

MOTIVATIONS

The Front Line of Philanthropy at Einstein and Montefiore



Photo by Jason Torres

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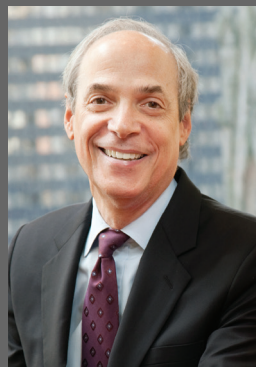
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MOTIVATIONS

A Message From the Chair of the Einstein Board of Trustees

ROGER W. EINIGER

Doctor of Humane Letters, Albert Einstein College of Medicine



Roger W. Einiger

When my parents, Glory and Jack, made their first gift to a young, groundbreaking medical school in the 1950s, they sought to make the world a better place—for their children, for aspiring doctors and researchers from all cultures and backgrounds, and for the Bronx and beyond. During their long history as philanthropists and founding leaders of Einstein, they helped build the medical school into the research powerhouse, top-ranking academic destination, and force for social good that it is today. I am honored to continue their legacy.

Similar enduring commitments from countless supporters have propelled our mission from my parents' time to now—and we're seeing those investments pay off at never-before-seen speed. Discoveries that scientists began to unearth years ago are informing current COVID-19 treatments. The previous generation's physicians are mentoring the newest interns. And we're saving lives through exceptional science.

Einstein students, alumni, researchers, and donors share the passion and foresight of those who came before us to work together toward a healthier, stronger tomorrow. The inspiring individuals showcased in this issue of *Motivations* embody that purposeful spirit.

One striking example is Emanuel Phillips, M.D. '59. Through a \$2 million endowed scholarship, Dr. Phillips is paying forward the generosity of donors who made an investment in our medical training program six decades ago (page 57). In a similar spirit, Montefiore Health System trustee Justice Felice Shea has dedicated her life to shaping social-justice initiatives for all (page 64). And the lifelong work of Norman Fleischer, M.D., lives on through transformational contributions to the Fleischer Institute for Diabetes and Metabolism (page 60).

What we accomplish today is in large part a product of caring partners throughout Einstein's history. Our connections are strong and sustained—and will only grow with each new stride we take.

Together, our Montefiore and Einstein community drives action that will affect health for generations to come. My parents looked toward the future with hope; I do the same, knowing we can and will shape it for the better. Thank you for standing with me and with Einstein.

Sincerely,

Roger W. Einiger

MOTIVATIONS | CONTINUED CONNECTION

DR. EMANUEL PHILLIPS CLASS OF '59

Member of Einstein's first graduating class
pays a kindness forward with \$2 million
endowed scholarship

BY TERESA CARR

Emanuel Phillips, M.D. '59, is a member of Albert Einstein College of Medicine's first graduating class. He went on to serve in the U.S. Army as a medical officer and then returned to Einstein to teach internal medicine and care for families in the Bronx and surrounding communities for more than three decades. But his eminently successful medical career nearly didn't happen.

Dr. Phillips's family fell on hard times while he was in medical school, and only with financial support from Einstein was he able to graduate. He has been returning the favor ever since. In his most recent act of generosity, Dr. Phillips and his wife, Iris, announced a \$2 million endowed scholarship enabling talented students to pursue careers in science and medicine. His gift will support aspiring physicians and researchers for generations to come.

In reflecting on his connection to Einstein, Dr. Phillips says a lot has changed since he first set foot on campus, but one thing in particular remains constant: the idea that everyone deserves quality healthcare delivered by well-trained,

compassionate physicians. Here, he answers a few questions about his history—and future—at Einstein.

What was it like to walk into a brand-new medical school?

Back then, the school consisted of one building—Forchheimer—and it wasn't even totally finished. Some of the rooms still contained scaffolding, and we saw workmen all around. Some of the creaks didn't come out until after the first few weeks, but that didn't matter. We had a table for anatomy dissections and nice lecture halls.

And it was an exciting time! Even though it was a new school, it was strongly connected to the past. The faculty brought in wonderful lecturers from far and wide, some quite famous. I remember being impressed when the pediatrician Béla Schick, founder of the Schick test, which helped eradicate diphtheria in this country, came to talk. I felt like I was following in the tradition of a long line of extraordinary physicians.

Aside from having grown, how has Einstein changed?

Now, when I walk in, I notice right away that it's much more



Iris Phillips and Emanuel Phillips, M.D. '59

heterogeneous. Our class was all white and Jewish, and there were only three women. Today it's much more diverse and welcoming, which is a good thing. When I started out, you couldn't get into some medical schools because you were Jewish. Those barriers based on race, ethnicity, income, or other factors just shouldn't exist.

How did you meet your wife, Iris?

For many years, I was all wrapped up in my work and my parents, and I didn't have much time to socialize. One of my medical colleagues wanted to introduce me to Iris, but I had just been diagnosed with bladder cancer and wasn't quite ready. After six months, my treatment had gone well, and I decided "Now's the time." I met this lovely woman and thought "This is the one for me." We went on our first date in December 1984 and were married by the following May. So that's been it for more than 35 wonderful years.



