

MSSNY Council Report
Adolph B. Meyer, M.D., Councilor
Kings and Richmond Counties
September 17, 2020

Medical Society of the County of Kings

- Kings County has formed a ‘MSCK COVID-19 Task Force’ which meets every 2-3 weeks. Chaired by Dr. Donald Moore, its purpose is to train physicians, patients on the necessity of social distancing, testing and treatment. We are creating a PSA and are speaking to various entities in which to air it. Physician that specialize in Infectious Disease are interested in working with us.
- We joined with Altvest Wealth Management for a free webinar on “Tax Strategies and Investment Opportunities Amongst COVID.” In addition, we arranged for members to receive a complimentary 30 minute, or longer, consultations with a financial advisor.
- Our delegation has been highly active with this year’s House of Delegates. Thanks to Dr. Parag Mehta and with the help of Dr. Adolph Meyer, MSCK Delegation Chairs, we used WhatsApp to communicate during the week leading up to the September 13th HOD. The Richmond County and First District Branch delegates also participated in the activity on the app with King County. Our delegation plans to have a final virtual meeting before September 13th.

Richmond County Medical Society

The Richmond County Medical Society is changing with the times. 2020 has been quite challenging to say the least, however, together as a team, we have made ourselves available to our community.

Our goals are the same. We always look to increase participation of our current members, as well as educate physicians about our society with hopes of them joining. The Society will continue to promote the importance of organized medicine and educate our members on current medical topics and determine alternatives to enable practices to further thrive in the community. The physicians of Richmond County embody the best of what our profession has to offer. We strive to provide excellent healthcare. We continue to pursue advances in medicine and to advance our knowledge, through ongoing educational programs. We have a strong belief in the importance of participation in organized medicine, as evidenced by the success of the Richmond County Medical Society.

To begin this report, **we must acknowledge Dr. Sangita Parab (Our 213th President)**. Our Immediate Past President has succumbed to a devastating trauma. She is receiving excellent treatment and is being cared for by her family. We are keeping her in our prayers always. We will update everyone as she recovers.

Radha Syed, MD wanted to share a letter with all.

A LETTER TO THE EXECUTIVE BOARD 2020-2021...
(by Radha Syed, MD) 06/14/2020.

In the short time since I took over as the 214th President of our Richmond County Medical Society, I already feel the burden of making a lasting change in Our Society. It is not often one gets the opportunity to "put one's money where one's mouth is"! It is at once exhilarating as well as frightening! I feel I am running out of time already! Following a big player like COVID-19 is not easy! Reinventing face to face communication has been frustrating as it has been for the whole world, but I must lament Beatles style-"nobody told me there'll be days like this"! Putting away my black and white Ball gown I envisioned wearing on the evening where I would have been felicitated as the NEW President, I instead went on a Zoom meeting speaking for all of 15 minutes and took the gavel from the outgoing president in two minutes. There were no flashing lights of cameras, no walking to the podium in slo-mo as people admired my gown, no coiffured elegance on my head and the makeup - well, was smeared from wearing a mask! To top it all, there was Governor Cuomo imposed CURFEW at 8pm due to the riots caused by George Floyd's death. WE had literally compressed a 4-hour program to 1 1/2 hours! But here I am -happy ,ready excited about the coming year where I want to achieve many things!

My focus is on making RCMS as the PRIMARY Health Resource for ALL our community members and Physicians. I want RCMS as a FORCE to be reckoned with! To help and assist our fellow physicians, engage politicians who will assist our Health Care in a positive way, inform our Community with Medical News and Headlines globally. to help our community members as a strong resource to connect with physicians, with general or specialized care, and direct them to resources available in Richmond County for those aspects of healthcare where physicians alone cannot optimally achieve success! I am speaking for **Social Determinants of health**-hunger, shelter, employment, and Healthcare coverage. MSSNY, our parent Society, has stressed the need for considering the care of a patient as a whole by physicians. I am as guilty as the next one in NOT paying too much attention to the **Mental Health** of my patients. "No time" "too much going on" "Hey, can you give this patient a questionnaire on depression" "Are you suicidal? if so, you need to go to the ED" "Try to relax, take a vacation-go for a nice facial or makeover-there's a sale in Macy's-go crazy on the sales" "Take Yoga and meditation classes -there's a nice app on your phone for all new videos"! Alas, none of this works! It should be dealt with as seriously as heart attack in a routine EKG or a pelvic or breast mass on a routine exam. It needs your immediate attention no matter how many patients are waiting outside!

I want our **Social Media to be ACTIVE, Interactive** as well as show what is going on in the medical community and community at large. I could have uff ~~12~~ 17ulere's a sal!

