

checkup

Bergen Volunteer Medical Initiative

DOING MORE FOR MORE PEOPLE



TEAM BVMI needs YOU!

MORE**INSIDE**

- WE LOVE OUR VOLUNTEERS... **PAGE 2**
- THINKING ABOUT VOLUNTEERING? ASK ELAINE... **PAGE 3**
- CASE MANAGEMENT COMING TO BVMI... **PAGE 4**
- "COLE FAMILY VALUES" AT BVMI... **INSERT FRONT**
- THANK YOU TO OUR DONORS... **INSERT BACK**



DEAR FRIEND

The new year has taken off in a big way at BVMI. Very soon, we'll be staffed to open our doors on Saturdays. Patients who work full time during the week will find it easier to balance BVMI visits with the many other demands life brings.

We've made good strides toward our Social Determinants of Health (SDoH) initiative. A Case Manager has been hired. She will be designing a plan to help our patients access resources to meet their essential needs. This process will be ongoing as we learn more about how backgrounds, behaviors and abilities affect a patient's overall healthcare needs.

BVMI's Prevent Diabetes Program (PDP) welcomed three new cohorts in January, including two Spanish-speaking groups. We've recruited more volunteers to help deliver the PDP sessions that support these patients. One cohort from 2019 is still in full swing and will "graduate" in May. Positive lifestyle changes are really catching on with our PDP participants!

Our Korean Healthcare Program (KHP) keeps growing, with 85 patients to date. We thank everyone who is making the program succeed. We recently hired a dedicated Korean patient navigator to help us to better meet the needs of patients in our Korean communities.

As always, BVMI needs more amazing volunteers. We think you'll be inspired by the ones profiled in this issue. Perhaps you or someone you know would like to join them!

Wishing you the best of health this year,

Amanda

Amanda Missey, President/CEO
amissey@bvmi.net
201-518-8484

JOIN TEAM BVMI...

So many ways you can help!

Clinical Volunteers

Physicians MD/DO • Nurse Practitioners
Nurses (RN) • Dietitians • Podiatrists
Licensed Clinical Social Workers (LCSW)

Administrative Volunteers

Social Media • Analytics • Grant Research
Community Outreach • Scanning Medical Records • Fundraising • Interpreting



We Love Our BVMI Volunteers

"BEST IN CLASS" DESCRIBES THE TYPE OF PEOPLE WHO VOLUNTEER AT BVMI. WE THOUGHT YOU'D LIKE TO MEET A FEW. THEY JUST MIGHT INSPIRE YOU TO SIGN UP AND RECEIVE OUR FAVORITE PRESCRIPTION FOR HAPPINESS.

Karen Latimer, MD • TOP RIGHT

Five is a meaningful number for family physician Dr. Karen Latimer. She's a mother of five and a five-year volunteer at BVMI. "I'd been on a five-year hiatus from my NY medical practice after having twins, and I missed taking care of patients," said Dr. Latimer. "I heard about BVMI and met with Dr. De Simone. I learned I'd also need an NJ medical license to volunteer. It took time and patience. A year later I was back.

"Here at BVMI, I have the gift of time with my patients. Asking the right questions and listening to the answers is the key to great primary care," said Dr. Latimer. Case in point: A young single mom who worked from home said she didn't feel like herself lately. Everyone thought she had postpartum depression. She was fatigued, on edge, and her hands ached. To get to know her better, Dr. Latimer asked, "What do you do for fun?" "Hiking" was the reply. Dr. Latimer ordered a test for Lyme Disease. After treatment, the patient was back to her old self!

Alexandre S. Ackad, MD and Mohannad "Mark" Anbarserri, MD • BOTTOM

There are many ways to learn and many ways to serve. Two doctors at BVMI have found a way to combine it all. Drs. Alexandre Ackad and Mohannad Anbarserri are at different places on their career paths, but of a single mind at BVMI.

Dr. Ackad, former Chief of Nephrology at Hackensack University Medical Center, has volunteered at BVMI for three years. "It keeps my skills sharp and my mind active in ways beyond golf," he shared. "I also enjoy teaching, especially as a mentor to Mohannad, who is my scribe at BVMI. He meets with me after I see patients, to document information for our records."

Mohannad, who also translates for patients of Arabic descent, is in the process of applying to a three-year family medicine program for his residency. He wants to serve people who don't have affordable options for medical care. He found BVMI while searching for a way to help a medically-uninsured coworker. She had a positive experience at BVMI, and he decided to volunteer.

"Dr. Ackad and I enjoy a very collegial relationship," said Mohannad. Dr. Ackad added, "I hope that someday Dr. Anbarserri becomes a specialist in nephrology too!"