Members of Einstein's first graduating class gather for a group photo on June 10, 1959, outside the Van Etten Building. Dr. Emanuel Phillips is pictured in the top row, the 10th person from the left.

Did undergoing treatment for cancer change how you interact with your own patients?

It sure did. There's nothing like being in the bed yourself to change your perspective. I remember feeling crazy with worry, waiting for 10 days for the pathology report to come back after I had a biopsy. After that, I tried to be as responsive to my patients as possible. I also became a better listener.

What do you value most from practicing medicine?

Looking back, what gave me warm feelings were the connections I made with my patients. I often took care of multiple generations of the same family. Some of the kids are now adults and still call to check on me. I get holiday cards. When I practiced, you were more socially connected to your patients. If someone called because they were hurt or seriously ill, I'd say, "Meet me at the emergency room and we'll take care of it." I treated people in the hospital and made house calls when I could. There

was a personal touch that I think is quite lacking in medicine today.

What led you and Iris to establish an endowed scholarship?

In my fourth year of medical school—it's still difficult for me to talk about—it's still difficult for me to talk about—my father became very ill and our finances were strained. I didn't know how I was going to get through it. I went to my adviser crying because I felt the shame of being a 25-year-old man in need of financial support. An assistant dean got me the funds I needed to complete my education.

I've never forgotten that. Einstein gave me my profession, my livelihood, my purpose, really—and I'm grateful. My wife and I agreed that lack of funds shouldn't be a barrier to a good medical education. This is our way of helping to equalize things, so that someone who's talented and has a desire to practice medicine can, and then pay it back by serving the community.

By creating an endowed scholarship, we hope that the funds will be

self-perpetuating. My dream is that someday there'd be enough for every student to go to school tuition-free. Then students wouldn't have financial pressure or debt; they could practice humane rather than businesslike medicine. There's this old Yiddish expression I love: "The shrouds have no pockets," which means "You can't take it with you." My wife and I have no heirs. Our donation will help train the next generation of physicians—that's my progeny, my DNA.

What is your advice to students?

One of the most important things I imparted was how to handle difficult aspects of being a physician, like telling a patient about a cancer diagnosis—how to be optimistic, but also help carry people through a difficult time. I want students to understand that it's not all peaches and cream in life. Compassion is what sees you through. **E**



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Help us go further —together.

In May 2020, the Price Family Foundation matched every gift to Einstein's COVID-19 research initiatives, dollar for dollar, up to \$1 million—doubling every donor's impact by completion in June.



Here's how you can help:

- Make a gift to any Einstein fund.
- Connect with your (and/or your spouse's) employer's benefits program to request a gift match.

(Note that some organizations match gifts from retirees as well.) Your employer may be able to contribute to your designated Einstein fund and double your impact!

Look for other opportunities to increase your gift's power through matching gift challenges like the Price Family Foundation's initiative by subscribing to fundraising communications at einstein.yu.edu/giving.



We believe deeply in Einstein's mission, and the matching gift challenge was an opportunity for us to inspire philanthropy and deepen our partnership at a time when the Bronx, NYC, and the world needed it most.



— Michael F. Price, Trustee
The Price Family Foundation
Albert Einstein College of Medicine



For more information on contributing to Einstein, contact the office of development and alumni relations at 718.430.2411 or development@einsteinmed.org.

In Fleischer's FOOTSTEPS

New diabetes institute builds on a legacy of research and interdisciplinary care

BY GARY GOLDENBERG

Amputations, vision loss, kidney failure, heart disease: Diabetes and its complications can ravage the human body. “But those tragedies are not inevitable,” says David K. Bloomgarden, M.D., F.A.C.E., an endocrinologist in private practice for more than 40 years. “They should not happen with dedicated diabetes management.”

Dr. Bloomgarden’s mission in life has been to spread that preventive creed, first in his own practice and now in his philanthropic endeavors at Einstein’s Fleischer Institute for Diabetes and Metabolism.

Originally intent on a career in rheumatology, Dr. Bloomgarden switched specialties late in his residency at Einstein, following a rotation under Norman Fleischer, M.D., the founding director of Einstein’s National Institutes of Health–funded Diabetes Research and Training Center. “I was so inspired by Norman’s ability, knowledge, and kindness that I asked if I could do a fellowship with him,” he says. “Happily, he took me on, and the rest is history.”

In 1982, Dr. Bloomgarden opened his own endocrinology practice in nearby Westchester County, New York, where he put his mentor’s lessons into effect. “Norman taught us that we could make a profound difference in the lives of our patients,” Dr. Bloomgarden says. “Finger-stick glucose monitoring had been introduced a few years earlier. It helped give patients more control over their disease, which we could reinforce with education and counseling. Continuous glucose monitoring today makes that effort even more achievable.”

Over the decades, Dr. Bloomgarden honed his clinical skills, learning how to keep diabetes complications to a minimum. “Helping patients with diabetes live long and healthy lives is difficult,” he says, “but it’s doable with attentive care, collaboration, and attention to detail.”

