OVERCOMING OPIOID ADDICTION
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Cover illustration by Richard Kobs, Graphic Designer, NSU Office of Publications and Creative Services
This issue of COM Outlook marks an exciting milestone for the Dr. Kiran C. Patel College of Osteopathic Medicine (KPCOM), as well as for me. Incredibly, this issue launches the 20th anniversary year of the magazine’s establishment—and my 20th year as a proud Nova Southeastern University (NSU) employee.

When I joined the KPCOM in 1999, one of the first tasks I was charged with was creating a magazine for the college—an incredibly exciting, but daunting challenge. Thanks to the collegiality and contributions of my colleagues, as well as the alumni and students, the magazine evolved into an award-winning publication that has received more than a dozen national accolades since its inception.

In my role as the unofficial historian for the college and the Health Professions Division, it has been a privilege to document the KPCOM’s growth in size and esteem over the years. During the magazine’s early years, the college consisted of only the Doctor of Osteopathic Medicine program. Today, the KPCOM has eight degree programs, including the recently established Bachelor of Science in Human Nutrition, which will matriculate its first class in the fall of 2019.

As both COM Outlook and I launch our 20th year at NSU, this issue serves as a bridge to both the past and the future. In July, the KPCOM lost two of its iconic leaders with the passing of its founding dean, Arnold Melnick, D.O., M.Sc., FACOP, and Stanley Cohen, Ed.D., M.Ed., who had been affiliated with the college since 1980. To honor their innumerable accomplishments, we take a fond look at their careers and legacies.

One of the many joys of producing COM Outlook is the compelling stories we get to tell about the wonderful KPCOM family of students, faculty and staff members, and alumni who continually contribute to the college’s success. In this issue, a brave alumnus shares his harrowing story of battling his demons to overcome a crippling opioid addiction. Conversely, we spotlight another alumnus who experienced the joy of winning a 2018 Tony Award for his work as a Broadway producer.

Sprinkled throughout this issue are spotlights on the college’s progressive Sports Medicine Clinic, enlightening student perspective pieces, heartfelt community service efforts, and general news about the people and programs that are an integral part of the rich KPCOM fabric. Thankfully, there is never a dearth of topics for us to write about.

Here’s to the next 20 years.
When Morton Terry, D.O., established Southeastern College of Osteopathic Medicine—the forerunner to Nova Southeastern University’s Dr. Kiran C. Patel College of Osteopathic Medicine—in 1979, who could have imagined what this formidable, visionary figure would accomplish over the next few decades?

Dr. Terry’s great foresight would lead to the creation of additional colleges, the founding of Southeastern University of the Health Sciences, and, eventually, the establishing of NSU’s Health Professions Division. His dream was to develop an educational environment that was not only interdisciplinary, but also collaborative concerning the delivery of health care.

Today, the Health Professions Division is the ultimate culmination of Dr. Terry’s intuition and vision—a progressive and prosperous health education system made up of 8 colleges and more than 60 degree and certificate programs. Because of Morton Terry and many others who helped pave the way, we were able to create a synergistic health education system that produces thousands of health care professionals on a continuum to care for the residents of the United States.

From a nationwide perspective, the NSU Health Professions Division has been a true trendsetter. We have, and continue to, set the example for many established and newer universities, including my alma mater, Columbia University, as well as the University of Chicago and Lincoln University, which are all creating their own versions of our Health Professions Division.

Nova Southeastern University has earned its reputation as an esteemed educational institution. If you look at the alumni from our various programs, you will find them working in assorted and important roles throughout the United States. Some are serving as deans, chairs, and directors at prestigious universities, while others are working as small-town health care providers or delivering care at large teaching hospitals.

NSU has grown and evolved since its 1964 inception, and its 1994 merger with Southeastern University of the Health Sciences, by adopting the core values and principles of preeminent education. As a result, NSU is being recognized for its all-encompassing excellence, which brings added value to the degrees our graduates earn during their broad-based educational and clinical training.

It may be a bold prediction, but I think that within the next 5 to 10 years, NSU will rank as one of the top 100 universities in the United States.

Frederick Lippman, R.Ph., Ed.D.
Chancellor
Health Professions Division/Special Projects
On July 28, Nova Southeastern University made history by hosting the first combined D.O./M.D. White Coat Ceremony in the United States. NSU is one of only three universities in the country with two medical colleges. Both of NSU’s medical colleges bear the name of Dr. Kiran C. Patel.

The White Coat Ceremony served as the official welcome for both the charter class of 53 M.D. students and the more than 240 D.O. students who are enrolled in NSU’s two medical colleges. The university is home to Broward County’s only D.O. and M.D. programs, and the Dr. Kiran C. Patel College of Osteopathic Medicine (KPCOM)—the largest medical college in Florida—offers one of only two D.O. programs in the state. Thirty-four osteopathic colleges are accredited to deliver instruction at 51 teaching locations in 32 states.

Ceremony highlights included keynote addresses from medical leaders Tyler Cymet, D.O., FACP, FACOFP—a 1988 KPCOM alumnus who serves as chief of clinical education for the American Association of Colleges of Osteopathic Medicine—and Darrell G. Kirch, M.D., president and CEO of the Association of American Medical Colleges.

“We are facing a physician shortage, which will have drastic effects on the future of health care, our economy, and our collective well-being,” Cymet said. “NSU’s focus on educating health care professionals on the importance of interprofessional respect and understanding provides its students with an edge in the real world.”

To meet demands in its medical, health care, and life science programs, NSU is planning to construct a 250,000-square-foot, integrated medical education building on its Fort Lauderdale/Davie Campus, in addition to opening its Tampa Bay Regional Campus in Clearwater, Florida.

“NSU is making a major investment in health and health education for the betterment of our society,” said George L. Hanbury II, Ph.D., NSU president and CEO. “This will spark major growth and opportunity with NSU’s projected $5-billion economic impact in Florida by 2020 and help bring us one step closer to being a nationally recognized, top-tier university of teaching, research, service, and learning.”
In her role as dean of the Dr. Kiran C. Patel College of Osteopathic Medicine (KPCOM), Elaine M. Wallace, D.O., M.S., exemplifies the NSU Core Value of student centeredness. A recent example of her continued commitment to student health and wellness was evidenced by the creation of an important website that can benefit students attending Florida’s various medical schools.

In October 2016, Wallace presented an innovative idea to the Council of Florida Medical School Deans (CFMSD). Her suggestion focused on the importance of creating a network of medical students who would be willing to temporarily house other Florida medical school students displaced by natural disasters.

“In several medical schools throughout the southeastern and southern United States have been impacted by natural disasters in recent years. The schools had arrangements in place for holding classes at alternate sites, but not much was mentioned about the displacement of students,” said Mark Sandhouse, D.O., M.S., associate dean of administration, who chaired the CFMSD task force charged with exploring the idea.

“The creation of the Florida Medical Student Disaster Housing program addresses the human component of a natural disaster in Florida,” he added. “It gives students of all the Florida medical schools the ability to find a safe haven during and after a storm, should they need it.”

Working with physicians from Florida State University (FSU) and the University of Miami, as well as with student representatives from the Florida Medical Association and the Florida Osteopathic Medical Association, the task force designed a registration questionnaire for interested students. FSU—in a display of appreciated collaboration—also volunteered to create and host the website.

As task force chair, Sandhouse led brainstorming sessions to develop methods for student registration, as well as for local administration and information dissemination, in the event of a disaster. “The development took place in phases, with the initial questionnaire created on a public platform,” he said. “I developed the list of local administrator responsibilities and led the rollout of the final product, first to the local administrators, and then to the entire CFMSD group.”

After nearly two years of intricate planning, the concept morphed into reality with the official debut of the Florida Medical Student Disaster Housing website on July 27, 2018. “The task force members are excited about the opportunity we created for our students,” Sandhouse said. “As a result, we are looking to further develop the site and have it serve as a model for medical schools throughout the United States.”

KPCOM students interested in participating in this worthy program can register to house a Florida medical student at fmsdisasterhousing.com.
“The creation of the Florida Medical Student Disaster Housing program addresses the human component of a natural disaster in Florida. It gives students of all the Florida medical schools the ability to find a safe haven during and after a storm, should they need it.”

—Mark Sandhouse, D.O., M.S.

FLORIDA MEDICAL STUDENT DISASTER HOUSING

CREATOR

Elaine M. Wallace, D.O., M.S.

TASK FORCE

Mark Sandhouse, D.O., M.S., CFMSD Task Force Chair

Council of Florida Medical School Deans

Florida State University Physicians

University of Miami Physicians

Florida Medical Association Student Representatives

Florida Osteopathic Medical Association Student Representatives
Helping those in need has long been a hallmark of the Dr. Kiran C. Patel College of Osteopathic Medicine, which has coordinated dozens of medical outreach trips to various underserved areas throughout the world over the past two decades.

During the first half of 2018, the KPCOM organized two separate medical outreach trips to various communities in Utuado, Puerto Rico, to assist the many residents affected by Hurricane Maria, which decimated the island in September 2017. Because of the generosity of those who contributed various supplies to the humanitarian excursions, the college’s medical outreach program coordinator, Evelyn Martinez, came up with the idea to create a back-to-school supply drive for the seven communities the KPCOM visited. The seven communities aided were Mameyes de Utuado (clinic location); Mameyes de Jayuya; Limon; Don Alonso; Caonillas; Fronton de Ciales; and Tetuan 1, 2, y 3.

“My involvement in the back-to-school drive began in March, during our first medical outreach trip to Puerto Rico,” Martinez explained. “When second-year student Betsy Rodriguez came to my office with multiple boxes of donations, including toiletries, school supplies,
backpacks, and reusable water bottles, I immediately thought about the possibility of a back-to-school event to benefit Puerto Rico."