Evelyn (Heeyoung) Kim • TOP LEFT

Evelyn Kim works hard. As a member of the Army Reserve with specialized training, she services all the medical equipment for her unit and sometimes others. She's also finishing up coursework that

will allow her to apply to pharmacy school and someday become a U.S. Army Pharmacist.

In her not-so-spare time, Evelyn volunteers at BVMI. "I came on board when the Korean Healthcare Program (KHP) started," she said. "First I translated community outreach materials. Now I conduct eligibility interviews and serve as a Korean interpreter. I'm one of the first people applicants see when they come in for an interview, and I want them to feel welcome and safe.

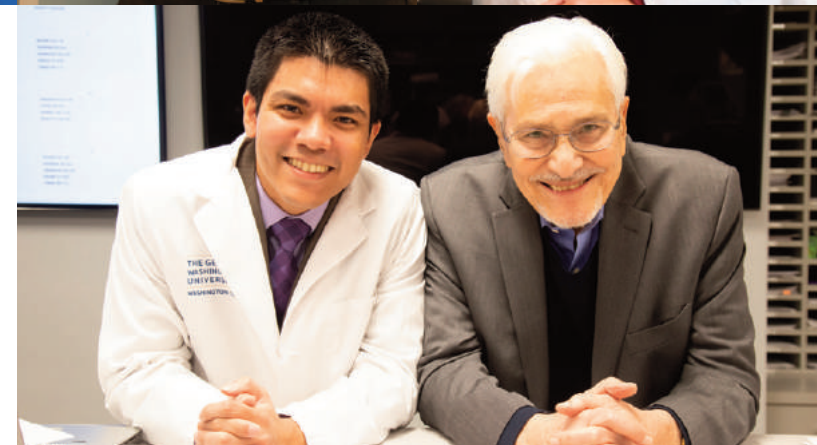
"Having grown up in Bergen County, I know there are people who've had to go without healthcare for years. At BVMI, I can return some of the caring I've received in this community. When a prospective patient thanks me, I know I'm truly helping. I'm glad to see how much the KHP has grown!"

David Duarte • TOP CENTER

Paying it forward is important to David Duarte. He came to the U.S. from El Salvador at age 15. "I didn't speak much English then," said David. Now he's completed the first half of his studies at Fairleigh Dickinson University. "I learned about BVMI online about a year ago, and thought joining such an inspiring organization would be a great idea," said David. "I started as a

scheduler. Now, as an interpreter, I can be a voice for some of the patients. I've been in their shoes, so their smiles always warm my heart.

"BVMI is a life-changing experience for patients and volunteers. I give a small amount of time to help a big cause, and I'm grateful to be part of it. If you're thinking about volunteering here, just come and see us in action. You won't need anyone to convince you!"



THINKING ABOUT VOLUNTEERING?

Ask Elaine

BVMI's Volunteer Manager Elaine Posner "gets it" when it comes to recruiting the right people. "I've volunteered at my children's schools, for charitable walks, at a nursing home, and even helped someone with a hoarding issue," said Elaine. "It's important for every volunteer to meet a real need."

Elaine learned about BVMI from a newspaper article and volunteered to spread the word. As awareness of BVMI grew, potential volunteers kept coming. Elaine began recruiting and placing them for us. That led to a staff position, which also includes training volunteers, managing assignments and scheduling.

"I try to learn more about each volunteer," said Elaine. "A person needs to feel useful and appreciated, but not overburdened. A question I answer is, 'How does what I do here fit into the big picture?' BVMI volunteers include young people, career people, empty nesters and retirees. They're all here because they believe everyone should have quality healthcare."

There are many ways to volunteer at BVMI, and we love Elaine's motto: "We help you help us!"

BVMI's volunteer opportunities offer flexible hours. Find out more from Elaine at eposner@bvmi.net



Elaine Posner with Wilson Alvarez and Thomas Garda, high school interns from Bergen County Technical School.

COMING TO BVMI: Case Management

Taking patient care to the next level is a never-ending goal at BVMI. Finding out what makes patients “tick” might start with a stethoscope and other medical screenings, but we need to know more. Can they afford the basics, such as food and medication? What types of stress are they under? Do they have a support network? Are childcare needs being met? Is lack of transportation a problem? Can they fulfill their own responsibilities toward better health?

These factors and more comprise a patient’s Social Determinants of Health (SDoH). As defined by the World Health Organization, SDoH are “the conditions in which people are born, grow, live, work and age.” Researchers believe these conditions play a much larger role in life expectancy, quality of life, and health outcomes than medical care itself.

Every day at BVMI, we listen carefully to what patients have to say, and we ask important questions. It helps us, and it helps them. We know we can make a bigger impact if we understand a person’s past and present.

