

WESTCHESTER PHYSICIAN

October 2025

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PRESIDENT'S MESSAGE

UPCOMING TOWN HALL MEETING

Anaïs Carniciu, MD

As the fall season settles in, I'm excited to share something new we're launching at the Westchester County Medical Society! Our first-ever **virtual Town Hall Meeting** is happening on **Monday, November 10th at 7:30 PM via Zoom**.

This isn't just another meeting on your calendar. It's a chance for us to talk, listen, and exchange ideas in real time. Our goal is to create a space where every Westchester physician feels heard and connected. It's also a wonderful opportunity to **meet our Board members**, learn more about what we're working on, and discover ways to **get more involved** in shaping the future of our Society.

Whether you'd like to discuss challenges in your daily practice, share thoughts on legislation and advocacy priorities, or suggest how WCMS can better serve our community, this is your moment to make your voice count.

To help us prepare, please send in your questions or comments by **November 5th** using the **anonymous Google form** linked in your email (one form per topic works best). Our officers will review submissions in advance so we can address as many as possible during the session. Don't forget to **register to attend** using the Zoom link in the same email and on page 9, it just takes a moment.

I'm truly looking forward to this conversation. As physicians, we're navigating an increasingly complex landscape, including shifting regulations, legislative threats to our profession, workforce challenges, and the evolving role of technology and artificial intelligence in care. The best way forward is together, through open dialogue and shared understanding.

I hope you'll take this opportunity to join us, reconnect with colleagues, and engage directly with WCMS leadership. Your input and participation will help guide the work we do, from advocacy and education to community outreach, in the months ahead.

See you online on November 10th...I can't wait to hear your thoughts!

Warmly,

Anaïs Carniciu, MD

President, Westchester County Medical Society

(Town Hall Meeting Info on page 9)



ANAÏS CARNICIU, MD
President, WCMS

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Upcoming Events:

WCMS Town Hall
Monday, Nov 10, 2025
Virtual Format

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FROM THE EDITOR...

**MY STROKE IN THE FAST LANE, A
JOURNEY TO RECOVERY—BY BONNI BRODRICK
PETER ACKER, MD**



As physicians, we are tasked with diagnosing and treating our patients with a variety of illnesses. An important first step in diagnosis is listening carefully to the narrative and as we are taught in medical school, the solution to the diagnostic dilemma is often contained in the words of the patient. Our search for answers is aided tremendously if we know the patient well. Primary care physicians who cultivate relationships and take the time to really know their patients, are better equipped to make an accurate diagnosis. However, many conditions are instantly diagnosed and the challenge is treating the patient and aiding in their recovery. To that end, I think it is equally important to spend time with the patient to hear the narrative of their experience of the already diagnosed condition. Reading these accounts I believe is an important part of our continuing medical education. Bonni Broderick's account of her experience as a survivor of a stroke is a must read especially for neurologists, but also any physician who cares for illnesses that have a long slow recovery.

Illness narrative is a broad category and can be by caregivers, patients or family members. Accounts of illness were rare before the 1950's. Since then many books have enhanced our understanding of the patient experience and often detail the sometimes dehumanizing aspect of modern medicine. A prominent example is Norman Cousins's **Anatomy of an Illness As Perceived by the Patient: Reflections on Healing and Regeneration** which recounts his long recovery from ankylosing spondylitis. Also, there are many narratives written by physicians themselves, such as **Stronger**, Dinesh Palipana's account of his car accident while in medical school, that caused him to be quadriplegic.

Bonni Broderick, a professional writer who has had a long career writing for House & Garden, Children's Television Workshop, and author of **Pound Ridge Past**, was driving home on an Easter Sunday morning on an interstate highway, when she suffered a stroke. Luckily, her 86 year old mother who was in the front passenger seat was able to grab the steering wheel and avoid a collision with another automobile by crashing into a guardrail. She was transported quickly to Yale New Haven Hospital, where she received emergency treatment to dissolve the clot before it could inflict further damage. However, she was left unable to walk, talk or swallow. Her recovery was painfully slow. Having this type of injury is especially dire for a person who relies on language for her livelihood, similar to a professional athlete critically injuring a limb.

