



If you would prefer NOT to receive this update, please update your profile by clicking "Update Profile" at the end of this e-mail.

## In this newsletter:

- The *Khanversation*
- APHA 2022 Destination: Boston
- Academy/DPHA Events
  - 2022 Communicable Disease & PrEP Summit
- In Memoriam: Sherman Townsend
- Latest issue of the Delaware Journal of Public Health

## Khanversation

### Gratitude

Gratitude. So simple, yet so difficult. When a car runs well, unremarkably well in fact, we take it for granted. We assume it will start, stop, and turn as planned. It's only when something doesn't work (or we hear of someone else's car not working) that we are grateful for ours.

We take so much for granted, including each other sometimes. Simon Sinek talks about 'starting with why,' in his books and various talks (including here: [Simon Sinek: How great leaders inspire action | TED Talk](#)) This line stuck out for me: 'The goal is not to do business with everyone who needs what you have; the goal is to do business with people who believe what you believe.'

Perhaps not conventional wisdom, but certainly the most enduring of folk wisdom, resonates with this idea. *Select for nice. Choose the right company. Do the right thing.* They all emphasize similar attributes. There's no homily encouraging us to 'choose profit,' 'live transactionally,' or 'save yourself before others.' Healthcare is like this as well. We are generally not particularly grateful when our own biological systems are hitting on all cylinders. Rarely do we give thanks for being physically able enough to walk up a flight of stairs or being cognitively able to read, write and do arithmetic. Yet we realize how much we had to be grateful for as we age or develop disabilities.

When we do need health care, we generally choose our medical care team based on the above axiom of choosing the ones who make us feel better, not just those with technical expertise. We choose to do our healthcare business with people who believe what we believe.

Vintage car buying is similar. I have long held that one buys the owner, not the car. My first car was actually very short lived. It was a mid-1980s Mitsubishi that I owned for about an hour. After a brief test drive and a long conversation with the sellers, two lovely university professors in Newark, DE, I drove off only to realize the 4-speed manual had no 4<sup>th</sup> gear. Turning back around, I asked for a refund of my \$750 cash, which they returned, thinking that my test drive had already revealed this issue, and even though the car was clearly 'as is.' Eventually, of several used cars I bought later, many were sight unseen. They could be seen as successful purchases simply because I bought the owner--their insight, their expertise and most importantly, their honesty.

It is, perhaps, an interesting recommendation to make in the age of metrics: select for the measures of 'nice,' not just the statistics of 'good.' Yet trust is also a metric; and love is also a measure. Maybe they quantify different things than what we are used to, but they are at the core of humanity and of connection, in healthcare and in life.

The best institutions and leaders know this. By being authentic and true, they lead with their *why*--their values--so that the 'what' and 'how' will follow. Start with the why of your life; and think about the intersect of:

- What you like (joy)
- What you are good at (skill)
- What you can do good with (altruism)



- What you can do well at (resources)

Once you have your personal balance in place, remember the glue that keeps it together: love, trust, and gratitude.



Elsewhere in this newsletter you will read a tribute to my dear friend, the late Sherman Townsend. I cannot say enough about him and his commitment to medical education in Delaware, and for advocating on behalf of Delawareans to attend medical school through his chairmanship of our DIMER program. Decades after my own applications through DIMER, it is a privilege for my colleagues and I to serve DIMER through its partnership with the Delaware Health Sciences Alliance. Everyone knew Sherman and his commitment to the state and its students. We owe a lot to Sherman. He was a force of nature. May he rest in peace, and may we continue his legacy to develop, promote, retain and recruit the best healthcare workforce to serve Delaware.

I wish you all a very happy Thanksgiving and a wonderful holiday season filled with love, gratitude, and of course, the best drives.

Omar Khan, MD, MHS, FAAFP  
Editor-in-Chief, *Delaware Journal of Public Health*  
Co-Chair, Advisory Council, Delaware Public Health Association  
[okhan@delamed.org](mailto:okhan@delamed.org) | Twitter: @homerkhan

## APHA 2022 Destination: Boston

### Governing Council

For Tim Gibbs (below left), Executive Director and Affiliate Representative to the Governing Council (ARGC) representing Delaware, the Annual Meeting was a chance to meet with new and established APHA leadership, review and approve APHA by-laws changes, policies, and other activities as well as present on advocacy through action, and on membership.

Governing Council, assembled together in one of the large rooms (below right), is comprised of representatives from each state, special interest sections, all of the caucuses and forums, the student assembly, the intersectional council, the executive board, and APHA staff leadership.



### Special Events

A special evening for Delaware attendees was dinner at a local eatery where several of us gathered for a family-style BBQ and excellent company.

Mr. Gibbs and Dr. Kate Smith also joined the executive directors dinner at the Museum of Science (below left) where, amongst other things, they heard a presentation from Rochelle Walensky, MD, MPH, Director of the CDC (below right).



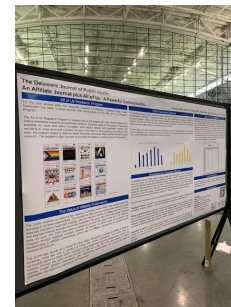
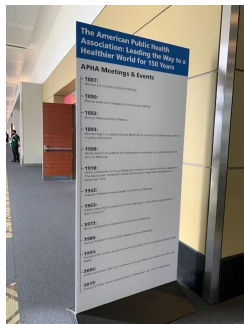


## General Sessions

As affiliate representatives, Dr. Smith and Mr. Gibbs attended the Council of Affiliates reception on Saturday evening. Because this meeting marked the 150th birthday of APHA, the way to the ballroom was lined with historical facts about the history of the organization (below left).

