

MOTIVATIONS

The Front Line of Philanthropy at Einstein and Montefiore



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MOTIVATIONS

A Message From the Chair of the Development Committee
Montefiore Medicine Board of Trustees

MELISSA CERIALE



Two years ago, the Montefiore School Health Program (MSHP) team identified a problem. Their founding vision of integrating comprehensive health services into every public school setting in the Bronx was well underway—but they were outgrowing their infrastructure. MSHP found a partner in the Jeffrey H. and Shari L. Aronson Family Foundation.

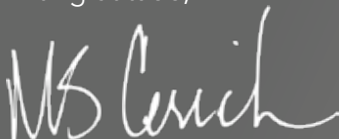
The Aronson Family Foundation provided funding for initiatives such as hiring qualified staff, expanding our school-based health clinic network, propelling enrollment rates, and guiding long-term sustainability. Today, Rosy Chhabra, Psy.D., is leading MSHP to become a model for school health nationwide (page 52).

Identifying and solving problems is a trend across Montefiore and Einstein. Harvey Karp, M.D. '75, came up with an ingenious solution to reduce the rate of sudden infant death syndrome, fueled by the compassionate learning he experienced while at Einstein (page 49). My fellow trustee David B. Keidan partnered with Emad Eskandar, M.D., to support innovations in neurological surgery across Montefiore and Einstein (page 60). When you walk across our campuses, read our publications, and speak with our students, faculty, and clinicians, you will see such problems—and solutions!—at every corner.

As chair of the development committee within the Montefiore Medicine Board of Trustees, I hope to inspire problem-solving through philanthropy. From giving Einstein students opportunity through scholarships to fueling life-changing research to combating social issues in our community and around the world, every contribution—of dollars, of mentorship, of research, of clinical commitment—supports a solution. Montefiore and Einstein model what it means to be thoughtful stewards of such investment.

While we've accomplished a lot, there's still so much we can do. I support Montefiore and Einstein through my time and philanthropy. What's your solution?

With gratitude,



Melissa Ceriale

DR. HARVEY KARP CLASS OF '75

BY TERESA CARR

Trusted pediatrician
and author
helps parents
calm fussy babies

Inventors often point to a moment of inspiration when the solution to a problem suddenly appears. Einstein alumnus Harvey Karp, M.D., experienced that flash of insight after giving a talk on sudden infant death syndrome, or SIDS, in 2011.

SIDS is the leading cause of death for infants 1 month to 1 year old, and a parent's worst fear: Seemingly healthy babies unexpectedly stop breathing in their sleep. It's also known as "crib death" because many victims are found lifeless in their cribs.

After the lecture, Dr. Karp remembers, he expressed his frustration to a friend. "Why hasn't someone come up with a way to help prevent this?" he asked. His friend replied: "Well, why don't YOU?"

It was a fair question. Dr. Karp is one of America's most trusted pediatricians and child-development experts—a reputation he earned by researching infant behavior and developing science-based techniques to soothe fussy infants and help them sleep. Millions of bleary-eyed parents around the world have sought advice from his best-selling books and videos: *The Happiest Baby on the Block*, *The Happiest Toddler on the Block*, and *The Happiest Baby Guide to Great Sleep*.

Infants are most vulnerable to SIDS in the first few months of life, which Dr. Karp terms "the fourth trimester." "Humans are really born three months too early; they are incredibly immature compared to other animal species," he



Harvey Karp, M.D. '75

says. "Unlike a colt or a calf, we don't hit the ground running. In the early months, babies need us to mimic the womb's sensations through cuddling, rocking, and shushing for hours a day."

Their underdevelopment also means that infants may fail to awaken or to move their heads when not receiving enough oxygen. Studies have shown that putting infants to sleep on their backs on a firm, flat surface away from loose bedding—hence the "back to sleep" public health campaign—has significantly reduced the rate of SIDS in the United States and other countries. In addition, Dr. Karp knew from his own research that imitating the womb often calms babies—even mid-cry.

BABY ROCKER RECALL

For the past decade, manufacturers have claimed that the rocker-like infant-sleep products they've marketed to parents will soothe their fussy babies. But those rockers (also called "nappers") keep

Courtesy of Happiest Baby, Inc.

MOTIVATIONS | CONTINUED CONNECTION

the baby semiupright—increasing the likelihood of airway compression and suffocation and prompting the American Academy of Pediatrics (AAP) to warn that the rockers put babies' lives at risk.

In April 2019, under pressure from the AAP, Fisher-Price recalled 4.7 million Rock 'n Play infant sleepers following reports that 32 infants had died in Rock 'n Plays since 2011. Some of the infants rolled over while unrestrained, and some were unable to breathe because of their position. Other companies have since recalled their inclined sleepers—now linked to more than 50 deaths, according to the Consumer Product Safety Commission (CPSC)—but some manufacturers are still selling the products.

