



For Immediate Release
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Vermont Medical Society Honors 2025 Leadership Award Winners

*VMS Honors Those who Have Demonstrated Outstanding Service
to Health Care and Community*

Stowe, Vt. (Nov. 11, 2025) – During the 212th VMS Annual Meeting this past weekend, the Vermont Medical Society (VMS) recognized five individuals who have made outstanding contributions to the health and well-being of Vermonters and the nation during the past year.

Barbara Dalton, M.D., a family physician practicing in Springfield, VT, received the **Vermont Medical Society's 2025 Distinguished Service Award**. The Distinguished Service Award is the highest award VMS can bestow upon one of its members and is given on the basis of meritorious service in the science and art of medicine and for outstanding contributions to the medical profession, its organizations, and the welfare of the public.

Dr. Dalton is being honored for her decades of unwavering, compassionate, community-rooted care at the Springfield Health Center, setting the highest standard in family medicine while mentoring generations of providers and serving generations of patients.

Whitney Caulkins, M.D., a family medicine physician at the University of Vermont Medical Center (UVMMC), received the **Vermont Medical Society's 2025 Physician of the Year Award**. The Physician of the Year Award is granted annually to a physician licensed in the state of Vermont who has demonstrated outstanding performance in the quality of care given to patients; demonstrated skillful and compassionate patient care; and demonstrated

dedication to the welfare of patients in accordance with accepted principles of good medical practice.

Dr. Calkins is recognized for her transformative leadership in medical education, clinical innovation and mentoring students in the area of nutrition- and lifestyle-medicine, and pioneering team-based care models that provide more holistic, patient-centered services.

Sujata Singh, M.D., a pediatric ophthalmologist at UVMMC and an associate professor at the UVM Larner College of Medicine, received the **Vermont Medical Society's 2025 Physician Award for Community Services**. The Physician Award for Community Service is granted annually to a physician licensed in the state of Vermont who has compiled an outstanding record of community service, which reflects well on the profession.

Dr. Singh is being recognized for her exceptional pediatric ophthalmology care and her deep commitment to expanding vision access, leading innovative community and global screening initiatives, educating the public, and ensuring vulnerable children and families receive the eye care that they need.

Meredith Plumpton, R.N., the Immunization Program Manager for the Vermont Department of Health, was awarded **the Vermont Medical Society's 2025 Citizen of the Year Award**. The Citizen of the Year Award is given to a non-physician who in the past and presently has made a significant contribution to the health of the people of Vermont.

Merideth Plumpton is recognized for her steadfast, statewide leadership in strengthening Vermont's immunization system including expanding access to, guiding public understanding of, and ensuring strong, science-based vaccination protection for communities across the state.

Lisa Catapano-Friedman, M.D., DLFAPA, a psychiatrist practicing in Bennington, Vermont and the Medical Director of the Memory Clinic, received the **Vermont Medical Society's 2025 Founder's Award**. The Founders' Award is

presented to individuals who have demonstrated outstanding leadership, vision, and achievement in improving the health of Vermonters and all Americans.

Dr. Lisa Catapano-Friedman is being recognized for her extraordinary, decades-long impact as a psychiatrist, providing exceptional care across the lifespan, leading groundbreaking dementia research, supporting countless clinicians through consultation and mentorship, and advancing psychiatric advocacy and access for communities in Vermont and beyond.

The VMS Leadership Awards for 2025 were presented during the 212th VMS Collaborative Meeting awards ceremony on Friday, November 7th, 2025, at Topnotch Resort in Stowe, Vermont. Please join us in celebrating these Vermont leaders.

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About the Vermont Medical Society: The Vermont Medical Society is the leading voice of physicians in the state and is dedicated to optimizing the health of all Vermonters and the health care environment in which Vermont physicians and physician assistants practice medicine. The Society serves its 3,100 members through public policy advocacy on the state and federal levels, as well as by providing legal, administrative and educational support, producing a rich flow of news and information and offering member benefits that increase medical practice effectiveness and efficiency. For more information, visit www.VTMD.org.