BUILDING A CENTRAL HUB

As Dr. Bloomgarden’s practice grew, so did his frustration that many other diabetes patients were receiving less-than-optimal care. Four years ago, he talked with Dr. Fleischer about



CLOCKWISE FROM TOP: Norman Fleischer, M.D., Einstein professor emeritus of medicine and former chief of the division of endocrinology at Montefiore, who died in 2018; the waiting room of the new Fleischer Institute for Diabetes and Metabolism; David K. Bloomgarden, M.D., with his wife, Jane Bloomgarden, Ph.D., right, and Eva Fleischer, LCSW, who was at the institute’s opening to honor her late husband; and healthcare staff at work at the new center.



Endocrinologist Noah Bloomgarden, M.D., tends to a patient at the new Fleischer Institute.

launching an institute dedicated to diabetology, both locally and nationally. “Montefiore physicians and Einstein scientists needed a place to come together to capitalize on their expertise, build a central hub for innovative care and research, and fill the void of a comprehensive center in the Bronx,” Dr. Bloomgarden says. “I was determined to make it happen.”

Sadly, Dr. Fleischer died shortly after that meeting, but Dr. Bloomgarden persevered. He worked with leaders at the hospital and medical school, marshaling support to create the Fleischer Institute for Diabetes and Metabolism, which opened in 2018. It combines research, clinical care, and education in one location, allowing Einstein discoveries to help Montefiore patients.

INSPIRED PHILANTHROPY

Dr. Bloomgarden is quick to share credit for this accomplishment with

his late father-in-law, Albert Willner, M.D., an orthopedist and philanthropist. “His philanthropy inspired both my wife [Jane, a clinical psychologist in private practice and director of the child/adolescent/parent psychotherapy training program at the Westchester Center for the Study of Psychoanalysis and Psychotherapy and adjunct faculty member at the Ferkauf Graduate School of Psychology] and me to do charitable work. He generously set aside funds to make that possible,” he says.

The example set by his father—Kermit Bloomgarden, a noted Broadway producer—also inspired him. “He was active during the Hollywood blacklists, when so many people in entertainment lost their livelihoods,” Dr. Bloomgarden says. “He taught me to be more socially conscious, and I’ve put that energy into my philanthropic work for Montefiore and Einstein.”

Dr. Bloomgarden in turn inspired one



“One way we’re honoring his legacy is to create a place where patients can get truly comprehensive care.”

— DR. JILL CRANDALL

of his three sons, Noah, to become an endocrinologist. Dr. Noah Bloomgarden also had the good fortune to study under Dr. Fleischer and continues both Dr. Fleischer’s and his father’s devotion to the field as a member of the Einstein and Montefiore faculty.

“Norman was an inspirational figure, the grandfather of everything we do here in endocrinology. There’s no better name to be attached to this institute,” says its inaugural director, Jill Crandall, M.D., chief of the division of endocrinology, professor of medicine, and the Jacob A. and Jeanne E. Barkey Chair in Medicine at Einstein.

“One way we’re honoring his legacy is to create a place where patients can get truly comprehensive care,” Dr. Crandall adds. “For those with type 2 diabetes, that might mean treating both diabetes and obesity, since it’s very common for patients with diabetes to be overweight.

Obesity worsens diabetes, and unless you treat the former you’ll never be able to manage the latter.” To that end, the Fleischer Institute is planning to open a comprehensive weight-loss program along with an obesity research center.

Close collaborations—between researchers in diabetes and obesity, between the lab and the clinic, and between generous partners—have been and will continue to be a priority. “We need to make sure that our research findings inform our clinical care, and vice versa,” says Jeffrey Pessin, Ph.D. He directs the Einstein–Mount Sinai Diabetes Research Center (a component of the Fleischer Institute) and oversees the work of more than 90 diabetes investigators. He is also a professor of medicine and of molecular pharmacology and the Judy R. and Alfred A. Rosenberg Professorial Chair in Diabetes Research at Einstein.

CONTINUING TO GROW

Thanks to Dr. Bloomgarden and other donors, the Fleischer Institute is increasingly able to meet the needs of people with diabetes. In 2019, the institute’s staff of more than 30 physicians, psychologists, nurses, technicians, dietitians, and administrators had an average of 730 patient visits per month—double the number in 2018.

“Unfortunately, Norman didn’t live to see the Fleischer Institute,” Dr. Bloomgarden says. “But I think he would be proud of what it has become. And I hope all who share this commitment will join me in helping expand this young institute’s growth.” **E**



TO DONATE
einstein.yu.edu/giving/Fleischer

COUNSELING FOR ‘DIABETES DISTRESS’

People seen at the Fleischer Institute will have access to psychological counseling—an important need of many patients who often experience “diabetes distress,” the emotional burden caused by coping with this chronic disease (page 46).

“There’s more awareness than there used to be of the mental health problems associated with diabetes, but psychological support is rare,” says Jeffrey Gonzalez, Ph.D., professor of medicine and of epidemiology & population health at Einstein. “With the Fleischer Institute’s support, we can make sure that our patients get this type of care, and we can demonstrate to providers and payers that it can improve out-

comes and reduce overall costs.”

The institute’s psychological counseling services includes the Supporting Emerging Adults with Diabetes (SEAD) program, unique in that it guides young adults with type 1 diabetes during the difficult transition from pediatric to adult care (page 43). SEAD’s one-on-one counseling helps patients with diabetes meet their target blood-glucose levels and avoid serious complications and hospitalizations, according to SEAD director Shivani Agarwal, M.D., assistant professor of medicine at Einstein and director of the Young Adult Diabetes Clinic at Montefiore.