On Sunday, the conference "officially" opened with a welcome from Dr. Georges Benjamin (below center). Afterward, Dr. Smith and Mr. Gibbs presented a poster about the Delaware Journal of Public Health, and its highlighting of the NIH's "All of Us" research program (below right).

The rest of the week was spent in general sessions about maternal and child health, gun safety, and the public health landscape in a post-Dobbs world, among others.



## Academy/DPHA Events

One day, one conference:  
a range of topics and prevention strategies

2022 Communicable Disease Summit  
and PrEP Conference

12/12/2022



Monday, December 12, 2022 | Virtual Conference

Join the Immunization Coalition of Delaware, the Delaware HIV Consortium, and the Delaware Division of Public Health for the first ever Combined Communicable Disease & PrEP Summit!

The Summit will include morning sessions focusing on communicable disease, and afternoon sessions focusing on HIV/AIDS and PrEP.

#### Morning Sessions

- DPH Update on Communicable Disease
- Monkeypox Update
- Disasters of Human Health - Communicable Disease
- Adult Immunizations

#### Afternoon Sessions

- HIV/AIDS Panel Discussion
- HIV Epidemiologic Profile
- PrEParing Primary Care
- New in the World of PrEP

[Register Here](#)



This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the Medical Society of Delaware and the Delaware Academy of Medicine/Delaware Public Health Association. The Medical Society of Delaware is accredited by the ACCME to provide continuing medical education for physicians.

The Medical Society of Delaware designates this live activity for a maximum of **7.25 AMA PRA Category 1 Credit™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

It is the policy of the Medical Society of Delaware to comply with the ACCME Standards for Commercial Support of Continuing Medical Education. In keeping with these standards, all faculty participating in continuing medical education provided by MSD are expected to disclose to the activity audience any real or apparent conflicts of interest related to the content of their presentations. Joint providership of CME by MSD in no way implies endorsement of any product or service.

This activity is not supported by commercial funding.

## In Memoriam

### The Legacy of Sherman Townsend 1944-2022

Sherman Townsend was friend and colleague to many; Chairman of the Board for the Delaware Institute of Medical Education and Research (DIMER), facilitating medical education for Delaware residents, and recipient of the 2019 recipient of the Lewis B. Flinn President's Award. The President's Award is the highest honor the Academy/DPHA bestows upon an individual.

Sherman was a native Delawarean, born and raised in Sussex County. After attending Wake Forest University, he and his wife, Elaine, settled in Dover, Delaware where they resided for 47 years. Sherman worked in the financial services industry and retired as First Vice President at Merrill Lynch in 2017.



His retirement allowed him to focus even more energy on DIMER, and he was a tireless advocate for the program, in fact the date before his death he, Mr. Gibbs, and Dr. Omar Khan presented in Dover, Delaware at the Public Archives on Healthcare Workforce Development.

We are honored to report that the Academy/DPHA will receive a substantial grant honoring his memory,



and pursuant with his passions, these funds will be used to support Delaware Residents from Sussex and Kent counties pursuing a career in the health sciences.

Always a consummate politician, Sherman spoke and acted from his heart, and he will be missed by many.

If you would like to make a contribution in Sherman's honor, please contact Tim Gibbs, [tgibbs@delamed.org](mailto:tgibbs@delamed.org) for additional information.

## Delaware Journal of Public Health

### Minority Health: From Disparities to Equity

Across the country and here in Delaware, people in racial and ethnic minority groups experience higher rates of poor health and disease for a range of health conditions, including asthma, cancer, diabetes, heart disease, hypertension, obesity, and preterm birth.

These health disparities are preventable, and can affect many other populations of people (i.e. those with disabilities, women, the LGBTQI+, people for whom English is not their primary language, and recent immigrants). By increasing awareness of these disparities and creating interventions to address them, we can improve health equity.

[Read the Issue](#)



### Additional Resources

Delaware Division of Public Health - [The DPH Bulletin](#)

Trust for America's Health: Wellness and Prevention Digest - [Subscribe](#)

Johns Hopkins Infectious Diseases COVID-19 Grand Rounds - [View Schedule](#)

#### Academy of Medicine 2021 - 2023 Board of Directors

**President:** S. John Swanson, MD  
**President Elect:** Lynn Jones, FACHE  
**Vice President:** Professor Rita Landgraf  
**Secretary:** Stephen Eppes, MD  
**Treasurer:** Dr. Jeffrey M. Cole  
**Immediate Past President:** Omar A. Khan, MD, MHS  
**Executive Director:** Timothy E. Gibbs, MPH

##### Directors

David Bercaw, MD  
Lee P. Dresser, MD  
Eric T. Johnson, MD  
Erin M. Kavanaugh, MD  
Joseph Kelly, DDS  
Joseph F. Kestner, Jr, MD  
Brian W. Little, MD, PhD  
Arun V. Malhotra, MD  
Daniel J. Meara, MD, DMD  
Ann Painter, MSN, RN  
John P. Piper, MD  
Charmaine Wright, MD, MSHP

##### Emeritus

Barry S. Kayne, DDS

#### DPHA Advisory Council

**Co-Chair:** Omar Khan, MD, MPH  
**Co-Chair:** Professor Rita Landgraf  
**Executive Director:** Timothy E. Gibbs, MPH

##### Members

Louis E. Bartoshesky, MD, MPH  
Gerard Gallucci, MD, MSH  
Erin K. Knight, PhD, MPH  
Melissa K. Melby, PhD  
Mia A. Papas, PhD  
Karyl T. Rattay, MD, MS  
William Swiatek, MA, AICP

302-733-3952 | [delamed.org](http://delamed.org)

STAY CONNECTED