Martinez and second-year students Evelina Arzanova, M.B.S.; Jennifer Lara; and Lorena Rodriguez collaborated to make the back-to-school drive a reality. "Once we returned home, we put our plan into action," Martinez said. Arzanova jumped in by creating a GoFundMe account, which raised $1,185, while Lorena Rodriguez took charge of organizing a summer bake sale, which brought in about $400.

"Working with Evelyn Martinez was instrumental in finding the best ways to utilize these funds," Arzanova added. "We used the funds to purchase hygiene products, such as toothbrushes, razors, and toothpaste, as well as T-shirts. We also helped a few families in need by making a direct donation from the funds we raised."

Martinez also contacted various wholesalers to obtain quality backpacks for the children and purchased school supplies in bulk. "Once all the supplies were collected, we got together as a team to get everything ready for shipment," she said.

Although preplanned, other KCOM commitments prevented Martinez and her team of students from traveling to participate in the August 11 back-to-school event. KCOM alumna Eileen Soto, M.D., M.S., who graduated with honors from the college’s Master of Science in Nutrition program in May, was proud to stand in and represent the college.

"Working together with other donors, our contributions helped more than 150 children, which I am so thrilled about," Arzanova said. "We could not have done this without working as a team and having a desire to truly make a difference."
The topic of drug addiction has been the theme of countless books, movies, and documentaries—and for good reason. Everyone from world-famous celebrities to ordinary citizens has battled, overcome, or succumbed to his or her compulsions. It’s a universal topic that has impacted, and continues to impact, the lives of all those involved.

While the origins of drug addiction can be linked to many factors, one thing is certain: It’s a uniquely personal experience that causes despair for those close to the users and wreaks personal and professional havoc on the addicts themselves. Just ask J Foster Chapman, Sr., D.O., a 2006 NSU Dr. Kiran C. Patel College of Osteopathic Medicine (KPCOM) graduate.

Chapman, a recovering opioid addict, grew up in a poor South Florida community. Drugs were commonplace in his neighborhood, as well as in his home. “My next-door neighbor’s place and the apartment complex across the street were crack houses,” he said. “I’ve woken up to find men I didn’t know, who were passed out and bloody from a fight, on my front yard or on my bedroom floor. There was so much marijuana around that I honestly didn’t know pot was illegal until my father sat me down and told me when I was about 10 years old.”

It seemed to Chapman that everyone in his childhood universe was abusing drugs, and so he began smoking pot at age 12. An addictive personality compounded the problem, he added. “I believe that I was born this way. Looking back on my pre-using childhood, I was already displaying addict behavior.”

Despite his less-than-idyllic childhood, Chapman knew from an early age that he wanted to pursue a career in medicine. “I became interested in medicine from my mom, a registered nurse who worked in a gastrointestinal lab,” he explained. “She would take me to work with her if she couldn’t find a babysitter. By the age of five, I could name the entire gastrointestinal tract.”

Several years later, a ride in a physician’s Lexus intensified his intention to attend medical school. “We didn’t always have enough food to eat,” Chapman said. “I used to dig through dumpsters for spare change and scavenge for aluminum to recycle. That’s why being in the presence of moderate luxury, like a ride in a Lexus, was such a seminal moment in my childhood. I got to see how ‘the other half’ lived, so that 20-minute car ride changed my life.”

“There was so much marijuana around that I honestly didn’t know pot was illegal until my father sat me down and told me ... .”

— J Foster Chapman, Sr.

Although his goal of becoming a physician was a comforting plan to escape the misery of his youth, Chapman knew he was sabotaging his chances of getting into medical school by smoking copious amounts of weed. “Once I realized I wouldn’t reach my goal of becoming a physician if I didn’t change my behavior, I abstained from smoking pot until I went to college.”

After earning his A.A. degree from Palm Beach Community College in Palm Beach Gardens, Florida, and his B.S. in Microbiology and Cell Science from the University of Florida in Gainesville, Chapman embarked on his medical school career at NSU-KPCOM.

Drug Woes Worsen

The hiatus did not last. By the time he began attending KPCOM classes in 2002, Chapman was a self-described “functional addict” who was smoking pot and drinking during the school week and engaging in...
much riskier behaviors on the weekends, including ingesting cocaine, LSD, and MDMA (commonly known as ecstasy or “Molly”).

Not surprisingly, Chapman’s academic prowess soon diminished. “I earned a 66 on my first anatomy exam and failed psychiatry in the second year. I almost got kicked out of school,” he said. “I based my rotations on if they drug tested or not.” Trapped in a cycle of drug abuse—and in danger of squandering everything he had worked so hard to attain, Chapman said he did the bare minimum to get by.

After graduating from the KPCOM in 2006, he set his sights on a military career with the United States Air Force (USAF). “I knew they drug tested in the military, so I decided to stop doing drugs, although I continued to drink heavily,” he said. As a member of the Air Force Reserve, Chapman spent three years doing his family practice residency at St. Vincent’s Medical Center in Jacksonville, Florida.

Disaster struck midway through, however, when his father unexpectedly passed away, sending him spiraling into an orgy of opioid use. “Despite being a poor role model, my father was my best friend. I was devastated when he died,” said Chapman. “I made a conscious decision to start using my Drug Enforcement Administration license to obtain narcotics to numb the pain. Suddenly, opioids became my whole world. I quickly got hooked, and by the time I entered the USAF for active duty in 2009, I was barely functioning.”

Chapman’s USAF appointment as medical director at the Barksdale Air Force Base in Louisiana should have been an exciting professional milestone. Instead, his life was unraveling before his eyes as he pilfered pills and forged prescriptions to feed his now raging opioid addiction. “When 40 Percocet tablets didn’t get me high anymore, I started injecting Opana®, Dilaudid®, Demerol”, and morphine.

“My life was spiraling out of control,” Chapman said. “I was hospitalized three times for cellulitis, and I almost lost my left leg. I was even shooting up crushed pills I snuck into the hospital,” he disclosed with brutal frankness. “I was a worthless husband, father, and airman for the USAF.”

Crippled by the agonizing withdrawal symptoms that accompanied his futile efforts to go cold turkey, his addiction raged unchecked. “I was simply too ashamed to ask for help,” he admitted.

The High Price of Getting High

Chapman’s risky behavior and impaired decision-making eventually caught up with him. In 2013, it set off a confluence of events that resulted in a military investigation. “I was removed from patient care and forbidden from prescribing anything to anyone,” Chapman said. “Suddenly, my opioid supply was eliminated.”

To satisfy his intense cravings, Chapman resorted to buying pills on the street. As he continued his perilous descent toward rock bottom, he concocted a strategy to end his life. “I became suicidal and wrote goodbye letters,” he admitted. “While writing the final letter to my daughter, I was touched by a spiritual presence that forced me to step back and examine exactly what I was doing. This ‘moment of clarity’ allowed me to finally ask for help.”

In February 2014, Chapman entered a rehab facility for a four-month stay. By the time he left in June, however, the sobering repercussions of his prolonged criminal activities loomed large. “When I got out of rehab, I was court-martialed and pled guilty to various drug-related charges,” he acknowledged.

What followed was a demoralizing 212-day stay in a Charleston, South Carolina, military prison that tested the limits of Chapman’s sanity. “Prison was the best, and worst, thing that has ever happened to me. Being stripped of my status, my profession, and my family literally broke me as a human being,” he said. “I had to have everything taken from me to appreciate how blessed I already was. Halfway through my sentence, my depression, along with my obsession to use, finally...
lifted. I became happy again. I thought, ‘If I can be happy in here, sober, with nothing, maybe I can be happy on the outside as well.’”

**Staying Clean: A Daily Process**

One of the first things Chapman had to deal with when he was released from prison was making amends with his family, which included his wife, Stefanie, whom he met in high school, and his children K Rose; J Foster, Jr.; and Bernard Samuel. “My wife single-handedly held our family together through my addiction, my incarceration, and my recovery,” he said. “I owe her my life.”

The road to being—and remaining—clean is paved with obstacles, which is why Chapman is determined to avoid the pitfalls and do whatever is necessary to remain drug free. “Only dead people beat their addiction; I just haven’t used today,” he explained. “I am four years through a five-year program for impaired providers and am subject to random drug testing.”

“My wife single-handedly held our family together ... I owe her my life.”
—J Foster Chapman, Sr.

Chapman attends twice-weekly Narcotics Anonymous meetings, visits a therapist twice monthly, participates in weekly Caduceus meetings, and sees an addictionologist quarterly. He also speaks to addicts at various recovery centers. “Telling my story to street-level drug addicts and prostitutes seems to reach them on a special level,” he explained. “They say, ‘Wow! A doctor? You did all that?’ I think it helps them understand that addiction truly is a disease. It also helps keep me grounded, since I know what’s waiting for me if I relapse.”

Because of his criminal record, restarting his medical career took time, said Chapman, who is the primary care manager of the Traumatic Brain Injury Clinic at Fort Polk in Leesville, Louisiana. “I enjoy helping our brave soldiers recover from their traumatic brain injuries,” he said. “Some of them have also dealt with alcohol and drug addiction. My experiences allow me to relate to them on a truly unique level. I can look them in the eyes and say, ‘I understand; I’ve been there. And I can help you get out.’”

After years of drug dependency, and dealing with the altered behaviors and perceptions that accompany addiction, Chapman is relishing his recovery and the steps he is taking to stay clean. “I can’t verbalize how wonderful being clean is,” he said. “I’ve never been happier.”

