

RECRUIT-
MENT

March 2015

ADVISEMENT

Diversity

SUPPORT

Enhancement

EINSTEIN CELEBRATES DIVERSITY



I resolutely believe that respect for diversity is a fundamental pillar in the eradication of racism, xenophobia and intolerance. There is no excuse for evading the responsibility of finding the most suitable path toward the elimination of any expression of discrimination against indigenous peoples.

Rigoberta Menchu Tum

Message from the Associate Dean for Diversity Enhancement

Oath of Maimonides



Yvette Calderon, MD, MS, ACEP

The eternal providence has appointed me to watch over the life and health of Thy creatures. May the love for my art actuate me all time; may neither avarice nor miserliness, nor thirst for glory or for a great reputation engage my mind; for the enemies of truth and philanthropy could easily deceive me and make me forgetful of my lofty aim of doing good to Thy children.

May I never see in the patient anything but a fellow creature in pain. Grant me the strength, time and opportunity always to correct what I have acquired, always to extend its domain; for knowledge is immense and the spirit of man can extend indefinitely to enrich itself daily with new requirements.

Today he can discover his errors of yesterday and tomorrow he can obtain a new light on what he thinks himself sure of today. Oh, God, Thou has appointed me to watch over the life and death of Thy creatures; here am I ready for my vocation and now I turn unto my calling.

The Office of Diversity Enhancement congratulates the Class of 2015. We are very proud of you.

All my best,

Yvette

Yvette Calderon, MD, MS, ACEP
Associate Dean
Office of Diversity Enhancement

Match Day 2015

Name	Discipline
Matthew Barbery	Internal Medicine
Faiz Bayo-Awoyemi	Family Medicine
Mia Castro	Anesthesia
John Creagh	Pediatrics
Jose Diaz	Ophthalmology
Mary Gomez	Pediatrics
Amanda Guardado	Obstetrics/Gynecology
Brandon Lentine	Orthopedics
Cindy Martinez	Family Medicine
Daphne Mercer	Obstetrics/Gynecology
Paul Opare-Addo	Family Medicine
Ramon Robertson	Emergency Medicine
Juan Sanchez	Obstetrics/Gynecology
Alison Schmitzler	Pediatrics
Stephanie Tardieu	Obstetrics/Gynecology
Jonathan Torres	Emergency Services
Jackeline Urrutia	Pediatrics
Hannah Valdes	Obstetrics/Gynecology
Lynda Villagomez	Pediatrics

Match Day 2015



Reflections

I am very honored and thrilled to have been named the Co-President of the Latino Medical Student Association (LMSA) chapter at Einstein.



My journey to medical school has been filled with constant support and inspiration from those around me, starting with my parents and branching out to the mentors I found along the way. I believe it is extremely important to have guidance when pursuing your hopes and dreams and the Office of Diversity Enhancement has provided that and much more during my short time as a first year medical student at Einstein.

The LMSA board in conjunction with the Student National Medical Association (SNMA) chapter at Einstein is excited to continue the missions of the previous boards in promoting diversity amongst the Einstein community as well as increasing the diversity of the incoming classes. We will be working extensively with the Office of Diversity Enhancement to host a variety of events ranging from educational talks about health disparities in the Bronx, to casual events that help demonstrate how exciting and colorful the Latino culture is.

In addition to increasing diversity within the Einstein community, one of the more exciting aspects of being associated with LMSA and working closely with the members of SNMA is our shared aspiration to give back to the community. My parents, both Colombian immigrants, instilled in me the desire to give back, and the understanding that many things cannot be accomplished alone. Through the Health Ambassadors Club, members of LMSA and SNMA host medically related presentations and workshops as well as interact with students interested in health related careers from Christopher Columbus High School located, in the Bronx. This program allows us to not only provide guidance and advice, as we were once given on our journey to medicine, but more importantly, allows us to play an active role in teaching and learning from these amazing students.

With the support from the administration at Einstein and the help from all of the students, we believe we can make a difference. As my mother would say, “Con esfuerzo y motivación, hacemos grandes cosas.” With effort and motivation, we do grand things.