"Many babies have died because their sleep-deprived parents trusted those products," Dr. Karp says. "Parents trying to comply with the back-to-sleep advice have yielded to the dangers of rockers because their babies don't sleep well on their backs." The AAP has called on the CPSC to take action against the remaining products on store shelves to prevent further tragedies.

Dr. Karp says he thought that an automatically rocking crib with a flat surface could create a safe environment for sleep. He and his wife, Nina Montecé Karp, cofounder of their company, Happiest Baby, decided to invent one. That led to a collaboration with industrial designer Yves Béhar and Deb Roy, Ph.D., director of the Laboratory for Social Machines at the Massachusetts Institute of Technology. In 2016, after "many, many prototypes," Dr. Karp says, the SNOO smart bassinet was born.

The robotic crib has since found its way to homes across the United States, Canada, and Australia. To date, babies have safely slept in the SNOO for more



Courtesy of HarperCollins Publishers

"To this day, pediatric books say that colic is a mysterious condition. But I believe the chief cause is clear: too little rhythmic stimulation."

— DR. HARVEY KARP

than 40 million hours, Dr. Karp says.

"There are people in this world who are always looking for better ways to do things," says Gordon F. Tomaselli, M.D., the Marilyn and Stanley M. Katz Dean at Einstein. "That's Harvey Karp. He has taken his expertise in pediatrics and applied innovation to it."

THE HUMAN FACE OF MEDICINE

Dr. Karp set his sights on becoming a doctor at a young age. "I was always socially conscious and wanting to understand how things work," he

says. Medicine seemed like a natural fit—and Einstein, with its high level of academics and what Dr. Karp calls "attention to the social environment," was the perfect place for him to study.

While at Einstein he learned not only about the science of medicine, but also about what it takes to assume the mantle of physician and healer. "I was taught that providing healthcare was a privilege," he says. "People who are ill are in a vulnerable position, and it's our responsibility to treat them with respect. As students we were given opportunities to get into the community and meet with patients, to see the human face of medicine," he adds.

Because they saw so many Spanish-speaking patients, Dr. Karp joined with other students to hire a tutor and learn the language. "We had class every week and ate lunch together to improve our Spanish-speaking skills," he says. "That way we could talk directly to our patients without having an interpreter in the middle."

Perhaps the most formative aspect of his medical training, he says, was "realizing the joy of discovery." He still vividly recalls learning neuroanatomy as a first-year student from Dominick Purpura, M.D., who would later go on to serve as dean of Einstein for 22 years (page 6). Throughout the semester, Dr. Karp says, "Dr. Purpura periodically displayed a picture of a smiling boy and asked: 'What's wrong with Grant?'" At the end of the semester, Dr. Purpura shared Grant's diagnosis: He had severe hydrocephalus. Fluid filled the space where his brain should be; his brain tissue was limited to a narrow band around the inside of his skull.

"And yet, Grant appeared smiling before us, looking entirely normal,"

Dr. Karp says. “It is a medical mystery. How could this boy lack so much of the brain yet act almost normally? Dr. Purpura’s message was clear: We know so much yet have so much to learn.”

THE COLIC CONUNDRUM

By his second year of medical school, Dr. Karp had decided to go into pediatrics. He would later do groundbreaking research on what his youngest patients were trying to communicate with their cries. “I’ve always been attracted to unsolved problems,” he says. “To this day, pediatric books say that colic is a mysterious condition. But I believe the chief cause is clear: too little rhythmic stimulation.”

Daphne Hsu, M.D., chief of the division of pediatric cardiology at Montefiore and professor of pediatrics at Einstein, agrees with Dr. Karp that colic can be treated. “Sometimes babies cry excessively because they are unable to soothe themselves as they adjust to life outside the womb,” she says. “In utero they are used to falling asleep with movement and noise around them. They respond to maneuvers that mimic that environment to help them go to sleep peacefully.”

Dr. Karp’s study of colic revealed that infants are born with a “calming reflex,” an irresistible response to stimuli that mimics the womb: swaddling that creates a snug feeling, shushing that sounds like blood flow, and gentle jiggling like what the baby experienced when Mom moved through her day. Dr. Karp’s books and videos offer techniques that parents can use to recreate that comfortable environment.

“Harvey’s innovation is that it’s baby-focused,” Dr. Hsu says. “The idea is to make the baby more comfortable and, if



Courtesy of Happiest Baby, Inc.

Dr. Harvey Karp places an infant in the SNOO, a flat-surfaced robotic bassinet he invented that gently rocks a baby to sleep.

you can do that, parents become more comfortable, too.”

LIFE’S WORK HONORED

Ultimately, Dr. Karp says he thinks that the SNOO robotic bassinet will do more than just give harried parents a break. He says that studies now underway and others set to start soon will explore potential SNOO benefits, including preventing SIDS and postpartum depression and improving care for premature infants.

But even without that evidence, improving sleep has clear benefits—and not just for babies. “When babies sleep better, parents sleep better,” Dr. Tomaselli says. “That’s so important for

mental and physical health.”

