Worcester District Medical Society Worcester Medical Library, Inc. Annual Report 2024-2025

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President's Message 2024-2025

It has been an honor and a privilege to serve as your President this last year and I look forward to another wonderful year ahead. Right at the outset I would like to recognize our Executive Director Ms. Martha Wright and our Officers: Dr. Michelle Hadley Vice President, Dr. Justin Maykel Secretary and Dr. Adib Karam Treasurer. They are very much responsible for the smooth flow of all the activities at the WDMS and it has been a great pleasure working beside each of them. Thank you for volunteering your time and talent for these positions of service. We as a team intend to do our best to fulfill the mandate of following the example of prior outstanding leaders and promoting the WDMS as the premier medical society in Massachusetts.

We successfully conducted multiple meetings and activities including the Women in Medicine Breakfast in September, the annual Cottle Lecture in October, the Fall District Meeting and Award ceremony in November, Movie Night in December, and many more such wonderful events as detailed in the Executive Director's Annual Report.

This year our Society conferred 5 prestigious awards to exceptionally worthy recipients. Dr. George Abraham was named our WDMS/MMS Community Clinician of the year, our Career Achievement Award went to Dr. Michael Collins, Dr. Richard Sacra was awarded the Dr. Jane Fitzpatrick Community Service award and the President's Award went to Dr. Stephan Erban. Congratulations to all these wonderful physicians, as well as to the many students-in-training who received multiple awards and scholarships distributed by the Scholarship Fund of the WDMS.

During this year the review of our bylaws was completed, and the recommended changes were accepted at the business meeting held in November 2024. Thank you Dr. Passey and the entire Bylaws Committee for this awesome task. At that meeting our General Body accepted the 2025 budget and we owe deep gratitude to our treasurer Dr. Karam for a great report. I am confident that under his leadership and with the guidance of past presidents, treasurers, finance committee members and other advisors, the WDMS is not just on a strong foundation, but is on a positive trajectory for the future.

"Worcester Medicine" our flagship journal with Dr. Parul Sarwal as Chief Editor continues publishing thought-provoking articles and is also a source of income to the Society. "Health Matters" our series of interviews with local physicians and surgeons telecast on local television stations in Worcester, Holden, Hopkinton and Shrewsbury continues to provide a wonderful opportunity to showcase local talent. Thank you to all involved in these wonderful productions.

The WDMS has a large representation at the Massachusetts Medical Society House of Delegates, and some of our members also serve as delegates to the American Medical Association and the American College of Physicians. Kudos to all for bringing Worcester's voice to the state as well as national debate.

I would like to take this opportunity to encourage every member of WDMS to participate fully and actively contribute to all our meetings. I request you to volunteer your time as a member of one of our many committees or join our delegation to the MMS. Even as we press towards our goal of pushing WDMS to greater heights, I encourage you to help us increase our membership by reaching out to your friends and colleagues to join our medical society.

As I conclude my first President's Annual Message, I thank you once again for the privilege and the honor of this position and look forward to an exciting next year.

Respectfully submitted,

Alwyn Rapose, MD

Executive Director's Message 2024-2025

Greetings WDMS Members,

This past year we continued hosting all of events in person, although our committee meetings remained virtual.

With the help of two temporary assistants, we've continued with office improvements, purging files in the office as well as our items in the basement of Mechanics Hall, with the ultimate goal to simplify and preserve operations for the future leadership and administration of WDMS.

This report will highlight our 2024-2025 programs and events, accomplishments, and member recognition, which is all displayed on our website, <u>wdms.org.</u> While we develop our 2025-2026 annual calendar and plan to continue all of our events in person.

We have produced over 245 *Health Matters* programs and they are also available online under *Community Services*.

Our magazine, <u>Worcester Medicine</u>, produced 4 quarterly themed issues. The Editorial Board, led by our Editor-in-Chief, Dr. Parul Sarwal, our Copy Editor and Designer, who both have extensive backgrounds in magazine production are working out quite well. Guiding Channels continues to print our magazines.

I'd like to thank our President, Dr. Alwyn Rapose, Vice President, Dr. Michelle Hadley, Secretary, Dr. Justin Maykel and our new Treasurer, Dr. Adib Karam for their leadership and guidance over the past year. I'd also like to thank Dr. Dale Magee for his guidance during the Treasurer transition. And finally, I'd like to thank all of our Committee Chairs and Members for the tireless volunteer efforts to help plan our events and programs. I appreciate you all very much.

Here is a look at the year in review:

-----2024-

33rd Annual Women in Medicine Breakfast September 27, 2024, 7:30 am, Beechwood Hotel

Guest Speaker: Judith Sumner, PhD, Ethnobotanist and Author

Title: "Medicinal Plants in Wartime"

Co-Sponsored by Physicians Insurance of the Massachusetts Medical Society

3rd Annual Park Cleanup / Student Meet and Greet September 28, 2024, 10:00 am, Bell Hill Park, followed by lunch

18th Annual Louis A. Cottle Medical Education Conference

October 23, 2024, 5:30 pm, Beechwood Hotel, Worcester

Guest Speaker: Dr. Kerry-Ann Williams. Child and Adolescent Psychiatrist an

Guest Speaker: Dr. Kerry-Ann Williams, Child and Adolescent Psychiatrist and CMO at Justice Resource Institute

Title: "Are You Called?" Dr. Williams reflect on the "why" behind the work that we do in medicine, to learn more about "how" purpose and meaning influences our careers in medicine, and to make a plan for how to "restore" what might be missing in our professional lives.

Executive Director's Message 2024-2025 con't

Fall District Meeting and Awards Ceremony November 13, 2024, 5:30 pm, Beechwood Hotel

Meeting includes Voting/Approval of the 2024 Bylaws, 2025 Budget, and presentation of the Dr. A. Jane Fitzpatrick Community Service Award, the WDMS Career Achievement Award, the WML Medical Student Achievement Award, Medical Student Scholarship Awards, and WDMSA Nursing Scholarship Award

HOD Opening Session, I-24 – Via Zoom

All WDMS members are invited to attend as guests and may submit a resolution to MMS

HOD First Session and Online Hearings: 11/18

Virtual Reference Committee Hearings A, B and C: 11/19

HOD Second Session and Closing: 12/7

Movie Night and Reception and WCFB Drive

December 19, 2024, 6:00 pm, Mechanics Hall

"Forgotten Love" is a story taking place during the period between WWI and WWII about surgeon Rafal Wilczur who is at the peak of his medical career when his wife leaves him, taking with her his daughter Marysia. Abandoned by his wife, he falls victim to a mugging and as a result of head injuries loses his memory. Following the mugging he is presumed dead, but resurfaces 15 years later in the countryside with amnesia.....