10 PIECES OF ADVICE
BY J FOSTER CHAPMAN, SR.

Addiction is the only disease I know of that tells you that you don’t have it.

Repeat after me.

1. If you think you might have a problem, you do.
2. If you think you have it under control, you don’t.
3. If you think you can stop and recover on your own, you can’t.
4. Quitting is not the same as recovering. (Quitting is easy. I quit all the time.)
5. You don’t have to steal from your kids.
6. You don’t have to falsify prescriptions.
7. You don’t have to become a junkie, be hospitalized, or lie to everyone you love, including yourself.
8. You don’t have to go to prison.
9. Asking for help will not negatively affect your career.
10. The people in your life, personally and professionally, want you to succeed. I want you to succeed!

Learn from my mistakes. Ask for help today.
“Dr. Melnick, along with Dr. Morton Terry, was a formidable figure in the creation of the 15th osteopathic medical school in the United States and the establishment of Southeastern University of the Health Sciences. It was his belief that health care should be designed for the purposes of providing as much care, and as much knowledge of illness prevention, to the many students who were coming through the institution, and then providing quality health care to the community at large. He was someone I learned a great deal from about the academic and technical elements of the creation of the various units of Southeastern University of the Health Sciences, which is now known as the NSU Health Professions Division.”—Frederick Lippman, R.Ph. Ed.D., Chancellor of the Health Professions Division/Special Projects

“Dr. Stanley Cohen was one of the most unique and warmhearted men I ever met. He always had a joke and an understanding of feelings. His love of the school was worn on his sleeve with great pride, and he always worked for its betterment. His warmth and humanity were always obvious, along with his love of the students. Stan will always be an icon, and his influence on many of us will be a major part of his legacy.”—Anthony J. Silvagni, D.O., Pharm.D., M.Sc., FACOFP dist., FCPP, KPCOM Dean Emeritus and Director of International Medicine

“The 30-year journey we shared was filled with mutual respect, moral support, and a common passion for the well-being of children. Dr. Melnick was a mentor and a family friend. We honor him as a pioneer in osteopathic medical education, a lifelong leader among osteopathic pediatricians, and a prolific medical writer. May he rest in peace, and may his legacy last through the generations.”—Cyril Blavo, D.O., M.S., M.P.H. and T.M., FACOP, Assistant Dean of Preclinical Education at NSU’s Tampa Bay Regional Campus and Chair of the Department of Public Health

“My favorite recollection of Dr. Cohen occurred after he published his successful book I Am a Tree, I Can Bend. The book came to the attention of one of the producers of The Oprah Winfrey Show, who invited Dr. Cohen to appear on the program and discuss his ideas. To my amazement, Dr. Cohen turned the offer down because, to appear, he had to provide every member of the studio audience with a copy of the book. I still laugh at this memory.”—Scott Colton, B.A., APR, HPD Director of Medical Communications and Public Relations

“Dr. Cohen was a very valuable and significant source of academic knowledge and direction for a growing faculty presence at the university. He was extremely student-centered and was constantly driven to provide the highest form of knowledge-based learning to our matriculants.”—Frederick Lippman
Within a span of 10 days, the NSU Health Professions Division lost two of its most iconic leaders with the passings of Arnold Melnick, D.O., M.Sc., FACOP, on July 12 at the age of 98, and Stanley Cohen, Ed.D., M.Ed., on July 22 at the age of 90.

Melnick, the founding dean of Southeastern College of Osteopathic Medicine—the precursor to NSU-KPCOM—and the former executive vice chancellor and provost of the NSU Health Professions Division, crafted a prolific, 70-plus-year career as a respected pediatrician, writer, and university administrator.

Like Melnick, the affable Cohen had a long affiliation with NSU-KPCOM, which began in 1980 when he was hired as chair and professor of humanities and behavioral science. During his prodigious career, Cohen did it all, from being a high school biology teacher, college professor, principal, and superintendent to being a successful entrepreneur and published author of numerous books, including the acclaimed I Am a Tree, I Can Bend and My Time with Einstein. In 2017, Cohen retired from his position as the HPD’s executive vice dean for educational support.

To honor these twin titans of the Health Professions Division, COM Outlook looks back at their well-lived lives by reprinting and updating previously published interviews and allowing respected colleagues to share their thoughts about the departed—but never forgotten—legends.
As a child growing up in Philadelphia, Pennsylvania, in the 1920s, Arnold Melnick was resolute by the precocious age of five in his determination to become a pediatrician. "Because of the family contact I had with my uncle, who was a pediatrician, I suddenly announced that I also wanted to be a pediatrician," said Melnick, who called Philadelphia home until 1980. "After I made such a grand pronouncement, I guess I couldn’t escape from it.”

After earning his bachelor’s degree from Temple University in 1941, Melnick decided to attend Philadelphia College of Osteopathic Medicine after he was introduced to the profession through his father’s friend. “When I graduated, I knew exactly what I wanted to do, which was work in child psychiatry,” he explained. “However, there was only one pediatric residency available in the osteopathic profession at that time, which was based in California, and there wasn’t any kind of training available in child psychology.”

In 1946, Melnick opened a pediatric practice with the help of a senior surgeon, who graciously invited the novice physician to use the extra office space located in his home. “This doctor was a good friend of mine, because we had served at the hospital together,” explained Melnick, who maintained his pediatric practice until 1976. “He asked me to come into his office and didn’t charge me a dime until I started making money. In fact, he refused to take money from me for the first 18 months.”

While he was busy building his practice, Melnick decided to expand his expertise by pursuing a master’s
degree in psychology at Temple University, which he received in 1953. Melnick’s attention, however, wasn’t totally focused on his burgeoning career. In 1945, he married the love of his life, Anita, who he met through the machinations of a close friend.

“My best friend went to a fraternity picnic, and while he was there, he met this very attractive young lady,” he explained. “During their conversation, she revealed she was moving to north Philadelphia—to the same street I lived on.”

Taking advantage of this unintended case of kismet, his friend acquired Anita’s phone number and passed it on to Melnick, who called her a short time later. The result was a wonderful, 63-year marriage that endured until Anita’s death in 2009 and produced son, Sandy, a board-certified psychiatrist in Pennsylvania.

Retirement Derailed
By 1976, thoughts of retirement began creeping into Melnick’s mind. “One of the precipitating factors was that I was always driving back from the hospital at 2:00 a.m. My hospital was a 45-minute drive each way, and I did it every day, sometimes twice a day,” he explained. “One night, I said to myself, ‘Arnold, what are you doing? What more are you going to see after all these years of intensive practice? And what more satisfaction can you possibly obtain?’ I had a very fulfilling practice, which I loved, but I felt it was the right time to retire.”

During the next few years, Melnick, who, by this point, had authored numerous books and more than 200 published articles, began writing for several medical magazines and serving in various editorial capacities for industry publications, such as the American College of Osteopathic Pediatricians Newsletter, the Osteopathic Reporter, and the Journal of American Medical Writers Association.

Then, one night in 1979, a visit from an old friend named Morton Terry, D.O., M.Sc., FACOI, changed the course of Melnick’s life effectively putting an end to his self-imposed retirement.

“I first met Mort Terry in 1942 when we were in the same classes at Philadelphia College of Osteopathic Medicine, and we soon became lifelong friends,” said Melnick, who coordinated Terry’s wedding ceremony to wife, Geraldine, in 1948. “It was one of those friendships where we sometimes didn’t see each other for over a year, but when we met up again, we picked up in the middle of the sentence where we last left off. So, when he came to Philadelphia to visit me, I expected nothing more than an evening of friendly conversation.”

Instead, Terry revealed his bold plans to establish an osteopathic medical college in North Miami Beach, Florida. “We talked about several things that evening, including his decision to be the college’s dean,” Melnick said. “When I told him I thought he should be
college president instead, he suddenly offered me the dean’s position.”

Melnick initially agreed to serve a two-year term, “because I really just wanted to take it easy,” he admitted. “Of course, those 2 years turned into 18 years and a lot of rewarding work.”

**Leaving a Legacy in South Florida**

After Melnick relocated to South Florida on June 6, 1980, he and Terry—with the assistance of a finance officer and a lone secretary—launched Southeastern College of Osteopathic Medicine (SECOM), which accepted its inaugural class in the fall of 1981. “The average time it traditionally takes to start a medical school is 5 to 10 years, but we did it in 1 year,” he said. “In fact, no new school we started ever took more than 18 months from conception to matriculation of the first class.”

Because they possessed risk-taking personalities and were at the latter stages of their respective careers, Melnick and Terry frequently defied conventional wisdom to obtain the results they desired during SECOM’s infancy. “The American Osteopathic Association had recommended we start by accepting only 15 students in the first class,” said Melnick, who received the Florida Osteopathic Medical Association Lifetime Achievement Award in 2001.

Instead, the duo decided to chart a more adventurous course and accept 40 students in the first year, and then increase to 60 in the second year, 80 in the third, and 100 in the fourth. “It was our baby, and it wasn’t
as if we were going to be looking for another job someplace if our approach failed,” Melnick revealed. “We had to make this work for us—and we did.”

By the late 1980s, the creation of the College of Pharmacy and the College of Optometry, in conjunction with the existing SECOM, led to the State Board of Independent Colleges and Universities according the three colleges university status, prompting the adoption of a new name: Southeastern University of the Health Sciences. As a result, in 1988, Melnick gained a new title—executive vice president and provost—as well as increased job responsibilities as additional schools were added throughout the next decade.

