

MICHAEL J. WOLK '60, MD,  
CONFERENCE ON  
MEDICAL EDUCATION

TRENDS IN CONTEMPORARY HEALTH CARE

SEPTEMBER 27-28, 2024



COLGATE UNIVERSITY  
Hamilton, NY

Welcome to the 2024 Michael J. Wolk '60, MD, Conference on Medical Education. This year's program will focus on the challenges and opportunities facing U.S. health care. Keynote speakers and panelists from a number of health care professions and organizations will address equity and access through that lens. Presenters include alumni and friends of the Colgate community.

This conference is an exceptional platform to learn about the medical field. It is sponsored by the Michael Wolk Heart Foundation.

**A SPECIAL THANK-YOU TO THE 2024 CONFERENCE PRESENTERS:**

**Edna Akoto '05**, MD, Montefiore Health Systems

**Leila Amiri**, PhD, Associate Dean for Admissions, The Robert Larner, M.D. College of Medicine at the University of Vermont

**Kristin Andres '14**, PA, Massachusetts General Hospital

**Vincent Betti '21**, MS4, University of Rochester School of Medicine and Dentistry

**Allison Bowers**, MPH, RDN, CDN, Colgate University

**Jennifer Dias '16**, MS4, Icahn School of Medicine at Mount Sinai

**Erin Hendry '20**, MS3, University of Rochester School of Medicine and Dentistry

**Emily Johnson**, DMD, Bassett Healthcare Network

**Johna Joseph '22**, MS3, Northwestern University Feinberg School of Medicine

**Soorena Khojasteh '03**, MD, Systems Chief, Pain Medicine Main Line Health

**Raena Khorram**, MD, Bryn Mawr Mental Health and Wellness

**Jake Kleinmahon '07**, MD, Medical Director of Pediatric Heart Transplant and Heart Failure at Cohen Children's Medical Center

**Adam Kurish '04**, MD, Atlantic Internal Medicine and Pediatrics

**Caitlin Lamison-Myers**, PT, DPT, Community Memorial Hospital

**Aisha Lubega '08**, DNP, FNP-C, Upstate Medical University Hospital

**Skye Maisel '21**, MS2, Upstate Medical University Norton College of Medicine

**Jon Sendach '98**, FACHE, Deputy Regional Executive Director, Central Region, and Executive Director, North Shore University Hospital at Northwell Health

**Michael J. Wolk '60, H'04**, MD, Clinical Professor of Medicine, Weill Cornell Medical College

# SCHEDULE OF EVENTS

All events take place in Olin Hall, Love Auditorium, unless otherwise indicated.

## FRIDAY, SEPTEMBER 27

- 4–6 p.m.**                    **Registration**  
*Love Auditorium Lobby, Olin Hall*
- 4:30–4:45 p.m.**           **Welcome**  
Lesleigh Cushing, PhD, Provost and Dean of the Faculty; Mark S. Siegel  
University Professor in Religion and Jewish Studies
- 4:45–5:30 p.m.**           **Keynote: Challenges and Opportunities Facing American Health Care**  
Michael J. Wolk '60, MD, Clinical Professor of Medicine, Weill Cornell Medical  
College
- 5:30–6:15 p.m.**           **Keynote: Beyond the Stethoscope — A Physician's Insights Into  
Health Care's Hurdles and Hopes**  
Jake Kleinmahon '07, MD, Medical Director of Pediatric Heart Transplant and  
Heart Failure at Cohen Children's Medical Center
- 6:15–6:30 p.m.**           **Questions and Answers**

