



# WESTCHESTER PHYSICIAN

June 2024

Volume 40, Issue 6



## PRESIDENT’S MESSAGE

### OUTGOING REMARKS

#### PETER ACKER, MD PRESIDENT

Thank you for coming tonight and for the privilege of serving as president of the society. I also want to extend a hearty thanks to our administrative staff. Janine Miller our executive director who has worked tirelessly and patiently coached me on procedural matters. Often when leading a zoom meeting, she would gently interject “doctor, we need to vote on that before we precede.” Kalli Voulgaris who works behind the scenes managing our membership and acting as CME coordinator. And Rhonda Nathan our account manager –guiding and working with a room full of docs is no easy task! I’d also like to thank all the board members who I have learned so much from.

We need more than ever to keep our medical society strong in order to be able in an organized fashion to be a force of influence in government and society to ensure best practices. Today’s world is fraught with misinformation and perilous practices and we need to energetically combat this. Unfortunately, our membership is declining and I think it is important to face this problem head on. I think it is incumbent on our leadership to make the case on an individual basis to nonmember docs about the value of the medical society. I plan to continue to pursue this aggressively and will target in particular the younger doctors in our county and to make the case that our society is vigilant about looking at legislative agendas that affect us and exerting our influence. As our numbers increase, so will our influence.

Our society is also concerned with the well-being of its physicians. Just as we are instructed on an airplane, that if an oxygen mask drops down a parent needs to put on his own mask before attending to his kids, physicians have to take care of themselves so they remain strong and able to handle the myriad medical problems we face. To the end I propose that we as a society, sponsor more social events. There is no question that the last years have been quite stressful and I think social interaction will help alleviate this.

Practicing medicine has been a privilege for me for so many years. Despite all the travails of modern medicine, I have never regretted becoming a physician. There have been, of course, significant, even revolutionary changes in the thirty-seven years that I have been in practice --- and the various advances continue apace. I remember as a

*(Continued on page 5)*



*PETER ACKER, MD  
President, WCMS*

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***FROM THE GUEST EDITOR...*****INCOMING REMARKS****KHAM ALI, MD, PRESIDENT-ELECT**

I want to thank you all for coming here today. I promise I'll be quick so you can get back to your food and drinks. Especially your drinks! I want to thank the Westchester County Medical Society for allowing me the opportunity to serve as president for the upcoming year.

My journey to this point was a bit atypical for the majority of those who take this office. I recall my initial interaction with the medical society. I was running around the ER in between fracture reductions and code strokes and just found a sliver of a moment to sit down and start charting. I believe I started a rant to my scribe about the onslaught of patients in ER because of the lack of healthcare access and inappropriately incentivized insurance reimbursement structure, and how it was a disservice to vulnerable populations, blah blah blah. He had heard me rant many times before so I'm sure he started to tune me out. Dr. Jeffrey Jacobson overheard my rant and immediately we sparked a conversation about the problems with healthcare, the current practice environment restraints, the brute force experienced by insurance companies and the litigious practice environment forcing us into this defensive over documented medico legal structure. We then segued on how to create change starting at a local level. I mentioned that I had a policy background and had done work during medical school on the implementation of the affordable care with my local representatives and that I had done national healthcare systems work for the NHS in the United Kingdom as a consultant during my MBA. He looked at me with a smile on his face and said "You are going to sit on the medical society board". I looked at him a little puzzled and confused but said "yes". I mean, I didn't know who or what the heck medical society was at that point in time but honestly it didn't matter. The person across from me was a fellow doctor who agreed that the system was broken and we needed to play our part to help create change. Also, at this point in my life I had firmly adopted a self imposed rule which was "Say yes to everything before you turn 40". So, I came to a few meetings and he asked if I wanted to move into the Young Physician Chair position. I said "Yes". A year later he said that the vice presidency spot was vacant because the previous secretary had a conflict with moving up the chain. I said "yes".

As Dr. Jacobson went through his time as president, while I was serving on the board, he would often ask me what my legacy was going to be as president when I eventually made that climb. The question of legacy and specifically my legacy has crossed my mind multiple times. I know this may seem funny to those with a few more gray hairs on their heads than I have with my thirty something year old mop top but it's a serious consideration.