“My duties included supervising the existing schools and starting new schools by putting the concept together, picking a dean, and supervising the overall process,” Melnick said. “The finances were run by Mort Terry and me, and if you needed a second pencil, you didn’t have to write a requisition or look at a budget. You simply came in and said, ‘I need a pencil.’ We had great control over the money, which is what enabled us to create additional schools.”

When Southeastern University of the Health Sciences merged with Nova University in 1994, Melnick didn’t skip a beat, becoming executive vice chancellor and provost of the newly created NSU Health Professions Division. As he neared the age of 80 in 1998, however, Melnick officially retired from his HPD post, although he continued to serve on the NSU Board of Trustees until 2004.

No Regrets

“I’ve had one of those unusual lives, because I have almost no regrets,” said Melnick, who received the AOA’s Distinguished Service Certificate in 2002—one of 18 distinguished service awards he received throughout his career.

When reminded of his original plan to work with Terry for just two years in the early 1980s before reentering retirement, Melnick smiled and replied, “It was always challenging, interesting, and fascinating, so I didn’t even think of retiring once I got involved. That’s why I kept on going—and I’m glad I did.”

(Significant portions of this article were reprinted from a 2005 COM Outlook interview with Melnick.)
Education and Einstein

Stanley Cohen Discusses His Extraordinary Life

As a child growing up in Washington, D.C., Stanley Cohen, Ed.D., M.Ed., spent many happy days discovering the wonders of science at the Smithsonian Institution, where he reveled in looking at and touching prehistoric dinosaur bones. Years later, after his family relocated to Ventnor City, New Jersey, Cohen’s scientific penchant continued when he entered a scholarship contest as a high school sophomore. His project? Spending two years breeding guinea pigs in the family home to see what effect inbreeding would have on the animals.

Because of his scientific proclivities, Cohen initially decided to pursue a career in medical research and enroll at Rutgers University in New Jersey. It turned out to be a fateful decision that led him to form an unexpected friendship with the man who was named TIME magazine’s Person of the Century in its December 31, 1999, issue: Albert Einstein.

In 1946, Cohen was a talented and industrious 18-year-old college freshman looking to become rich and famous as a medical researcher and creator of lifesaving antibiotics. Because the library at nearby Princeton University housed a broader range of resource materials than those at Rutgers, however, Cohen frequented the Princeton library.

During one of his visits, Cohen unexpectedly caught sight of the inimitable Einstein, who immigrated to the United States in the autumn of 1933 and later accepted a professorship at Princeton’s prestigious Institute for Advanced Study. “I am an extrovert by nature, so I simply walked over and introduced myself by saying, ‘Hello, you must be Albert Einstein. I am...”
just a poor Jewish student from Rutgers,’ ” said Cohen of his fearless self-introduction. “He then asked me to sit down, which shocked me, because I couldn’t believe he would even talk to me.”

Clearly impressed by Cohen’s youthful bravado, Einstein tendered an intriguing offer: to serve as his driver for the princely sum of $14 a month. Although he was 67 years old at the time, Einstein had yet to master the art of driving—a circumstance that turned out to be both financially and intellectually rewarding for Cohen. “For the next two years, I drove him around on the weekends and sometimes on Thursdays, depending on my classes,” said Cohen of their Driving Miss Daisy relationship, which eventually deepened into a full-fledged friendship.

“I knew, of course, that he was a famous scientist, but what truly amazed me was his knowledge of cultural anthropology, psychology, sociology, philosophy, and even politics. I really think I learned more from him in these areas than I did from my classes,” said Cohen, who published a book documenting his time with the genius in 2012 entitled My Time with Einstein.

“If I could have handpicked a father, it would have been him, because he was so nice to me,” Cohen explained. “I wasn’t his kid, but boy, I felt like he was my father, mentor, and hero. He taught me so much about life, including his philosophy that if you don’t fail at anything, you never tried anything.”

Finding His Fit

While his driving adventures with Einstein consumed much of his free time, Cohen still remained focused on his studies. “When I went to Rutgers, I thought I wanted to do medical research, because I saw so many things in science that needed answers,” he explained. After graduating with a bachelor’s degree in biology in 1950, however, Cohen soon discovered he and medical research were an ill-fated match.

“When I was doing research at Rutgers, I was around people, which I liked,” said Cohen, who went on to earn his M.Ed. in 1955 and his Ed.D. in 1965 from Temple University, where he majored in educational administration. “But after I graduated and started working, I discovered you’re by yourself, working in a lab, and looking through a microscope all day. It just didn’t fit my personality.”

One thing that clearly fit his personality was his wife, Joan, who he met when he was a junior at Rutgers. “I was playing ping-pong at the Hillel chapter on campus one day when she walked in with a girlfriend,” he recalled. “I took one look at this marvelous creature, and I was hooked. That night, I even told my roommate I had met the person I was going to marry. Interestingly, I found out 25 years later at our anniversary party that Joan had told her sister the same thing that very same night.”

Because money was tight, Cohen had to borrow the four-dollar marriage license fee when he and Joan tied the knot in 1950. The couple also moved in with Cohen’s parents to help make ends meet since he had given up his medical research ambitions to unearth his true vocational passion. “I could have stayed in research, but my wife was very supportive and said, ‘Don’t worry about the money; do what you want to do,’ ” he said. “I knew I needed to make some money because I didn’t want to sponge off my parents all the time, so I was doing a variety of jobs like stage hypnosis, putting up television towers, repairing television sets, and removing steam boilers.”

During this time, he also decided to take a stab at substitute teaching. To his surprise, Cohen discovered he loved students and the teaching process, and a 60-plus-year career was born.

The 1950s would prove to be a fruitful decade for Cohen both personally and professionally. He became the proud father of five children and watched his career reach diverse and unexpected heights.

“When I started substituting, I saw a lot of students who had major personal and emotional problems,” he explained. “There were so many good, young minds dropping out of the school system, so I started taking psychology courses at Temple University in addition
to my teaching certification courses. As a result, I decided to open a part-time counseling office in my home that catered mostly to troubled teenagers.”

In 1952, after receiving his teaching certification, Cohen accepted a job as a biology teacher at Pleasantville High School in Pleasantville, New Jersey. Unlike the rote process of teaching he experienced when he was in high school, however, Cohen was unwavering in his decision to “shake things up” and make the learning process both interesting and interactive for his students.

“I was determined I was not going to simply teach book-based biology,” said Cohen, who would begin a five-year stint as principal of Pleasantville’s Woodland School in 1956. “I wanted to teach life biology, so I had the students get involved in hands-on experiments.”

In fact, one of Cohen’s experiments was so controversial, it nearly cost him his job. “I was teaching the students how to identify microorganisms, and I had them collect samples off the cafeteria tables and the toilet seats in the boys’ and girls’ bathrooms,” he explained. “As we were looking at the samples under the microscope, one of them tested positive for gonorrhea.”

After Cohen sent the sample out for verification, he received a phone call from a displeased superintendent of schools, who summoned Cohen into his office and demanded to know what Cohen was teaching in his classroom. “The school system ended up hiring a company to sterilize the toilets monthly, which cost a significant amount of money,” he said. “My students could have learned this sort of information in a book, but I knew it would be more beneficial for them to gain firsthand knowledge.”

In 1961, Cohen left the public school system to accept a position as professor of education at Glassboro State College in Glassboro, New Jersey, where he taught courses in education, human relations, interaction analysis, personality, psychology, research design, social foundations, and supervision.

South Florida Beckons

More than a decade later, Cohen and his wife, who was also a teacher, decided to retire to sunny South Florida. After months of self-imposed leisure time, which he filled by remodeling his North Miami Beach home, Cohen was miserable. “Basically, I got an ‘F’ in retirement; I was a mess,” he admitted. “I was organically depressed, and I knew it. My wife said, ‘You’d better get a job or go to a psychiatrist,’ so I decided to reenter the workforce.”

On a lark, Cohen decided to take a closer look at a new academic institution called Southeastern College of Osteopathic Medicine (SECOM) being built two blocks from his home. His walked over and met with SECOM administrators Morton Terry and Arnold Melnick, who hired him on the spot.

Although they had never met, SECOM’s founding dean, Melnick, was familiar with Cohen’s published work on personality measurements. “Between 1961 and 1980, I probably gave about 10,000 Myers-Briggs Type Indicator personality tests to everyone from teachers and doctors to politicians, so I was well-versed on the topic,” said Cohen, who was named SECOM’s professor and chair of humanities and behavioral science in 1980.

“In those early years, I was doing full-time student counseling, helping faculty members learn how to write lesson plans, teaching behavioral science, and
writing curricula,” said Cohen, who quickly became an integral part of the fledgling college. “I also wrote our initial Area Health Education Center (AHEC) grant and cowrote our predoctoral and postdoctoral grants. I’m proud to say, we were the first osteopathic medical school in the nation to get an AHEC grant.”

As new schools were added to the educational mix, Cohen played a key role in their development as well. In 1990, he was named director of instructional development at Southeastern University of the Health Sciences—the precursor to the NSU Health Professions Division (HPD)—and served a year as dean of what was then known as the College of Allied Health in 1992. That same year, he also assumed the post of vice provost, which continued when Southeastern University of the Health Sciences merged with Nova University in 1994.

Even when he pushed into his 80s, Cohen maintained a vigorous workload, which included teaching the osteopathic college’s medical ethics course, overseeing the HPD Testing Center, providing education and research seminars to HPD faculty members, observing faculty members’ instruction in the various HPD colleges, and providing key feedback to those he evaluated.

Before he retired from Nova Southeastern University, Cohen joked, “I may be an antique in terms of my chronological age, but not in my social and emotional age. I’m enjoying my journey through life to the fullest extent possible.”