Impressed by Dr. Karp’s lifetime of work, Einstein’s Board of Governors honored him as a finalist for Einstein’s Distinguished Alumnus award this year. “It’s a prestigious award, given our history of graduates who have gone on to have a profound impact in the medical sciences,” Dr. Tomaselli says. “Dr. Karp continues in that tradition by applying advancements in science to improving people’s lives.” **E**



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HEALTHIER KIDS, HEALTHIER COMMUNITIES

From vaccines to dental visits, the
Montefiore School Health Program helps
1 in 4 public-school students in the Bronx

BY TERESA CARR



Rosy Chhabra, Psy.D., center, stands with students at one of the 94 schools that receives comprehensive care through the Montefiore School Health Program. The centers provide healthcare access to more than 42,000 students in pre-K through 12th grade, reaching 25% of all public-school students in the Bronx.

MOTIVATIONS | SPOTLIGHT

Fathima Lye remembers her high school health center as “very welcoming. You could stop by without an appointment even if you just wanted to have a chat with one of the nurses. It provided a safe space.”

Ms. Lye says she and her classmates could count on access to healthcare—whether they were feeling ill or anxious, had questions about sexual health, or even had a toothache.

“Having access to the health clinic at school made me take charge of my own needs,” she says. “And the care that you get is the same as what you would receive at a local health provider, except that it’s more convenient.”

Ms. Lye’s alma mater is one of 94 schools that receives comprehensive care through the 31 Montefiore School Health Program (MSHP) health centers.

Those school-based centers reach more than 42,000 children in pre-kindergarten through 12th grade—25% of all public-school students in the Bronx.

“Healthcare providers at each site deliver services such as primary-care visits, mental health counseling, dental care, chronic disease management, emergency care, and health education, a model that has been tremendously successful,” says program director Rosy Chhabra, Psy.D. Kids with access to school-based healthcare are 40% less likely to go home sick, for example, which means stronger school performance for the kids and less missed work for their parents.

And learning health literacy along with academics can have a lifelong impact. “I saw a model that showed the shocking amount of sugar in juice

“Having access to the health clinic at school made me take charge of my own needs. And the care is the same as what you would receive at a local health provider, except that it’s more convenient.”

— FATHIMA LYE



Learning about healthier food options is part of the Montefiore School Health Program curriculum. At left, Bronx grade-school students create a nutritious yogurt snack with their teacher.



"Healthcare providers at each site deliver services such as primary-care visits, mental health counseling, dental care, chronic disease management, emergency care, and health education, a model that has been tremendously successful."

— DR. ROSY CHHABRA

At left, Karesa McPhoy, N.P., creates a comfortable space to teach her patient about health. Below, a Bronx high school student receives a dental exam at her school.



MOTIVATIONS | SPOTLIGHT

and soda,” Ms. Lye says. “Those visuals made me much more aware of what I was drinking.”

Adds Dr. Chhabra, “This is the perfect time to reach children, while they are dealing with the physical, mental, and emotional issues surrounding growing up. If you involve them in learning to care for their health when they’re young, those lessons stay with them for the rest of their lives.”

Former director David K. Appel, M.D., who founded the program 35 years ago and continues to consult, says the MSHP has developed “in ways beyond what we ever imagined. We started with the expectation that all children should have access to health services they need and took it from there.”

“MSHP really resonated with us,” says Shari Aronson, who, along with

her husband and three adult children, supports the program through the Jeffrey H. and Shari L. Aronson Family Foundation. Mrs. Aronson says that her family also found it appealing that their contribution would help jump-start new clinics, which would quickly become self-sustaining.

Philanthropy helps put the organizational framework in place to develop programs, make capital improvements, and hire staff. Once clinics are up and running, costs are covered by Medicaid or other insurance; city, state, and federal funds; and grants.

There’s no cost to students; the clinics do not collect co-pays, and they provide all services free of charge to those without health insurance. “I feel like we are laying the foundation for the program to expand,” Mrs. Aronson says.



Jeffrey and Shari Aronson, pictured above, are helping jump-start new school health clinics in the Bronx through their family’s foundation. At right, an MSHP nurse teaches two students techniques for self-management of asthma.

UJA-Federation of New York, courtesy of the Jeffrey H. and Shari L. Aronson Family Foundation

Impact of School-Based Health Centers

A child’s health can significantly predict how well he or she performs in school academically. As the largest and most comprehensive school-based health network in the country, the Montefiore School Health Program (MSHP) serves as a model for public school systems nationwide. MSHP’s comprehensive services have made a considerable impact in the Bronx since its founding 35 years ago.



School-based health centers have resulted in:



Less emergency room use among students



Increases in grade-point averages for students who use mental health services



Greater use of mental health services among teens



Fewer hospitalizations and school days missed for children with asthma

Source: *Journal of Adolescent Health* and *JAMA Pediatrics' Archives of Pediatrics and Adolescent Medicine*



"If you involve them in learning to care for their health when they're young, those lessons stay with them for the rest of their lives."