I think I've eventually decided what the answer to that question is. Bare with me a second and I'll eventually meander to that point. I'll start with one of my goals as president, which is to help the society progress in a

*(Continued on page 9)*

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**PRESIDENT'S MESSAGE**  
**OUTGOING REMARKS**  
**PETER ACKER, MD PRESIDENT**  
*(Continued from page 1)*

boy, whenever my father and I were outside together doing yard work or throwing a ball, if a jet flew overhead, my father would stop and look up following its course until it

was out of sight. I couldn't quite understand his fascination with something so commonplace, not quite getting his explanation that there were no jets when he was a boy. I suppose my own children, similarly, don't understand my marveling at the Internet and other modern technologies. For example, the increasing advent of genetic treatments.

Greeks believed that man's fate was preordained and that even Zeus could not alter it. Today we are positing that fate lies in the genes, but we are not only predicting, we are also intervening. Even more troubling is the area of genetic surgery in which individual genes can be altered. This is certainly be a boon for people with specific genetic disorders such as cystic fibrosis and sickle cell anemia, but it raises the specter of humans directing their own evolution.

Change is exciting and one of the pleasures of medicine is the process of keeping up. Yet, I think it is also exciting to think of the ways in which medicine has not changed. The taking of a careful history, the thrill of coming up with an unusual diagnosis, the fact that we learn something new about a disease each time we encounter it, the human connection we feel when we are helping someone unravel a medical or even a personal problem. This daily feeling of connection to patients and to the community at large is a constant restorative for me. When I enter my office each morning, I look forward to the hustle and bustle of my office and even feel a bit privileged to be a foot soldier in what for me is still medicine's grand adventure: seeking answers to what is behind the next door.



**STOP THE TRAIN**  
**Elliot Barsh, MD**

***“Does your presence set the mood or are you just in a mood?”***

Hi everyone.

I hope our column finds you well.

Do we walk into the room feeling **invincible** because of who we are and all that we know, or are we ready to be **given** something new?

Yes, given!

Something that will **surprise** us, **delight** us, **worry** us, **sadden** us, or **shock** us?

***Will we let it bring out the best in us?***

We walk in to the exam room **“craving”** that the visit will be fast and we can quickly get to our next patient, and to the end of the day.

Our patients give us the chance to **have** more than that.

They give us the chance to **be** much more than that.

We can put down our expectations, let go of what we crave, and **willingly** meet our patients with an **open heart** and **clear mind**.

Our hearts and minds work **wonders** together.

We can share the **burden** of their illness, the **responsibility** of their treatment, the **exhilaration of their healing, or the sorrow** of their loss.

We change and grow with them.

Being responsible for each other does bring out the best in all of us.

As David Whyte would say, our patients **“bring us alive”!**

Thank you for reading.

Be safe.

*“The lunatic is in my head,…”*

The Phantom of the Organ

*“A well-lived life requires a physiology that adapts to changing demands.”*

**Dad Brain Is Real, and It's a Good Thing**

New science reveals parenting is transformative for men.

*“Past is present for my father.”*

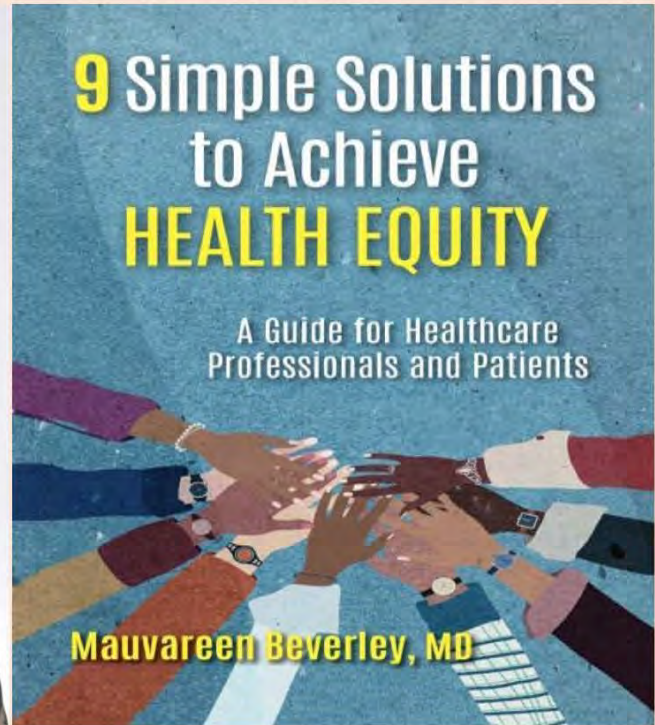
**He Couldn't Admit That He Was Hurt**

Serving in Vietnam had turned my father into an angry man. So we went back together.