(Significant portions of this article were reprinted from previous COM Outlook interviews with Cohen.)
It takes skill, endurance, and opportunity to win. Nova Southeastern University’s Sports Medicine Clinic has made itself a progressive partner in the quest for success in the athletic and therapeutic arenas. Physicians who practice sports medicine offer specialized training in the treatment and prevention of illness and injury—providing comprehensive medical care for athletes, sports teams, or active individuals working to maintain a healthy lifestyle.

Since its start as a subspecialty 15 years ago, the Sports Medicine Clinic at NSU’s Don Taft University Center has provided all patients—NSU athletes and others—innovative care.

With guidance from NSU’s Dr. Kiran C. Patel College of Osteopathic Medicine, the latest evolution of the sports medicine team is in the hands of Alessandra Posey, D.O., chair of the Department of Sports Medicine and assistant professor of osteopathic principles and practice. Her inspiration for the sports medicine program stems from her passion for preventing, treating, and managing sports-related injuries and conditions.

Roody Joseph, PT, D.P.T., OCS, joined the clinic in January 2016 when the department was being revamped. “Established physicians, a physical therapist, and a psychologist had left or were in the process of leaving the university. I had no idea at the time that I was, unexpectedly, the first official hire for the sports medicine team as it is currently constructed. In the summer of 2016, the vacant

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Roody Joseph performs osteopathic manipulative treatment on the soft tissues of a patient’s lumbar spine.

Thomas Brown, D.O., left, and Clay Guynn, D.O., are current fellows in the KPCOM’s Sports Medicine Fellowship program. Brown, a former flight surgeon and medical officer in the U.S. Navy, is also a part-time KPCOM faculty member. Guynn completed his residency training in physical medicine and rehabilitation before pursuing subspecialty training in sports medicine.

Lailah Issac utilizes musculoskeletal ultrasound (MSK US) to visually examine the structures of a patient’s shoulder. MSK US also is used to perform guided injections as treatment.

From Trauma to Triumph
roles were filled by hiring a clinic director/team physician, neuropsychologist, and, most recently, a second team physician,” he said.

With the new start, developing the Sports Medicine Clinic into a multidisciplinary entity became a priority, including interoffice collaboration with—but not limited to—the areas of athletic training, neuropsychology, nutrition, physical therapy, and sports psychology.

Sports medicine physicians are ideally suited to provide comprehensive medical care for the nonathlete as well, and are excellent resources for the individual who wishes to become active or begin an exercise program. For the weekend warrior or industrial athlete who experiences an injury, the same expertise used for the competitive athlete can be applied to return the individual as quickly as possible to full function.

The department seeks to enhance the NSU Sports Medicine Concussion Clinic to not only treat concussions, but also to gather research on effective treatment methods. “As chair of the Department of Sports Medicine, I have the privilege of sitting on various committees and meeting with different groups throughout the university,” Posey said. “This provides me with the opportunity to not only share the ideas and progress of my department with my colleagues, but also have the opportunity to interact with the other colleges and gain insight to what they are working on.”

Joseph; Lailah Issac, D.O.; and Michelle Johnson, D.O., communicate with faculty members in different colleges during interdisciplinary programs on campus throughout the year. The department also includes Lisa Lashley, Psy.D., a neuropsychologist who assists with cognitive testing after concussions. The synergistic approach has produced various successes, as well as partnerships with groups and organizations within the NSU and broader communities.

NSU’s KPCOM provides ImPACT baseline concussion testing for Broward County high schools that fall under the Broward County Athletic Association. The Sports Medicine and Wellness Committee was formed with the Broward County Athletic Association and educates the groups throughout the area, providing family education nights and clinics for coaches at local high schools during the year. Event topics range from common sports-related injuries to concussion education and management.

The Sports Vision and Concussion Clinic of NSU’s College of Optometry collaborates with the team to offer guidance that pertains to vision and provides rehabilitation services. In the past, another partner, the former Floridian Community Bank, contributed charitable donations, which made it possible to provide post-concussion treatment and education to patients in underserved communities.

“It is my desire to continue developing the platform to educate athletes and individuals, both within this community and beyond, with the knowledge of concussion and other sports-related injuries,” Posey said. “It is also our goal to implement more diagnostic and interventional musculoskeletal ultrasound in our practice, and ultimately offer regenerative medicine therapies to establish a modern, evidence-based, research-driven practice for patient care and student learning.”

**SPORTS MEDICINE CLINIC SERVICES INCLUDE**

- musculoskeletal ultrasound
- neuropsychological testing
- orthopedic and sports physical therapy provided by anorthopedic-certified specialist
- osteopathic manipulative treatments
- primary sports medicine care by board-certified physicians
- post-concussion syndrome management
- soft-tissue mobilization for musculoskeletal impairment
- temporomandibular dysfunction management
- primary care sports medicine fellowship
- hands-on sports medicine experience for medical students, residents, and physical therapy students
How many years does it take to train more than 12,000 physicians and 86 surgical residents? If you are Norman Rose, D.O., FACOS, FICS, clinical professor of surgery, the answer is 55. That includes 25 years training medical students at NSU’s Dr. Kiran C. Patel College of Osteopathic Medicine (KPCOM).

Since earning his D.O. degree from Des Moines University (DMU) College of Osteopathic Medicine in 1963, Rose has dedicated his career to advancing the surgical field.

In a career overflowing with awards and accomplishment, however, Rose said his ultimate contribution to the profession is the positive influence he’s had on teaching and training generations of physicians.

“My greatest accomplishment has been the opportunity to train more than 12,000 physicians and 86 surgical residents in the last 55 years,” he said. “Many have gone on to chair departments in various areas of medicine, and several have gone on to become deans and presidents at several of our colleges and universities. Last May, as grand marshal at the DMU graduation, I was able to meet up with graduates I taught 40 and 50 years ago. Through Facebook, I am still able to watch their growth within the profession.”

As a child growing up in the Williamsburg neighborhood of Brooklyn, New York, in the 1940s, Rose was initially inspired to become a physician after his mother became ill. “We went to the family doctor—a well-respected man who practiced out of the basement of his home. He treated my mother and gave her some medication. He was kind and gentle and took time to talk to me about what he was doing,” Rose explained.

“What was amazing was that, as we were leaving his office, there was a cigar box at the door, and my mother put one dollar in for payment of services, which probably was all we could afford at the time,” he added. “I knew then I wanted to be a doctor, but that was only the first step.”

Seven years later, following his family’s relocation to a new housing project in nearby Flatbush, Rose experienced his own brush with illness that cemented his decision. “At the age of 12, I developed severe abdominal pain, and my father took us by trolley car to see our old family physician, Dr. Freidman,” he said.

After diagnosing Rose with an acute ruptured appendix, Freidman provided money for the family to take a cab to the hospital, where Rose was rushed into surgery. A few weeks later, once his recovery was complete, Rose narrowed his focus to becoming a surgeon. This story, however, has a surprising twist.

“Many years ago in Des Moines, when I was lecturing on appendicitis and explaining my experience, a second-year student in the class approached me,” Rose recalled. “It turned out it was his grandfather who was my Dr. Freidman. How blessed I felt to be able to give back to someone who influenced my life so much.”

Sibling Connection Leads to NSU

During the first 25 years of his professional life, Rose carved out an influential career in the Des Moines area, serving in various roles at the nearby
university and hospital. By the time 1992 rolled around, however, a troublesome ailment led Rose to consider a relocation to South Florida.

Rose had developed a severe case of carpal tunnel syndrome in his right hand, which was not correctable with surgery. Although he oversaw the college’s surgery department and enjoyed his teaching responsibilities, the time had come for a change of scenery.

Thanks to his sister, Elaine Lefkowitz—a longtime NSU-KPCOM staff member who still works in the college’s Office of Clinical Education—Rose was able to secure a position at the college as chair of the Department of Surgery in 1993. That was followed in 1994 with his elevation to associate dean of clinical affairs.

In 1996, Rose left his full-time position at NSU to launch a physician assistant program at Miami-Dade College, although he continued to provide surgery lectures to KPCOM students as a clinical professor of surgery. “What makes my experience in South Florida, and at NSU, so special is the diversity of each class and the percentage of female students. This has presented
Above: In 2015, Norman Rose received the American College of Osteopathic Surgeons’ highest honor—the Orel F. Martin Medal.

Right: Rose and his family pose for a photo at his 1983 inauguration as president of the Iowa Osteopathic Medical Association. Pictured, from left, are Brandi (daughter), Dee (wife), Jessica (daughter), Norman Rose, and Aaron (son).

“I have gained so much learning from their backgrounds and experiences. The students are just one aspect of why I enjoy teaching at NSU-KPCOM. The other factor is the great faculty members and the camaraderie they provide,” he added. “In the courses I am involved with, I see tremendous cooperation and a team approach in order to train future doctors.”

Because he has been so dedicated to his profession and his students, Rose has been amply honored for his numerous contributions and accomplishments. His overflowing list of accolades includes receiving the Physician of the Year Award in 1991 from the Iowa Osteopathic Medical Society and being named a Guardian of the Profession in 2013 by the American Osteopathic Association. In 2015, Rose received the Orel F. Martin Medal—the highest honor awarded by the American College of Osteopathic Surgeons—to recognize his outstanding career as an osteopathic surgeon, educator, and leader.

In addition to lecturing at NSU, Rose serves as the academic director of the Larkin Community Hospital general surgery residency in South Miami and clinical professor of biomedical sciences at Larkin University in Miami. Although he has been an educator for more than 50 years, Rose’s passion for teaching current and future generations of physicians is one he says will never wane.