Please bring a non-perishable food donation for the Worcester County Food Bank

2025------

229th Annual Oration

February 12, 2025, 5:30 pm, Beechwood Hotel

Orator: Lisa Sanders, MD - is the Medical Director of Yale's Long Covid Multidisciplinary Care Center. In addition to her work as a physician and teacher, she writes the popular Diagnosis column for the *New York Times Magazine* and the *Think Like a Doctor* column featured in the *New York Times* blog, The Well. In 2019 she collaborated with the *New York Times* on an eight-hour documentary series on the process of diagnosis for Netflix

Title: "Diagnosis"

Annual Business Meeting

April 15th, 5:30 pm, Beechwood Hotel

Keynote Speaker: Rev. Dr. Stephen Ko, physician, pastor, professor and author

Title: "Physicians: Healers of Body and Soul"

Meeting includes presentation of the 2025-2026 Slate of Officers and the 2025 MMS/WDMS Community

Clinician of the Year Award: George Abraham, MD. MPH

Co-Sponsored by UniBank

Events remaining for this calendar year include:

Medical Student Event

May 5, 2025, 5:30 pm, UMass Chan Medical School

Speakers: Joel Popkin, MD, Patrick Lowe, MD, Christian Klaucke, MD and Ms. Jennifer English

Topic: "Financial planning for Residency and Beyond"

29th Women in Medicine Leadership Forum

May 7, 2025, 5:30 pm, Beechwood Hotel

Keynote Speaker: Matilde "Mattie" Castiel, MD, Commissioner of Worcester Department of Public Health

Title: "The Unhoused in Our Community"

2025 MMS Annual Meeting and House of Delegates, A-24

April 30, 2025, 7:00 pm - HOD Opening Session - via Zoom

May 17, 2025, 8:00 am to close of business - HOD 2nd Session - In Person/Westin Waltham Hotel

Meet the Author Series

May 21, 2025, 5:30 pm, UMass Chan Medical School

Book: "Through My Grandma's Eyes"

Facilitator: Lucia Knoles, PhD, Professor of English at Assumption University and a Board Member/Summer

Instructor for the Worcester Clemente Program, with a panel of contributing authors

Music Worcester Performances:

Jeremy Denk (March 21, 2025) Handel & Haydn (March 22. 2025)

Worcester Chorus: Handel & Charpentier (May 17, 2025)

Respectfully Submitted,

Martha Wright, MBA Executive Director

Slate of Officers and Elected Officials 2024-2025

<u>Officers</u>		Board of Directors
President	Alwyn Rapose	Alwyn Rapose
Vice President	Michelle Hadley	Michelle Hadley
Secretary	Justin Maykel	Justin Maykel
Treasurer	Adib Karam	Adib Karam
Curator	B. Dale Magee	Giles Whalen

<u>Delegates</u> * ex officio

George Abraham	Tiffany Forti	Mary O'Brien
Janet Abrahamian	Jeffrey Gallo	Sahdev Passey
Frederic Baker	Lawrence Garber	Michael Potter
James Baker	Susan George	Alwyn Rapose*
Bruce Bertrand	Wayne Glazier	Thomas Rosenfeld
Nancy Berube	Mary Gulla	Abhijit Roychowdhury
Racquel Bitar	Richard Haas	Elisa Santacruz
James Broadhurst	Michelle Hadley*	Parul Sarwal
Nicole Cherng	Daniel Kim	Fred Schwartz
William Cohen	Kenneth Kronlund	Manjul Shukla
Michelle Dalal	Anne Larkin	Robert Sorrenti
Dennis Dimitri*	William Lavelle*	Spiro Spanakis
Jon Dorfman	Robert Le	Max Stukalin
Lynn Eckhert	James Lindberg	Ram Upadhyay
Louis Fazen	Tyler Long	Rohit Vakil
Marianne Felice	Patrick Lowe	Bennett Vogt
Lloyd Fisher	B. Dale Magee*	Giles Whalen
Sina Foroutanjazi	Jessica Marconi	John Worden
	Justin Maykel*	Lynda Young*

Executive Committee

MMS Committee Representation

Giles Whalen, Chair	Michele Pugnaire	Committee of Nominations (CON)
Frederic Baker	Alwyn Rapose	Jeff Gallo, Member
James Broadhurst	Parul Sarwal	Fred Schwartz, Alternate
Jeffrey Gallo	Robert Sorrenti	
Michelle Hadley	Spiro Spanakis	Committee on Nominations (CON)
Michael Hirsh	Paul Steen	James Broadhurst, Member
Anne Larkin	Lynda Young	Louis Fazen, Alternate
Jane Lochrie	Student Representative	
Dale Magee	Sneha Karthikeyan	Board of Trustee (BOT)
Mary O'Brien	Alliance Representative	Manjul Shukla, Member
Sahdev Passey	Maureen Zacharia	

Finance Committee / Treasurer's Report 2024-2025

The Committee met once this year as well as communicating via email.

INCOME

The Society has an income of ~\$254,000 per year of which ~\$138,000 is dues.

Our regular dues are \$185/yr for practicing physicians with discounts for 1st year in practice, couples and residents.

Ongoing discussion on implementing "Senior dues" (Committee had approved a new rate of \$75/year beginning in 2025).

UMass Medical School pays for membership for each of its students (\$10/yr). The remainder of the income comes from support provided by the Worcester Medical Library through investment income to help with our educational efforts (\$40,000), advertising for Worcester Medicine (~\$12,000). Louis Cottle, a member who passed away in 1951, left earnings from his estate to the WDMS starting in 2007. This amount varies from year to year and for this report it was ~\$67,000, with future projections higher as the disbursement increased in 2025 from 3.4% to 4.4%.

EXPENSES

Society expenses consist primarily of:

-Staff salaries and benefits projected at ~\$134,200. However, we expect to save on health coverage expenses due to a change in health insurance for Martha. The monthly premium will decrease from \$991 to \$220 per month by summer of 2025.

Note: The committee approved a 0.5 FTE position to replace the per diem/hourly staff to support the executive director. Martha is currently interviewing to fill the position.

- -Rent decreased this year from ~\$25,000 to ~\$19,700.
- -Worcester Medicine generated ~\$12,450 in revenue this year.
- -Committee meetings and events (~\$35,000) and office administrative, professional fees, printing and postage (~\$32,000). Most meetings are Via Zoom or at Mechanics Hall Office.