## SATURDAY, SEPTEMBER 28

- 7:45 a.m.–3 p.m.**           **Registration**  
*Love Auditorium Lobby, Olin Hall*
- 7:30–8:15 a.m.**           **Breakfast**  
*Second Floor Atrium, Olin Hall*
- 8:30–9:30 a.m.**           **Panel of Physicians From Various Specialties**  
Edna Akoto Osei '05, MD, Montefiore Health Systems  
Adam Kurish '04, MD, Atlantic Internal Medicine and Pediatrics  
Jake Kleinmahon '07, MD, Medical Director of Pediatric Heart Transplant and  
Heart Failure at Cohen Children's Medical Center  
Soorena Khojasteh '03, MD, Systems Chief, Pain Medicine Main Line Health  
Raena Khorram, MD, Bryn Mawr Mental Health and Wellness  
MODERATOR: Ellen Larson, MD, University Physician
- 9:45–9:55 a.m.**           **Questions and Answers**
- 10–10:50 a.m.**           **From Commerce to Clinics: How Corporate Giants Are Disrupting  
Health Care Delivery in the U.S.**  
Jon Sendach '98, FACHE, Deputy Regional Executive Director, Central Region,  
and Executive Director, North Shore University Hospital at Northwell Health
- 10:50–11 a.m.**           **Questions and Answers**
- 11–11:15 a.m.**           **Break**

- 11:15 a.m.–noon**      **Panel of Health Care Professions**  
Kristin Andres '14, PA, Massachusetts General Hospital  
Allison Bowers, MPH, RDN, CDN, Colgate University  
Emily Johnson, DMD, Bassett Healthcare Network  
Caitlin Lamison-Myers, PT, DPT, Community Memorial Hospital  
Aisha Lubega '08, NP, Upstate Medical University Hospital  
MODERATOR: James Reed, Health Sciences Career Advisor, Career Services
- Noon–12:15 p.m.**      **Questions and Answers**
- 12:15–1:30 p.m.**      **Lunch**  
*Second Floor Atrium, Olin Hall*  
Small group discussions with physicians and other health care professionals
- 1:45–2:45 p.m.**      **Showcasing Excellence: The Power of Holistic Review in Medical School Applications**  
Leila Amiri, PhD, Associate Dean for Admissions, The Robert Larner, M.D. College of Medicine at the University of Vermont  
MODERATOR: Julie Chanatry, PhD, Chair, Health Sciences Advisory Committee
- 2:50–3:55 p.m.**      **A Day in the Life of Medical Students**  
Jennifer Dias '16, MS4, Icahn School of Medicine at Mount Sinai  
Vincent Betti '21, MS4, University of Rochester School of Medicine and Dentistry  
Erin Hendry '20, MS3, University of Rochester School of Medicine and Dentistry  
Johna Joseph '22, MS3, Northwestern University Feinberg School of Medicine  
Skye Maisel '21, MS2, Upstate Medical University Norton College of Medicine  
MODERATOR: Julie Chanatry, PhD, Chair, Health Sciences Advisory Committee
- 3:55 p.m.**      **Summary and Adjourn**  
Michael J. Wolk '60, MD, Clinical Professor of Medicine, Weill Cornell Medical College

# PRESENTER BIOGRAPHIES

## **Edna K. Akoto '05, MD, FAAP**

Dr. Edna Akoto was born and raised in Kumasi, Ghana, and emigrated to the U.S. at age 11. The rest of her childhood was spent in the Bronx, NYC. After her collegiate years at Colgate, Akoto completed a postbaccalaureate program at City College-City University of New York. She graduated from Albert Einstein College of Medicine in 2011 and subsequently trained at New York Presbyterian-Columbia University in the pediatric residency program. In the years post-residency, Akoto initially worked at a community health center in the Upper West Side neighborhood in NYC and later at a small private practice in the Kingsbridge neighborhood of the Bronx. Akoto currently works for Montefiore Medical Center's School Health Program providing urgent and well-child care to students in different school settings. Her passion is in working with and caring for families from minority, uninsured, and underserved communities.

## **Leila Amiri, PhD**

Dr. Leila Amiri serves as the associate dean for admissions and assistant professor in psychiatry at the Robert Larner, M.D., College of Medicine at the University of Vermont. She oversees admissions and recruitment for both campuses of the College of Medicine. Her commitment to a holistic review in admissions and her unwavering support for students in achieving their academic and professional goals are a testament to her passion and dedication.