“Seeing the development of each student I have met has been so rewarding—to watch them learn and develop into outstanding physicians. I think the additional reward has been personal in that, through my teaching, I continue to learn and pass on so much more of what modern medicine can offer,” Rose said. “As an aside, it probably has delayed Alzheimer’s disease, because I have to study so much more to keep up with what’s new in medicine and surgery.”

Due to the close-knit relationships he develops with his students, and his years of experience in the medical field, Rose is uniquely qualified to address the challenges facing today’s medical students. “Future physicians have so many more challenges than what I had in my career. The debt they are incurring to become physicians is most concerning. Certainly, this will be a big problem for many of them in this era of government regulation and physician employment compensation,” he explained.

“The other major problem is keeping up with the rapid expansion of medical knowledge in this era of great technology, which has made it possible for unbelievable discoveries that have led to better care of our patients,” he added. “Lifelong learning will take on a completely new dimension in the future.”

Rose’s students also look to him for advice on how to deal with the rigors of medical school and beyond. “I tell them you have to love what you do, or it will destroy you. I have always stayed positive, and this has helped me through many difficult times. Additionally, I explain to them that, though you may love what you are doing, you still need to find balance in your life through family, hobbies, exercise, and good nutrition,” said Rose, a fitness aficionado who spent the Labor Day holiday in spin class pedaling for 150 minutes and racking up an impressive 56.2 miles on the odometer.

“I have been blessed with a wonderful wife, six children, seven grandchildren, and two great-grandchildren. Without them, and the support I have received from them, I probably would not have accomplished half of my achievements,” he said. “I am so very grateful that I am still useful and will continue to teach as long as I can. During my career, I may have saved 100 lives as a surgeon. But through my teaching and mentoring, I may be responsible for saving many, many more.”
First-year student Barbara Dominguez received a first-place award for her research project “External Demands of Manual Wheelchair Propulsion” at the Colon and Rectal Symposium. The conference, held September 8 at the Signature Grand in Davie, Florida, was hosted by Westside Regional Medical Center.

Class of 2019 students Parth S. Gandhi, left, and Avinash Ram received first-place honors for their poster “Lost in the Forest: A Rare Case of Forestier Disease—Diffuse Idiopathic Skeletal Hyperostosis (D.I.S.H.)” at the Emergency Medicine Residents’ Association’s inaugural Case-Con Poster Competition. The event was held on October 1 during the American College of Emergency Physicians national conference in San Diego, California.

Natalie Negron, class of 2019, was appointed student adviser to the American Osteopathic Association Board of Trustees, serving as one of only two osteopathic students nationwide on this governing board.

Fourth-year students Veena Varki, M.S., M.P.H., left, and Maria Rathore received a second-place award for their case study “Everything Is Fine and Dandy: A Rare Case Presentation of Asymptomatic Dandy Walker Malformation in an Adult.” Varki presented the research project at the Florida Chapter American College of Physicians Annual Scientific Meeting poster competition held September 8 in Tampa Bay, Florida.
On August 1, the college coordinated its fourth annual Sunset Wellness Welcome Cruise for incoming class of 2022 students aboard the *Grand Floridian* yacht. The excursion allowed the entering students to enjoy a three-hour cruise along Fort Lauderdale’s scenic Intracoastal Waterway and get acquainted with their classmates, as well as faculty and staff members.

A pivotal aspect of the event involved the availability of 10 student wellness stations, which were organized to provide vital information to the incoming students and help them thrive during their medical school experience and beyond. Topics included academic aids, emotional wellness, nutrition, personal health, physical activity/exercise, recognizing when you are in trouble, relaxation, social outlets, stress reduction, and substance use.

Class of 2020 students, from left, **Aline Pereira**, M.B.A.; **George Ettel**, M.M.Sc.; and **Alexander Hardy**, received a first-place award for their research project “HIT or Miss: Health Information Resources Use and Immunization Decision-Making Among Caretakers of Children.” They presented their research at the Colon and Rectal Symposium held September 8 in Davie, Florida, as well as at the Academy Health Annual Research Meeting held June 24–26 in Seattle, Washington.
Burnout. It’s a term we use for a generalized feeling of decreased motivation, apathy, and perhaps a disconnect from something we were once passionate about. Burnout, however, goes beyond that. It isn’t merely a loss of drive, but also the precipitation of anger, cynicism, depression, frustration, and hopelessness that bleed into our personal and occupational lives. What was once just a mental health buzzword is now an official International Classification of Diseases 10 code (Z73.0) and is becoming a recognized problem with widespread prevalence in health care.

According to the 2018 Medscape National Physician Burnout & Depression Report, out of 15,000 physician respondents, 42 percent reported experiencing burnout. While this may seem like a large percentage, the actual number is undoubtedly higher and underreported because of the stigmas against mental health issues in the medical field.

In the article “Mental Health During Residency Training: Assessing the Barriers to Seeking Care,” 61 percent of the respondents said they would have benefited from psychiatric services. Despite this fact, however, only 24 percent of residents sought treatment because of concerns about lack of time, confidentiality, what their colleagues would think, and the effects it could have on obtaining licensure.

Although burnout is something clearly affecting physicians and medical students, there is still a strong stigma against mental health care within the culture of practicing medicine. At the same time, burnout and mental health issues are not confined to being a doctor, but are also associated with the journey to becoming one.

After all, the privilege to wear that revered white coat and earn those two prized letters following one’s name is rife with physical and emotional adversity. How else could we have such compelling personal statements? At the same time, as future D.O.s, do we not believe that the body, mind, and spirit are interconnected?

Take, for example, the following story about one student’s experience with burnout leading up to medical school.

Undergraduate Flashback

It’s the summer before his undergraduate senior year, and he’s on what feels like a one-way ticket to Africa. For the next month, he’ll be working in a nonprofit clinic in the slums of Nairobi, Kenya, treating families with tuberculosis and HIV/AIDS. He’s filled with excitement about starting his path in medicine.
If becoming a premed student was finding the love of his life, this was his idea of proposing to it. He wanted to dive headfirst into what medicine had to offer, but especially, he wanted the feeling of making a difference in the world. This was an idea he hoped would be a recurring theme in health care.

Fast-forward to the end of his trip. He’d seen squalor and suffering like nowhere else. Groups of abandoned children and the physically disabled lined the walkways, begging for food. The gap between poverty and affluence was unimaginable. He’d seen a widespread system of corruption and deeply ingrained social stigmas against the sick and the poor. He felt the pride in helping care for his first patient, only to have it crushed when the patient took a last, solemn breath.

Nonetheless, among the red dirt and trash-packed streets of the slums housing more than a million people, he saw local health care providers working against all odds to care for others. In their actions, he saw resilience, and in their eyes, he glimpsed dedication. In those people, he saw mentors, burning flames of hope weathering a downpour of suffering. Although Kenya drastically changed him—he was angry that no one cared and frustrated that, even after a month, it seemed like nothing he’d done made a difference—he was able to move past it all in hopes of becoming that idealization of medicine.

Now, he’s back in the United States. He filled his senior year as an undergraduate with as much volunteering in free clinics and shadowing in hospitals as he could. He was going to become an EMT and get even more experience for medical school. It was fine that he wasn’t accepted in his first, or even second, cycle of applying, because it only gave him more time to develop his passion. His views, although more pragmatic, were still positive. He can’t always make a difference, but despite overwhelming adversity, he will still try.

Fast-forward. After a year as an EMT, he’s angry, jaded, and tired. Long shifts running nonstop in an ambulance exposed him to the best and worst of health care. His outlook on medicine was turbulent, from being hands-on in delivering babies, to seeing people treated less than humanely by negligent nursing homes.

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He had seen others profit by abusing the system, while at the same time, he saw those in dire need of help fall through the cracks. Sleep was difficult, and he found himself self-medicating with over-the-counter sleep aids and chain-smoking cigarettes.

Work bled into his personal life as he ruminated over his failures, recalling his first crash airway patient where he froze, or the time he was so exhausted that he wasn’t empathetic to the teenager who had purposely tried to overdose on pills. He fit all the descriptors of burnout—cynical, depressed, hopeless, and passionless. To him, everything was futile, and there was no way to help, much less change, health care.

He wasn’t even in medical school yet, and the harsh dissolution of his romantic ideas had forced him into a cycle of burnout and poor coping mechanisms. He’d end three-day shifts on the ambulance smoking cigarettes and angering quickly. After a few days of sleep and seeing friends, things would seem okay. Then he would find himself at work again. How could he expect to survive medical school if this was how he was trying to start it?

Two years ago, that EMT was me. In trying to grow my passion as a health care provider, I had done the complete opposite and become painfully burned out. School could only make things worse, but I still clung to my past dreams and applied for what would be my final application cycle.

**Recognizing a Problem**

At this point, something had to change. The first and hardest step in my recovery was the quintessential recognition of my problem. I not only had to defeat my own stigma against mental health issues, but I also had to realize that, although my feelings caused burnout, it didn’t mean they were any less valid. I was broken over the loss of human life, frustrated at my inability to change it, and depressed with my own failures. What I had to realize was that, even though I was burned out, it did not have to define me, and that in witnessing suffering and pain, I gained humanity and empathy.

Although medical school is far from therapeutic, I’m always working on my mental wellness to avoid relapsing into burnout. Just like medicine, being mentally healthy is a journey of its own. I’ve long since quit smoking and gained healthier coping mechanisms. Over time, my view of medicine grew to fit that of a medical student. If I were to succumb to burnout, I would not be part of the solution, but rather, part of the problem facing health care. Even more so, as a future physician, I will have the power to change medicine and make a difference.
In retrospect, as a second-year student and mental health chair for the class of 2021, it’s easy to see where I had gone awry. I could have sought help to fight my burnout, taken time off, and reached out for support. However, in that moment, it was as if nothing anyone could do would change how I felt. For me, the change had to come from within. Although I can suggest any number of ways to help combat burnout, the truth is that there is no cure-all. The only constant is acceptance and having a desire to grow.