Finance Committee / Treasurer's Report 2024-2025 con't

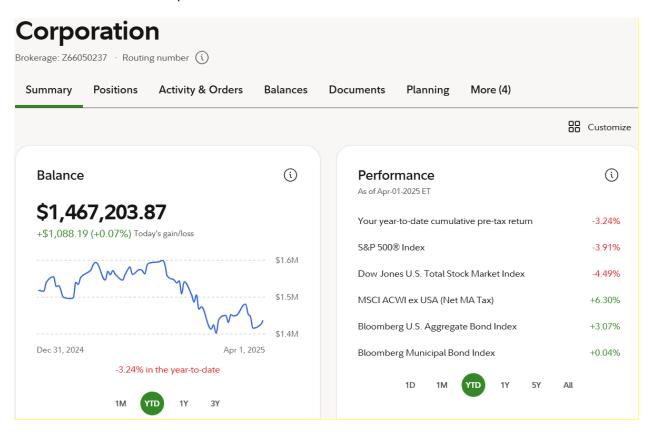
Committee Members:

INVESTMENTS

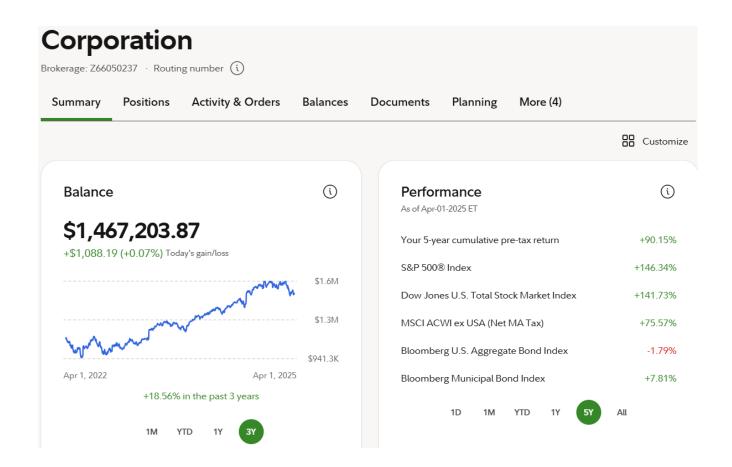
WDMS maintains an investment account with Fidelity with low expense fund with approximately 80/20 US Stocks/Bonds ratio.

It's been the committee's policy to not withdraw any of these funds by reinvesting dividends and continue with reinvestment until we have reached \$2 million. At that point we will be able to consider careful withdrawal to supplement Society income.

YTD the fund is -3.24% compared to S&P 500 -3.91%



Finance Committee / Treasurer's Report 2024-2025 con't



CURRENT STATE

The 2024-2025 Budget predicted a surplus and we are on target.

Respectfully submitted,

Adib Karam, MD Chair, Finance Committee/Treasurer

Legislative Committee 2024-2025

Committee Members:

Drs. Jeffrey Gallo, Chair, Frederic Baker, Dennis Dimitri, Marianne Felice, Wayne Glazier, Michael Hirsh, Timothy Hopkins, Seth Kates, Pankaj Ksheersagar, Robert Le, Theo Matheos, Mark Maxfield, Sahdev Passey, Abhijit Roychowdhury, Frederic Schwartz, Shanil Shah, Giles Whalen, Maksim Zayaruzny

We hosted our annual 2024 Legislative Breakfast on May 3rd where we collaborated with our local and state Legislators. Our 2025 Breakfast will occur on May 9, 2025. Despite these being virtual meetings, we once again had great attendance between our members and legislators. We collaborated with our local and state legislators on issues important to them and asked for ways we could help. In turn, we proposed issues with which we are concerned and discussed ways the legislators could help. Although meeting in person may be more effective, the attendees were happy with this format and all had a chance to speak.

Topics / Speakers for Legislative Breakfast 2024:

Prior Authorization Reform Jeffrey Perkins, Esq Fact Sheet Dr. Mary O'Brien Dr. Heather Gallo

PC4U Jeffrey Perkins, Esq **Fact Sheet** Dr. Dennis Dimitri Dr. Frederic Baker

Overdose Prevention Centers (OPCs) Jeffrey Perkins, Esq Fact Sheet Dr. Michael Hirsh Dr. Mattie Castiel Letter to WDPM

The MMS House of Delegates (HOD), held a series of meetings, caucusing with Worcester North, and prior to the annual MMS HOD meetings. The Interim 2024 sessions were held virtually, while the A-24 sessions were in person.

- 1. The I-24 Meetings for MMS and WDMS House of Delegates included:
 - a. WDMS Caucus #1 November 14, 2024
 - b. 1st MMS Session November 18, 2024

 - c. WDMS Caucus #2 December 5, 2024
 d. 2nd MMS Session December 17, 2024
- 2. The A-25 Meeting dates for MMS and WDMS House of Delegates include:
 - a. WDMS Caucus #1 April 29, 2025
 - b. 1st MMS Session April 30, 2025
 - WDMS Caucus #2 May 17, 2025
 - d. 2nd MMS Session May 17, 2025

Respectfully submitted, Jeffrey Gallo, MD, Chair

Medical Education Committee 2024-2025

Committee Members:

Drs. Mary O'Brien, Chair, Maria Abruzzo, Nicole Cherng, Bronwyn Cooper, Frank Fechner, Richard Forster, Jay Glaser, Rebecca Kowaloff, Quang Le, James Lindberg, Jane Lochrie, Matthew Most, Stacy Potts Parul Sarwal, Shanil Shah, David Wexler

The 18th Annual Louis A. Cottle lecture was held in person on October 18, 2024 at the Beechwood Hotel, Worcester. Our guest speaker was Dr. Kerry-Ann Williams, Child and Adolescent Psychiatrist and CMO at Justice Resource Institute. The title of her lecture was "Are You Called?" Dr. Williams reflected on the "why" behind the work that we do in medicine, to learn more about "how" purpose and meaning influences our careers in medicine, and to make a plan for how to "restore" what might be missing in our professional lives. The meeting was well attended and participation was active.

We continue to solicit your suggestions for topics and speakers. Our goal is to keep our programs relevant and interesting and focus on current topics of interest. We hope to integrate lectures which include CME and RM credits.

I'd like to thank the Committee members for their hard work and thoughtful suggestions as we plan our events.