Brian, MS-I



BRIAN PEREZ

LMSA
Co-President

Reflections



I remember the screams from the crowd as I made a right into the park. “Just a little bit more,” I kept telling myself. My body wasn’t as sure as my mind was. My calves were on fire, my feet were covered in blisters, and my legs felt like jelly, but I still was striding towards that finish line of 26.2 miles. After making the turn into the park at Columbus circle, I knew I was close. A couple more strides took me to the 26 mile marker, and I it was time to start a gradual kick to the finish. I was in the middle of two packs, so I picked out someone ahead of me as a target and

started to quicken my stride. That might have been the most painful 1/5th mile that I have ever run. The slight incline to the finish line did not make it easier. After seeing the actual finish line in the distance, I suddenly gained another boost of energy. As I crossed the line, I pointed to the sky because completing this race was not solely of my own ability. Finishing in 3:09:04 was slower than my target of 3:00:00, but I was so proud of finishing nonetheless. After running 26.2 miles, walking actually felt great and I walked about 1.5 miles before I could meet up with friends and family, and finally sit down.

My marathon Sunday didn’t start off great. There were so many public transportation issues in getting to Staten Island, that I actually missed my wave one start time. I was definitely a little distressed about it, but I probably had a better experience because of it. On the way to the start line, I met an Australian runner who had run over 20 marathons and he gave me great advice. He said your first one is about enjoying your experience and getting through the race. He told me it doesn’t matter if I missed my original start time and that I could still hit my target time. The advice was just an example of all the positive energy that surrounded the Marathon. The best part of the race was seeing how many people there were on the sidelines cheering the runners along the whole way. Just thinking back to that Sunday on November 2nd, 2014 still seems like a dream to

JOSEPH MYRIE



Marathoner



Reflections

me. Despite subpar weather conditions and travel issues, I still had a very memorable marathon experience. The marathon was only the 3rd competitive race that I participated in since running Track and Field at the University of Pennsylvania. I've realized that I really missed racing and I hope to run another marathon again. Next time I run a marathon, I'm definitely aiming to break 3 hours.

Training for the marathon all summer and throughout the fall was a great experience. Running for me is an escape; it allows me to zone out and not worry about anything besides my breathing for an hour or so. Before I started my marathon training, I was running about 2-3 times a week. That quickly changed to running seven days a week with long runs that averaged 14-15 miles. Throughout medical school, lecturers have constantly said that medical school is a marathon and not a sprint. After finally training and completing a marathon, I couldn't agree more.

There are days of medical school that are tough and discouraging, but no matter what, you come out better and stronger with more knowledge. Just as I was training for the marathon, every individual run carried me closer to my goal even if it was an awful run for me. Even if I was struggling through the last few miles of a long run, I just continued to take one stride after another and continued pushing.

The motivation and discipline I gained from my marathon experience will stay with me through medical school and beyond, and I will definitely be a stronger person because of it. I want to thank my training buddy Michele Buonora who motivated me through so many runs when I just wanted to quit. I also want to thank all my awesome friends that came out to support me: Zoe, Jonathan, Dordy, Eugene, Leon, and Cecile.

Joseph

Joseph Myrie, MSII

Reflections



Travis Howlette, MSII, was a 2014 GE-National Medical Fellowships Primary Care Leadership Program (PCLP) Scholar.

Travis was selected to present his PCLP Independent Service Learning project on August 26, 2014, at the National Association of Community Health Centers' Community Health Institute and Expo in San Diego, CA. Travis presented his research poster before a distinguished panel of healthcare leaders.



GE NMI PRIMARY CARE LEADERSHIP PROGRAM PCLP **Impact of a Team-Based Group Medical Visit Program on Anxiety and Depression for Overweight and Obese Patients** **GE Foundation**
 National Medical Fellowships
 Jalia Tucker MD Candidate¹, Travis Howlette MD Candidate²
 Project Site: Anthony Jordan Health Corporation, Rochester, NY

BACKGROUND

- According to a 2012-2013 Gallup-Healthways Well-Being Index survey, Rochester, NY, is #6 of the top 10 "Most Obese Major U.S. Communities."
- 30% of adults in Rochester are obese and 36% of adults are overweight.
- This is higher than the average for New York State which was 24%.
- There are geographic (urban vs. suburban) and race disparities in obesity rates in Rochester.
- 33% of all deaths in Rochester are attributed to diet, physical activity and smoking.
- Anthony L. Jordan Health Center (AJHC) offers patients group-centered education sessions conducted by a multidisciplinary team and a brief weight related visit with physician/nurse practitioner.