Bonni persevered and her account of her therapy, her family members' involvement and her determination is tremendously moving and inspirational. She injects humor and positive anecdotes throughout. One chapter entitled "Adieu, Ambien Addiction" details her year's long dependence on the drug and leads her to conclude that it was almost worth having a stroke. She also recounts her relationships with family

(Continued on page 6)

Attention Westchester County Medical Society Members



SAVE 10%
on your medical liability
insurance



Acadia Professional, Doctor.com, A Press Ganey Solution, and MLMIC Insurance Company are working together to offer you bigger savings. This is an opportunity for qualifying physicians to get the highest quality liability insurance at an even lower cost - thanks to an **exclusive 10% discount for Doctor.com members.**

For more information on this program, please contact MLMIC's Doctor.com Program Administrator, Acadia Professional, at info@acadia.pro or (862) 325-5929. You may also contact MLMIC at (800) ASK-MLMIC or your broker.

MLMIC offers a range of discounts that when combined, can yield potential savings of up to 30%.

The RPG discount amount is reviewed annually and is subject to upward or downward adjustment (including removal altogether) pending approval by the NYS Department of Financial Services, and is based on the overall loss experience of the RPG's members.

All references to MLMIC refer to MLMIC Insurance Company, P.O. Box 1287, Latham, NY 12110.



VETERANS MENTAL HEALTH TRAINING INITIATIVE CONFERENCE

 Saturday, November 1, 2025

 8:30 AM – 11:30 AM

 Virtual ½ Day Conference

Audience

Physicians, Social Workers, Community Mental Health Professionals, Legislators

Educational Objectives

- ★ Recognize common health and mental health challenges faced by veterans, including PTSD, depression, substance use, and chronic illness
- ★ Understand the role of the Veterans Mental Health Training Initiative in improving clinician competency
- ★ Apply evidence-based practices and strategies to support veterans transitioning from military to civilian life
- ★ Implement best practices for identification, treatment, referral, and collaborative care to strengthen support for veteran patients

 Click [here](#) to register

Funding Provided By

New York State Senate Legislative Grant & New York State Office of Mental Health

Hosted By

Medical Society of the State of New York & New York State Psychiatric Association

Accreditation

The Medical Society of the State of New York (MSSNY) is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

The Medical Society of the State of New York designates this live activity for a maximum of 3.0 **AMA PRA Category 1 Credits™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Questions – Please contact Nicholas Hospodar at nhospodar@mssny.org – or –

Donna Gajda at centraloffice@nyspsych.org

STOP THE TRAIN Elliot Barsh, MD

(Links to articles mentioned are found in the body of this piece)

“Are we ready?”

Hi everyone.

Welcome back.

What does it mean to be *ready*?

We face this question every day, with ourselves, and with every patient we see.

The dictionary says that it means to be *prepared*.

That says nothing about whether we *want* to do this, or go there, or not!

We may want to make a change, or want our patient to start a new habit, but we *hesitate* and convince ourselves that we are not ready yet.

We are officially *stuck*!

How do we get unstuck?

We change our language.

Instead of asking if we are *ready*, let's ask ourselves if we are *willing*!

Willing is a great word!

It *empowers* us! (and our patients)

We decide for ourselves, instead of feeling like someone else is deciding for us.

It gets us out of our own *head*, and into our *heart*.

We stop thinking about *ourselves*, and start thinking about what we want to be a part of.

We stand *straight*, head *up*, eyes *forward*, and look *ahead* to what is *possible*.

When we are *willing*, we can go *beyond* who we are and...

...ask,

...listen,

...try,

...do,

...give,

...serve.