Here’s one example: A patient of ours confided that she was severely depressed. Trying to care for her children while in an abusive relationship had even left her with suicidal thoughts. Our team members connected

Case Manager
Rosa Flores-
Campos, MSW,
is the newest
member of
Team BVMI.



her with multiple resources to meet her needs. She was able to leave the relationship and establish a happier, more stable living situation.

The ability to focus on more patients in this way is key. That’s why we are pleased to welcome a new team member, Rosa Flores-Campos, MSW, Case Manager. She will screen patients to learn more about their needs and match them with the right resources. Working with everyone from BVMI’s medical team to social workers to front desk staff, Rosa can play an important role in helping our patients achieve better health – no matter what they’ve had to face so far.

Save the Date!

11th Anniversary Gala Celebration

Thursday evening, September 17, 2020 Edgewood Country Club, River Vale

Honoring The Insera Family

For more information contact Event Manager, Barbara Loscalzo, barbara@bvmi.net

BOARD OF TRUSTEES

Richard Schwabacher, Chair
Pfizer

Andrea Costa Egan, 1st Vice Chair
Nonprofit ACE

Michael Faust, MD, 2nd Vice Chair
Valley Center for Women’s Health

Ronald J. Saldarini, PhD, Treasurer
Biological Initiatives

Christopher Vanuga, Secretary
Deloitte & Touche

Jill Altana

Dianne Aroh, MS, RN, NEA-BC
Hackensack University
Medical Center

Jordan Goldsmith, Esq.
Cohn Lifland Pearlman
Hermann & Knopf

Len Greer
J&J Health & Wellness Solutions

Terry Hensle, MD
Columbia University

Shannon Lazare
M&T Bank

Amit Limaye, PhD
BD

Jonathan K. Mays, MD, MPH, MBA
Metropolitan Hospital

Zachary Meli

Lauren Menkes, LMSW, MPH
Englewood Health

Kristen Silberstein
Holy Name Medical Center

Ana K. Stankovic, MD, PhD, MSPH
Koliada Consulting

Darryl Weiss, MD
Plastic Surgery &
Dermatology Center

Amanda Missey
President/CEO

ADVISORY BOARD

Michael W. Azzara, Chair

Neil Abitabile
Kathleen M. Burke, PhD, RN

Janet Finke
Kenneth Herman, EdD

Gladys Laden

Gene Marsh

Marilyn Schotz

Neal Strohmeier

Clifford Surloff

Bernard M. Weinstein

Joanne Westphal

MISSION

Powered by passionate volunteers, BVMI meets the medical needs of low-income, working, uninsured adults in Bergen County by providing free, comprehensive, patient-centered primary healthcare.



Lynn Diamond Healthcare Center

75 Essex Street, Suite 100 ■ Hackensack, NJ 07601

201-342-2478 ■ bvmi.org



THANK YOU!

TOGETHER WE CAN DO MORE

“Cole Family Values” at BVMI

There are many ways to give to BVMI, and the Cole family is a shining example.



Elizabeth Cole and Ethan Kahn

Dr. Herbert Cole, a pediatrician by training, was a dedicated volunteer physician at BVMI from its early days. In his role here as a referral coordinator, he tirelessly and successfully advocated for many patients who needed care beyond our clinic doors. Dr. Cole passed away in October 2019 at the age of 91, and we miss him dearly. But the Cole family connection continues. Dr. Cole's children, Dr. Andrew Cole and Liz Cole, and his grandson Ethan Kahn have seen to that — as volunteers, donors, and true believers in BVMI's mission.

“Dad requested that, upon his passing, our family make a gift to BVMI through our Donor-Advised Fund,” said Liz. “He also named BVMI as one of his two top charities for people who wished to give in his memory. My brother and I have written dozens of thank you notes since then. Dad was a modest man, but he would deeply appreciate people remembering him in this way.”

“We are dedicating some of the memorial donations to hire a third medical director, as we continue to expand,” said Amanda Missey,

President/CEO. “Another way that Dr. Cole will be remembered is through the exam room that BVMI has proudly named for him.”

Liz shares her father's philosophy of doing for others as a BVMI volunteer. She trains our medical professionals in the use of our electronic medical records system; locates medical reports from non-BVMI specialists who treat our patients on a referral basis; and, helps with preparing applications to drug companies on behalf of patients who can't afford vital medicines such as insulin.

Adding yet another generation to the mix is Dr. Cole's grandson Ethan, a high school senior. He spent time at BVMI this past summer, helping Volunteer Manager Elaine Posner with several tasks. “I'm interested in the healthcare field,” said Ethan. “Volunteering at BVMI made me aware of the challenges people face when they can't afford health insurance. It got me thinking that maybe someday I can help deliver healthcare and change policies that improve access for everyone.”