OBJECTIVES

To evaluate the impact of a team-based group medical visit on diet, exercise, anxiety and depression for overweight and obese patients.

- Aim 1: Assess the association between phone and in-person enrollment on acceptance to participate in the Group Medical Visit (GMV).
- Aim 2: Assess the correlation between attendance, weight loss, anxiety, depression and quality of life.

METHODOLOGY

Clinical Pilot Program: 6 week observational community-based.

Eligibility: Adults with a BMI ≥ 25 and at least 1-2 weight-related chronic condition(s) or symptom(s)

Recruitment: Referred by Anthony Jordan Health Center (AJHC) network providers.

Intervention: Developed a warm handoff system to screen and enroll patients after appointments with primary care providers to provide initial face-to-face interaction with patients. Provided follow-up phone support to patients in between GMV's to address concerns or questions about achieving their goals or overcoming barriers.

Outcomes Measured: Pre/post surveys to evaluate changes in mental health and lifestyle.

RESULTS

Baseline Characteristics

- Predominantly female (86%) and African American (79%).
- Average age was 54.14 years old.
- The average weight was 246 lbs. correlating to an average BMI of 40.32.

Mental Health Screen	PHQ - 9	GAD - 7
None-Mild (0-9)	(N=7)	(N=8)
Pre GMV	5.4	4.6
Mid GMV	6.2	4.3
Moderate-Severe (≥ 10)	(N=7)	(N=6)
Pre GMV	15.14	12.67
Mid GMV	11	7.6

Eating Habits

"Low Exercisers"

RESULTS CONTINUED

Total Patients Enrolled

CONCLUSION

This intervention to increase interaction with patients and their enrollment in team-based group medical visits built upon psychosocial, environmental, and/or socioeconomic issues may be effective in improving mental health, diet and lifestyle for socioeconomically disadvantaged populations.

RECOMMENDATIONS

- Have a member of the program development team present at the clinics being used for recruitment.
- Develop a quick template within the electronic health records system.
- Call patients during off weeks to check-in and again the day before visits to remind them of visits.
- Provide handouts that will capture chief complaints, health goals, review of systems (ROS) and current medication list.

His research focused on "Impact of Team-Based Group Medical Visit Program on Anxiety and Depression for Overweight and Obese Patients."

Students in the News



Juan Sanchez, MSIV. Doing the away elective in Miami, Florida allowed me to compare different programs and decide what I was looking for in terms of size, workload, and volume. Also a good way for residents at the program I am interested in to get to know me.

STUDENTS



Assistant Dean Nilda I. Soto, assisted by Einstein medical students, participated in the annual Mentoring in Medicine Health and Science Expo: Empowerment and Education on December 13, 2014.



In the News



Students in the News

Congratulations to Ujunwa (Cynthia) Okoye-Okafor for successfully defending her thesis. She completed her PhD degree in the Department of Cell Biology with Ulrich Steidl, MD, PhD. She is currently completing her medical degree.

Congratulations for the following MD/PhD candidates who declared the laboratory where they will do their thesis research:

Nelson Gil, Jr., Department of Systems and Computational Biology,
PI Andres Fiser, PhD

Raven Harris, Department of Genetics, PI Wei Liu, PhD

Liane Hunter, Department of Clinical Investigation (PCI),
PI Michael Lipton, MD, PhD

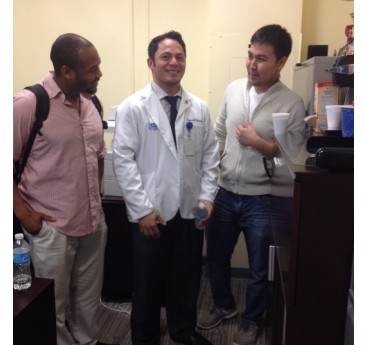
NAMME Scholarship

Eugene Palatulan, MSII, was awarded a Northeast National Association of Medical Educators (NAMME) Le Grand Newman Scholarship in recognition of his academic excellence, community service and desire to deliver quality health services to underserved communities.

