

11-15-2021

InTouch November 15, 2021

New York Medical College

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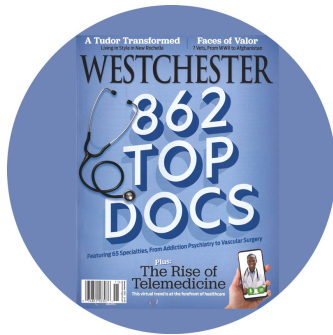
InTouch

a publication for the New York Medical College community

Week of November 15, 2021



NEWS



NYMC Faculty Named Top Docs by *Westchester Magazine*

NYMC was well represented in [Westchester Magazine's Top Doctors of 2021 listing](#). The list was compiled through Castle Connolly Medical Ltd., an independent health care research company. [View the list of NYMC faculty top doctors.](#)

IN THE COMMUNITY

Join the NYMC Fight Against Food Insecurity

The NYMC Food Insecurity Club and Medical Outreach Club are hosting a Thanksgiving Food Drive for those in need through November 24. A donation box for non-perishable food items such as canned vegetables, beans and boxed mashed potatoes is located in the Willner Lobby in the MEC and all donations will be distributed to the Mount Kisco Interfaith Food Pantry. For additional information, please email mmagover2@student.nymc.edu.



GSA Races to Raise Money for Feeding Westchester



The GSBMS Graduate Student Association (GSA) is hosting its second annual virtual 5K race from November 13-20, with all proceeds benefiting Feeding Westchester. The 5K aims to combat food insecurity in the Westchester Community, particularly during this upcoming holiday season. [Register for the 5K here](#). For additional information, please email jrenaud2@student.nymc.edu.

SOM Class of 2025 Gives Thanks

Members of the SOM Class of 2025 gathered for a "Friendsgiving" celebration on November 9, hosted by the Class of 2025 Student Senators and House Representatives in the MEC and BSB. Students shared their thoughts on being thankful for their deans, professors and peers and the importance of unity. The evening concluded with a Thanksgiving style-meal enjoyed by all. [View the Friendsgiving photo album](#).



ACCOLADES



Robert Amler, M.D., M.B.A., dean of the School of Health Sciences and Practice and vice president for government affairs, and **Sherlita Amler, M.D., M.S.**, clinical associate professor of pediatrics, adjunct professor of public health and senior fellow in the Center for Disaster Medicine, were speakers at a virtual assembly of Sound Shore residents about latest COVID-19 developments at the Larchmont-Mamaroneck Local Summit, "Navigating the COVID Vaccine and the Effect on Our Community," on November 9. The event included a lively Q&A session that covered vaccine boosters, persistence of masking recommendations, travel safety and the transient quality of immunity from natural COVID-19 infection.

On November 9, **George W. Contreras, M.E.P., M.P.H., M.S., CEM, FACEM**, assistant director of the Center for Disaster Medicine and assistant professor in the Institute of Public Health, conducted a three-hour workshop for an emergency medical technician (EMT) class for Empress EMS in Yonkers, New York. He discussed the importance of the intersecting worlds of EMS, disaster medicine, public health and



emergency management. The class is scheduled to complete their training in December and start to serve their communities soon thereafter.



The Westchester County Board of Legislators declared November 13, 2021, as Dr. Rifat Latifi Day in honor of **Rifat Latifi, M.D., FACS, FICS**, the Felicien M. Steichen, M.D., Professor and Chair of the Department of Surgery, in celebration of Albanian Heritage Month and in honor of his commitment to the health and well-being of the people of Westchester County and the world. In addition to his surgical skills, he was recognized for his efforts in helping to establish trauma and telehealth systems in rural areas and underdeveloped countries.

TIP OF THE WEEK

From the Culinary Medicine Interest Group:

November is Diabetes Awareness Month. Increased dietary fiber has been linked to many health benefits including lowering the risk of developing Type 2 Diabetes Mellitus.