— DR. ROSY CHHABRA

MOTIVATIONS | SPOTLIGHT

MORE-EFFECTIVE HEALTHCARE

Dr. Chhabra has researched disease prevention and school health nationally and internationally, but she says that, to her, the Bronx is special. “It’s a high-needs community, one of the poorest in the country,” she says, with disproportionately high rates of asthma, diabetes, obesity, mental illness, and other health conditions. “At the same time,” she adds, “I’ve found that the Bronx is a community of amazing strength and resources. In my experience, the reason that programs are successful is that the community takes ownership.”

This approach has resulted in more-effective—and more-efficient—healthcare for children. Emergency room visits and hospitalizations for children with asthma dropped by half after students started receiving treatment through the MSHP. Hospital costs for children with

diabetes were cut by nearly one-third.

Dr. Chhabra is especially proud of the MSHP’s mental health outreach for issues such as anxiety and depression. “Students are better prepared to ask for help when they need it—and to actually receive care before problems become more severe,” she says. Nearly all students referred for mental-health help follow up with counselors in their schools. Before that was available, only about one in 10 of those referred actually sought help in the community.

Two years ago, under Dr. Appel’s leadership, the MSHP began to lay the groundwork for an optometry program in MSHP schools. He and Dr. Chhabra expect all of the clinics to conduct eye exams in three to five years. Children who need eyeglasses will get a free pair, courtesy of eyeglass maker Warby Parker.

“I’ve found that the Bronx is a community of amazing strength and resources. In my experience, the reason that programs are successful is that the community takes ownership.”

— DR. ROSY CHHABRA

Below, Dr. Rosy Chhabra counsels a high school student in the Bronx.



A MODEL FOR THE NATION

While the MSHP's record in the Bronx is impressive, Dr. Chhabra plans to standardize programs so that they can easily be adopted by other cities. "We have the opportunity to be a model for the nation," she says. Achieving those ambitious goals requires investment from both public and private partners. "School health can be transformative," Dr. Chhabra says. "It becomes the heart of health for the community. If we can secure the funding to make that happen, the payoff is huge."

Mrs. Aronson, who has spent time at MSHP centers in the Bronx, says that she could easily see the model replicated in other cities. "I have worked in other high-need cities, and I can say with certainty that a model like this could change the trajectory of children's health outcomes and contribute to family stability at remarkable scale," she says.

"We have something that can really move the needle—and, with the right partners and supporters in place, transform entire communities," she adds. But for her, the real measure of success is students such as Ms. Lye, who, Mrs. Aronson says, "go on to college and career and pay it forward."

Ms. Lye, who is now in college, says that her experience with the program cemented her plans to pursue a career in nursing. "It opened my eyes. When you give students the resources to take care of their health, they're better equipped to create healthy communities." **E**



Advocacy Work at City, State, and Federal Levels

Key to the success of Montefiore's School Health Program (MSHP) has been the advocacy and public policy work at the city, state, and federal levels. MSHP is a lead member of the New York School-Based Health Alliance (SBHA), which has been instrumental in advancing these efforts. The New York SBHA is part of the national SBHA, founded in 1995, which serves as a voice for school-based healthcare programs across the country.

By providing resources, training, and advocacy for health and education partnerships, with a particular focus on the school-based health clinic model, the New York SBHA is a strong voice in supporting common standards, encouraging experiential learning, and inspiring young people to take responsibility for their own health. MSHP partnered with the Primary Care Development Corporation to develop the first national standards for school-based health centers, adopted nationwide in November 2017.



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MOTIVATIONS | YOUR IMPACT

MEETING OVER THE MIND

Two men from different worlds find common
ground in neurological surgery at Einstein
and Montefiore

BY GARY GOLDENBERG

Even an expert statistician would have trouble calculating the odds that David B. Keidan and Emad Eskandar, M.D., would ever cross paths. The former is a septuagenarian Jew from India who runs an investment management firm in Manhattan. The latter is a 50-something Coptic Christian from Egypt who practices neurosurgery in the Bronx. And yet these two men, from different countries, cultures, generations, and professions, share an interest in raising neurological surgery at Einstein and Montefiore to new heights.

INVESTOR AND PHILANTHROPIST

Mr. Keidan was born into the small community of Baghdadi Jews of Bombay (now Mumbai) who migrated from Iraq to India in the late 1700s. Mr. Keidan left home for the United States in 1962 to study at Harvard College and then at Harvard Business School. Degrees in hand, he landed a job at Wertheim & Co., a Manhattan investment bank. A little over a decade later, he launched his own company, now called Buckingham Capital Management, which he runs to this day.

As Mr. Keidan prospered, he made a point of supporting Jewish organizations, mostly those affiliated with Harvard—taking up the mantle of his ancestors, the affluent and philanthropic Sassoon family of India, often called the “Rothschilds of the East.” In the early 2000s, Mr. Keidan began searching for a worthy cause closer to home. John Gutfreund, a longtime member of the Montefiore Board of Trustees, suggested he look at Montefiore. “The more I looked into it, the more I liked it—a hospital started by Jewish philanthropists, for Jewish doctors that



Georgia and David B. Keidan, above left, attend an event benefiting the Montefiore Einstein Center for Cancer Care at Blue Hill at Stone Barns in Pocantico Hills, New York.

other hospitals would not hire, to serve patients other institutions could not, or would not, help,” Mr. Keidan says. “Its mission was, and is, a perfect example of ‘tikkun olam,’ or ‘repair of the world.’”