Amiri began her career in higher education as an undergraduate peer adviser. Over her career, she has worked with students at seven different institutions as an adviser, faculty member, administrator, and mentor. In medical education, she has engaged in leadership at the national level as the liaison for the committee on admissions for the Association of American Medical Colleges (AAMC), member of the AMCAS Advisory Committee, member of the Advancing Holistic Review Initiative, an AAMC holistic review facilitator, and a two-year term as chair of the combined bachelor-MD affiliate group. She is currently the national chair of the GSA Professional Development Initiative and the Northeast representative to the committee on admissions.

Amiri's research interests are focused on the process of student learning in the context of medical education and transitional times in a student's academic journey. Her work delves into the intricacies of human cognition and reasoning, offering valuable insights into these areas.

## **Kristin Andres '14, PA**

After graduating from Colgate, Andres worked as a medical scribe in a primary care office before attending Yale University's physician associate program. Since graduating from Yale in 2017, she has worked as a physician assistant in the cardiac surgery service at Massachusetts General Hospital in Boston. She works on the step-down unit caring for pre- and post-operative surgical patients. She also works in the operating room where she performs endoscopic vein harvesting for bypass surgery, in addition to assisting with other aspects of surgery.

## **Vincent Betti '21**

Vincent (Vinny) Betti is a fourth year medical student at the University of Rochester School of Medicine and Dentistry. He is currently applying to psychiatry residency after exploring several areas of research within the field, including associations between mental health disorders and cardiac surgery, COVID-19 vaccination hesitancy, new-onset bipolar disorder, and the emotional impact of routinely weighing patients at primary care offices. While a student at Colgate, Betti double majored in biochemistry and Spanish. Additionally, he was involved in the lab of Professor Jacob Goldberg, where he worked on kinetic experiments as well as organic syntheses of peptides for characterization of small molecule zinc sensors.

## **Allison Bowers, MPH, RDN, CDN**

Allison Bowers is a registered dietitian nutritionist who earned her bachelor's degree in dietetics from James Madison University and completed her dietetic internship at the University of Saint Joseph. She holds a master's degree in public health in social behavioral science and health communication from Boston University. Following a clinical career focused on cardiac and neurointensive care and neurodegenerative diseases, she is currently Colgate University's dietitian specialist where she focuses on sports nutrition, eating disorder management, and medical nutrition therapy. Bowers has held numerous dietetic leadership positions at both the state and local levels and is currently the PR and media chair for the New York State Academy of Nutrition and Dietetics, and the president of the Mohawk Regional Dietetics Association. In her free time, she is an avid runner and enjoys being a new mom to two little boys.

## **Jennifer Dias '16**

Jennifer (Jenn) Dias is a fourth year medical student at the Icahn School of Medicine at Mount Sinai in New York City, applying to emergency medicine. She graduated from Colgate University in 2016, where she majored in biology and Spanish and ran Division I Varsity Track and Field. Between college and medical school, Dias worked as a research assistant at Brigham and Women's Hospital, developing web-based interventions for women with a history of gestational diabetes. In her preclinical years of medical school, she significantly contributed to the medical school and East Harlem communities, earning the Irwin Gelernt, MD Leadership and Community Service Award in 2021 in recognition of her COVID-19 response efforts. Later, Dias co-wrote and led a Josiah Macy, Jr. Foundation grant-funded project during an academic gap year, focused on developing change management skills to address culture, racism, and bias in 11 medical schools.

As a research trainee, she continued to work with the same interdisciplinary research team for eight years, expanding her scholarship in quantitative and qualitative research across clinical, academic, and community-based settings. She is eager to increase her leadership capacity, reenvisioning systems for high-quality emergency care services, with hopes of pursuing an executive MBA or a fellowship in EM administration. Dias is a proud big sister and enjoys singing and boxing in her free time.