*(Continued on page10)*

## BOOK SIGNING EVENT ON JULY 15TH

Join Dr. Mauvareen Beverley, author of *9 Simple Solutions to Achieve Health Equity* for an intimate conversation on improving healthcare outcomes for diverse patient populations.



The New Rochelle Public Library in the Ossie Davis Theatre  
Location: 1 Library Plaza, New Rochelle, NY 10801  
Date: July 15th, 2024  
Time: 6:00pm -7:45pm

**Conversation Moderated by:**

- Cassandra Dobson PhD, RN-BC.
- Kimberly Judon, BS, MPH.

**Acknowledgements:** Peekskill Branch NAACP: Dr. Ann Sullivan, NYS Commissioner of Mental Health and Cassandra Dobson, PhD, President of Westchester Sickle Cell Outreach (WSCO)

**Agenda:**

- Book Signing-6pm-6:30PM
- Discussion about her book with Moderators and attendees

## Exciting Announcement: Upcoming Book Release!

I'm thrilled to announce the upcoming release of my book, **9 Simple Solutions to Achieve Health Equity: A Guide for Healthcare Professionals and Patients**, available on Juneteenth

I truly believe my book is a game-changer that will shift the focus from health disparity to health equity for all, with a special emphasis on the African American/Black population. Inside, you'll find sustainable, innovative concepts like the "Bridge Team" and transformative "Stop in My Tracks" moments inspired by real patient stories, leading to practical, boots-on-the-ground solutions.

What sets my book apart is the active involvement of patients in developing these solutions. □

**ebook :** <https://www.amazon.com/dp/BoD73NNN2V>

**Get the paperback on Juneteenth:** <https://www.amazon.com/dp/BoD73NNN2V>

**My website** [drbeverley.com](http://drbeverley.com)

**Contact information:** [Mbeverleymd@gmail.com](mailto:Mbeverleymd@gmail.com)

Dr. Beverley will be having an interactive discussion with attendees about her book including book signing. There will be 2 moderators Kimberly Judon, BS, MPH, and Cassandra Dobson PhD, RN-BC.

Admission is free

**Date July 15, 2024**

**Time 6pm to 7:30pm**

**Place: New Rochelle Library-Ossie Davis Theatre**



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## MSSNY Podcasts

MSSNY

The Medical Society of the State of New York has created a number of podcasts on topics that are timely and relevant. In addition to weekly MSSNY Updates from the Division of Governmental Affairs, there are myriad timely and relevant podcasts on COVID-19 (both for physicians and patients) as well as a number of others on veterans, adult immunizations and emergency preparedness.

- |                 |              |
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### MSSNY Announces two NEW Podcasts on COVID-19

#### ★ A Discussion on COVID Vaccine for Patients ★

MSSNY President, Dr. Bonnie Litvack, President-elect, Dr. Joseph Sellers and Dr. William Valenti, Chair of MSSNY’s Committee on Infectious Diseases discuss vaccines currently available for COVID-19 and answer many questions patients may have about the vaccines.

#### ★ How to Talk to Patients About Vaccine Hesitancy ★

Dr. William Valenti, Chair of MSSNY’s Committee on Infectious Diseases discusses the history of vaccine hesitancy and offers sage advice to listeners on talking to vaccine hesitant patients.

★★The additions of these podcasts marks 100 podcasts published on the MSSNY Podcast website!★★



*FROM THE GUEST EDITOR...***INCOMING REMARKS****KHAM ALI, MD, PRESIDENT-ELECT***(Continued from page 2)*

manner that can work within the framework of our evolving profession ever changing methods of communication, and revolutionary technological advances. With Advent of AI and the rapid pace of evolution of technology we see that it is harder and harder to determine what is authentic. Now I'm not as well spoken as Dr. Molinelli, as wise as Dr. Ackler, or as smart as Dr Lee or any of the other esteemed colleagues with whom I serve on the board but what I am - is tenacious and more importantly authentic. When I say I want to do something I will do it. When I set out to accomplish something I will try to accomplish that thing to the best of my ability.