We don't have to be ready to be willing!

Are we willing?

Thanks for reading.

Be safe.

E

“I can live without one of my kidneys, but not without a father.”

The Serendipitous Dance Between life and Death

“We need a village, but are we willing to be a part of one?”

It's Not Normal to Raise Children Like This

We long for community. Why do so few of us try to build it?

“We are at our best when we serve the whole patient.”

Dr. Kolhouse and the Cowboy



Willin'
spotify.link

(Continued on page 6)

STOP THE TRAIN**Elliot Barsh, MD***(Links to articles mentioned are found in the body of this piece)**(Continued from page 5)***The Ponds****by [Mary Oliver](#)**

Every year
the lilies
are so perfect
I can hardly believe

their lapped light crowding
the black,
mid-summer ponds.
Nobody could count all of them --

the muskrats swimming
among the pads and the grasses
can reach out
their muscular arms and touch

only so many, they are that
rife and wild.
But what in this world
is perfect?

I bend closer and see
how this one is clearly lopsided --
and that one wears an orange blight --
and this one is a glossy cheek

half nibbled away --
and that one is a slumped purse
full of its own
unstoppable decay.

Still, what I want in my life
is to be willing
to be dazzled --
to cast aside the weight of facts

and maybe even
to float a little
above this difficult world.
I want to believe I am looking

into the white fire of a great mystery.
I want to believe that the imperfections are nothing

--

that the light is everything -- that it is more than the
sum
of each flawed blossom rising and fading. And I do.

*FROM THE EDITOR...*

**MY STROKE IN THE FAST LANE, A
JOURNEY TO RECOVERY—BY BONNI
BRODNICK**

PETER ACKER, MD*(Continued from page 2)*

members such as her talks with her daughter a medical student, and her experience preparing and participating in her son's wedding.

As stated, physicians and other medical caregivers should read this book. I would also recommend this for victims of stroke in that it contains much practical information such as keeping a notebook and the power of positive thinking. Also inspiring is that this very well written book is evidence of her recovery as a writer such as watching that athlete who seriously injured his leg, race down the sidelines for a touchdown!



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Westchester County Medical Society – Provider News

SHIN-NY Statewide Alerts Are Coming – Powered by HealtheConnections *Smarter Alerts. Better Outcomes. Trusted Statewide.*

HealtheConnections has been selected to provide Statewide Encounter Alerts for the Statewide Health Information Network for New York (SHIN-NY), marking a significant step forward in supporting a more connected, responsive, and patient-centered healthcare system across the state. Get alerted when your patients are admitted to or discharged from hospitals and emergency departments, no matter where in New York they receive care or which health information exchange (HIE) you currently participate with.

The majority of organizations in Westchester are already connected, so by [submitting a quick request](#), we can get you on the list for launch in the coming weeks.

- **Stay updated with real-time hospital and ED notifications**
- **Coordinate care more efficiently across teams and organizations**
- **Identify high-risk patients and act earlier with readmission risk scoring**
- **Support quality measures and close care gaps with analytics**
- **Target only those patients you have an active treating relationship with**
- **Connect directly with your EMR**

Learn more in just a few minutes at healtheconnections.org/alerts.



"We are honored to be selected to provide SHIN-NY Statewide Encounter Alerts across all regions of the state, and to continue driving innovation that improves care through health information exchange. This solution sets a new standard for scalability, reliability, and actionable insights—ensuring that healthcare providers have real-time access to their patients' hospital and emergency encounter data from anywhere in New York. Care teams will be able to better coordinate care, make more informed decisions, and manage high-risk patient populations more easily."

-Elizabeth Amato, President and CEO, HealtheConnections

HealtheConnections is proud to partner with PointClickCare, a leading health tech company, to power this initiative. Their platform is intuitive, fast, and offers new features like readmission risk scores and analytics. [See how the platform works in this video.](#)

SHIN-NY Statewide Encounter Alerts, powered by HealtheConnections, will be available Fall 2025. To get started, visit healtheconnections.org/alerts.