Seen with Eugene is Assistant Dean Nilda I. Soto presenting the scholarship check.



**SCHOLAR-
SHIP**



**Eugene Palatulan
MSII**

Student National Medical Association & Latino Medical Student Association

Einstein offers students many opportunities to get involved. Becoming an active member in the many student organizations on campus, such as the SNMA and LMSA, provides an avenue for volunteerism and involvement at the campus and community level.

“The Student National Medical Association (SNMA) is the oldest and largest student-run organization focused on the needs and concerns of medical students of color. Membership includes more than 6,000 medical students, pre-medical students, residents and physicians. Established in 1964 by medical students from Howard University and Meharry medical schools, the SNMA boasts over 50 years of advocacy and service to underserved communities and medical students.” <http://www.snma.org/>

“Boricua Health Organization (BHO) was founded in 1972 by two first year medical students from Harvard Medical School, Jaime Rivera and Emilio Carrillo. The organization is composed of hundreds of medical students and residents, and it addresses the health needs of the Latino community, as well as creates an environment for academic and social support for Latino students in health professions. The vision of the founders was to create an organization that would serve as a voice for Latinos and as advocates for social and political change. In 2009, several Latino health professions organizations joined forces and formed the Latino Medical Student Association (LMSA).” <http://lmsa-ne.org>



2015 — 2016



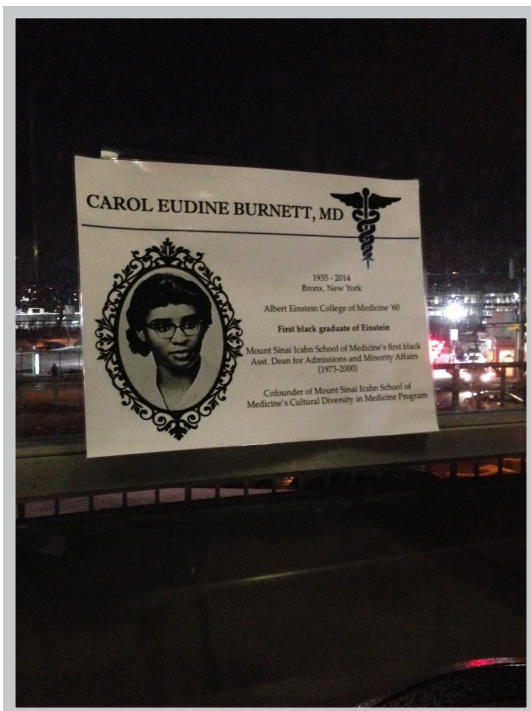
Executive
Board
Members

2015 – 2016 Executive Board

SNMA	LMSA
Elise Mike & Natalie Ramsey Co-Presidents	Brian Perez Co-President
Abed Jean-Louis Vice President	Catherine Castillo Co-President
Davis Anugo Treasurer	Jose Quiroz MSTP Rep
Mara Phelan Secretary	Nelson Gil MSTP Rep
Davis MAPS Liaison	
Mara Phelan Community Service	

SNMA

Einstein's SNMA Chapter commemorated Black History month with several events throughout the month of February culminating with an African diaspora banquet on the evening of February 26, 2015. The banquet was attended by students, faculty and staff. Dr. Lynne Holden, Associate Professor Clinical Emergency Medicine, gave the keynote address.



SNMA



Celebrate Black History Month with SNMA and EMSA!



Check out our Minority Physicians and Scientists Exhibit in the Gottesman Library display cases throughout February.

Thursday
2/12

whitecoats4blacklives: What Does It Mean?