Respectfully submitted,

Mary O'Brien, MD Chair

Membership Committee 2024-2025

Committee Members:

Drs. Michelle Hadley, Chair, James Broadhurst, Marianne Felice, Gil Frietas, Michael Hirsh, Rebecca Kowaloff, Heidi Leftwich, James Lindberg, Jane Lochrie, Dale Magee, Mark Maxfield, Sahdev Passey, Robert Sorrenti, Spiro Spanakis, *Resident Representatives*-Sasank Kalipatnapu, Bennett Vogt and *Student Representative*-Benjamin Pelliko

	3/29/2021	3/28/2022	3/27/2023	3/25/2024	3/24/2025
1st Year Practice	150	168	195	188	108
Joint/Family	18	14	13	10	10
Physicians	720	699	722	732	674
Seniors /Emeritus	185	192	205	172	175
Residents	639	660	683	777	735
Students	651	642	614	623	680
CHC/Comp	52	52	40	14	10
Military	1	1	1	1	1
Waived	4	4	4	4	4
Total Members	2420	2432	2477	2521	2397

Unfortunately, our membership has decreased since this time last year, specifically in the 1st year in practice and physician categories. WDMS is proud to represent ~2400 physicians and medical students in Central Massachusetts. Membership dues are what allow us to offer our members a variety of events that are interesting and educational. We offer at least one meeting or event each month.

We strive to provide programs that will increase the level of participation and involvement of the 1st year in practice and mid-career physicians, residents and students and we are committed to represent and serve our members. We hosted a non-member event to attend a Railers Hockey game. And hope to plan other social and sporting events during the next calendar year. We plan to use more social media more to promote events, including the MMS and UMass social media platforms.

We encourage you to keep your membership up-to-date and help in the recruitment of new members by sharing our events and accomplishments with your colleagues who are not members of WDMS.

Respectfully submitted,

Michelle Hadley, DO Chair

Public Relations Committee 2024-2025

Committee Members:

Michael Hirsh*, Chair, James Broadhurst,* Bruce Karlin,* Pankaj Ksheersagar, Julianne Lauring, Laszlo Leb, Bency Louidor, Dale Magee, Lynda Young, Resident/Fellow Representatives- Shanil Shah, Trent Taros* (*Health Matters Host)

The Public Relations Committee was disbanded this year as it hadn't met in several years and most of the business of this Committee is discussed at other committee meetings, such as the Executive Committee.

The hosts for "Health Matters" meet on occasion to discuss potential guests and topics. The program remains one of the cornerstones for the public outreach of WDMS. Now in its twenty-first year, with over 245 recorded shows, "Health Matters" is the public access cable broadcast of thirty-minute shows featuring lively discussions on relevant and diverse health topics affecting patients and the community.

Our program reaches a T.V. audience of at least 56,000 households and airs three times a week in Worcester, Shrewsbury, Hopkinton and Holden. Live-streaming and on-line archiving of episodes are available at https://www.wdms.org/community-services/health-matters/.

Our hosts have been with us since day one and they include Drs. James Broadhurst, Michael Hirsh, Bruce Karlin and Lynda Young. We are looking for expand our group of hosts to include students and other physicians with an interest in television interviewing/production.

If you wish to know more, have an interesting topic in mind or wish to be a guest on our show, please contact WDMS directly at 508-753-1579 or email mwright@wdms.org.

Health Matters Shows for 2024-2025:

RISE Worcester – with Olga Valdman, MD – March 11, 2025

Hepatocellular Carcinoma (HCC), or Liver Cancer – with Kimberly Foley, MS, NP - October 22, 2024

Urine Trouble...What's New in Urology? - with Chintan Patel, MD - September 25th, 2024

Direct Primary Care Model – with Tatiana Hamawi, MD - September 12th, 2024

Screening and Early Care for Lung Disease - with Jean Comeau, RN, BSN - September 5th, 2024

Surgical Oncology – with James Lindberg, MD - September 4th, 2024

<u>Venous Diseases</u> – with Edward Arous, MD - April 23rd, 2024

Respectfully submitted,

Michael Hirsh, MD Chair

Publications Committee 2024-2025

Committee Members:

Drs. Robert Sorrenti, Chair, Anthony Esposito, Lloyd Fisher, Julianne Lauring, Joel Popkin, Paul Steen

The Publications Committee was disbanded this year as it hadn't met in several years and most of the business of this Committee is discussed at other committee meetings, such as the Editorial Board and Executive Committee.

The Publications Committee managed the materials published by the District with the primary focus on Worcester Medicine Magazine, which is published quarterly and provides a unique perspective on current health care issues within central Massachusetts. The magazine is produced by the Editorial Board which has representation from the District members but also from others within our healthcare community, such as the Worcester campus of the Massachusetts College of Pharmacy and the Graduate School of Nursing and the Biochemistry and Molecular Pharmacology at the University of Massachusetts Medical School.

The Publications Committee acknowledges the excellent work of the Editorial Board. The 2024-2025 issues of Worcester Medicine covered important health care topics such as outlined in the Editorial Board section of this report.

Respectfully submitted, Robert Sorrenti, MD Chair

Editorial Board 2024-2025

Board Members:

Drs. Parul Sarwal Editor in Chief, Lisa Beittel, MBA, Parul Chhatpar, Sonia Nagy Chimienti, Lloyd Fisher, Larry Garber, Rebecca Kowaloff, Nancy Morris, RN, Anna Morin, PharmD, Thoru Pederson, PhD, Sarah Petrides, DNP, Joel Popkin, Alwyn Rapose, Robert Sorrenti, Martha Wright, MBA, Peter Zacharia, Resident/Fellow Representatives: Vidit Majmundar (R-StVs), Alex Newbury (R-UM), Arunava Saha (R-StVs), Akil Sherif (F-StVs), Luke Wakeen (R-UM), Student Representative: Olivia Buckle

We had another successful year producing quarterly issues of Worcester Medicine: spring, summer, fall and winter. Win addition to the Board members we have a full staff to include: Editor-in-Chief, Managing Editor, Copy Editor, Designer and printer. The magazine has incorporated new regular columns and features which have all received very positive feedback and has created more member interest and participation. For instance, the use of infographics and incorporating members' photography.

We are fully digital with 150 print copies per issue for the local libraries, clinics and contributors. We continue to secure our own ads, to include the following advertisers: Mechanics Hall, UMass Memorial Health, UMass Chan Medical School, The Hanover Theater and Performing Arts Center, Physicians Insurance and the Beechwood Hotel.

