

KMA 2025 Annual Meeting Speaker bios

Jordan Grumet, M.D., also known as “Doc G”

Jordan Grumet, born in Evanston, Illinois in 1973, found the spark to become a doctor after a deeply personal event reshaped his life's trajectory. The unexpected loss of his father, an oncologist, ignited a passion within him to practice medicine and instilled a unique vantage point that later melded seamlessly with his financial expertise. This convergence of roles has spurred him to explore profound notions like wealth, abundance, and financial independence with a thoughtful and critical lens.

Completing his studies at the University of Michigan, Jordan earned his medical degree from Northwestern University before embarking on a journey in Internal Medicine in Northbrook, Illinois. Presently, he serves as an associate medical director at Unity Hospice.

With a profound understanding of both medicine and finance, Jordan unveiled his thoughts through blogging, specifically focusing on financial independence and wellness. This passion culminated in the launch of the Earn & Invest podcast in 2018. His dedication bore fruit in 2019 when he was honored with the Plutus Award for Best New Personal Finance Podcast, followed by consecutive nominations for Best Personal Finance Podcast of the year in 2020 and 2021.

In August 2022, Jordan's literary pursuit took shape as his book, *Taking Stock: A Hospice Doctor's Advice on Financial Independence, Building Wealth, and Living a Regret-Free Life*, was published by Ulysses Press. His second book, *The Purpose Code*, will be published January 2025 by Harriman House Press. Jordan's journey intertwines medical insight and financial wisdom, resonating deeply with those seeking a balanced, meaningful life. Geoff Wilson, LCSW, LCADC, CCS

Geoff Wilson, M.D.

Geoff Wilson is a licensed clinical social worker, licensed clinical alcohol and drug counselor, and certified clinical supervisor. He has been practicing in the mental health and substance abuse treatment fields in Kentucky for over 30 years. He was employed by Hillcrest Hall, a long-term residential adolescent substance abuse treatment program for 8 years. He then took a position with The Ridge Behavioral Health System in Lexington, KY, working there for 14 years, where he held the positions of Director of Addiction Services, Director of Business Development and most recently as Director of Clinical Operations for their 110 bed inpatient psychiatric and chemical dependency treatment hospital and their outpatient department. He served as the president of the Kentucky Adolescent Substance Abuse Consortium for over 10 years. In 2004, he received the Robert Straus Award for Outstanding Service in the Field of Substance Abuse Treatment in Kentucky and in 2008 was appointed by Governor Steve Beshear to the Kentucky Board of Alcohol and Drug Counselors, serving for 10 years. In 2013, he was selected by NASW-KY as the Social Worker of the Year. In 2019, Geoff became the President of the Kentucky Association of Addiction Professionals. In 2023, he was appointed by Attorney General Daniel Cameron to the Kentucky Child Fatality and Near Fatality Review Panel. He currently is in full-time private practice with Lexington Counseling and Psychiatry in Lexington, KY where he treats adults, adolescents, and families. Geoff provides clinical supervision for social workers, alcohol and drug counselors, and peer support

Syed Haider Abbas, M.D.

Dr. Syed Haider Abbas, M.D., is a distinguished rheumatology specialist based in Lexington, Kentucky. With over 32 years of experience, he has been a key figure in the field, offering comprehensive care for various rheumatological conditions. His educational background includes a residency in internal medicine and fellowships in rheumatology and geriatrics. Dr. Abbas is also a voluntary faculty at the University of Kentucky and Pikeville Medical School of Osteopathic Medicine, contributing to the education of future medical professionals. Outside of his professional life, he enjoys hiking, cooking, golf, and pickleball, reflecting his diverse interests and love for the outdoors.

Sara Police, Ph.D.

Dr. Sara Police received her doctoral degree in Nutritional Sciences from the University of Kentucky. While in graduate school, she won the American Heart Association Young Investigator Award and published four peer-reviewed articles, three of these as a first author.

Following graduate school, she taught online and in-person nutrition, health and wellness courses for undergraduate students at Kaplan University, Transylvania University and Bluegrass Community and Technical College, before coming back to the University of Kentucky as a faculty member in 2017. Taken together, Dr. Police has over 10 years of experience in higher education teaching within multiple modalities for a diverse array of students. Her teaching has been recognized with numerous awards, she received a 2021 Outstanding Teacher Award from the University of Kentucky and Excellence in Medical Education Awards in Teaching, Innovation and Development from the University of Kentucky College of Medicine in 2019 and 2020.

Currently, Dr. Police is an Assistant Professor in the Department of Pharmacology and Nutritional Sciences at the University of Kentucky College of Medicine. In this role, she directs, develops and teaches several nutrition courses for graduate and medical students. She has published 20 freelance articles with graduate students in Kentucky's Health and Wellness magazine and appeared multiple times on KET's Kentucky Health to discuss nutrition, the microbiome and culinary medicine. Recently, she led the development of a new online graduate certificate that operates across three colleges, the Online Graduate Certificate in Applied Nutrition and Culinary Medicine. She directs this online program and serves as the Assistant Director of Nutrition Education in her department.

Dr. Police regards nutrition education as a foundational first step for reducing risk of chronic disease development and their patients.

Susan Bushelman, M.D.

Dr. Susan J. Bushelman is a highly regarded dermatologist based in Florence, Kentucky. She graduated from the University of Kentucky College of Medicine in 1993 and has since dedicated her career to providing comprehensive dermatological care. Dr. Bushelman is board-certified in dermatology and has extensive experience in various dermatological practices. She is affiliated with St. Elizabeth Edgewood Hospital and has been recognized for her expertise in treating a wide range of skin conditions, including acne, psoriasis, and more. Dr. Bushelman is also known for her commitment to patient care, offering personalized treatment plans and management strategies for skin, hair, and nail disorders. She is a member of the American Academy of Dermatology and has been involved in various leadership roles within the medical community. Dr. Bushelman's dedication to her professional and her patients is evident in her numerous accolades and the positive feedback from those she has helped.

Lesley A Kellie, M.D.

Lesley Anne Ramos Kellie, D.O., earned a bachelor's degree from the University of Louisville and a medical degree from the Ohio University College of Osteopathic Medicine, Athens. Dr. Kellie completed her residency in internal medicine at Case Western Reserve University, Cleveland, Ohio. She is board certified in internal medicine and a member of the American College of Physicians. A native of the Philippines, she enjoys playing with her children and doing other family activities.

Evelyn Montgomery Jones, M.D.

Dr. Montgomery Jones is a board-certified dermatologist and lifelong resident of Paducah, Kentucky, where she has practiced medicine since 1993. She earned her undergraduate degree from Georgetown College in 1985 and her medical degree from the University of Louisville School of Medicine in 1989. Dr. Jones is the owner and operator of WellSprings Dermatology and WellSprings SkinCare in Paducah. She currently serves as President of the Kentucky Medical Association (KMA) and is a graduate of both the KMA Community Connector Leadership Program and the Kentucky Physicians Leadership Institute (KPLI). A recognized leader in physician advocacy, Dr. Jones has passionately advocated for public health issues affecting Kentuckians including tobacco cessation, wellbeing and burnout and nutrition.

As KMA President, Dr. Jones is leading "Small STEPS, Big Impact," a two-year public health initiative focused on improving Kentuckians' wellness through simple, sustainable lifestyle changes. The initiative, supported by the Kentucky Foundation for Medical Care and funded by the Kentucky Department for Public Health, targets five key areas: screenings, tobacco use, exercise and nutrition, physician visits, and stress.