Cycle of Burnout

The duality in medicine lies with the overwhelming obstacles and emotionally draining experiences mixed among humanistic endeavors to care for someone and accomplish something greater than ourselves. We work long hours and build up an ever-increasing amount of sleep debt that weakens our resolve. As budding physicians along the path to what I’ve affectionately called “D.Octorhood,” we can’t fall into a cycle of burnout that can muddle the reasons why we chose to pursue medicine in the first place.

Regardless of my preaching, the horrible truth is that many of us will inevitably face burnout. The constantly growing challenges specific to health care will try to smother our empathy and push us toward depression and hopelessness.

What we can change, however, is how we react. We can focus on the positives of our experiences and accept our failures. We can become self-aware and in tune with our emotions. We can know that burnout is not a sign of weakness, but a sign of being burdened by the deeply ingrained humanity we all share. We can know that acknowledgment doesn’t mean accepting defeat, but is taking the first step in recovery.

Finally, we can know that, of the many physicians that have come before us, and the thousands that will come after, we are not alone in our battles. As our osteopathic tenet says, the body has an inherent ability to heal itself. With time, we, too, can heal our past wounds and overcome the demons that haunt us. We, too, can continue to follow our dreams in this marathon we call medicine, and, maybe one day, be that difference in the world we so badly want to be.
Twenty-seven years ago, a baby girl was abandoned in a basket in front of an orphanage in Vietnam. The Buddhist nun who found her said that although the baby was small and frail, her cry was loud and strong. She cried for her survival.

That baby girl was me.

Life has always been beautiful and worth living, even though it has presented me with many obstacles. Because I love my life so much, my biggest fear entering medicine is losing it. I fear that the enormous amount of competitiveness, debt, expectations, and stress during my training will suck the life out of me.

It would be my worst nightmare to become a physician and lose my aspiration, my compassion, and my joy of living.

It is such a contradiction that someone enters medicine to save lives, but fears losing her own. When you consider the alarming suicide rate among medical students, practicing physicians, and residents, however, this fear is well-grounded.

In response to this fear, the college’s Student Association of the American College of Osteopathic Family Physicians partnered with the KPCOM Mental Health Awareness Task Force to coordinate the Suicide Awareness: Light the Candles of Love event on September 7 for National Suicide Prevention Week.

The two-hour event included an emotional opening presentation from the executive director of the Florida Initiative for Suicide Prevention, whose son passed away from suicide. Although she has been a professional suicide prevention speaker for more than 30 years, she was still emotional talking about her son’s death. This helped us realize the lasting effect suicide has on the remaining family members.

It made me think about my adoptive mother, who once told me of a time in her life when work was too stressful, and that as she was taking a walk during lunch, she thought about ending her life. Luckily, her coworker recognized the change in her behavior that day and offered to walk with her. I waited 11 years to be able to call someone mom, and I still cannot imagine how my life would have changed if she took her life that day.

In addition to the professional speakers, five students shared their personal stories of how they were affected by the loss of loved ones to suicide, how they struggled with their own suicidal thoughts, and how they overcame them. The 140 attendees sat in silence, touched by the speakers’ strength and courage.

Each attendee received a small bag, which included a candle, a yellow ribbon pin, and a card with the suicide hotline number on it. The students also were encouraged to wear the yellow pins during National Suicide Prevention Week. We concluded the event with a candle-lighting service and a moment of silence to
express empathy for those who have been affected by suicide. Though it was not part of our plan, the students gave each other long hugs afterward—a simple gesture that showed we had coordinated a successful event.

Every life is precious. At the same time, being alive and suffering is not a meaningful way to live. Therefore, it is so important for each of us to try to alleviate others’ suffering. For example, take the time to smile at a stranger, give a long hug to someone who is sad, or send a text message to a friend asking about his or her day.

These acts, though simple, could change a negative thought into a positive one. And, when it is called for, do not be afraid to look a person in the eyes, with sincerity and kindness, and ask the lifesaving question, “Are you thinking of taking your life?” Then, if the answer is yes, take the appropriate steps in preventing that from happening.

Let us be our baby selves and cry out for help when we need it. Life is meant to be lived. ☑

Octavia Cannon, D.O. ('95), became the 11th woman—and first African American—president of the American College of Osteopathic Obstetricians and Gynecologists in April. Cannon is a board-certified physician and co-owner of Arboretum Obstetrics and Gynecology—the only private practice in Charlotte, North Carolina, that has only female physicians. Prior to joining the practice in 2005, Cannon was the director of women's health at the Gaston County Health Department for six years.

Tyler Cymet, D.O., FACP, FACOFP ('88), served as editor of *Body, Mind, and Spirit: Essays from Osteopathic Medical Students*, published by the American Association of Colleges of Osteopathic Medicine. The essays shed light on how the osteopathic profession looks at health, how it practices health care, and how it views itself within the larger health care system.

Ryan Garbalosa, D.O., FACC ('09), was elected president of the Sumter-Clarendon-Lee tricounty chapter of the South Carolina Medical Association (SCMA). He also is the acting chair of the Young Physicians Section of the SCMA and continues to serve as the medical director of the cardiac rehabilitation and echocardiography departments at McLeod Health Clarendon hospital.

Jeffrey S. Grove, D.O., FACOFP ('90), received the Albert Nelson Marquis Lifetime Achievement Award from *Marquis Who's Who*—the world’s premier publisher of biographical profiles. The award recognizes individuals who have achieved greatness and excelled in their field for at least 20 years. (See story page 40.)

Quinn Holzheimer, D.O., FACEP ('03), was elected executive vice president of Madison Emergency Physicians—a large, independent, board-certified emergency physician group based in Madison, Wisconsin. He also was named Preceptor of the Year by the University of Wisconsin's Physician Assistant Program.

Claude L. Jones, D.O., M.P.H., FACOI ('05), was appointed to the Council on Legislation by the Florida Medical Association Board of Governors and to the Florida Environmental Health Advisory Board by Florida’s surgeon general.

Helen K. Martinez-Costa, D.O. ('15), received the 2018 Outstanding Resident of the Year in OB/GYN Award on October 5 at the American Osteopathic Foundation Honors ceremony in San Diego, California. The event recognizes excellence among osteopathic physicians, educators, students, and other individuals.

Tracy Romanello, D.O. ('11), is the new medical director at Catholic Hospice in South Florida and is responsible for the medical operations at Catholic Hospice, Inc. and Catholic Palliative Care. Romanello is board certified in family practice and osteopathic manipulative treatment and is fellowship trained and board certified in hospice and palliative medicine.

James M. Turner, D.O., M.P.H., FACOFP, FACOEP ('88), dean of the William Carey University College of Osteopathic Medicine in Hattiesburg, Mississippi, was appointed to the Commission on Osteopathic College Accreditation (COCA). Turner and the other commissioners will review site visits, as well as mid-cycle and annual reports submitted by the numerous colleges of osteopathic medicine in the United States, with the goal of ensuring that each is meeting COCA standards. "I am honored to be chosen to serve in this capacity, and I look forward to helping my colleagues uphold the standards and advancing the progress of osteopathic medicine," he said. □
In Memoriam.

Anastasiya Savitskaya, D.O. (’18), of Plantation, Florida, passed away on June 28 following a tragic domestic incident. According to Delia Harper-Celestine, Ed.D., M.P.H., CHES, assistant dean of student and alumni affairs, Savitskaya “was very loved and respected by her classmates.”
Jeffrey Grove

1990 Alumnus Wins Tony Award

BY SCOTT COLTON, B.A., APR

It’s not often that an osteopathic physician can lay claim to winning two prestigious awards for distinctly different fields within a span of less than four months. But that’s exactly what happened to 1990 alumnus Jeffrey S. Grove, D.O., FACOFP.

On February 24, 2018, Grove, a practicing physician at Suncoast Family Medical Associates in Largo, Florida, received the Florida Osteopathic Medical Association’s Distinguished Service Award—the highest honor the organization can bestow upon an individual. On June 10, Grove won the highest honor in the Broadway theater world—a Tony Award for Best Revival of a Musical for his role as a producer of *Once on This Island*.

Grove, who hails from Paxton, Illinois, never dreamed he would become a Tony Award-winning producer, even though his love of musical theater stretches back many years. “My earliest memory of musical theater was traveling to Chicago with my grandmother and my family to see John Davidson star in the musical *Oklahoma,*” he said. “My interest in theater grew from there. Later, I would play one of the lead roles in our middle school operetta. These experiences were the foundations that helped me quickly say yes to the chance to be a Broadway producer.”

His official entrée into the Broadway community occurred in 2012, when a combination of life-changing events altered the course of his future and led him on a path to new personal and professional happiness. After years of suppressing his homosexual inclinations, the devoted father of two decided to embrace who he really was.

That brave revelation led Grove to rekindle his affinity for musical theater thanks to his longtime friendship with fellow 1990 KPCOM alumnus Michael Jackowitz, D.O., CPT, who had been Grove’s
roommate while at the KPCOM. “Michael had always wanted to be a part of the Broadway scene, and he eventually formed a Broadway production company that would one day evolve into our current company—Witzend Productions,” Grove explained.

“While we had always been in touch since medical school, our friendship grew after I came out as gay,” he added. “After visiting Michael in New York City in 2011 to see his first Broadway musical—a successful revival of How to Succeed in Business Without Really Trying—he saw my interest in theater and offered me an opportunity to be a partner in his company.”