EVENTS ON THE NYMC CALENDAR

DATE	TIME	EVENT
Tuesday, November 16	12:00 p.m.	Department of Radiation Medicine Grand Rounds
	12:15 p.m.	Department of Psychiatry and Behavioral Sciences Grand Rounds
	5:00 p.m.	Medical Education Grand Rounds
	6:00 p.m.	2021 Public Health Career Mentoring Session
Wednesday, November 17	6:45 a.m.	Department of Anesthesiology Grand Rounds
	8:30 a.m.	Department of Surgery Grand Rounds
	12:00 p.m.	Department of Medicine Grand Rounds
Thursday, November 18	7:00 p.m.	Department of Physical Therapy Information Session
Monday, November 22	12:00 p.m.	Department of Physiology Seminar
Wednesday, November 24	3:00 p.m.	NYMC Closes at 3:00 p.m.
Thursday, November 25	All Day	NYMC Closed: Thanksgiving

Friday, November 26	All Day	NYMC Closed: Day After Thanksgiving
Monday, November 29	12:00 p.m.	SOM/GSBMS Deans' Seminar Series

Add an event here to the NYMC calendar.

[Visit nyc.edu/calendar](https://nyc.edu/calendar) to view all events.

HIGHLIGHTS



The Seasonal Flu Vaccine is Now Available at NYMC

The Family Health Center has the regular vaccine dose and the high dose for seniors. Faculty and staff can contact the Family Health Center at (914) 828-0435 to make an appointment, although walk-ins are welcome. Students can contact Health Services at (914) 594-4234 to schedule an appointment.



NYMC Free Community Food Pantry

The [NYMC Free Community Food Pantry](#), located outside of the Alumni House at 20 Sunshine Cottage Road, is stocked with non-perishable food items and other items donated by the NYMC community.



Yoga Class for Faculty and Staff

Virtual yoga class led by certified yoga instructor Mary Butler-Fink.

Mondays | 5:30 p.m. | [Zoom](#)
Meeting ID: 489 054 8060; Password: YOGA
One tap mobile +19292056099 (for dial in)

IN THE NEWS

Faculty News

[Health insurers' 2021 looking like a rerun of last year](#)

Modern Healthcare (login required) - 11/11/2021

Adam E. Block, Ph.D., assistant professor of public health in the Division of Health Policy and Management

[How to Tame a Hot Flash](#)

AARP - 11/11/2021

Alyssa Dweck, M.D., adjunct assistant professor of obstetrics and gynecology

[Inside the Meteoric Rise of Telemedicine in Westchester](#)

[Women's Leadership Council Event \(Page 28\)](#)

Westchester and Fairfield County Business Journal - 11/8/2021

Sherlita Amler, M.D., M.S., clinical associate professor of pediatrics, adjunct professor of public health and senior fellow in the Center for Disaster Medicine
Judith M. Watson, R.N., B.S.N., M.P.H. '07

[Adolescent Chronic Fatigue Syndrome & Myalgic Encephalomyelitis](#)

ProHealth - 11/5/2021

Julian Stewart, M.D., Ph.D., professor of pediatrics, medicine and physiology

Westchester Magazine - October 2021
Neil W. Schluger, M.D., the Barbara and
William Rosenthal Chair of the Department
of Medicine

[How Menopause Changes Your Skin as
You Age, According to Dermatologists](#)

Good Housekeeping - 11/8/2021
Shoshana Marmon, M.D., Ph.D., clinical
assistant professor of dermatology

[Overlapping Conditions With Chronic
Fatigue Syndrome & Myalgic
Encephalomyelitis](#)

ProHealth - 11/5/2021
Julian Stewart, M.D., Ph.D., professor of
pediatrics, medicine and physiology

[Last holiday season saw a deadly
COVID surge. Here's what doctors say
to expect this year.](#)

Poughkeepsie Journal - 11/5/2021
Donald S. Chen M.D., assistant professor
of medicine

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