First and foremost, I want to continue to be an excellent ambassador for the society and physicians as a whole. I'll share a lesson from my father. I am a first generation South Asian American. My parents immigrated here to pursue the American dream and give a better lifestyle for me and my brothers. We grew up in a town with a 50% Italian and 50% Irish population and the town next to us was nearly completely Jewish, I think I still have my JCC membership card somewhere. Now, as the only Pakistani or Muslim people in a 10 mile radius my dad was hyper vigilant of our perception in the community. He would often be overly generous with tips to pizza delivery drivers, he would cut the grass of the neighbors, and be the first person over anyone's house with a wrench in one hand and a bucket in the other for that random pipe leak in the middle of the night. One day, I asked him "Dad, why are you doing all of this? We don't even know half of these people." He looked at me and said that we might be the only Pakistanis or Muslims that any of these people would ever come across so we should give them the absolute best impression possible. He instilled in me the idea to be the best representative of your community. You may be the only healthcare professional, administrator, medical society member, or human (when we come into contact with extraterrestrials) that the person or being on the other side of the interaction has ever come across. It's our duty to be the best representative of our community.

Another goal for this year is to help ensure that the medical society sustains into the future. Before I speak about why I want to sustain the medical society, I think it's important or actually vital to explain what exactly the medical society is and what it does. The medical society on a local and state level is a group of volunteer physicians who are dedicated to the creation of a practice environment that helps serve their patients in the most efficient way possible. In other words it's a group of Physicians who advocate for patients and physicians. My colleagues will agree that a lot of Physicians coming into practice currently are not aware of what the medical society does and if they need the medical society at all. The same applies to medical staff administration at local hospitals. They may not understand the need for the medical society. A specific, tangible goal this year is to simply educate Physicians coming into private practice (obviously less frequent ) as well as those under large group or hospital employment of the benefits of the medical society and to show them that we have value that can complement their employment structure and help them navigate this murky and probably uncertain future of medicine. I also want to continue to foster relationships with our local Hospital Administration and medical staff Societies and try to determine ways to derive value for them through the medical society. We need to understand as a healthcare community that the goals of the society are aligned with what is best for our patients and for medicine as a whole. A perfect example is the Wrongful Death Act which is set to come across Governor Hochul's desk for the third time. Actuarians (really smart numbers nerds) predict that this act will increase malpractice premiums by 40%. That 40% would apply to Mt Sinai, NYP, Montefiore, Northwell health, and the solo physician family practice down the street. This would be bad for everyone in healthcare. Unfortunately, some of us may have never even heard about this. I'll tell you who has, though, the medical society. The Medical Society of the State of New York has been actively and successfully petitioning and lobbying for the veto of this bill by Governor Hochul. And guess what, it worked. She vetoed it twice based on the exact ground we highlighted in our memos and petitions! It works, the medical society works.

In a world of Zoom meetings, artificial intelligence, chatbots, and deep fakes we have to continue to hold near and dear these in interpersonal

**STOP THE TRAIN****Elliot Barsh, MD***(Continued from page 5)**"Is the patient awake?"***To Preround or Not to Preround***By subtracting the present from the past, might it be possible to quantify the suffering you've endured?"***Snapshots****Sweet Darkness** *by David Whyte*When your eyes are tired  
the world is tired also.When your vision has gone  
no part of the world can find you.Time to go into the dark  
where the night has eyes  
to recognize its own.There you can be sure  
you are not beyond love.The dark will be your womb  
tonight.The night will give you a horizon  
further than you can see.You must learn one thing,  
The world was made to be free in.Give up all the other worlds  
except the one to which you belong.Sometimes it takes darkness and the sweet  
confinement of your aloneness  
to learnanything or anyone  
that does not bring you alive

is too small for you.

**FROM THE GUEST EDITOR...****INCOMING REMARKS****KHAM ALI, MD, PRESIDENT-ELECT***(Continued from page 9)*relationships and these in person meetings because  
without these opportunities we're no better than the