His first visit to Montefiore was to the Center for Abused Women and Children. “That went right to my heart,” says Mr. Keidan, who joined the Board of Trustees in 2004. Later, he decided to support the pediatric critical-care unit, now named after him and his wife, Georgia.

In recent days, Mr. Keidan has turned his philanthropic attention to neurological diseases such as Parkinson’s, Alzheimer’s, stroke, and depression. “These are growing problems for our aging population, with a devastating impact on families as well as patients,” he says. “We have a first-rate, interdisciplinary team at Montefiore to address these issues, and I want to do what I can

“The Bronx is a melting pot par excellence—much like Montefiore and Einstein. Different perspectives, cultures, and ideas allow for synergies that can and do repair the world.”

— DAVID B. KEIDAN

MOTIVATIONS | YOUR IMPACT

to help this institution develop cutting-edge treatments.”

Mr. Keidan’s latest gift to Montefiore is an endowment to establish the David B. Keidan Chair in Neurological Surgery, which Dr. Eskandar now holds. At Einstein, Dr. Eskandar is also the Jeffrey P. Bergstein Chair in Neurological Surgery in the Leo M. Davidoff Department of Neurological Surgery.

“I’m proud of what this institution has done,” Mr. Keidan says. “Not only has our great leadership team created a unique model for community care, which has attracted the attention of Albany and Washington, D.C., but it also had the foresight to invest very early in electronic health records, which has put us at the forefront of leveraging health data for better care and better management.

“I admire the goals and the effectiveness of our community programs, which have done things like reduce unwanted pregnancies in schools, improve access to fresh, healthy foods, and reach into homes to take care of patients who are too sick to come to us,” he says. “This is unconventional medicine, outside the usual hospital mandate. But then, we are not a ‘usual’ hospital. The Bronx is a melting pot par excellence—much like Montefiore and Einstein. Different perspectives, cultures, and ideas allow for synergies that can and do repair the world.”

A CLASSIC IMMIGRANT TALE

The first physician to hold the David B. Keidan Chair in Neurological Surgery is, like Mr. Keidan himself, an immigrant who has risen to the highest ranks of his chosen profession. Emad Eskandar was just 9 years old when his family left

Egypt for Nebraska, seeking religious freedom and economic opportunity.

A lover of all things scientific, Dr. Eskandar found that a career in neurosurgery was ideally suited to his talents. After completing his training, he joined the faculty at Harvard Medical School and over the next 18 years developed a reputation as one of the world’s top neurosurgeons, specializing in the treatment of epilepsy, trigeminal neuralgia, Parkinson’s disease, and brain tumors, employing and refining such advanced techniques as deep-brain stimulation, keyhole surgery, and stereotactic electroencephalography. He also ran a basic-science laboratory, studying the basal ganglia, a cluster of brain neurons that plays a role in learning, motivation, depression, and drug addiction.

In 2018, Dr. Eskandar joined Einstein and Montefiore. “I enjoyed my time at Harvard, but I felt there was a tremendous opportunity here in the Bronx to develop new clinical programs, promote new research, and reach out to a much broader group of patients,” he says. “Neurological surgery is quite strong at Einstein and Montefiore,” Dr. Eskandar adds. “However, there’s a huge mismatch between the scope of the department and the size of the population we serve, especially with the expansion of Montefiore’s health system.”

Under Dr. Eskandar’s leadership, Montefiore has opened a comprehensive stroke center (the only one between the Bronx and Albany, New York) and a comprehensive spine center (a joint effort with the departments of orthopedics and rehabilitation medicine). There are also plans for a center for surgical optimization within the spine center, a neurovascular center, and a skull-based-tumor center.



“I enjoyed my time at Harvard, but I felt there was a tremendous opportunity here in the Bronx to develop new clinical programs, promote new research, and reach out to a much broader group of patients.”

— DR. EMAD ESKANDAR

In addition, Dr. Eskandar intends to invest heavily in research. “I’m a scientist at heart, injecting research into everything I do,” he says.

“This is where the resources of the Keidan chair are invaluable,” he adds. “Many people don’t realize that the National Institutes of Health, the largest funder of biomedical research, tends to support fairly well established ideas—but not the edge-of-the-envelope studies that can transform healthcare. With the Keidan family’s generous support, we’ll be able to study new paradigms, such as neuromodulation [the application of electrical currents to modify parts of the brain], for the treatment of addiction, Alzheimer’s, and other devastating diseases.”

Unconventional thinking is nothing new for Dr. Eskandar. In 2014, he earned a master’s degree in business administration from the Massachusetts Institute of Technology, seeking to apply the principles of business management to healthcare.