Dr. Robert Fullilove
Columbia University Mailman School of Public Health
6:30 PM, 1st Floor Lecture Hall, Forchheimer

Thursday
2/19

Medical Racism and its Impact on Modern Medicine

Screening of *Miss Evers Boys*
Discussion: Consequences of the Tuskegee Syphilis Study
6:00 PM, 1st Floor Lecture Hall, Forchheimer

Monday
2/23

Marie Maynard Daly Lecture

Regulation of cholesterol homeostasis through ER-associated degradation
Dr. Russell Debose-Boyd, UT Southwestern Medical Center
12:00 PM, LeFrak Auditorium, Price Center

Thursday
2/26

Celebrating Diversity and Embracing Consciousness

African Diaspora Banquet
7:00 PM, Glass Café

Class of 2018 Retreat

In an effort to facilitate adjustment to medical school, the Office of Diversity Enhancement organizes an annual retreat for first year diversity students and upperclassmen. The 20th annual retreat was held on Sunday, September 14, 2014, on Fordham University's Rose Hill Campus, in the Bronx.

Mr. Andrew Morrison, CEO of Small Business Camp, served as facilitator for this year's retreat. Mr. Morrison has trained thousands worldwide on marketing strategies that will turn their passion into a successful business, in addition to his work with medical institutions where he has worked with house officers and medical students.



Diversity Student/Faculty Meet and Greet

On December 2, 2014 the Office of Diversity Enhancement hosted the annual Diversity Student/Faculty Meet and Greet. The event was attended by students, alumni, faculty and staff. We enjoyed an evening of networking and socializing over dinner and wine.



Diversity Retreat

In response to our students' concerns regarding the recent grand jury decisions, and issues being addressed by the nation regarding race, the Office of Diversity Enhancement, — in collaboration with deans, faculty and staff from across the affiliates — engaged in a dialogue on diversity related issues which began on January 13, 2015, and culminated on a day-long retreat held on March 8, 2015. Since its inception on March 15, 1953, Einstein continues to value and celebrate diversity. Einstein maintains an inclusive approach to these difficult issues, in a manner that empowers all and contributes to building community.



Community Based Service Learning

CBSL / Einstein CAN News

CBSL E-CAN community service groups are not only providing meaningful service in our community but they also share their experiences through scholarly presentations at conferences. The following is a sample of some of the posters and/or presentations.

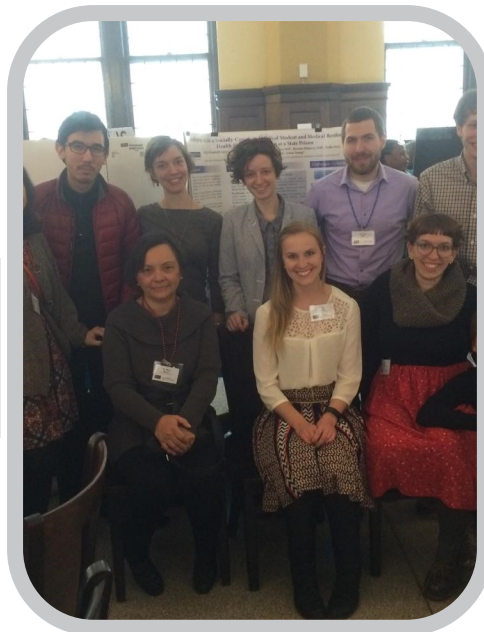
EI-SCI -- Eugene Palatulan presented at the **APANSA** Conference in Las Vegas in September 2014.

PACT – Kevin Jordan presented at the **41st Annual STFM Conference** on Medical Student Education in Atlanta on February 2015.



Dayle Hodge (B-BOP) had an abstract accepted for a 45 minute oral presentation panel at the Health Equity and Social Justice Conference at Teacher College/Columbia University, March 2015.

SPHERE had an abstract accepted for a poster session at the Health Equity and Social Justice Conference at Teacher College/Columbia.



Maria A. Marzan, EdD,
MPH

Director

Community Based Service Learning

HEART supports 8-10 students to attend LGBT/AIDS Conference at Hunter College in NYC in May 2015

HEART supports 3 leaders to attend conference and to present poster, pending approval at Miami or Vancouver Conference on AIDS/HIV in Miami in June 2015.