“A major reason I chose to come to Montefiore and Einstein was that its



leaders—and Dr. Yaron Tomer specifically comes to mind—were willing to put the resources into this program,” Dr. Agarwal says. “They understand the power of multidisciplinary diabetes care.” (Learn more about Yaron Tomer, M.D., professor and chair of medicine and the Anita and Jack Saltz Chair in Diabetes Research at Einstein and Montefiore, on pages 30 and 43.)

PUTTING Social Justice INTO PRACTICE

BY TERESA CARR



Retired State Supreme Court Justice Felice K. Shea continues a lifetime of public service by working to improve health and equity for New Yorkers.

Once every month, retired Justice Felice K. Shea walks into a packed room of 20 lawyers and 100-plus people who are looking for legal advice. It's all part of Monday Night Law, a community-service program providing free counsel to people who can't afford it and sponsored by the New York City Bar Association.

The COVID-19 pandemic halted the program, but Justice Shea, a member of the board of trustees for Montefiore Health System for the past two decades, plans to continue giving free consultations once it resumes. "There's a huge shortage of lawyers for people who can't afford to pay," she says. Maybe these people have been discriminated against at work. Maybe they've been forced out of their housing. Or maybe they are getting the runaround on a federal benefit check. "We explain how the system works and connect them to community resources," she says.

Justice Shea served on the New York State Supreme Court for more than 20 years. Running through her professional and personal life is her belief that people at every level of society deserve equal rights, opportunity, and treatment. "To me, a law degree was a springboard for making a difference in this world," Justice Shea says. "Law seemed like a good vehicle for helping people who were most in need."

Part of that social-justice mission involves providing good healthcare, which is central to a community's well-being, she says. "Healthcare is a

human right," she says. "And good healthcare, respectfully given and patient-centered, is what Montefiore is all about. To me, that is social justice."

To that end, she has carried on her family's tradition of serving Montefiore. "My parents were both active Montefiore trustees," she says. "My mother was also a member of the women's auxiliary and worked in the library—I remember her wheeling around carts of books to patients."

DOING JUSTICE

In 1947, married and with a young child, Justice Shea made a bold and rare move for that time—she enrolled in Columbia Law School as one of 10 women in a class with 235 men. She graduated three years later into a field with few opportunities for women. "Women weren't even interviewed for jobs at law firms," she says. "So I always knew I was going into public service."

After having two more children and working part-time for a few years, she became an attorney for the Harlem branch of the Legal Aid Society, spending most of her days in court. "The work of representing indigent clients was very satisfying," she says. "And I got an enormous amount of litigation experience, which was a good background for being on the bench." Justice Shea



"It fits into my idea of doing good, of helping to improve people's quality of life."

— JUSTICE FELICE K. SHEA

served on the Civil and Family Courts before she was elected to the New York State Supreme Court and served until retiring at the end of 1999.

A FORCE FOR GOOD

In retirement, Justice Shea continues working to improve the courts. She has represented children in Family Court. She has served as a referee for the New York State Commission on Judicial Conduct (where she was formerly a commissioner), which hears complaints of ethical misconduct by judges. She also has served on the Mayor's Advisory

Committee on the Judiciary, the Dean's Council of Columbia Law School, and the board of the Correctional Association of New York, in addition to her work on the Montefiore board of trustees.

She supports Montefiore through unrestricted giving because she values its contributions to the Bronx, home to some of the poorest and most-vulnerable populations in the nation. "It fits into my idea of doing good, of helping to improve people's quality of life," she says. "This institution provides community outreach in addition to first-rate healthcare and is truly a force for good."

Her generosity and the contributions of others help fund Einstein and Montefiore initiatives to advance social justice. "We can't do the work without the support of people like Justice Shea," says Alan Shapiro, M.D., clinical assistant professor of pediatrics at Einstein and senior medical director of community pediatrics programs at Children's Hospital at Montefiore.

Dr. Shapiro is also the medical director of the immigrant assistance group Terra Firma, a collaboration between Montefiore, Children's Health Fund, and Catholic Charities (see story at right). "I've witnessed firsthand how Terra Firma can lift people up and improve the well-being of an entire community," he says.

Justice Shea's advice to younger people who want to make a difference is to start small—to look for ways to help in their own communities. "That's always where the path toward progress begins," she says.

ON A MISSION TO

Improve Health

3 Programs That Help the Most-Vulnerable

Einstein and Montefiore were founded on the notion that social justice and health are inextricably linked. Here are three local programs made possible by unrestricted support to Einstein and Montefiore from individuals, corporations, and foundations.

1 | SUPPORT FOR IMMIGRANT CHILDREN

Terra Firma provides healthcare, food, and other necessities to immigrant children and their families. "If we want to improve the well-being of an individual or a community, we can't ignore inequalities," says Alan Shapiro, M.D., its medical director. "By providing vulnerable populations with equal access to healthcare and other resources, we can help them live longer, healthier lives."