“There’s a whole body of knowledge about optimizing systems in different industries. We can learn lessons from this work and use it to better manage everything from emergency rooms to operating rooms to imaging suites,” he says. “Healthcare is notoriously complicated and inefficient. We need new fixes.” **E**



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“With the Keidan family’s generous support, we’ll be able to study new paradigms, such as neuromodulation, for the treatment of addiction, Alzheimer’s, and other devastating diseases.”

— DR. EMAD ESKANDAR

Drs. Emad Eskandar, left, and Patrick LaSala, vice chair of neurosurgery, prepare the first implant of a responsive neurostimulator to treat epilepsy at Montefiore.



CLASS NOTES

1950s

Louis M. Aledort, M.D. '59, has received the 2019 Alumnus Humanitarian Award from the School of Medicine and Dentistry, University of Rochester. The award recognizes his lifetime commitment to finding a cure for clotting disorders, especially hemophilia. Dr. Aledort continues to work full time and to teach, travel, and lecture internationally. His granddaughter is a current medical student at George Washington University. Dr. Aledort and his partner, Natasha, have been together for six years.

Mark David Reiss, M.D. '59, maintains and coordinates the directory for the Class of 1959—Einstein's first graduating class. There are currently 31 living class members from the original graduating class of 50 (see "A Look Back," page 69). Dr. Reiss retired from his radiology practice at age 56 to pursue musical goals; he is a classical pianist. His wife, Joan Reinhardt Reiss, is a former world-class distance runner. She and Dr. Reiss celebrated their 60th wedding anniversary this past June. They married three days before graduation from Einstein. Their son, Craig, is a violinist with both the San Francisco Opera and

San Francisco Ballet orchestras. Their daughter, Justine, is an actor and voice-over teacher. Dr. and Mrs. Reiss have four grandchildren, ages 15 to 19.

1960s

Noah Lightman, M.D., F.A.C.R. '69, is a proud member of the Alpha Omega Alpha Honor Medical Society. Throughout his career, Dr. Lightman held various roles around the country, including positions in Einstein's department of medicine, the U.S. Public Health Service Hospital, and the Johns Hopkins Hospital department of



Michael B. Harris, M.D. '69

HELPING CHILDHOOD CANCER SURVIVORS


After graduating from Einstein, Michael B. Harris, M.D. '69, traveled to the Children's Hospital of Philadelphia to complete his pediatric residency and hematology-oncology fellowship. Since finishing his training in 1974, he

has served as the chief of the division of pediatric hematology-oncology at both the Children's Hospital of Pittsburgh and Mount Sinai Hospital, as well as in other positions.

In 1987, Dr. Harris became the founding director of the division of pediatric hematology-oncology at the Children's Cancer Institute (formerly the Hackensack University Medical Center). After nearly three decades of service to the institute, he stepped down to

become the director of Cure and Beyond, a program for childhood cancer survivors at the Joseph M. Sanzari Children's Hospital, Hackensack Meridian Health, and to serve as a professor of pediatrics at both the Hackensack Meridian School of Medicine at Seton Hall University and Rutgers New Jersey Medical School.

Throughout his career, Dr. Harris says, he has had the privilege of treating many courageous children; they have, he adds, "taught me the importance of living each day to the fullest." He says his proudest accomplishment is his family. Dr. Harris and his wife, Freida, married the year he graduated from Einstein and now, 50 years later, they have "four wonderful children and 11 grandchildren"—all of whom remind him daily that he is "just an ordinary guy who graduated from Einstein, got married, had great children and grandchildren and, luckily, found a job [he] love[s]."



**"We're using our economic power
to fund and inspire support
for research that improves
human health."**

— Trudy F. Schlachter, Co-President,
Albert Einstein College of Medicine, Women's Division

**"Women are making a
tremendous difference by funding
biomedical research through
private philanthropy."**

— Terri L. Goldberg, Co-President,
Albert Einstein College of Medicine, Women's Division

WOMEN FUNDING SCIENCE

Leading the way at Albert Einstein College of Medicine
(clockwise from left): Trudy Schlachter; Ana Maria Cuervo, M.D.,
Ph.D., Robert and Renée Belfer Chair for the Study of
Neurodegenerative Diseases; Terri Goldberg; and Chinazo O.
Cunningham, M.D., M.S., Professor, Department of Medicine

The Women's Division of Albert Einstein College of Medicine in New York City has raised millions of dollars to support world-class science at Einstein. More than 1,000 women strong, we are dedicated to elevating research at every level—from the bench to the bedside—through philanthropy. Our extraordinary volunteers are funding science and truly saving lives.

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Montefiore

MOTIVATIONS | CLASS NOTES

radiology. He has been married “for 51 wonderful years” to Ellen Frank Lightman. He reports that their children and grandchildren bring them great joy.

Peter D. Lowitt, M.D. '69, currently works part time, concentrating on opioid-dependence treatment using buprenorphine and naloxone (Suboxone).