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WESTCHESTER COUNTY MEDICAL SOCIETY

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- OPMC Defense
- Compliance Issues
- Employment Disputes
- Real Estate Leases and Purchases
 - Corporate Transactions
 - Litigations and Arbitrations
 - Audits and Investigations

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FULL-SERVICE, ONE FOCUS: HEALTH CARE

VIRTUAL TOWN HALL MEETING

Shape our society's future! We invite you to our upcoming virtual Town Hall Meeting, a vital platform for your ideas and opinions to be heard and make an impact.



Scan to submit comments/questions by November 5

Submissions are anonymous

SAVE THE DATE



Monday

November 10, 2025



Start At

7:30PM-8:30PM



Zoom

Meeting ID: 881 9725 0535

Passcode: 547259



Register Here

JOIN US



914-967-9100



wcms.org

The Power Pitch: Make Your Minute Count

**Hosted by Cornell's Executive
MBA/MS in Healthcare Leadership**

Join us in Westchester for an exclusive networking event led by Nicole Woodard, Senior Associate Director for Cornell's EMBA Programs. Learn how to deliver impactful 60-second pitches while you connect with program alumni and our admissions team.

**Wednesday, November 19
5:30-7:30 PM EST
Hudson Grille, White Plains, NY**

Register to Attend
Scan the QR code



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**MSSNY****Doctors Inc.****Beyond the Bedside****Live Zoom Webinar Series****Answers Every
Resident Needs****SCAN ME****9/6**
SATURDAY**FROM RESIDENCY TO
PRACTICE: Navigating
Contracts and Coverage****10/4**
SATURDAY**PROTECT YOURSELF ON
PAPER: Smart Charting,
Coding & Legal Risk****11/1**
SATURDAY**FROM COURTHOUSE TO
CAREER MOVES: What
Every Resident Needs to
Know****All Sessions Start at 10 AM****DID YOU KNOW?**

Your first year of MSSNY resident membership is free. Join today to unlock additional resources and support.