For many patients in the Bronx, the COVID-19 pandemic has been

financially devastating, says Terra Firma's program administrator, Mia Stange, M.P.H. "Our health center has set up an emergency pantry with food, household items, and emergency cleaning supplies, as well as bilingual education materials about COVID-19," she says. Many of Terra Firma's youth and families are ineligible for federal relief, unemployment, and other safety-net benefits, says program specialist Felin Martinez. An in-house pantry, she says, "allows them access to resources they desperately need."

Leroy, who arrived from Honduras four years ago, says Terra Firma "is like part of my family." (He requested that his last name not be used.) Separated from his mother at age 8, Leroy grew up selling fish and fending off gangs instead of going to school. At 17, he fled to the United States, where he was reunited with his mother while awaiting



Terra Firma co-founder Cristina Muñiz de la Peña, Ph.D., works with a young man.

his immigration hearing. "Terra Firma helped me learn English, to find a lawyer, and to get a job because I need to work to help my mother," he says.

He also received counseling to help deal with the trauma of his childhood. "I kept having bad dreams. My doctor helped me put the bad stuff behind me," he says. With experience working as a carpenter and roofer, he says that he'd like to own his own business. "I want to help other people and give them jobs," he says. "That's my dream."

2 | ADDICTION RESEARCH

By 2005, Chinazo Cunningham, M.D., M.S., associate division chief of general internal medicine at Einstein and Montefiore, had worked for nearly a decade bringing healthcare to the marginalized—people who were HIV positive, addicted to opioids, and homeless. The U.S. Food and Drug Administration had just approved buprenorphine, a breakthrough treatment for opioid addiction that could be used in any setting. Dr. Cunningham had an epiphany: "I realized that buprenorphine was going to change people's lives because it could be used in primary care to treat their addiction."

That idea helped create one of the largest academically affiliated addiction-treatment programs in the United States, with more than 50 doctors treating patients in seven primary-care clinics in the Bronx. "We've been at the forefront of integrating opioid addiction into primary care," Dr. Cunningham says.

One way to accomplish that, she says, is to provide funds to teach workers across the healthcare



One goal of Chinazo Cunningham, M.D., is to create a center for addiction.

system—emergency-care physicians, obstetricians, pediatricians, and others—how to identify and treat addiction. One of her goals is to help create a center for addiction that will care for patients, conduct research, and educate healthcare workers as well as the community. "This is how we synergize our efforts across all of Einstein and Montefiore," she says. "We'll be able to take our work to the next level, combating addiction in our community and across the country."

3 | TRAINING IN PRIMARY CARE AND SOCIAL INTERNAL MEDICINE

Residents who work with underserved populations must get to know their



Residents learn how to partner with community organizations in the Bronx.

communities, says program co-director Shwetha Iyer, M.D., associate professor of internal medicine and of family and social medicine at Einstein. "Regardless of what population you treat, if you don't know who you are serving and the specific issues they face, you can't do a good job taking care of patients," she says.

"One of the first things we do is spend a month introducing residents to the Bronx—the people living here and the structural barriers in place," Dr. Iyer says. In their second year, they learn about "liberation medicine" and how to partner with community organizations. By year three, they are shadowing physicians in homeless shelters, prisons, and methadone-maintenance centers.

"Young physicians come to realize that the community has tremendous resources that they can draw on to help improve their health," she says. The primary-care and social-medicine residency has earned a national reputation for training physicians who become leaders in public health, research, education, and clinical care. **E**



Terra Firma's food pantry is a lifeline for immigrant families in the Bronx. From left, Fadhilla Saballos, Felin Martinez, Maria Umpierre-Lopez, and Maria Miranda add masks to distribute alongside emergency food packages.



CLASS NOTES

1950s

Donald Kline, M.D. '59, has released his 11th novel, *The Fifth Season*. This and his other novels are available at Amazon and Barnes & Noble online (under the name Don Kline). He is working on number 12; be sure to look for summaries on Facebook.

1960s

Jonathan Ostrow, M.D. '62, retired from active practice several years ago and now volunteers as a physician at two clinics—Casa Latina, a University of Washington medical student–run clinic in Seattle, and Clinica Amistad, a free clinic in Tucson. He stays busy playing bridge and Scrabble and enjoys theater, hiking, music, and the outdoors. Unfortunately, he rarely sees other Einstein graduates anymore, but does keep in touch with **Leon Redler, M.D. '62**.

Laurence Platt, M.D. '68, received a Diversity and Inclusion Service Award from the United States Tennis Association, as well as the Local Hero Award from the City of Oakland for managing passage of an initiative to impose a sales tax on sugar-sweetened beverages sold in the city. In addition, this year is the 50th anniversary of legislation passed to establish the National Health Service Corps, which launched from a proposal he wrote and lobbied for while he was a young officer in the U.S. Public Health Service.

1970s

Norman Luban, M.D. '71, retired in 2019 after 42 years of practicing neurology. Along with celebrating his 50th Einstein reunion next year, he and his wife will mark their 50th wedding anniversary. He plans on enjoying his retirement with his family, including their grandchildren, in the Washington, D.C., area and on Cape Cod, where they own a second home.

