



**February 29-
March 3, 2024
McCall, Idaho**



Welcome! Physicians and their families have been coming to McCall since 1959 to enjoy time learning, laughing, and playing together. Thanks for helping us carry on this tradition.

Winter Clinics Committee Chair: Nick Lewis, MD

Winter Clinics Committee: Ali Bastian, MD,
Alice Blake, MD, Becky Kroll, MD, Denise Mills, MD,
George Thomas, DO

ACMS Staff: Steven Reames & Mackenzie Spaulding

Thur-Fri Schedule

Thursday, February 29

6-8 p.m. Wine & Cheese Reception | Exhibit Hall

Grab a plate of food and something to drink while visiting with sponsors, exhibitors, and other guests. Gather stickers for the Friday prize drawing.

Friday, March 1

6:30-8:30 a.m. Breakfast | Exhibit Hall

7:15-10:30 a.m. CME Session 1 | Education Room

7:15 a.m. Atrial Fibrillation Update, Daniel Noonan, MD

8:15-8:30 a.m. Coffee Break in Exhibit Hall

8:30 a.m. Exciting Advances in CKD: Renal Research Update, Arnold Silva, MD

9:30 a.m. Colon Cancer Screening and Guidelines, John Dever, MD

10:30 a.m.-4 p.m. Open Time

See activity opportunities inside program.

3-4 p.m. Snack Break | Exhibit Hall

4-7 p.m. CME Session 2 | Education Room

4 p.m. Post Pandemic Mental Health for Teens and Adults, Christopher Streeter, MD

5 p.m. Osteoporosis Update, Lynn Kohlmeier, MD

6 p.m. Hypertension Management Update, Barry Stults, MD

7-8:30 p.m. Taco Bar Reception & Prizes | Exhibit Hall

As you make your way around to our event's supporters, gather 8 stickers so you can complete your raffle entry drawing form and submit it by 8 p.m. You must be present to win.

Sat-Sun Schedule

Saturday, March 2

6:30-8:30 a.m. Breakfast | Exhibit Hall

7:15-11 a.m. CME Session 3 | Education Room

7:15 a.m. Asthma/COPD, Barry Stults, MD

8:15-8:30 a.m. Coffee Break in Exhibit Hall

8:30 a.m. Diabetes Management Update, Julie Foote, MD

9:30-11 a.m. Mouths Matter: The Inextricable Link Between Oral, Mental, & Physical Health, Colleen Stephenson, RDH

11 a.m. - 5:30 p.m. Open Time

See activity opportunities inside program.

5:30 - 7 p.m. Social Reception | Exhibit Hall

Complimentary beverages will be served.

7-9 p.m. Banquet Dinner & Guest Speaker Mark Hofflund | Exhibit Hall

See activities information inside program.

5:45-9:15 p.m. Kids Pizza Party & Movie Night | Shore Lodge Theater

See activities information inside program.

Sunday, March 3

6:30-8:30 a.m. Breakfast | Exhibit Hall

7:15-10:30 a.m. CME | Education Room

7:15 a.m. Changing Medicine One Bite at a Time, Charlie Ross, DO

8:15-8:30 a.m. Coffee Break in Exhibit Hall

8:30 a.m. Idaho Lifestyle Injuries: Crash, Pop, Snap...What Not to Miss and What to Do, Jenny Southard, MD & Andrew Southard, MD

9:30 a.m. Diet Wars And How What We Eat Affects the Planet, Charlie Ross DO

Winter Clinics CME & Conference Evaluations



Scan to complete evaluation forms. Sharing what subjects are highest priority to you helps our planning committee choose educational topics and speakers.

[form.jotform.com/
240144864325151](http://form.jotform.com/240144864325151)

Activities

Yoga with Alice Blake (free)

Friday 11 a.m.-noon | Saturday 11:30 a.m.-12:30 p.m. | Shore Lodge Theater

Both beginners and intermediate participants are welcome. No sign-ups are necessary, but space is first-come, first-served. Please bring your own yoga mat or towel.

Whitetail Club Group Cross-Country Skiing (\$20)

Friday 11 a.m.-3 p.m. | Meet in Lobby

Whitetail Club's exclusive groomed trails are open Friday for \$20 each, which includes shuttle to the trails. Equipment rental is on your own. Sign up for the Shore Lodge shuttle with the concierge or front desk. Departure times: 11 a.m., noon, and 1:15 p.m.. Return times: 12:15, 1:30, and 3 p.m.



Optional Group Activity Meet Ups

Sign up on the bulletin board and connect with other guests pursuing activities in the McCall area.

McCall Activity Barn (no-host)

Various Times | 141 Moonridge Drive
brundage.com/snow-tubing-mccall

McCall's premier snow tubing hill offers freshly groomed lanes, friendly staff, and endless fun. Take a ride on the Magic Carpet conveyor belt to lap the hill in just seven minutes.



Mountain Monet (no-host)

Various Times | 310 E Lake Street
mountainmonet.square.site

Join with other creators to paint ceramics, fuse glass, assemble mosaics, bead, or other artistic projects at Mountain Monet.



Manchester Ice Center (no-host)

Various Times | 200 E Lake Street
manchestericecenter.com

McCall's indoor skating rink offers multiple times of public skating, ice-based bumper cars, and special ticketed events.