CBSL staff and 18 members of **E-CAN** attended and were supported the **Health Equity and Social Justice Conference at Teacher College / Columbia University** on March 2015. In addition, **E-CAN** groups will present posters at Medical Student Research Poster Exhibition held at Einstein's **Main Street** – in April 2015.

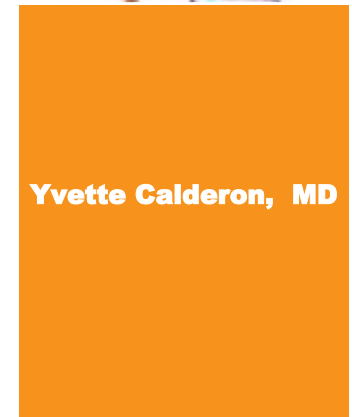
CBSL E-CAN groups have been mentoring Einstein Enrichment Program students this year. **BODY, HOOPS, TEACH** and **Start** have included EEP students in their community service groups, and will present on their projects in May. Julie Cruz, EEP/CBSL

Hoops for Health has kicked off 2015 with a bang and anticipates a lot more to come. Joined by local enthusiastic Einstein Enrichment Program (EEP) students we collaborated with the South Bronx Police Athletic League (PAL) to educate their after-school students about the role of genetics in autoimmunity and DNA extraction principles. This was followed by 45 minutes of soccer, basketball, and kickball to advocate the strength and importance of education in science education and practicing a healthy lifestyle. We also took the opportunity to volunteer our time with the Doctors for a Healthier Bronx (DHB) to put on an exciting boot-camp in February 2015 at the Community Board Athletic Leadership League (CBALL) monthly basketball camp, while addressing the health concerns and needs of the participants with their friends and families. In the future, we plan on playing more games and conducting more science demonstrations with the students at PAL and also creating additional ways to excite people about living a healthy lifestyle at CBALL. Stay tuned! *Kim Ohaegbulam, HOOPS*

National Hispanic Health Foundation Award



Associate Dean for Diversity Enhancement Dr. Yvette Calderon was the recipient of the 2014 National Hispanic Health Foundation's Hispanic Health Leadership (NHHF) Award. Dr. Calderon was recognized for her outstanding leadership role in improving the health of Hispanics and other underserved populations. The Einstein community placed a congratulatory ad in the evening's program.



Dr. Yvette Calderon shared the evening's celebration with medical students and the ODE staff.

Einstein Enrichment Program



Einstein Enrichment Program (EEP) student Karina Meythaler was featured on the March 9, 2015 issue of Hispanic Outlook Magazine.

Karina's love of science started with a chemistry and biology classes in high school. Currently a senior, she has been a member of the EEP program since her second year in high school. Her experience as an EEP student has strengthened her resolve to pursue a career in the health profession. Karina's academic accomplishment

have allowed her to secure a POSSE Foundation full tuition scholarship which she will utilize at Brandies University.

Karina was awarded a \$2,500 grant as a result of her EEP service-learning project. She conducted research on the destigmatization of mental illness by arranging interventions and workshops "to open up people's minds and help kids."

Karina is one of many similar EEP success stories. Each academic year the Einstein Enrichment Program enrolls 42 students into its enrichment program. Throughout EEP's 26 year history, the program has boasted a 100% high school graduation rate with 100% of the graduates pursuing higher education at four-year colleges.



In The
News

Nilda I. Soto, Ms Ed.

The Office of Diversity Enhancement congratulates Nilda I. Soto, MS Ed, Assistant Dean for Diversity Enhancement and Director of the Einstein Enrichment Program (EEP) and Diversity Student Summer Research Opportunity Program (DSSROP), on her 25th year of dedicated service at Albert Einstein College of Medicine.