Below is a list of the issues from 2024-2025:

Worcester Medicine Spring 2025 – The Heart of Worcester (link not available for this report)

Worcester Medicine Winter 2024 – Pathways in Medicine: A Career Guide

Worcester Medicine Fall 2024 – Healthcare Around the World

Worcester Medicine Summer 2024 – Healthcare Advocacy

If you have any suggestions for theme or wish to contribute to Worcester Medicine, please contact the WDMS Offices at 508-753-1579 or email mwright@wdms.org.

Respectfully submitted,

Parul Sarwal, MD Chair, Editorial Board Editor-in-Chief

Scholarship Committee 2024-2025

Committee Members:

Drs. Michele Pugnaire, *Chair*, Kenneth Kronlund, *Trustee*, Sahdev Passey, *new Trustee*, Janet Abrahamian, Robert Bessette, Susan George, Rebecca Kowaloff, Heidi Leftwich, Jane Lochrie, Susan Moran, Nitin Trivedi, Karlu Uy, Martha Waite, Giles Whalen, *Resident Representative*: Bennett Vogt

It is a pleasure to write this report highlighting the 2024 scholarship award recipients, 9 exceptional medical students who exemplify our medical society's values of community service, academic achievement, and professional character.

These students hail from hometowns across the Worcester District and attend diverse medical schools nationwide. Some may come from your own hometown, local community, or alma mater. The applicants represent five different medical schools and included students across years 2, 3 and 4 of medical school, some just beginning and others ready to graduate. But despite these differences and rich diversity, they all share one common and pressing need: the burden of student debt. Now more than ever, our medical students face overwhelming debt burdens. The indebtedness of graduating medical students across the country continues to increase, with the *median* medical school debt now at \$200,000.

The 2024 WDMS Scholarship Program granted 15 awards to 9 aspiring future physicians. Through your generosity, the Scholarship Fund distributed a total of \$47,500 in scholarships to the award recipients featured in this report. There were eight \$4,000 Scholarship Awards, one \$3,000 Scholarship Award, four \$1,500 Book Awards and two \$1,000 Book Awards.

The Scholarship Fund of the Worcester District Medical Society gratefully acknowledges WDMS members and the dedicated individual and organizational sponsors from the Worcester community whose support continues to make our scholarship program possible. If you wish to donate to the Scholarship Fund of the WDMS, there are a variety of opportunities: a one-time or regular donation, create a named award as a one-time or in perpetuity, honoring a colleague. For more information, please contact the WDMS Offices.

As Chair of the Committee, and on behalf of all our membership, I would like to acknowledge our dedicated team of committee members who interviewed and selected this year's award recipients.

Finally, I'd like to acknowledge Dr. Kenneth Kronlund. He joined the WDMS in 1984 and over the years, having served on multiple committees, but in particular, he was a member of the Scholarship Committee and Trustee of the Scholarship Fund of the WDMS, since 2000. As Trustee of the Scholarship Fund, Dr. Kronlund did a superlative job of safeguarding our scholarship fund and managing our Fund in such a way that we had a positive growth trend. We are most grateful for his service, wisdom, and sage stewardship and we congratulate Dr. Kronlund as he stepped down as Trustee on 12/31/2024. Dr. Sahdev Passey became the new Trustee in January 2024. Respectfully submitted,

Michele P. Pugnaire, MD Chair

2024 SCHOLARSHIP RECIPENTS



Danae Alexandrou Loyola University Chicago-Stritch School of Medicine The Dr. Julius Tegelberg Scholarship Award and The Passey Family Book

Award



University of Vermont Larner College of Medicine The Dr. Lillian Luksis Scholarship Award and The Sidney P. Kadish

Book Award



University of Massachusetts
Chan Medical School
The Dr. Leonard J. Morse Scholarship Award
and Paulette Griffin
Pugnaire Book Award



Brianna Chamberlain
University of New England College
of Osteopathic Medicine
The Dr. Sanfrey Lilyestrom
Scholarship
Award



Chan Medical School The St. Vincent Hospital Medical Staff Scholarship Award and The Amaral Family Book Award

University of Massachusetts



University of Massachusetts
Chan Medical School
The St. Vincent Hospital Scholarship Award
and The John Rauth Book Award Milford
Regional Medical Center



University of Massachusetts Chan Medical School The Dr. Herbert and Mrs. Suzanne Nieburgs Scholarship Award and Book Award



Maxim Petrovsky Boston University School of Medicine The Dr. Burte Guterman Scholarship

Award



University of Massachusetts Chan Medical School The Dr. Samuel Pickens Scholarship Award UMass Memorial Health Care

Awards Committee 2024-2025

Committee Members:

Drs. Michael Hirsh, *Chair*, Fred Baker, Robert Bessette, David Hatem, Bruce Karlin, Jane Lochrie, Justin Maykel, Michele Pugnaire

The WDMS Annual Fall District Meeting and Awards Ceremony, November 13, 2024, in person at the Beechwood Hotel. It was well attended, with 102 members and guests.

The 2024 Dr. A. Jane Fitzpatrick Community Service Award was presented to Dr. Richard Sacra. This award was established by the Medical Society to commemorate the life-long community contributions and exemplary efforts of Dr. Jane Fitzpatrick in the Worcester Community. This award recognizes a member of the healthcare community in Central Massachusetts for their effort beyond professional duty to improve the health and wellbeing of others.

Dr. Rick Sacra grew up in the Boston Area. He attended Brown University for undergrad and UMass for Medical School before doing residency in Family Medicine in Bristol, TN. Rick was always interested in Medical Missions as a way to combine his love for God with practical service. Dr. Sacra served in Liberia from 1995 to 2021 at the ELWA Hospital with a Christian mission group, SIM. When he's in the US, he has made the Family Health Center of Worcester his professional home. Rick served as the Family Medicine residency director at Liberia's first Family Medicine Residency Training Program at ELWA Hospital from its opening in July of 2017 to August 2020. Dr. Sacra is currently based in Central Massachusetts, while continuing periodic mission trips, assisting in the opening of a rural clinic in Liberia. Congratulations Dr. Sacra!

The 2024 WDMS Career Achievement Award was presented to Dr. Terrance Flotte. This award was established to honor a WDMS Member who has demonstrated compassion and dedication to the medical needs of patients and or the public and has made significant contributions to the practice of medicine.