Optional Activities Sign-Ups



Scan for sign-up form and electronic bulletin board.

form.jotform.com/240295817286162



Activities

Wine & Cheese Reception (free)

Thursday 6-8 p.m. | Exhibit Hall

Now that you have your registration packet, find your way to the Upper Pavilion for our first event.

Friday Taco Bar Reception & Prizes (free)

7-8:30 p.m. | Exhibit Hall

Bring your family down for a fun evening of food and raffle prize drawings. Complete your prize entry form by collecting stickers at exhibitor tables.

Saturday Social Reception (free)

5:30-7 p.m. | Exhibit Hall

Grab a complimentary drink after an active or relaxing day in McCall.

Saturday Banquet & Guest Speaker (\$70)

7-9 p.m. | Exhibit Hall



Enjoy a buffet dinner featuring chipotle rubbed flat iron steak, butterflied pan seared shrimp, a variety of plant-based side dishes, and desserts. Sponsored by Echo Idaho.

Dinner Keynote: Backstage Pass to 30 Years of the Shakespeare Festival, Mark Hoffland, Managing Director, Idaho Shakespeare Festival

Kids Pizza Party & Movie Night (free)

5:45-9:15 p.m. | Shore Lodge Theater



This event is free for those who are attending the Saturday evening banquet or staying on site at the Shore Lodge during this period of time. Infants to age 12 are welcome.

Brundage Mountain Shuttles (no-host)



◆ Shore Lodge Shuttle - Sign up with the concierge for a free ride. Meet in lobby. Departs Shore Lodge @ 9 a.m.; Brundage pickup @ 4 p.m.

◆ Brundage Bluebird Express Ski Shuttle
First-come, first-served. Friday - Sunday @ 6:40, 7:40 & 8:40 a.m. Meet in front of Shore Lodge.
brundage.com/mccall-brundage-shuttle/

February 27-March 2, 2025 Winter Clinics

We have already booked Shore Lodge for next year and highly advise you to reserve your room before you leave. You can always cancel two weeks in advance if necessary.

Faculty

Barry Stults, MD (University of Utah)

- ◆ Hypertension Management
- ◆ Asthma and COPD Update

Charlie Ross, DO (Live Lifestyle Medicine, Eugene)

- ◆ Changing Medicine One Bite at a Time
- ◆ Diet Wars And How What We Eat Affects the Planet

Colleen Stephenson, RDH (Idaho State University)

- ◆ Mouths Matter: The Inextricable Link Between Oral, Mental, and Physical Health

John Dever, MD (Saltzer Health)

- ◆ Colon Cancer Screening & Guidelines

Julie Foote, MD (Treasure Valley Endocrinology)

- ◆ Diabetes Management Update

Lynn Kohlmeier, MD (Spokane Osteoporosis and Endocrinology)

- ◆ Osteoporosis Update: What Treatments to Start and When to Stop or Not

Daniel Noonan, MD, FRHS, FACC (High Desert Heart and Vascular)

- ◆ Atrial Fibrillation Update

Arnold Silva, MD (Boise Kidney and Hypertension Institute)

- ◆ Exciting Advances in CKD: Renal Research Update

Andrew Southard MD (Vituity)

Jenny Southard MD (Saint Alphonsus Family Medicine)

- ◆ Idaho Lifestyle Injuries: Crash, Pop, Snap... What Not to Miss and What to Do

Christopher Streeter, MD (St. Luke's Children's Center for Neurobehavioral Medicine)

- ◆ Post Pandemic Mental Health for Teens and Adults

Credit Disclosures

Accreditation Statement/Credit Designation

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Utah Medical Association through the joint providership of the UMA Foundation and the Ada County Medical Society. The UMA Foundation is accredited by the Utah Medical Association to provide continuing medical education for physicians. The UMA Foundation designates this live activity for a maximum of 12.5 *AMA PRA Category 1 Credit(s)*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Disclosure Statement

The following individuals have disclosed relevant financial relationships with ineligible companies and the conflicts of interest have been mitigated:

- ◆ Arnold Silva, MD | Investigator & Consultant: CKD cell therapy, Consultant & Speaker: Astra-Zeneca, Investigator: Disc Medicine; married to Winter Clinics Planning Committee member.
- ◆ Lynn Kohlmeier, MD | Speaker: Amgen, Advisor & Speaker: Radius, Research Funding: Amolyt and Ascendis.

The remaining individuals involved in the planning or presentation of this activity have no relevant financial relationships to disclose.

American Academy of Family Physicians Credit

The AAFP has reviewed 2024 ACMS Winter Clinics and deemed it acceptable for up to 11.50 Live AAFP Prescribed credits. Term of Approval is from 03/01/2024 to 03/03/2024.

Physicians should claim only the credit commensurate with the extent of their participation in the activity. Dr. Arnold Silva's talk "Exciting Advances in CKD: Renal Research Update" was denied AAFP credit.

Event Sponsors

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High Desert Heart and Vascular

Daniel Noonan, MD

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Exhibitors

348 Recruiting Squadron

Brian Green

Matthew Rodriguez

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Erik Toland

Dean Jordan

AstraZeneca

Amy Overton

Brian Mann

AstraZeneca/ Amgen Respiratory

Ben Skinner

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