Robert Ritch, M.D. '72, received the Bietti Medal from the International Council of Ophthalmology this year, which recognizes ophthalmologists who have contributed the most—through history, ethics, and education—to the advancement of ophthalmology. He also received a Lifetime Achievement Award from the Asia-Pacific Academy of Ophthalmology and the Gold Medal of the Tunisian Ophthalmologic Society in 2019.

Roger Duvivier, M.D. '74, continues to be honored by Einstein's department of obstetrics & gynecology and women's health and the office of diversity enhancement through the jointly sponsored annual Roger Duvivier, M.D., Lectureship. Dr. Jamila Perritt, an advocate for girls and women, delivered the fifth lecture in April 2019. Dr. Duvivier continues to volunteer with WINGS and with Rotary International in Guatemala. He would love to have his fellow alumni join him in Antigua.

Richard Frankenstein, M.D. '74, received a mastership from the American College of Physicians, a national organization of internists. Dr. Frankenstein is a solo practitioner in pulmonary diseases in Orange County, California, and has held positions in internal medicine at Riverside Medical Clinic, Hollywood Presbyterian Medical Center, and Henry Mayo Newhall Memorial Hospital. He has also held several positions with the California Medical Association.

Steven Kussin, M.D. '74, released his second book, *The Slippery Slope of Healthcare: Why Bad Things Happen to Healthy Patients*, in April 2020; it is dedicated to patient engagement, education, and empowerment. His first book, *Doctor, Your Patient Will See You Now: Gaining the Upper Hand in Your Medical Care*, was named a Top Ten Wellness title by Booklist and was reviewed by *The New York Times*.

Karen Lowenstein Kade, M.D. '76, retired from practicing dermatology last year and moved with her husband, Paul Kade, to the west coast of Florida. She loves retirement and living in Sarasota County. They have two grandkids, with another on the way.

Howard Reinstein, M.D. '78, was named "Physician of the Year" by the medical staff at Providence Cedars-Sinai Tarzana Medical Center in Los Angeles. He also received a Heart of Gold award from the Child Development Institute. And "more importantly," he says, his

daughter, son-in-law, and two of his grandchildren have moved back to Los Angeles after many years of living in San Francisco.

1980s

Michael Crain, M.D. '83, continues as chair of the department of radiology at Middlesex Hospital in Middletown, Connecticut (appointed in 2010), chief executive officer of Radiologic Associates of Middletown (2010), and executive director of the Patient Is U (TPIU) Foundation (2018). Dr. Crain developed and maintains several cancer-screening

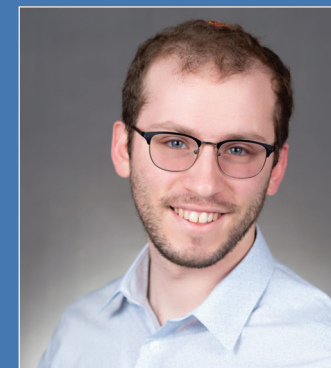
programs as well as TPIU to promote compassionate healthcare. He and his wife, Beth, have two sons—one in business, the other in healthcare—and care for an English bulldog, Turbo. His younger son, Jonathan, joined Einstein as a member of the Class of 2024 in August.

Stuart L. Marcus, M.D., Ph.D. '83, founded a company, SonALAsense, to develop a noninvasive drug/device in combination with sonodynamic therapy for the treatment of glioblastoma multiforme (GBM) and other cancers. The Ivy Brain Tumor Center in Phoenix,

Arizona, will carry out the Phase 0/2 study in patients with recurrent GBM. The Ben and Catherine Ivy Foundation will fund the clinical-trial costs. The therapy is formed by the combination of two U.S. Food and Drug Administration–approved technologies: aminolevulinic acid GBM targeting and MRI-guided focused ultrasound.

Kenneth Paul Rosenberg, M.D. '83, released a book through Penguin Random House to accompany his new Sundance Film Festival and PBS film. Both are called *Bedlam* and detail the mental illness crisis in America. He is an

GUIDING PATIENT CARE WITH THE HELP OF A NEW APP



Yair Saperstein, M.D. '16, M.P.H.

Clinical guidelines, meant to guide evidence-based medicine, are often hundreds of pages long and aren't easy to thumb through when physicians are seeing patients. To help solve that problem, **Yair Saperstein, M.D. '16, M.P.H.**, co-founded a for-profit health technology company, avoMD. Its new mobile app allows physicians to sift through complicated guidelines and delivers up-to-date information at the point of care through a mobile phone or tablet.

Dr. Saperstein says the app "helps doctors effectively use the vast amount of available clinical knowledge to provide better care for their patients. It's an interactive and efficient way of accessing the guidelines."

A free version of the app can be found at www.avomd.io, and is downloadable on both Android and

iPhone mobile devices. Dr. Saperstein notes that the app delivers evidence-based medicine and offers sources and links to supporting materials so that physicians understand the "why" behind the recommendations. (While the app is free for individual clinicians to try, medical departments interested in customizing the protocols for their specialties may do so only on paid private channels.)

Dr. Saperstein graduated from Einstein with distinction in global health research. He recently completed a chief residency in internal medicine at SUNY Downstate, working at Kings County Hospital in Brooklyn. AvoMD is his third startup; the first two are educational nonprofits that operate internationally: START Science (startScience.org) and TEACH (teach4kids.org).

