

## **DR. RICHARD HAMMER**

Dr. Richard Hammer was born in Des Moines, Iowa and graduated from North Des Moines High School. He received his BA degree in American History from State University of Iowa in 1951 and an MD in 1958. He was enlisted in the USMC for two years and was discharged as a Sergeant. He was in the USMCR serving as enlisted, then officer, the latter service in Korea and Marine Barracks in Washington, DC discharged as a Captain.

His medical internship was at Iowa Methodist Hospital. He transferred from there to the USNR (Medical Corps) with highest rank of Captain. In Des Moines he was a member of the medical staffs of Iowa Methodist Hospital, Iowa Lutheran Hospital, Mercy Hospital and Doctor's Hospital. He was a member and treasurer of The Journal Club, a medical study group.

He was a general practitioner at the Beavertown Clinic in Des Moines and elected to Secretary of the Iowa Chapter of the Academy of Family Physicians. He also served as team physician to North High School and later, Hoover High School. He instigated and served as chairman of the Athletic Medicine committee of the Iowa AAFP. He had a one year fellowship in Adolescent Medicine at Children's Hospital of Boston (Harvard) and a Pediatric Residency at Blank Children's Hospital in Des Moines.

He then became a staff physician at University Health Center (University of Nebraska Lincoln) and entered the private practice of pediatrics and adolescent medicine in Lincoln. He served on the medical staffs of Lincoln General Hospital, Bryan, St. Elizabeth and Madonna. He also served on the Medical Records Committee, a term as Chief of Pediatrics, a pediatric representative to the Trauma committee and a term on the executive and quality improvement committees at Lincoln General.

He served terms on the Eastmont Advisory Committee, Lancaster Manor Advisory Committee, Region V Mental Health Advisory Committee, Downtown YMCA Board, CIMRO advisory Committee, Medicare Advisory Committee and the Hospital Authority of Lancaster County.

Recognition and awards include: Top Cat award by pediatricians, Man of the year by Sertoma, Volunteer of the year, Honorary Parade Marshal and Honorary Chairman of the Cornhusker State Games, Outstanding award by chapters of SAM, class flag by fellow reservists on his last active duty for training.

He was a charter member of the Society for Adolescent Medicine in 1968. He served on the athletic medicine team at UNL where he did research on a formula to predict ideal weights for wrestlers and a study of body types for Junior Olympic athletes (compared with Olympic athletes). He was general chairman for the National Junior Olympic Championships in Lincoln for several years and for the dual meet with the Russians for a Junior Track and Field meet in Lincoln. He was a team physician for the junior meet in Tallinn, Estonia, and Ludenscheid, Germany against the Russians and Germans, respectively. He served as an official in swimming for over 25 years, was a life member of USA Swimming, was a zone representative to the USA Swimming Board of Directors, helped host national and zone meets in Lincoln. He was a USA swimming team physician for an open meet in Gainesville, Florida and a Speedo Sprint meet in Amersfoort, Holland.

He helped form the Cornhusker State Games with two other cofounders, serving on the board for 25 years and refereed 23 CSG swimming meets.

His last six years of pediatric practice were at an HMO at 17th and N. He was a member of the Lancaster County Medical Society (LCMS), Nebraska Medical Association (NMA), AMA, AAP, SAM, Nebraska Chapter of AAP and Midwest Regional Chapter of SAM. He was a delegate of LCMS to the NMA House of Delegates and a liaison from LCMS to the Coalition on Aging comprised of many organizations in Lincoln and Lancaster County concerned with legislative issues of senior citizens and senior health care.

He was active in the local chapter of AARP, serving two terms as secretary and two terms as president. He served a term on the RSVP advisory committee. He was a member of Downtown Rotary Club #14 having served a term on the board of directors and several committees. He was a member of the Nebraska State Historical Society Foundation Board of Trustees and served on its scholarship committee. He was a member of OLLI and served as history subcommittee chairman of the curriculum committee.