Grove served as a producing partner in several productions, including the 2015 Off-Broadway musical Daddy Long Legs, which was nominated for a Drama Desk Award for outstanding musical, and the Broadway musical Tuck Everlasting in 2016. Additional musicals followed, including 2018’s Escape to Margaritaville.

One of the keys to being a successful Broadway producer is connecting with the material in a significant way, which is what happened when Grove first heard about the proposed revival of the musical Once on This Island. “I was moved by the storyline and fell in love with its musical score,” admitted Grove, who invested a significant sum of money to help bring the heartwarming musical to Broadway. “Once I saw the first preview of the show, I knew we had something great.”

Theater critics and the audience responded in kind to the musical, which has been a huge box-office success since it began its official Broadway run on December 3, 2017. Acclaim for Once on This Island reached a fevered pitch on May 1, 2018, when it received eight Tony Award nominations, including one in the coveted Best Revival of a Musical category.

**Anxiety Gives Way to Glee**

When the nationally televised awards ceremony finally rolled around, Grove, his family, and the Once on This Island contingent sat in New York City’s famed Radio City Music Hall, anxiously awaiting what

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Above: View of the Tony stage from the audience
Top left: One of Grove’s latest Broadway productions made its official debut on August 13 at the Belasco Theater.
Top right: Jeffrey Grove and Michael Jackowitz are shown at the opening night party of their new show, Gettin’ the Band Back Together.
fate had in store for them. Grove, who admitted to being “nervous and excited,” watched uneasily as his beloved musical failed to claim a single award as the ceremony approached its climax.

“Sitting there all night and being shut out of winning any of the first seven categories was rough,” Grove confessed. “Our nerves were frayed! Then, in an instant, everything changed. They called our name for Best Revival of a Musical, and the crowd erupted with the loudest applause and cheering of the entire evening.”

What followed were a blur of hugs, congratulations, and full-throated celebrations. “After receiving our award on stage, we were escorted to a hall that led to the back of the theater,” he said. “As we waited for a break in the show to be reseated, I spoke to our director, Michael Arden, and our lead actress, Hailey Kilgore, who had both been nominated for a Tony that night. Everyone was so happy.”

Once the ceremony ended, Grove and company headed to the official Tony Gala at The Plaza hotel, which turned out to be an ultra-glamorous affair replete with red carpet, roses, festive music, and an endless supply of food and drink. A few hours later, the Once on This Island revelers continued their celebration at a local restaurant. “We rented the entire space, and everyone was so ecstatic,” he happily recalled. “The energy was palpable. We were all hugging and crying tears of joy.”

If the truth be told, Grove received two Tonys—one in the name of Witzend Productions and a personal one engraved with his name for being a substantial investor in the musical. “I have the corporate one on a light-up pedestal display stand in my New York apartment, while the ‘Jeff Grove’ Tony has a similar display in my Tampa home,” he said.

Grove will be visiting New York more frequently now that he has two additional productions playing on the Broadway stage. The musical Gettin’ the Band Back Together made its official debut on August 13, while the play Life Span of a Fact, which debuted on October 18, features the high-voltage star power of Daniel Radcliffe, Tony Award winner Cherry Jones, and Emmy Award winner Bobby Cannavale.

Grove gratefully notes that the past few years have been an amazing roller-coaster ride of emotions. “Winning the Tony was a real ‘Wow, we did it!’ moment,” he said. “I have been successful in medicine, and now we have already achieved this level of achievement in musical theater. It’s a true dream come true.”

Pictured, from left, at the Tony Awards ceremony are Victoria Grove (daughter), Jeffrey Grove, Garrett Grove (son), Kelsie Nehrboss (Garrett’s girlfriend), and Gerald Sosa (Jeffrey Grove’s fiancé).
Alia Abdulla

Altruistic Alumna Provides Surgical Care in Ethiopia

BY SCOTT COLTON, B.A., APR

In the summer of 2018, Alia Abdulla, D.O. ('07), had the unique opportunity to travel to northern Ethiopia with a talented team of 40 anesthesiologists, nurses, physician assistants, and surgical technicians to provide acute and surgical care to more than 800 patients at Ayder Referral Hospital, which is affiliated with Mekelle University.

“I’ve always had an interest in global medicine, including foreign health systems and their management,” said Abdulla of her Ethiopia experience. “I chose Ethiopia because of the state of its health and political systems. The country has had significant economic improvements over the last 10 to 15 years and is currently in a very progressive time.”

During her five-day stint at the hospital, Abdulla—a surgical oncologist and general surgeon in the Miami/Fort Lauderdale area—was involved in a range of activities, including performing surgical procedures and sharing her expertise with other physicians. “As a surgical oncologist, I conducted teaching rounds with the surgical residents and provided them with valuable clinical teaching during surgical cases,” she said.

Although she performed seven surgeries on patients suffering with gallbladder, liver, or thyroid cancer, she evaluated many more cases that were unable to be scheduled for surgery due to time constraints, limited resources, and room availability at the 420-bed hospital, which was filled to capacity. “The other identified patients will be scheduled for surgical intervention with local surgeons and/or held until the next time we return,” explained Abdulla, who is working to establish a permanent program that will allow her and others to participate in additional surgical trips to Ayder Referral Hospital.

“Performing surgery in a developing country is a challenging feat for American-trained physicians; you have to be flexible, because you will not have the equipment and the resources you can easily call upon in the United States,” said Abdulla, who encountered one especially challenging case while in Ethiopia.

“I was doing a resection for a large liver mass, and in these types of cases, bleeding and catastrophic hemorrhage are the biggest concerns. There are

Alia Abdulla poses with one of her patients, who was recovering from a partial hepatectomy.
certain instruments we have access to in the United States that allow us to perform these cases with more ease. However, I did not have access to these types of instruments in Ethiopia,” she explained.

“Planning this surgery was especially challenging, because we had to secure resources, such as blood products for transfusion for the patient, as well as proper equipment and tools to use intraoperatively,” she added. “In lieu of the surgical tools accessible in the United States, the Ethiopian surgeon and I had to depend on our skills to avoid bleeding complications, and to stop them if we encountered them.”

As a first-time visitor to Ethiopia, Abdulla said the experience was both “amazing and life changing. It really allowed us to appreciate the opportunities and access to health care we have in the United States,” she said.
NSU Climbs Up *U.S. News & World Report* Rankings

NSU climbed seven spots on *U.S. News & World Report*’s 2019 list of top 200 Best Colleges. NSU is now ranked number 191 among national universities—up 7 spots from the 2018 rankings.

“NSU is thrilled to be recognized once again in *U.S. News & World Report*’s top 200 Best Colleges,” said George L. Hanbury II, Ph.D., NSU’s president and CEO. “Being recognized as a preeminent teaching and research university is further proof that NSU provides a competitive edge to our students, and that their time here will help them become leaders who excel in their chosen field and serve with integrity.”

*U.S. News & World Report* rankings are based on several key measures of quality, including graduation and retention rates, assessment of excellence, and student selectivity. Scores for each measure are weighted to arrive at a final score.

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Tampa Bay Regional Campus Takes Shape

Construction on NSU’s new Tampa Bay Regional Campus in Clearwater, Florida, is progressing smoothly, with the project slated for completion in the summer of 2019. In addition to the 325,000-square-foot complex that will house an additional site for the Dr. Kiran C. Patel College of Osteopathic Medicine, among other NSU programs, construction has begun on the 1,377-car parking garage.
Building on the traditional foundation of wellness for faculty and staff members, as well as students, Elaine M. Wallace, D.O., M.S., KPCOM dean, spearheaded a new degree program—the Bachelor of Science in Human Nutrition, which will matriculate its first class in the fall of 2019.

The spark for the new degree program—the eighth to be offered by the KPCOM—ignited years ago during a community health fair when osteopathic medical students and Marilyn Gordon, Ed.D., RDN, CSSD, LDN, academic coordinator, discussed grilling carrots instead of hot dogs as a food choice for health fair participants and attendees.

The B.S. in Human Nutrition program will “start with the human part,” said Stephanie N. Petrosky, M.H.A., RDN, LDN, FAND, assistant professor and director of the nutrition program. “The program is a special recipe of many ingredients and will blend the study of nutritional sciences, liberal arts, human behavior, wellness, and global issues.”

Students will have an opportunity to apply practical concepts to numerous fields, including public health, clinical practice, and nonhealth professions, such as business or engineering. Ioana Scripa, Ph.D., RDN, LDN, is the new faculty member set to lead the inaugural B.S. in Human Nutrition program. The KPCOM is the first college in the nation to offer a B.S. in Human Nutrition/D.O. dual-admission option. The program will be one of the first Nutrition and Dietetics Technician, Registered programs developed in compliance with the Accreditation Council for Education in Nutrition and Dietetics Future Education Model for Bachelor’s Programs.

In September, three faculty and staff members were honored with the annual Dean’s Awards, which are selected by Elaine M. Wallace, D.O., M.S., the college’s dean. Lubov Nathanson, Ph.D., M.S., assistant professor of clinical immunology, was named Faculty Member of the Year, while Alfredo Rehbein, M.B.A., executive director of finance and administration, received the Director/Coordinator of the Year accolade. Margie Bell, M.B.A., director of student affairs, was named Staff Member of the Year.
CONGRATULATIONS 2018 FELLOWS!

TEN UPPER SCHOOL STUDENTS WERE SELECTED FOR THE
NSU DR. KIRAN C. PATEL COLLEGE OF OSTEOPATHIC MEDICINE/NSU UNIVERSITY SCHOOL FELLOWSHIP.