Laurence J. Marton, M.D. '69, serves on four nonprofit and eight for-profit boards, mostly focused on cancer. Additionally, he is chair of a scientific advisory board, is an adviser to both Ciitizen and the Precision Medicine World Conference, and serves on the editorial board of *The Journal of Precision Medicine*. Previously, he held the deanship of the University of Wisconsin Medical School and chaired the department of laboratory medicine at the University of California, San Francisco, where he was a professor in the departments of laboratory medicine and neurological surgery.

Ian M. Shivack, M.D. '69, moved to Tucson, Arizona, in 1996 with his wife, Ina, after a career in psychiatry and neurology. Today, he says, he is enjoying the delights of retirement. Dr. Shivack became involved in resident training at the University of Arizona Health Sciences Center, teaching a course in psychopharmacology and providing resident supervision at the University Medical Center and its Veterans' Affairs Hospital affiliate. He and his wife report that they love living in Tucson and feel as if their life is an extended vacation. Dr. Shivack is able to devote more time to his lifelong

hobby of garden railroading, and Ina has become a familiar face in Tucson's community theater scene. Their two elder daughters, Judy and Nadia, followed their father's lead and moved to Tucson, while the youngest, Michele, lives in Portland, Oregon, where she is a physical therapist.

Ira Sussman, M.D. '69, and his wife, **Nancy Sussman, M.D. '69**, became a hematologist and radiologist, respectively. Today, Dr. Nancy Sussman is fulfilling her lifelong desire to create wheel-thrown pottery. Dr. Ira Sussman has spent most of his circuitous academic career at Einstein and Montefiore, first doing research on von Willebrand disease and eventually becoming the vice chair of pathology. They have three children, none of whom is in medicine, and five grandchildren. The Sussmans are enjoying retirement—babysitting, theater, opera, ballet, concerts, dining, and book clubs. Dr. Ira Sussman has maintained his lifelong love of football and the New York Giants.

1970s

Richard I. Hansen, M.D. '74, retired as an ophthalmologist/retina surgeon in December 2014 after 34 years in private practice in Newton, New Jersey. He has taught full time at the Medical School of the University of Florida and held a volunteer teaching position at Jacobi Medical Center in the Bronx. He and his wife, Lee, he reports, have two wonderful grandchildren.

Richard Hoetzel, M.D. '74, lives on Manhattan's Upper West Side and maintains a private psychiatry practice for the treatment of adults and children.

STAY IN TOUCH

Keep your classmates up to date by submitting your news to *Einstein* magazine. We look forward to including you in our next issue. Email us at alumni@einstein.yu.edu.

He says that he loved attending the 25th and 40th reunions at Einstein and enjoys seeing old friends and colleagues.

Randall S. Smith, M.D. '75, currently serves as the medical director of the laboratory at St. Dominic Memorial Hospital in Jackson, Mississippi. His wife, Brenda, works with the clinical skills program at the School of Medicine, University of Mississippi Medical Center, and consults at local hospitals in the area. Their children and grandchildren live near Jackson, Mississippi, and in Ohio and Texas.

Michael A. Grodin, M.D. '76, recently published an article in the journal *Surgery* to unpack the ethics of using medical reference books that include illustrations of Nazi victims, namely *Pernkopf's Atlas: Topographical Anatomy of Man*. Dr. Grodin collaborated with Rabbi Joseph A. Polak, a Boston University Hillel House rabbi emeritus, on the project. Dr. Grodin says that his experience working with Holocaust survivors at Einstein sparked his interest in resiliency and survivorship. He has been on the faculty at Boston University School of Medicine for 40 years and currently serves as professor of health law, ethics, and human rights at the Boston University School of Public Health and professor in the Elie Wiesel

Center for Jewish Studies at Boston University, where he directs a project on medicine and the Holocaust.

1980s

Maureen M. Goodenow, Ph.D.

'83, received the 2019 Esperanza Award from the Latino Commission on AIDS in June. Dr. Goodenow has been researching HIV/AIDS for 30 years and currently serves as associate director for AIDS research and director of the Office of AIDS Research at the National Institutes of Health. She also has been awarded the Jefferson Science Fellowship from the National Academies of Science, Engineering, and Medicine, and is the Stephany W. Holloway Endowed University Chair for HIV Research at the University of Florida College of Medicine.

Mark Klapholz, M.D. '86, has served as both chair of medicine at the Rutgers New Jersey Medical School and, since 2012, chief of medical services at University Hospital, Newark.

Don J. DeCrosta, M.D. '88, began his new position as the head of anesthesiology at Southside Hospital in Bay Shore, New York, part of Northwell Health, in January. Prior to this role, Dr. DeCrosta served as the chair of quality assurance and director of thoracic anesthesia at NYU Winthrop Hospital in Long Island, New York, for many years. He lives in Bay Shore with his wife, four daughters, three grandchildren, and three dogs.

