Secours Richmond, Carilion, Ballad, CHKD and Trusted Doctors). Currently the committee is working with VAFP leadership on an all-member needs survey.

The CME sessions focused on well-being were very well received at the 2025 Winter Family Medicine Weekend. Drs. Charlie Frazier, Riverside; Robin Anderson, Sentara; and Marcus Speaker, Carilion presented an interactive session on EHR and AI and Committee Co-Chair Andreyia Risser, MD facilitated the closing session titled Wellness in Medicine. Slated for the 2025 Annual Meeting is a Part II session on EHR and AI again presented by Drs. Frazier, Anderson and Speaker and a closing session facilitated by Committee Member Beth Polk, MD titled, “Thriving in Our Professional Ecosystem: Integrating the 5 Factors of Wellbeing into Real World Practice”.

Specific topics discussed in the quarterly meetings of the committee included the following:

- Wellbeing Priorities for VAFP members
- The Lorna Breen Foundation National Campaign ALL IN: WellBeing First for Healthcare
- Well-being Resources Available In Practices/Health Systems/Institutions
- 2025 VAFP Winter Family Medicine Weekend and 2025 VAFP Annual Meeting Well-being CME Sessions
- Well-being Resources on VAFP website
- Promotion of the AAFP Leading Physician Well-being Program
- Promotion of the AAFP Physician Health and Well-being Conference

MEMBER ENGAGEMENT TASK FORCE

In the fall of 2024, VAFP President Tim Yu, MD and VAFP Director Yasi Abdul-Rahman, DO proposed the creation of a Member Engagement Task Force with a focus on increased social media presence and recruitment efforts for the VAFP. The VAFP Board approved the request at the November meeting in Fredericksburg.

The Task Force's activities include:

- Enhance Social Media Presence: Develop a strategy to utilize social media platforms to engage current members and attract new ones.
- Promote Conferences and Events: Create targeted advertising campaigns for upcoming conferences and events to increase attendance and awareness.
- Recruit New Members: Implement strategies to reach out to potential members, including med students and new physicians, to grow the VAFP community.
- Evaluate and Adapt: Continuously assess the effectiveness of our social media strategies and recruitment efforts, adapting as necessary based on feedback and analytics.

The twelve-member group has conducted meetings throughout the spring of 2025 and is hitting its objectives of increasing engagement with the VAFP membership.

PAST PRESIDENTS OF THE VAFP

- *William L. Powell, MD, Roanoke 1947-48
- *James L. Hamner, MD, Mannboro 1948-49
- *James D. Hagood, MD, Clover 1949-50
- *Ira L. Hancock, MD, Virginia Beach 1950-51
- *John O. Boyd, Jr., MD, Roanoke 1951-52
- *Edward S. Haddock, MD, Richmond 1952-53
- *Brewster A. Hopkins, MD, Stuart 1953-54
- *Richard M. Reynolds, MD, Norfolk 1954-55
- *Rufus Brittain, MD, Tazewell 1955-56
- *Frank E. Tappan, MD, Berryville 1956-57
- *Malcolm H. Harris, MD, West Point 1957-58
- *W. Linwood Ball, MD, Richmond 1958-59
- *Fletcher J. Wright, Jr., MD, Petersburg 1959-60
- *Boyd H. Payne, MD, Staunton 1960-61
- *William J. Hagood, MD, Clover 1961-62
- *Harry M. Frieden, MD, Norfolk 1962-63
- *Frank D. Daniel, MD, Lynchburg 1963-64
- *Thomas L. Lucas, MD, Charleston, SC 1964-65
- *Russell G. McAllister, MD, Richmond 1965-66
- *Robert L. Cassidy, MD, Culpeper 1966-67
- *J. Powell Anderson, MD, Waynesboro 1967-68
- *Howard I. Kruger, MD, Norfolk 1968-69
- *A. Epes Harris, MD, Blackstone 1969-70
- *Clarence W. Taylor, Jr., MD, Shawsville 1970-71
- *Thomas H. Jennings, MD, Bedford 1971-72
- *Alan Mackintosh, MD, Bristow 1972-73
- *T. Winston Gouldin, MD, Norfolk 1973-74
- *William B. Waddell, MD, Bald Head Island 1974-75

PAST PRESIDENTS OF THE VAFP

*Robert S. Smith, MD, Richmond 1975-76

*Levi W. Hulley, Jr., MD, Richmond 1976-77

*George Robert Smith, MD, Shawsville 1977-78

*Emerson D. Baugh, Jr., MD, Kenbridge 1978-79

*Gene E. Clapsaddle, MD, Moneta 1979-80

*Harold M. Horden, MD, Norfolk 1980-81

*James P. Charlton, MD, Virginia Beach 1981-82

*Benjamin E. Norfleet, MD, Newport News 1982-83

*J. Francis Amos, MD, Rocky Mount 1983-84

*G. Stanley Mitchell, Jr., MD, Newport News 1984-85

*F. Elliott Oglesby, Sr., MD, Richmond 1985-86

*Alvin J. Ciccone, MD, Norfolk 1986-87

*Robert F. Baxter, MD, Grundy 1987-88

J. Albert Hagy, MD, Roanoke 1988-89

Harold W. Markham, MD, Virginia Beach 1989-90

*Leroy S. McDaniel, MD, Richmond 1990-91

*T. P. Davis, MD, Christiansburg 1991-92

*Charles H. Crowder, Jr. MD, South Hill 1992-93

Stuart M. Solan, MD, Richmond 1993-94

J. Michael Ponder, MD, Franklin 1994-95

Roger A. Hofford, MD, Roanoke 1995-96

Michelle Whitehurst-Cook, MD, Highland Springs 1996-97

Mitchell B. Miller, MD, Virginia Beach 1997-98

Larry G. Mitchell, MD, Richlands 1998-99

David A. Ellington, MD, Lexington 1999-00

J. Douglas Smith, MD, Harrisonburg 2000-01

Joseph Leming, MD, Colonial Heights 2001-02

Shane J. Kraus, MD, Glen Allen 2002-03

PAST PRESIDENTS OF THE VAFP

Cynthia C. Romero, MD, Virginia Beach 2003-04

Dena R. Hall, MD, Suffolk 2004-05

Kurtis S. Elward, MD, MPH, Charlottesville 2005-06

Wayne J. Reynolds, DO, Gloucester Point 2006-07

Sterling N. Ransone, Jr, MD, Deltaville 2007-08

E. Mark Watts, MD, Vinton 2008-09

Janice E. Ragland, MD, Herndon 2009-10

Jesus L. Lizarzaburu, MD Grafton 2010-11

Kent E. Willyard, MD, Newport News 2011-12

Mark H. Greenawald, MD, Roanoke 2012-13

Sean Reed, MD, Charlottesville 2013-14

Robert I. Elliott, MD, Hurt 2014-15

Charles O. Frazier, MD, Williamsburg 2015-16

Lindsey D. Vaughn, MD, Suffolk 2016-17

Rupen S. Amin, MD, MBA, Chicago 2017-18

Delmas J. Bolin, MD, PhD, FACSM, Salem 2018-2019

Emmeline C. Gasink, MD, Newport News 2019-2020

Jerome A. Provenzano, MD, Newport News 2020-2021

Neeta Goel, MD, Ashburn 2021-2022

David S. Gregory, MD, FAAFP, Roanoke, 2022-2023

Denée J. Moore, MD, FAAFP, Dinwiddie, 2023-2024

Timothy Yu, MD, FAAFP, Clifton, 2024-2025

* Deceased