## **Erin Hendry '20**

Erin Hendry is a third year medical student at the University of Rochester. In medical school, she has been actively involved in child neurology research, specifically in Tourette syndrome and was the recipient of the Child Neurology Foundation's 2023 Neurodevelopmental Disabilities Summer Research Scholarship. Before matriculating to medical school, Hendry worked for two years as a research assistant at Beth Israel Deaconess Medical Center in Dr. Roy Freeman's Autonomic Neurology Lab. At Colgate, Hendry majored in cellular neuroscience and minored in history. She was actively involved with club ultimate Frisbee, the beekeeping club, and was a Golden Fellow. Following medical school, Hendry is interested in completing her residency in child neurology.

## **Emily A. Johnson, DMD**

Dr. Emily Johnson graduated with honors from Yale University, where she studied sociology with a concentration in religious studies. She earned her DMD at the University of Pennsylvania School of Dental Medicine and completed her general practice residency at Kings County Hospital Center in Brooklyn, N.Y. Johnson works for Bassett Healthcare as a general dentist at its Hamilton-Madison health center. She is also active in the county, district, and state dental societies. Presently, she serves on the district's board of governors, chairs the peer review committee for Oneida-Herkimer and Madison counties, and represents the district on NYSDA's Council of Dental Benefits. Johnson enjoys having Colgate students shadow her in the office to experience the unique benefits and challenges of working in a small, rural community. She currently resides in Hamilton with her husband, Vijay Ramachandran, an associate professor of computer science at Colgate, and her daughter, Iris, who is 6 years old.

## **Johna Joseph '22**

Johna Joseph is an MS3 at Northwestern University Feinberg School of Medicine. Originally from Haiti, Joseph graduated from Colgate University with a chemistry degree. He distinguished himself as a track and field athlete, the founder of Pre-health Pathways at Colgate, and a Golden Fellow. As a recipient of the Health Professions Scholarship Program, Joseph is also a U.S. Navy officer while pursuing his medical degree.

In the realm of research, Joseph is actively involved in studies addressing disparities in plastic surgery reconstruction for breast cancer patients of color while also pursuing academic enrichment with neuroradiology research. Outside of his career aspirations, Joseph has a rich background in music, and plays the piano and guitar as well as writing music of his own. Additionally, he is passionate about giving back to the community and volunteers as a tutor for the Chicago Youth Program.

## **Soorena Khojasteh '03, MD**

Dr. Soorena Khojasteh was raised in Poughkeepsie, N.Y., before attending Colgate University. Following his 2003 graduation, he attended Sidney Kimmel Medical College of Thomas Jefferson University and completed residencies in general pediatrics and anesthesiology at the Children's Hospital of Philadelphia and the Hospital of the University of Pennsylvania, respectively. Khojasteh later completed a fellowship in pediatric and adult pain medicine at Boston Children's Hospital, Brigham and Women's Hospital, and Beth Israel Deaconess Medical Center. Being triple-boarded in pediatrics, anesthesiology, and pain medicine, he now serves as chief of pain medicine at Main Line Health in suburban Philadelphia, Pa. Khojasteh's practice focuses on opioid-sparing methods of providing pain relief including non-opioid multimodal analgesics and minimally invasive pain relieving procedures.

## **Raena Khorram, MD**

The founder of Bryn Mawr Mental Health and Wellness, Dr. Raena Khorram is a board certified psychiatrist. With a team of expert therapists, her practice offers comprehensive psychiatric treatment. They use a combination of psychotherapy and medication management to treat depression, bipolar disorder, OCD, anxiety, ADHD, and eating and addiction disorders. Bryn Mawr Mental Health and Wellness offers a range of therapeutic approaches including EMDR and couples therapy. Khorram has extensive experience working with undergraduate and graduate students at a number of Pennsylvania area schools including Villanova, Bryn Mawr College, Haverford College, Penn State, Lehigh University, Drexel University, and the University of Pittsburgh.