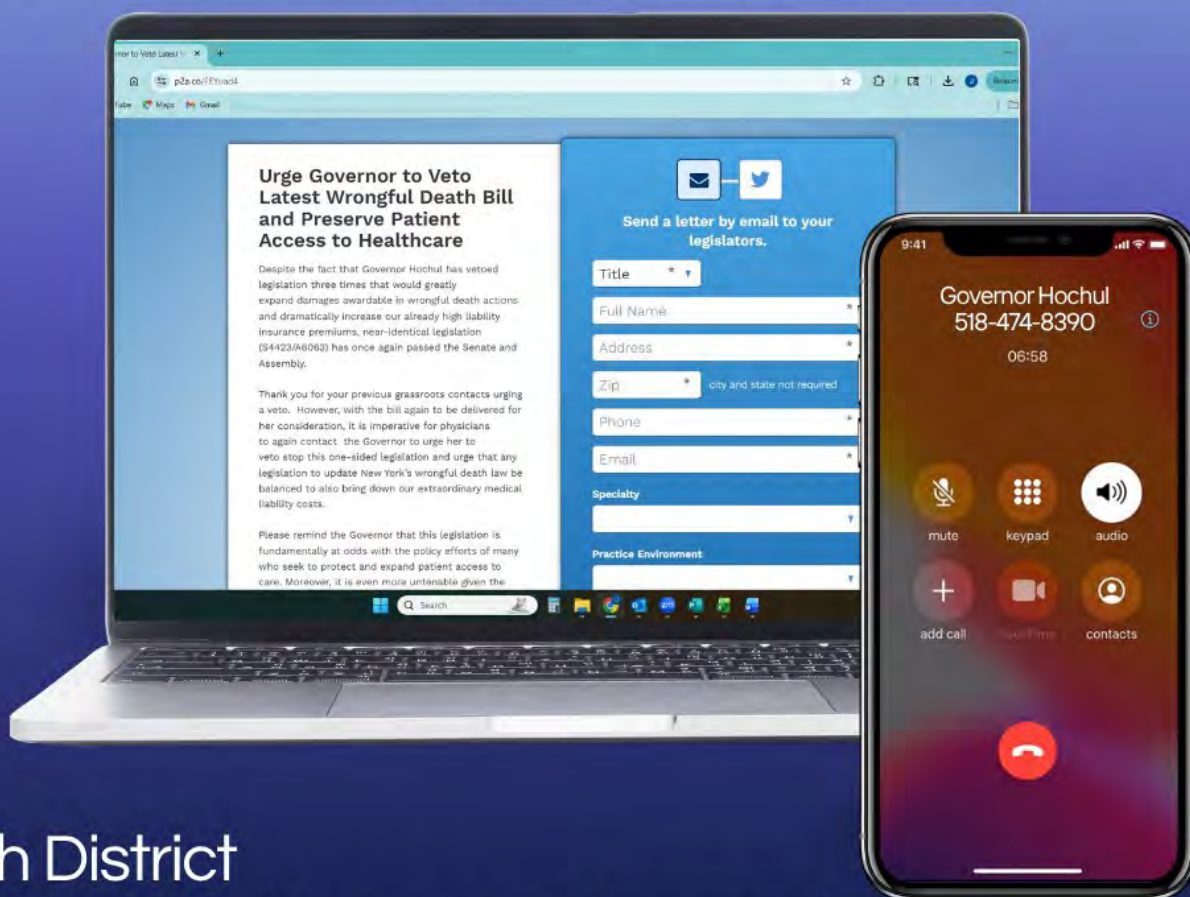
CALL TO ACTION

9TH DISTRICT CALL NOV 13, 2025

Despite the fact that Governor Hochul has vetoed legislation three times that would greatly expand damages awardable in wrongful death actions and dramatically increase our already high liability insurance premiums, near-identical legislation (S4423/A6063) has once again passed the Senate and Assembly.

Thank you for your previous grassroots contacts urging a veto. However, with the bill again to be delivered for her consideration, it is imperative for physicians to again contact the Governor to urge her to veto stop this one-sided legislation and urge that any legislation to update New York's wrongful death law be balanced to also bring down our extraordinary medical liability costs.

Please remind the Governor that this legislation is fundamentally at odds with the policy efforts of many who seek to protect and expand patient access to care. Moreover, it is even more untenable given the potentially drastic cuts to New York's healthcare system that could arise from legislation out of Washington.



9th District
Call or Email to oppose
November 13, 2025

MSSNY Grassroots Action Center





Become a participating provider.

PACE offers a whole new level of care for your patients.

Partnering with CenterLight Healthcare PACE offers benefits to your practice, while helping your patients live safely and independently in their own homes and communities.

Culturally diverse Interdisciplinary Team (IDT) includes, but is not limited to, nurses, rehab therapists, social workers, dietitians, and therapeutic recreation specialists.

- ✓ One payor source for all Medicare, Medicaid, prescription drugs and over-the-counter (OTC) items.
- ✓ Improved engagement with patients encourages regular preventive care visits to your practice.
- ✓ Collaboration with IDT to facilitate same day urgent care access and transition of care services.
- ✓ Pharmacy team assists with medication review and reconciliation.
- ✓ Chronic illness management through targeted programs.
- ✓ My Needs Card to help with basic needs, including food, grocery items, toiletries and more.
- ✓ Transportation coordination helps reduce no-shows.

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For more information, contact ProviderRelationsRequest@centerlight.org

Service area: Bronx, Brooklyn, Manhattan, Nassau, Queens, Staten Island, Westchester and Western Suffolk. Sites include adult-day centers.