A member of the Alpha Omega Alpha Honor Medical Society, Dr. Saperstein is an acclaimed classical concert pianist and a recreational ukulele jammer. He has received numerous honors, including being named to *Jewish Week's* list of "36 under 36" most influential Jewish Americans, and was a semifinalist in the Dell Social Innovation Challenge.

STAY IN TOUCH

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addiction psychiatrist in Manhattan and lives with Lynn Novick on the West Side.

Lauren Plante, M.D. '84, has released her third book, *Respiratory Disease in Pregnancy*, which she co-edited with Stephen Lapinsky. Cambridge University Press published the book.

Myra Skluth, M.D. '86, received the Henry Gift Distinguished Internist Award from the Connecticut chapter of the American College of Physicians at its annual chapter meeting in October 2019. The award recognizes a lifetime of outstanding clinical service to patients and notable leadership within the local medical community.

Norman Saffra, M.D. '88, has partnered with the American Friends of Jamaica (AFJ) and Orbis International to support an inaugural blindness-prevention program in Kingston, Jamaica, which seeks to reduce the backlog of patients requiring surgery and to build capacity for residents at the University Hospital of the West Indies and Kingston Public Hospital. He performed more than 20 procedures in six days there. Dr. Saffra says, “Jewish tradition dictates that we participate in *tikun olam*—making the world a better place.

Partnering with the AFJ and Orbis was a natural fit and allows me to follow in this tradition.”

1990s

Panayiotis Ellinas, M.D. '91, has worked as a physician for refugees, partnering with nongovernmental organizations as a medical director in Cambodia and Kosovo. He also has worked in a clinic close to the Mexican border. His international work began while he was at Einstein, when he volunteered with the Thai Centers for Disease Control. His son just started university as a double major in physics and aeronautical engineering and wants to travel to Mars. His daughter is 13 and is extremely left-handed: she draws, listens to music, and writes. He sends his regards from Southern Illinois.

Ira Richterman, M.D. '91, recently received a promotion to president and chief executive officer of OMNI Orthopaedics and president of OASIS Ambulatory Surgery Center, both in Canton, Ohio. He is also the president of Starkap Captive Insurance Company.

Jose Ortiz Jr., M.D. '92, was named the 2020 Physician Citizen of the Year by the Wisconsin Medical Association, an honor given to physicians who have made significant contributions to their communities. Chief of staff at the Mayo Health Clinic in Eau Claire, Wisconsin, he is also on the hospital practice subcommittee and is part of the regional management team. Dedicated to public health initiatives and medical education, Dr. Ortiz works with the Chippewa Valley Free Clinic and Medical Experience Program, which

introduces high school students to careers in medicine.

Peter J. Taub, M.D., M.S. '93, is a professor of surgery, pediatrics, dentistry, neurosurgery, and medical education at the Icahn School of Medicine at Mount Sinai in New York City. He serves as the program director for the division of plastic and reconstructive surgery, directing the Cleft and Craniofacial Center and the Vascular Anomalies Program.

Steven Thau, M.D. '94, was interviewed on CNN in May for his success in using an oxygen hood as an alternative form of oxygenation while decreasing the risk of contamination for critically ill COVID-19 patients, sparing more than 50 percent from having to be intubated. Dr. Thau is the chief of pulmonary and sleep medicine at Phelps Memorial Hospital Center in Sleepy Hollow, New York. He is also the father of Francesca Thau, a second-year medical student at Einstein.

Craig Zalvan, M.D., F.A.C.S. '95, released a book in September 2020, *Laryngopharyngeal and Gastroesophageal Reflux: A Comprehensive Guide to Diagnosis, Treatment, and Diet-Based Approaches*, which also details the benefits of a mostly plant-based, Mediterranean-style diet in the treatment of reflux disease. Dr. Zalvan is chief of otolaryngology and medical director of the Institute for Voice and Swallowing Disorders at Phelps Hospital in Sleepy Hollow, New York. He also is a partner of ENT and Allergy Associates in the Voice and Swallowing Division.

Christa Hoiland, M.D. '97, who is board certified in hospice and palliative

medicine, started Optage Hospice in Roseville, Minnesota, in 2011 for Presbyterian Homes—the third-largest nonprofit senior housing organization in the country. In August 2019 she was named the hospice’s medical director. Dr. Hoiland is a mother of three—18-year-old twins and a 14-year-old boy. She loves Latin dancing, doing cross-fit exercise, cross-country skiing, and enjoying good food.

2010s

Alan Sheyman, M.D. '10, recently returned to New York City and is a practicing medical and surgical ophthalmologist and retina specialist. He and his wife, Masha, have an adorable toddler who likes to create havoc every so often. Dr. Sheyman misses playing postexam basketball at the Einstein gym but does not miss the exams.

Jonathan Koenig, M.D. '13, married Dani Haber on Nov. 16, 2019, in Palm Springs, California. He received his fellowship at Rady Children’s Hospital in San Diego. Since August 2019, he has been practicing pediatric orthopedic surgery in Brentwood, California.

Esther Mizrachi, M.D. '15, is an emergency medicine physician with Mount Sinai. She and her husband, Jacques, welcomed their first baby in April. One of Dr. Mizrachi’s greatest memories is of her cloaking her sister, **Sarah Mizrachi, M.D. '19**, at graduation.