Michael F. Collins, MD, a tenured professor of population & quantitative health sciences and medicine, is the longest serving chancellor in the history of the University of Massachusetts. He was appointed chancellor of UMass Chan Medical School in 2008 after serving in an interim capacity from June 2007 to September 2008. Dr. Collins' interim appointment also coincided with his being named as the senior vice president for health sciences for the University of Massachusetts, which, at the time, was a newly established system-wide position. As the senior vice president, Dr. Collins has spearheaded two five-campus life sciences strategic planning processes and continues to guide the strategic direction of the University's growing life and health sciences portfolio. Dr. Collins joined the University of Massachusetts in 2005 as chancellor of the UMass Boston campus He previously served as president and chief executive officer of the Caritas Christi Health Care System from 1994 to 2004. An alumnus, honorary degree recipient and former board chair of the College of Holy Cross and a graduate of Tufts University School of Medicine, Dr. Collins is a board-certified physician in internal medicine. He is a Fellow of the American College of Physicians and an Honorary Fellow of the Royal College of Surgeons in Ireland. Congratulations Dr. Collins!

The 2024 WML Student Achievement Award was given to Stephanie Choi, MS4 at UMass Chan. Stephanie is a fourth-year medical student at UMass Chan Medical School. During her time in medical

Awards Committee 2024-2025 con't

school, she co-founded and served as the clinical coordinator for WooDerm, the first free dermatology clinic in Worcester, in collaboration with the UMass Department of Dermatology and the Worcester Free Care Collaborative.

Stephanie also co-founded the UMass Dermatology Advocacy Club, which focuses on raising awareness about skin cancer through educational outreach initiatives. Together, these organizations aim to provide accessible and equitable dermatologic care and education to the Greater Worcester community. Passionate about health equity, Stephanie aspires to become a dermatologist while continuing to advocate for underserved populations. Congratulations Stephanie!

Later in the year, at the WDMS Annual Business Meeting and Awards Ceremony on April 15, 2025 we acknowledged the 2025 MMS/WDMS Community Clinician of the Year recipient, Dr. George Abraham.

Dr. George M. Abraham is Chief of Medicine at Saint Vincent Hospital, Worcester, Massachusetts, a Professor of Medicine at the University of Massachusetts Medical School, and Adjunct Professor at the Massachusetts College of Pharmacy and Health Sciences (MCPHS). He is board certified in Internal Medicine and Infectious Disease. He is the Emeritus President of the American College of Physicians (ACP). Prior to that he served as Governor of the Massachusetts Chapter, Chair of the Board of Governors (ACP) and as a member of the Board of Regents (ACP). Dr. Abraham is Chair-Elect of the Federation of State Medical Boards (FSMB). Prior to that he was the Chair of the Board of Registration (Licensing) in Medicine, Massachusetts. He currently serves as a member of the Advisory Commission on Additional Licensing Models (ACALM). Dr. Abraham serves as a member of the Board of Directors of the American Board of Internal Medicine (ABIM) and prior to that, has served as the Chair of the Infectious Disease Board of the ABIM.

In other roles in leadership, he has served as a Trustee of the Massachusetts Medical Society (owner of the New England Journal of Medicine), as President of the Worcester District Medical Society, as the Chief Medical Officer of the Central Massachusetts Independent Physician Association and Chair of the Board of Directors of the Health Foundation of Central Massachusetts.

Dr. Abraham earned his medical degrees from the Christian Medical College, Ludhiana, India, completed his residency and chief residency at Saint Vincent Hospital, and received his master's degree in public health from the Johns Hopkins Bloomberg School of Public Health. Congratulations Dr. Abraham!

I would like to thank the Awards Committee for their hard work and thoughtful dedication.

Respectfully submitted, Michael Hirsh, MD Chair

Public Health Committee 2024-2025

Committee Members:

Drs. Michael Hirsh, *Chair*, Robert Bessette, James Broadhurst, James Carroll, Matilde Castiel Richard Ellison, Louis Fazen, Tiffany Forti, Soloe Dennis (WDPH), Susan Krantz, Panjak Ksheersagar, Quang Le, Bency Louidor-Paulynice, Kirti Nagpal, Fozia Qamar, Abhijit Roychowdhury, Shanil Shah, Manjul Shukla, Anthony Teebagy, *Resident Representatives:* Sasank Kalipatnapu, Bennett Vogt, *Student Representatives:* Michelle Chang, Michael Marget, *Alliance Representative:* Paula Madison

Occasional public health issues and updates were discussed at the Executive Committee meetings and the PH Committee met on December 11, 2024. The Committee continues to support various public health activities and the following issues were covered:

Communicable diseases-

- 1. Covid uptick in December/January
- 2. Very busy Flu (A&B) season
- 3. Mycoplasma pneumonia outbreak in Nov/December
- 4. RSV season milder than 2023-24

5.

Hospital resources were challenged with long ED dwell times. The opening of the Pavilion at UMass Lakeside campus may have alleviated this load.

Safe Injection Facilities-

The issue was presented to the Legislative Delegation this year in the hope the necessary bills might allow Worcester to pilot this program.

Health Matters- In the interest of public health and awareness/education, the following programs were recorded this past year:

- RISE Worcester March 11, 2025
- Hepatocellular Carcinoma (HCC), or Liver Cancer October 22, 2024
- Urine Trouble...What's New in Urology? September 25th, 2024
- Direct Primary Care Model September 12th, 2024
- Screening and Early Care for Lung Disease September 5th, 2024
- Surgical Oncology September 4th, 2024
- Venous Diseases April 23rd, 2024

Bird Flu concerns-

Several Meetings were held to discuss the level of concern the people of Central MA should have. (Especially when the wastewater began to show evidence of H5 N1. Included in the discussion were Dr. Runstadler, Chief of ID at Cummings Veterinary School. In our region, the disease has been confined to migratory birds and cats. Nationwide, Livestock has acquired disease.

Public Health Committee 2024-2025 con't

The dirty cows have receptors for the virus in their udders so that milk from infected cow must not be consumed raw. Pasteurization kills the virus. There have been roughly 80 cases and 1 death in the USA, almost only in livestock workers. There has been no evidence of human-to-human transmission. So our Central MA think tank quotes their level of concern at 3 out of 10.

The State of the Union-

The destruction of the Federal Dept of HHS, the NIH, the CDC and the additional threats to Medicaid funds us in a moment of great peril for public health in the USA. The outbreaks and poor response to diseases thought to have been previously conquered like polio and measles are examples of how ill-prepared we are as a nation.

CDC information has been muzzled, and NIH funding has been slashed to institutions everywhere. Here at UMass the incoming class of PhD students were turned away. The Med School is in the midst of a hiring and spending freeze. The downstream effects will be losing innovation and discovery. This was presented at the Legislative Breakfast to alert our representatives that this could have long term effects with retention and recruitment for the med school, which is such an important economic driver for our region.

In summary- 5 years post-Pandemic, we have put individuals into power positions who are not committed or knowledgeable about principles of public health. This may represent a bigger threat than another outbreak.