1. **JOIN RCMS**-make it your own ! NUMBERS matter! WE are actively trying to REDUCE the **Membership Fee at MSSNY**-as soon as we get the information, I will communicate it. With membership comes its benefits-to name something off the top of my head we have a fine Health Care Attorney with FREE consultation and advice for all your professional needs. Up to the minute news at Albany-all CME's, advertising for space PPE when none can be found, SBA loans PPP Loans, AR assistance, subsidized EMR and countless other including affecting a change in the legislature! Your voice WILL be heard!

2. **OUR Community OUR Health**-a Column on our website-ALL are invited to write innovative news/research/useful information for all Physicians and Community/Expert Opinion/Global News on Pandemic and other disasters. We want this column to be included in the SI Advance in their Health Section every week! We are planning to tap into participating in SI Live. In short we want to put RCMS and its physicians on the map! In our next communication we will outline the exact protocol for presenting something for website publication. It can be under three categories:

1. Professional Matters based
2. Academic Based
3. Social Based

You can also specify if this can be shared by Community Members

3. **Comitia Minora -Every month** we have a meeting of all RCMS physician members-where all professional matters are discussed, individual problems are heard, and resolutions attempted. As we all know many heads are better than one-you are NEVER alone! We at RCMS want to build camaraderie which existed before -in the "good old days"-I am proud to say I am old enough to remember those days! These meetings will be held on ZOOM or TEAM by Microsoft . Logins will be sent to all those who are members a week before. It is a GREAT opportunity to be with your colleagues who practice on the very same island and understand the updated news in our profession! REMEMBER YOU HAVE TO BE A MEMBER TO ATTEND THIS AMAZING MEETING!

4. **NEW PROPOSAL:** We want to make the **Comitia Minora meeting more effective and meaningful for our Physicians**. We will be starting discussions with the President of Academy of Medicine at Richmond to have a speaker of interest to all of us (every month) and try to obtain a one-hour CME. The speakers will be from our physician community-we will use expertise from Richmond County! In this regard, I feel TEAM by Microsoft has a better format and fit for presentations of slides etc. We will keep you updated in the coming weeks.

5. **NEW ADDITION TO THE STAFF OF RCMS :** I am happy to appoint **Dr. Syraj Syed PhD as Director of Advocacy and Outreach**. Syraj has kindly agreed to do the work *Pro Bono* as he is committed to Community Based Programs-in lieu of engaging someone for "managing website"! Syraj has been the Editor of Florida Journal of Educational Administration and Policy, Editor of Self Narrate column in Gainesville Sun, he has run Social Media Campaigns for Theater Based for the community, River Phoenix Peace Club and LEAH(Legal Empowerment and Advocacy Hub) . He will manage the content for the Website and for Social Media. Many of you met him as the Zoom Host and the interviewer of Max Rose Congressional Candidate. *He will be working with Physician Reviewers for any articles or publications submitted for the RCMS Website by Physician Members*. Dr Syraj will be responsible for editing and formatting publications before posting on the website. He will continue to host Zoom or Team sites for the RCMS meetings

6. Acknowledgements: Have you wondered where you would be if so and so had helped you in a particular juncture? Well, it is time for me to acknowledge a few key people to whom I owe special thanks for helping me in my journey to this stage in my life.

- **Dr Anthony Sgarlato** -had nominated me as Secretary several years back for RCMS-he said "you could do it" as I gazed in extreme perplexity at his face! And here I am at this prestigious post as the President of RCMS!
- **Dr Deeptha Nedunchezian**- has been an incredible resource throughout my professional life but especially in RCMS administration. She has been the PAST president of RCMS and made active changes especially as a female president-and has become my role model!
- **Linda Sabatino**-Executive Director of RCMS-she runs the show! There is NO meeting, No party, No felicitation, No celebration without Linda being right in the middle of it all - doing the impossible! Like this past Zoom meeting with installation of the new president-the day of 8pm curfew-LAST minute change of agenda-the decorations continuing Social distancing the mask / Max Rose-making it all possible. We always work as a team. Your loyalty, dedication, and devotion to all the physicians for the past 7 years has not gone unnoticed. For that we say thank you from the bottom of our hearts.
- **Syraj Syed**- now the Director of Advocacy and Outreach-has made the interview with Max Rose possible on a Zoom meeting! The presentation by Max was almost flawless. Syraj's understanding of Health Care, Community based programs, Mental Health and his experience in Journalism and Policy writing will be great asset to our Society.

I want to thank ALL of you ,the past presidents of RCMS and the future presidents for allowing me to work with you in my current capacity! I look forward to a fruitful year ahead!"

BEST,

Radha Syed, MD

Our first Comitia Minora Meeting will be September 15th, 2020. The executive board will be our conference room hosting the meeting for fellow members.

HOD – Our 2020 Delegates are:

- Radha Syed, MD
- Deborah Aanonsen, MD
- Florence Shum, DO
- Jack D'Angelo, MD