Ashley Eckel, M.D., Ph.D. '16, joined the University of Washington, Seattle, department of laboratory medicine, division of hematopathology, in July 2020 as an assistant professor.

A TRIBUTE TO COVID-19 FRONTLINE WORKERS



Major Michelle Cunningham, M.D. '13

U.S. Air Force Major Michelle Cunningham, M.D. '13, took part in a special military flyover of northern California medical facilities last May. She is a flight surgeon and family physician with the 99th Reconnaissance Squadron at Beale Air Force Base in California. The flyover honored the contributions of healthcare workers, first responders, and others combating COVID-19. Dr. Cunningham accompanied a pilot in one of four two-seat supersonic jets, all Northrop T-38 Talons.

“Even though I fly with my unit frequently, this flyover was surreal,” she says. “We flew low over downtown Sacramento and the hospitals where I did most of my family medicine residency rotations. I could easily imagine the long hours, the constant worry, the change to family routines, and the life-changing challenges that COVID-19 was posing to my friends and colleagues at Einstein and New York City hospitals. Although my current work situation may be very different from theirs, I felt proud to be able to honor the work of all healthcare workers in the flyover. I hope they know just how much they are appreciated.”



Michelle Cunningham, M.D., looks out at the other supersonic jets flying in formation in honor of California healthcare workers battling COVID-19.

Photos courtesy of U.S. Air Force

IN MEMORIAM

Montefiore Doctor Who Separated Conjoined Twins



James T. Goodrich, M.D., Ph.D., age 73, a renowned pediatric neurosurgeon who served Einstein

and Montefiore for more than 30 years, died March 30, 2020, from complications associated with COVID-19, in the Bronx, New York.

Director of pediatric neurosurgery at Montefiore and professor in the Leo M. Davidoff Department of Neurological Surgery, of pediatrics, and of plastic and reconstructive surgery at Einstein, Dr. Goodrich dedicated his life to saving children with complex neurological conditions. He developed a multistage approach for separating craniopagus twins (those fused at the brain and skull).

In 2004 he gained worldwide

recognition when he led a team of surgeons at Children's Hospital at Montefiore (CHAM) during a series of four operations over the course of nearly a year to separate 2-year-old boys Carl and Clarence Aguirre, who were joined at the top of their heads. In 2016 he led a team of 40 doctors in a 27-hour procedure at CHAM to successfully separate 13-month-old twins, Jadon and Anias McDonald. He was consulted on hundreds of cases, and he traveled the globe sharing his expertise.

Described as a humble and caring man by his colleagues, every year he baked holiday cookies and delivered them to the nurses at CHAM. Outside of work, he was known for his passion for historical artifacts, travel, and surfing.

"Jim was in many ways the heart and soul of our department—a master surgeon, a world-class educator, and a beloved colleague for all," says Emad

Eskandar, M.D., professor and chair of the Leo M. Davidoff Department of Neurological Surgery, the David B. Keidan Chair of Neurological Surgery at Montefiore and Einstein, and the Jeffrey P. Bergstein Chair in Neurological Surgery at Einstein.

Born in Portland, Oregon, Dr. Goodrich served in the U.S. Marine Corps during the Vietnam War. He received his bachelor of science degree from the University of California—Irvine and his M.D./Ph.D. from Columbia University. His intern and residency training was completed at NewYork-Presbyterian Hospital and the New York Neurological Institute.

A fellow of the Royal Society of Medicine in London, Dr. Goodrich served as a member of the American Association for the Advancement of Science and the American Association for Neurological Surgeons.

In addition to his wife, Judy Laudin, he is survived by three sisters.

Shalom Buchbinder, M.D. '81, age 66, chair of radiology at the Brooklyn Hospital Center and a clinical professor of radiology and of obstetrics & gynecology and women's health at Einstein as well as a Talmudic scholar, May 2, 2020, Teaneck, New Jersey.

Michael Goldstein, M.D. '63, age 86, pulmonary medicine, Feb. 20, 2020, Delray Beach, Florida.

Stephan Kamholz, M.D., age 72, longtime member of the Einstein and Montefiore community, involved in

early solitary lung transplants, chair of the department of medicine at Maimonides Medical Center, Brooklyn, June 11, 2020, Thornwood, New York.

Seligman Rosenberg, M.D. '59, age 85, retired ophthalmologist, member of Einstein's first graduating class, clinical assistant professor emeritus of ophthalmology and visual sciences at Einstein, and leader of the Dean's Club, June 28, 2020, Tenaflly, New Jersey.

Herbert G. Vaughan Jr., M.D., Ph.D., age 90, director of Einstein's

Rose F. Kennedy Intellectual and Developmental Disabilities Research Center from 1982 to 1993, first resident in neurology at Einstein, professor emeritus in the Dominick P. Purpura Department of Neuroscience, and professor emeritus in the Saul R. Korey Department of Neurology, May 28, 2020, Stamford, Connecticut.

Grisel Vazquez, age 67, senior administrative staff member in the department of medicine who retired in 2017 after 30 years of service, March 27, 2020, Bronx, New York.