Respectfully submitted, Michael Hirsh, MD Chair

Women's Caucus 2024-2025

Caucus Members:

Drs. Lynda Young, *Chair*, Annie Abraham, Janet Abrahamian, Maria Abruzzo, Nicole Cherng, Lynn Eckhert, Marianne Felice, Hari Kirin Khalsa, Rebecca Kowaloff, Jane Lochrie, Bency Louidor, Kirti Nagpal, Stacy Potts, Rebecca Spanagel, Manjul Shukla, Martha Waite, Jennifer Yates *Resident Representatives:* Stephanie Clegg, Arianna Gray, Micaela Tobin

The Women's Caucus serves as the planning committee for the Women in Medicine events, and there are usually two events per year. All members are invited and encouraged to attend. The 33rd Annual Women in Medicine Breakfast, co-sponsored by PIAM, was held on September 27, 2024, 7:30 am at the Beechwood Hotel. Our Guest Speaker was Judith Sumner, PhD, Ethnobotanist and Author and the title of her talk was "Medicinal Plants in Wartime".

The 29th Women in Medicine Leadership Forum was scheduled for May 7, 2025, 5:30 pm, Beechwood Hotel. Our Keynote Speaker was Matilde "Mattie" Castiel, MD, Commissioner of Worcester Department of Public Health and the title of her talk, "The Unhoused in Our Community" focused on the current situation with the immigrant population in Worcester.

If you have any suggestions for topics or speakers for upcoming Women's Caucus events, please let us know. I'd like to acknowledge and thank the members of the Women's Caucus as well as Martha Wright for all of their hard work, guidance and support.

Respectfully submitted,

Lynda Young, MD Chair

Worcester Medical Library, Inc. 2024-2025

Officers

President Alwyn Rapose
Vice President Michele Hadley
Secretary Lynda Young
Treasurer Adib Karam
Curator B. Dale Magee

Board of Trustees

2023 2024 2025

Robert Bessette Leah Doret Antony Esposito
Dale Magee Michele Pugnaire Spiro Spanakis
Sahdev Passey Robert Sorrenti, Chair Paul Steen

The Worcester Medical Library, Inc., was founded by the Society in 1798. The library is dedicated to supporting educational programs for physicians and to maintaining resources on the history of medicine. In 1973 its collection was brought to the University of Massachusetts Chan Medical School to establish a rare book room in the Lamar Soutter Library and an on-going partnership with the medical school library. In August 2002, the Library provided the Lamar Soutter Library with a gift to establish the Humanities in Medicine Collection.

Society dues include membership to the Worcester Medical Library (WML), entitling members to access the many services available at the Lamar Soutter Library.

Student Achievement Award:

The third recipient of the medical student achievement award was Stephanie Choi, MS4 from UMass Chan Medical School. Students eligible for this \$2,000 award include Massachusetts residents outside the Worcester district as well as out of state residents. The purpose of this merit-based award is to recognize a student(s) exemplifying outstanding service, achievement, or other notable accomplishments on behalf of the WDMS and its mission. The Awards Committee will recognize student awardee(s) at the Fall District Meeting. Nominees will be accepted through the annual appeal process conducted by the WDMS Awards Committee.

Humanities in Medicine Committee:

For the past year, the <u>UMass Chan Humanities Lab</u> has been rejuvenated with monthly (zoom) meetings. It is an engaged group from students up to senior attendings, advisors and other administrators at the medical school. Our Executive Director, Martha Wright remains an active member.

Discussions about activities related to humanities in medicine are the focus. For instance, the Med Moth Stories and various writing contests. The newest addition is the "Interstitium". The Interstitium is a multimedia, online home for the University of Massachusetts Chan Medical School community members to reflect on their experiences.

Worcester Medical Library, Inc. 2024-2025 con't

The site was developed as a space for pausing and processing amidst the grind of long study days or buzz of a busy clinic, with the hope of supporting, nourishing, and connecting the UMass Chan community. Submit your insights, questions, experiences, and comments to TheInterstitiumUMassMed@gmail.com.

The annual Meet the Author Series took place on May 21, 2025, moderated by Lucia Knoles, PhD latest book "That Good Night" was discussed and available to purchase.

Spoken History Project:

Dale Magee, MD, MS, Curator of the WDMS and WML is also the Director of the Spoken History Project which was formed in 1995 to record the experiences of practicing physicians through the ages. This past year, Dr. Magee interviewed Drs. Charles Birbara, Jane Lochrie. All the interviews are uploaded to the history page on our website. If you haven't already, please take a few minutes to visit other Spoken History interviews.

Other means of support include:

Support for activities conducted at the Lamar Soutter Library.

Offering financial support for the educational activities carried out by the Worcester District Medical Society.

Offering financial support for student activities carried out by the Worcester District Medical Society, upon request.

The Worcester Medical Library will continue to evaluate opportunities to foster educational programs and projects in Worcester, upon request.

On behalf of the Board of Trustees, I would like to extend our appreciation and welcome a new Treasurer, Dr. Adib Karam.

Respectfully submitted, Robert Sorrenti, MD Chair

Worcester Medical Library, Inc. 2024-2025 con't

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Respectfully submitted, Robert Sorrenti, MD Chair

Worcester District Medical Society Alliance 2024-2025

Alliance Board Members:

Paula Madison, Past President, MMSA Zenie Popkin, Treasurer Francine Vakil, Alliance Representative Maureen Zacharia, Secretary

Our meetings have become a social time to be together with a focus on book clubs since Covid. In September, Zenie Popkin hosted our discussion of *The Personal Librarian* by Marie Benedict and Victoria Murray. This historical fiction told the remarkable story of JP Morgan's personal librarian, a Black American woman who was forced to hide her true identity. Her collections for the library left a fascinating legacy and an intriguing story. Our book club gathering was hosted by Neena Patwardhan in January when we discussed another historical fiction, *The Frozen River* by Ariel Lawhon. This selection was inspired by the life and diary of a midwife, Martha Ballard who kept a written account of her day-to-day life with details of her midwifery patients that included a murder mystery. Our meeting in March was held at the home of Sheila Massarelli, with a discussion of the book, *My Brilliant Friend* by Elena Ferrante, a story about the friendship of two girls growing up in the 1950's in a poor neighborhood outside of Naples, Italy.

Our Alliance has embraced an initiative called *Community Book Nooks* to help combat the literacy crisis in the Worcester public schools. We are investigating how we can make a difference by getting more books into the hands of children in elementary schools that are experiencing a book desert and no longer have access to a school library.