Courtesy of University of Virginia



Francine Garrett-Bakelman, M.D./Ph.D. '05

EXAMINING THE HEALTH EFFECTS OF SPACE TRAVEL

The two identical-twin NASA astronauts made for the perfect case-control study: Mark Kelly stayed on Earth while Scott spent a year on the International Space Station. **Francine Garrett-Bakelman, M.D./Ph.D. '05**, was a first coauthor on a *Science* paper published in April that compared how they fared.

Before, during, and after Scott's flight, Dr. Garrett-Bakelman, assistant professor of medicine and of biochemistry and molecular genetics at the University of Virginia School of Medicine, and her team evaluated both brothers, assessing the molecular and physiological traits that space travel may affect.

One focus was on possible changes in the length of telomeres, the protective caps at the ends of chromosomes that get smaller with each cell division and with age. During Scott's space flight, his telomeres became significantly longer than Mark's but shortened rapidly to near preflight length upon his return to earth. Adverse effects from space travel included DNA damage and reduced cognitive function.

"Still, most things we looked at did not change during space travel," Dr. Garrett-Bakelman says. "Or if they did change, they later returned to their preflight state, suggesting that human health can mostly be sustained over a longer spaceflight, which is reassuring."

Dr. Garrett-Bakelman, a physician-scientist who runs a cancer research lab concentrating on acute myeloid leukemia, says she hopes the NASA study forms the basis "for many more to come."



Courtesy of NASA

Mark Kelly, left, a NASA astronaut, served as the control for Dr. Garrett-Bakelman's study while his twin brother, Scott, spent a year in space.

1990s

Marcy Goldstein, M.D. '90, has for the past seven years been chosen as the “Best Dermatologist” in Bergen County, New Jersey, in a reader poll for the *Jewish Standard*. She and her husband of 36 years have four children, three grandchildren, and one grandchild on the way.

Craig Zalvan, M.D., F.A.C.S. '95, was lead author in a study published in October 2017 in *JAMA Otolaryngology—Head & Neck Surgery* comparing a plant-based Mediterranean-style diet with alkaline water against proton-pump inhibitor medication to treat laryngopharyngeal reflux. Study participants had as good, if not better, results with the diet. Dr. Zalvan was again lead author in a study published in January 2019 in *Laryngoscope* showing that the use of nasal irrigation, topical nasal antihistamines/steroids, and a plant-based Mediterranean-style diet with alkaline water was effective in stopping chronic neurogenic coughing without the use of systemic medication. Dr. Zalvan, from ENT and Allergy Associates, serves as the medical director for the Institute for Voice and Swallowing Disorders at Phelps Hospital in Sleepy Hollow, New York, and professor of otolaryngology at New York Medical College, Valhalla.

2000s

Philip Green, M.D. '06, recently opened an interventional cardiology practice in Elmwood Park, New Jersey, expanding Columbia University Irving Medical Center's presence. His focus is on complex coronary and peripheral arterial disease. Dr. Green lives in Teaneck, New Jersey, with his wife and children.

2010s

Elizabeth Tubridy-Peters, M.D. '18, married Jonathan “Jono” White Peters Jr. this past summer. Dr. Tubridy-Peters and her husband met while she was studying at Georgetown University. After she completed her third year

at Einstein, the two were engaged, and they married two years later in Riverside, Connecticut. Dr. Tubridy-Peters is a second-year obstetrics and gynecology resident at NYU Langone Health in New York City. [E](#)

IN MEMORIAM

Chester Martin Berschling, M.D. '59, age 85, psychiatrist, member of Einstein's first graduating class, Dec. 29, 2018, Chevy Chase, Maryland.

Joan Iris Casey, M.D., age 91, professor emerita, department of medicine (infectious diseases), May 6, 2019, Halifax, Nova Scotia, Canada.

Brian L. Cowen, M.B.B.S., age 73, professor, department of obstetrics & gynecology and women's health (reproductive endocrinology and infertility), Sept. 12, 2018, White Plains, New York.

Quentin B. “Chip” Deming, M.D., age 99, professor emeritus, department of medicine (general internal medicine), Jan. 21, 2019, Hanover, New Hampshire.

Doris Jane Wolf Escher, M.D., age 101, founder and first director of Montefiore's Cardiac Catheterization Laboratory and professor, department of medicine (cardiology), April 3, 2019, Larchmont, New York.

Herbert Lukashok, M.S., age 97, clinical associate professor emeritus, department of epidemiology & population health, May 22, 2019, New York City.

Karen Roman, age 67, longtime administrator, department of genetics, April 16, 2019, Yorktown Heights, New York.

Alfred Spiro, M.D., age 88, professor emeritus, the Saul R. Korey Department of Neurology (pediatric), and director of Einstein's Muscular Dystrophy Association Muscle Disease Clinic for more than 30 years, April 17, 2019, Scarsdale, New York.

Felix Wimpfheimer, M.D., age 98, visiting associate professor, department of medicine (endocrinology), June 14, 2019, Riverdale, New York.

Jutta Zankl, age 70, longtime administrator, department of epidemiology & population health, Oct. 19, 2018, Pine Bush, New York.