Khorram graduated from Johns Hopkins University. She completed a year of health policy research at Children's Hospital of Philadelphia before medical school at Sidney Kimmel Medical College-Thomas Jefferson University in Philadelphia. She completed adult psychiatry residency at Cambridge Hospital-Harvard Medical School where she was chief of psychopharmacology and completed a one-year externship at MIT in the Department of Mental Health and Counseling. Prior to Bryn Mawr Mental Health and Wellness, Khorram worked as a staff psychiatrist at a large community hospital treating both adolescents and adults in outpatient and inpatient settings. She also was a psychiatrist at the counseling center at Swarthmore College serving the needs of their diverse student body.

## **Jake Kleinmahon '07, MD**

Dr. Jake Kleinmahon is the medical director of pediatric heart transplant and heart failure at Cohen Children's Medical Center on Long Island. He is a graduate of Colgate's class of 2007, where he was pre-med and a Spanish literature major. He was also active in the Southern Madison County Ambulance Corps. He earned his medical school degree from Tulane University School of Medicine and completed his residency at Tulane University/Ochsner Hospital for Children's joint pediatric residency program. He went on to complete fellowships in pediatric cardiology, pediatric heart transplant, advanced heart failure, mechanical circulatory support, and pulmonary hypertension at Children's Hospital Colorado.

Kleinmahon joined the faculty at Ochsner Hospital for Children in 2018 as the medical director of Ochsner's pediatric heart transplant, heart failure, and ventricular assist device programs. In 2023 he received the International Role Model Award from the Equality Forum. Kleinmahon is active in the International Society for Heart and Lung Transplantation, the Pediatric Heart Transplant Society, and the Advanced Cardiac Therapies Improving Outcomes Network. His medical interests include taking care of children with cardiomyopathies, heart transplants, congenital heart disease, and pulmonary hypertension. He is an advocate for LGBTQ equality and reducing racial disparities in health care.

### **Adam Kurish '04, MD**

Dr. Adam Kurish graduated in 2004 from Colgate University with majors in math, computer science, chemistry — and ultimate Frisbee. He then attended St. George's University in Grenada, getting his MD in 2008. Moving to Greenville, N.C., he completed an internal medicine and pediatrics residency at Vidant Medical Center in 2012. After becoming board certified in both specialties, he started a primary care practice in Portsmouth, N.H., in 2013. His growing practice cares for patients of all ages in the office, nursing home, and patients' homes. In his spare time, he enjoys traveling with his wife, playing ultimate Frisbee, learning new things, and trying to figure out how to garden.

### **Dr. Caitlin Lamison-Myers, PT, DPT**

Dr. Caitlin Lamison-Myers is an experienced physical therapist at Community Memorial Hospital with a decade of practice in the field. Having increased knowledge and experience in acute care, orthopedics, and sports medicine, Lamison-Myers brings a comprehensive approach to patient care, integrating her extensive knowledge and hands-on experience.

Lamison-Myers earned her bachelor's degree in athletic training, followed by a master's in rehabilitation science, and culminated her academic journey with a doctorate in physical therapy. Her diverse educational background and clinical expertise enable her to deliver specialized treatment and rehabilitation strategies tailored to individual needs.

Beyond her clinical responsibilities, Lamison-Myers is passionate about giving back to the profession by mentoring the next generation of physical therapists. She frequently takes on students, providing them with valuable hands-on experience and insights into the field. This commitment to education underscores her dedication to advancing the practice and fostering professional growth.

### **Aisha Lubega '08, DNP, FNP-C**

Aisha Lubega is a nurse practitioner at Upstate Medical University Hospital, Syracuse, N.Y. She graduated from Colgate University in 2008 with a double major in international relations and theater. After graduation, she moved to Teaneck, N.J. to work as a legal assistant at Sullivan and Cromwell and the Attorney General's office in New York City. After reflecting on what her long-term goals would be, Lubega decided to shift gears into the health care field closer to home, completing her nursing degree at St. Joseph's College of Nursing in Syracuse. After a few years as a nurse, she decided to pursue her next degree as a nurse practitioner at Upstate Medical University. She later earned a terminal degree as a Doctor of Nursing Practice there.