The WDMSA BSN Scholarship was awarded to Heather Monroe, a senior at Anna Maria College. She is eager to become an oncology nurse providing compassion and support to her patients. Heather was awarded her scholarship at the WDMS Fall District Meeting on November 13, 2024.

Maureen Zacharia represents the WDMSA at the WDMS Executive Committee meetings for the district's medical society. Paula Madison represents the Alliance at the WDMS Public Health Committee. If any Alliance member would like the opportunity to serve on committees at the state or district level, please notify Maureen or Paula.

Family Physician Day was sponsored by the Massachusetts Medical Society Alliance (MMSA) at Tougas Farm in September. The day included apple picking, lunch with dessert of taffy apples and lots of playing for the children. In January, the MMSA provided a Winter Luncheon at the Longfellow's Wayside Inn in Sudbury. A collection of items was donated by attendees to support the *New England Center and Home for Veterans*. The MMSA also hosted Doctors Day at the historic Robert Treat Paine Mansion in Waltham. A catered lunch and tour of the mansion were provided. All of the events by the MMSA were well attended by the Worcester Alliance members.

Respectfully submitted, Paula Madison, RN

Curator's Report 2024-2025

The Curator and interested members catalog artifacts and archives, develop exhibits and offer activities relating to the history of medicine to the membership and to the public. The Curator, with approval of leadership, develops policy regarding accepting donations, de-accessioning materials and indexing and storage.

Members are invited to participate on an activity-by-activity basis to accommodate their interests and time availability.

Activities:

Cataloging: All artifacts have been photographed and uploaded to our Web page as well as cataloged. Storage is both at Mechanics Hall and offsite at offsite storage on Chestnut St.

Exhibit: An exhibit on the history of Obstetric Instruments was displayed in 2024 outside of Lamar Souter library at UMass Chan Medical School. It was moved in the fall to display cases outside of the amphitheater at Memorial Hospital.

Spoken History Project: Since its inception in 1995, we have accumulated over 80 interviews of senior members discussing their careers. These are available on the WDMS YouTube channel. An interview with Charles Birbara was added this year and a recording that was unpublished of Richard Bishop was found, converted to an electronic format and uploaded to the YouTube playlist. By policy, all of these recordings are also backed up on a hard drive in the WDMS office.

Leonard Morse & Public Health records: Files were found at the Worcester Department of Public Health and turned over to the Society by Michael Hirsh. Review of the documents and slides revealed some original records regarding the investigation of the 1969 Holy Cross hepatitis epidemic as well as materials and transcriptions of presentations from a 1978 100-year celebration at the Worcester Department of Public Health. The slides were converted to electronic files and are stored at the WDMS. The written materials were collated, duplicates were removed, and they are stored in the Leonard Morse file of the WDMS.

Respectfully Submitted, B. Dale Magee, MD Curator

Medical Student Committee 2024-2025

Committee Members:

Anne Larkin, *Co-Chair*, Michael Marget, *Co-Chair*, Lillian Cain, MS1, Vaibhav Gupta, MS1, Sneha Karthikeyan, MS4 (EC Rep), Christine Li, MS3, Vananh Pham, MS3, Ace Yiming Zhang, MS1

This is the fourth year of the Medical Student Committee and after consideration by the Executive Committee and the new President, this will now become a Standing Committee of WDMS.

It was established as a Special Committee to further collaborate and enhance the relationship between WDMS and the University of Massachusetts Chan Medical School. It is comprised of UMass Chan medical students, at least 2 from each year and led by two Chairs, one physician member and one student member. There is no limit to the number of students on the Committee, and we will add it to the annual Roster appeal. The Committee will be responsible for two events per year, one in the fall and one in the spring, one educational and one social/networking.

The fall event was our 3rd Annual Park Cleanup / Student Meet and Greet, on September 28, 2024. We had approximately 12 students in attendance. In two hours, we collected 12 bags of trash, tires and other miscellaneous items.

Our spring event is planned for May 5, 2025. We will host a panel of three physicians and a financial aid specialist on who will discuss their perspectives on "Financial planning for Residency and Beyond". The panelists include Drs. Joel Popkin, Christian Klaucke, Patrick Lowe, and the Director of Financial Aid at UMass Chan.

As the class sizes at UMass Chan continue to increase, we look forward to engaging more students and continuing to offer educational and social events. If you have any suggestions for programs or meetings, please contact any of the members from the Student Committee or the WDMS Offices at 508-753-1579.

Respectfully Submitted, Anne Larkin, MD, Co-Chair Michael Marget, Co-Chair

Anniversary Members 2024-2025

50 Year Member

Harvey Clermont, MD

25 Year Member

John A. Ferriss, III, MD Sara Jacobson, MD Shan Lu, MD Balchandra Parulkar, MD Michele Sinopoli, MD

Memorials Committee 2024-2025

Memorials Committee

Dr. Sidney Kadish and Resident Representative Stephanie Clegg

The Memorials Committee was disbanded this year as the work to memorialize our members who have passed, is done through our magazine, Worcester Medicine. For every member who has passed, an In Memoriam is written by a colleague or family member, in their honor.

<u>Member</u>	Date of Birth	Date of Death	Members Since
Robert Quinlan	4/21/1944	6/23/2024	4/1/1985
James Ledwith Jr.	8/13/1957	7/9/2024	3/28/2008* (WN Member)
John Paul Lock	8/1/1646	7/21/2024	5/28/1978
Louis Frederick Anastasia	10/7/1935	8/4/2024	1969
Eileen Wolf-Feldman	8/4/1954	8/11/2024	1988-2002
George Nasinnyk	5/2/1343	10/29/2024	5/28/1994
Ms. Joyce Cariglia	11/5/1945	11/18/2024	1985-2018* (WDMS Exec Dir)

Respectfully submitted, Memorials Committee

Bylaws Committee 2024-2025

Committee Members:

Drs. Sahdev Passey, *Chair*, Kate Dinh, Bency Louidor, Mark Maxfield, Robert Sorrenti and Bennett Vogt The WDMS Bylaws were reviewed and updated extensively this year, for the first time in many years.

With the guidance of our President, Dr. Giles Whalen and Bylaws Committee chair, Dr. Sahdev Passey, the updated WDMS Bylaws were presented at the 2024 Fall District Meeting and all in attendance approved the update.

The updates were necessary to better align our operations with the written bylaws.

The next task is to work on the Worcester Medical Library Bylaws and determine if we need bylaws for the Scholarship Fund of the Worcester District Medical Society.

Respectfully Submitted, Sahdev Passey, MD