large language models living in cloud storage computing spaces and we might as well be code in a computers simply interacting with each other on a superficial basis. What sets us apart as humans, as people, as conscious rational beings is our ability to share stories of self, stories of the collective. Our ability to share emotions, share a smile, share a laugh, and raise a glass is what currently differentiates from these machines. Part of my mission this year is to show current members and prospective members that there is value in in-person meetings and in person interactions. I want to show them that there's something that cannot be replaced from a simple handshake, a pat on the back and a shared love of single malt scotch. Now, I don't know how long that's going to last. I know that soon, possibly in my lifetime, we will encounter reality where we go to a bar and they'll be a robot sitting there having a drink, maybe of motor oil or whatever. But THAT reality is not here, and THAT reality is not now. So, all we have is this chance right now and this moment that we are in right now. Let's take it. Let's enjoy our moments together as human, interactive beings. So in summary - the too long didn't read or TLDR if you're hip is 1) Be the best ambassador of your community that you can be. 2) Say "yes" to everything before you're 40 or 50 or 80 or 100 - I'll let you pick that number. 3) Take every opportunity to meet people in person. Despite what your mom told you, don't be afraid to talk to strangers, we're not 5 anymore. And yes, you can even take candy from them if you want. 4) I hope that we can band together as a healthcare community and use our strength in numbers and in our collective power. We have to push back against the antiquated and asphyxiating legal structure and profit maximizing calculated insurance companies if we want to truly set out to do what we started this journey for - to help patients. Anyway, let's raise our glasses to a hopeful brighter future for the medical society and healthcare as a whole. Thank you everyone for coming, for tolerating my rant, thank you to our wonderful sponsors, and please enjoy the rest of your dinner.



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**2024 Annual Meeting**  
Westchester County Medical Society  
Westchester Academy of Medicine  
June 4, 2024



**O**n Tuesday June 4<sup>th</sup>, the Westchester County Medical Society and the Westchester Academy of Medicine held their Annual Meeting at the Westchester Country Club in Rye, New York. About 100 members and guests enjoyed an evening of fellowship with colleagues and family, great food, networking, and the opportunity to interact with WCMS preferred business partners and sponsors. Outgoing WCMS President Peter Acker, MD, was thanked for his outstanding leadership and gave remarks on his time as President of the medical society (page 1). He also thanked his colleagues for all of their support throughout his year as President. Newly installed President Kham Ali, MD, an Emergency Medicine physician in Sleepy Hollow, gave his inaugural remarks which can be found on page two of this publication. Please join us in welcoming Dr. Ali as our next President who began July 1, 2024. Dr. Ali has served as an officer of the Westchester County Medical Society for the past 3 years and has also served as the Chair of the Young Physician's Committee. We are happy to welcome Dr. Ali as our new President and wish him a very successful term.

A special presentation was made to honor Derek Anderson, MPH, FACHE, Executive Director Northern Westchester Hospital, Northwell Health as our annual "Friend of Medicine" awardee. Mr. Anderson assumed the position in January 2020 after steadily progressing through the ranks at Northwell Health. Mr. Anderson joined Northwell in 2009 and held various positions in operations before he was named associate executive director in 2016. In this role, he had oversight for the daily operations of the 850-bed quaternary campus of North Shore University Hospital in Manhasset, New York. He was also responsible for the planning and execution of approximately \$740 million in capital projects during his tenure, including a \$625 million surgical pavilion expansion project, which opened in February of 2024. Recently at Northern Westchester Hospital, leading initiatives to successfully grow the organization in quality and state rankings, improving financial performance, launching a cardiac catheterization and electrophysiology program, and investments in community partnerships and health programs.

Another special presentation was made to Tara Buonocore-Rut, MHA, President & CEO CenterLight Healthcare PACE as our annual "Friend of the Society" awardee. This award is given each year to an individual or group who has helped the Society carry out its mission. Ms. Buonocore-Rut is President and CEO of CenterLight Healthcare and CEO of Kinship Health. She has devoted her career to the health and well-being of older adults and brings impressive expertise in strategic and operational business planning, financial management, dual eligible populations and long-term care. Buonocore-Rut joined CenterLight in 2020 and has since led efforts to restructure its care delivery, business development, business intelligence, and compliance functions – all in service of more integrated, higher-quality care. In 2023, Buonocore-Rut was appointed to CEO of Kinship Health, which will be operating PACE programs in multiple states in 2024, building on CenterLight's progress with PACE in New York.

We would like to thank all of the event sponsors and attendees for making it such a great evening. Without all of you, the work we do would not be possible.

**2024-2025 WCMS Officers:** Kham Ali, MD, MBA, President; Anaïs Carniciu, MD, President-elect; Marshal Peris, MD, Vice President; Thomas Lee, MD, Treasurer; Bruce Molinelli, MD, Secretary; Peter Acker, MD, Immediate Past President. WAM President Daniel Gold, MD



Thank you to all of our officers, guests, awardees and our friends for joining us on such a special evening. We hope to see you at future WCMS events throughout the year.!

Most events are free to members and are a great way to meet new people, network with your peers and form bonds that will last a lifetime. We encourage all of our members to join us when possible.

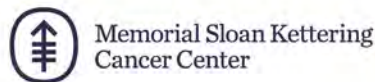


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