She has enjoyed the transitions she has made in her field. Currently, she works in the Department of Medicine seeing patients in the hospital. Lubega also serves as a utilization review medical director and reviews cases pertaining to different levels of hospital stays. Lastly, she finds time to assist as a mentor for nurses in various fields who are looking to expand their roles. In her spare time, she likes to bike ride, take long walks, and travel.

### **Skye Maisel '21**

Skye Maisel is a second year medical student at SUNY Upstate Norton College of Medicine in Syracuse, N.Y. Maisel was a neuroscience major at Colgate and graduated from the Physiology and Biophysics Special Master's Program from Georgetown in 2023 before matriculating into



medical school. At SUNY Upstate, Maisel is part of the Housecalls for the Homeless elective, Jewish Medical Student Association, PhiDE, and Latino Medical Student Association. When not studying, Maisel enjoys spending time with her dog, Pippy, and being outdoors in central New York. She is interested in pursuing a career as a clinician and participating in medical education. Maisel is currently exploring the field of dermatology with obstetrics and gynecology as potential specialties following medical school and spent this summer at Mount Sinai in the dermatology teaching clinic.

### **Jon Sendach '98, FACHE**

Jon Sendach serves as hospital president of North Shore University Hospital and deputy regional executive director of Northwell Health's Central Region. As deputy regional executive director, he supports efforts to advance the execution and continued evolution of the market's strategy. In his role as hospital president at North Shore University Hospital, Sendach is responsible for the overall operation of the 800-bed facility. He has been spearheading the hospital's growth strategies and expansion of new programs, including the construction of an advanced surgical pavilion. Before becoming its top executive in January 2020, Sendach served as deputy hospital president, managing nonclinical operations, facilities and ancillary services, as well as the hospital's trauma, emergency, and heart hospital programs. He previously was associate executive director for finance at Glen Cove Hospital, where he was responsible for financial management, patient financial services, and health information management, directing the annual budget and overseeing its faculty practice.

Board certified in health care management, Sendach is a fellow of the American College of Healthcare Executives (ACHE) and holds an ACHE faculty appointment, where he helps lead the highly acclaimed COO Bootcamp program for emerging and current health care chief operating officers from around the nation. As part of this appointment, he teaches for the college several times a year at ACHE national meetings. Sendach was named one of *Long Island Business News'* 40 Under 40. He holds a BA from Colgate University and an MPA from the Wagner Graduate School of Public Service at New York University, where he maintains an appointment as adjunct associate professor of health policy and management. Sendach also completed a residency in health care administration at Northwell.

Before joining Northwell, Sendach worked as a senior account executive in the New York health and medical practice at Ogilvy Public Relations Worldwide and at The Rowland Company, where he worked with the company's health care team and summer intern training program. Sendach is a longtime volunteer and emergency medical technician with a Long Island fire company, where he has twice held the rank of captain and completed a term as president. He also serves on committees within the fire company and is the department's spokesperson. His peers have recognized him with the department's Distinguished Service Award for his contributions and leadership. An avid aviation enthusiast, Sendach holds an FAA license as an instrument-rated airplane pilot.

### **Michael J. Wolk '60, H'04, MD**

Dr. Michael Wolk recently retired after 54 years as a cardiovascular specialist practicing at the HeartHealth Dalio-Institute at Weill Cornell. He remains an emeritus professor and emeritus senior health policy adviser supporting future leadership for the institution.

He is a past president, treasurer, and trustee emeritus of the American College of Cardiology. He presides over the eponymous Michael Wolk Heart Foundation, which to date has raised more than \$13 million to provide leadership opportunities and seed money for promising young cardiologists. Wolk is a graduate of Colgate University, where he was an All-American swimmer and received the President's Cup as the outstanding graduating senior. He is a trustee emeritus of Colgate, from which he received an honorary degree in 2004. He received his medical degree from Columbia University College of Physicians and Surgeons.

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