Ms. Soto sits on several committees at Einstein, including the Committee on Student Promotions and Professional Standards; Lesbian, Gay, Bisexual and Transgender Steering Committee; and the Panel on Unlawful Harassment. She is active in many community programs and professional organizations. Ms. Soto is Vice President of the Association of Hispanic Healthcare Executives and sits on the National Advisory Committee of the Student Medical Dental Education Program (SMDEP), funded by the Robert Wood Johnson Foundation. She has served on New York State's Minority Health Council since 2007. She is the recipient of many professional awards. In 2014, she was awarded the Latina 50 Plus Award in the field of education.



NILDA I. SOTO, MS ED



**25 Years
Of dedicated**

Melvin E. Stone, Jr., MD, FACS

The Office of Diversity Enhancement recognizes the many talents of Dr. Melvin E. Stone, Jr., Associate Professor of Clinical Surgery and Advisor to the Office of Diversity Enhancement.

Dr. Stone played lead and bass guitar in Dr. Rick Garvey's band, The Scrubs, at the annual Jacobi Medical Center's gala, December 2014.



MELVIN STONE, MD



Associate Professor
of
Clinical Surgery

Celebrating the New Arrivals



Congratulations to MS-4 Daphne Mercer and her husband on the arrival of Claudia Gisele Mercer on September 4, 2014, weighing 7 lbs. 8 oz, and 19" long.



Congratulations to MS-4 Paul Opore-Addo and his wife on the arrival of David Opore-Addo on September 5, 2014, weighing 7 lbs. 2 oz, and 19" long.

Recruitment

Nilda I. Soto, MS. Ed.
Assistant Dean
Office of Diversity Enhancement

The Office of Diversity Enhancement (ODE) actively recruits potential applicants who are historically underrepresented minorities and/or socio-economically disadvantaged through the Diversity Summer Student Research Opportunity Program (DSSROP), onsite Open House, and Anatomy Day events. Assistant Dean Soto spearheads our recruitment efforts. She has represented Einstein at numerous medical school recruitment events.

Do you know a pre-med student? Refer them to the Office of Diversity Enhancement. Our office number is (718) 430-3091 or via email at diversity.enhancement@einstein.yu.edu.

**RECRUIT-
MENT**



**For an
Appointment
Call
718.430.3091**

Advisement

The Office of Diversity Enhancement is committed to ensuring the academic success of our students through a variety of ways. We can help direct you in the areas of career development, developing student leadership initiatives, sharing of opportunities of interest to medical students and much more.

Contact me if you seek academic or career related guidance in specific medical disciplines and/or non-medical degrees e.g. research, Masters in Public Health and more. This message is always included in our newsletter, which you receive, but a periodic reminder is a good practice for busy medical students.

Fourth year students in need of faculty guidance with strategies for residencies, ranking decisions, and electives please feel free to contact me, and I will be more than happy to discuss these opportunities with you.

Sincerely,

Yvette

Yvette Calderon, MD, MS, ACEP
Associate Dean
Office of Diversity Enhancement

**ADVISE-
MENT**



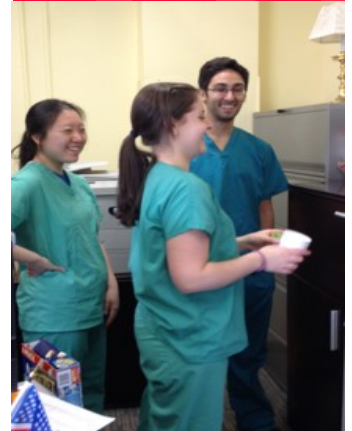
**For an
Appointment
Call
718.430.3091**

Snack Time

The Office of Diversity Enhancement is a buzz with activity as students stop by for a much needed break in their day. Students are encouraged to stop by our office, at Belfer—507, for a cup of coffee, tea, hot chocolate, a bottle of water or a snack.



**SNACK
TIME**



**Visit us at
Belfer—507**



Mission Statement

The mission of the Office of Diversity Enhancement is to establish and maintain an environment that celebrates diversity, that emphasizes professionalism and excellence, and that promotes and nurtures future leaders in medicine.



DIVERSITY

At Einstein, we believe a diverse approach to medical education better prepares future doctors to meet the needs of a globally-interdependent world.

Office of Diversity Enhancement