Dr. Cole's influence on his own family and his BVMI family has been his most special gift of all. Thank you, Cole family, for all you continue to do for BVMI.

WE WELCOME OUR NEWEST
DR. SAMUEL A. CASSELL
LEGACY SOCIETY MEMBER

MICHELLE KAYE, MSN, RN
BVMI Nurse Manager



We are grateful to BVMI's Nurse Manager Michelle Kaye, who recently made a bequest to us in her will. This gift is in memory of Dr. Samuel A. Cassell, BVMI's Founder. Thank you, Michelle, for helping ensure the future of BVMI — and for your nine years of service (and counting)!

THANK YOU!

FOR BEING OUR PARTNERS IN BETTER HEALTH!

BVMI gratefully acknowledges
donors who made contributions
October 1 - December 31, 2019.

Vivian and Neil Abitabilo
Advent Lutheran Church
Diane and Philip Affuso, MD
Jill and Dave Altana
American Endowment Foundation
Florence and Irwin Ames
Dianne and Frank Aroh
Ayco Charitable Foundation
Nancy Baker-Newman and
Jim Newman
Annette Baron and Andy Lieb
Caroline and John Barr
Janet and Joel Bauer
BD
Stephen Becker
Lovey Beer
Bergen New Bridge Medical Center
Bergen Volunteer Center
Rosalie and Lawrence Berman, MD
Big Lots, Inc.
Judith Bihaly
Linda Blechman
Linda and Steven Bleiweiss
Barbara Abney Bolger
Francine and Victor Borden, MD
Ana Bou-Goldsmith and
Jordan Goldsmith, Esq.
Abby Brawer
Kathleen Brough and
David Isralowitz, MD
Karen Ann and Joel Budin, MD
Kathleen Burke, PhD
Nancy and James Bush
Mary Ann and David Butler, MD
Linda Calamito and Scott Killens
Care Plus Bergen, Inc.
CARS
Carol Cassell
Central Unitarian Church
Sharon and John Christ
Barbara Christenberry
Barbara and Tod Christianson
Mary Lou and Vincent Ciavarra, MD
Columbus Foundation
Annmarie and Thomas Colwell
Community Foundation of New Jersey
Marie and Joseph Consalvo
Janet and Wayne Cook
Marcia and Michael Corrigan

Joan Cowlan
Crystal Springs Resort
Lloyd R. Currier
CVS Health Foundation
Ann and Norman Davis
Carolyn DeMaria, MD and
Frank DeMaria, Jr., MD
Jocelyn and Marc Dreier, MD
Glenn Dulmage
Sue Dyrness and Brad Basile
Andrea and Kevin Egan
Kali Roy Eklof, PhD
Ellkay
Virginia Fairweather
Patricia and
Frederick Fakhazadeh, MD
Clarissa and Matthew G. Fay
Carole Feingold
Paul Ferlazzo
Fidelity Charitable Gift Fund
Janet Finke
Marjorie and Peter Fisher
Anne Marie and John Flatekval
Rosalind Frieder
Ruth and Noel Friedland, MD
George Link, Jr. Foundation, Inc.
Margaret and Jack Geraghty
Norma and Robert Gindes
Lynn Gligor
Phyllis and Floyd Glinert
Leslie and Scott Goldberg
Marlene and Howard Goldberg
Sylvia Golden
Goldman Sachs Philanthropy Fund
Richard Goldweit, MD
Greater Bergen Realtors -
Realtors Care Foundation
Eleanor and Martin Gruber
Marina Gutwein, MD and
Andrew Gutwein
Patty Halsall
Kristin Halvey
Joyce Haun
Henry & Marilyn Taub Foundation
Benita and Ken Herman, EdD
Malka and Paul Herman
Stuart Herman
Tracey and Steven Highfill
Joan Hillman

Pamela and Jeffrey Himeles
Micheline Hodge
Ho-Ho-Kus Blood Donors Association
Janice and Charlie Honig
Horizon Foundation for New Jersey
Jewish Communal Fund
The Jin Hua Foundation
Jane Johnston
Kathy and Elliott H. Jones
Peggy Kabakow
Michelle Kaiser, MD and
Michael Kaiser, MD
John Kandravy
Punam Kashyap, MD and
Satish Kashyap, MD
Barbara Katz, MD and Joel Owen
Helen Katz
Frances and Robert Kaufmann
Ruth and Harold Kirschenbaum
Wendy Klein, Esq. and Craig Hersh, MD
Lizabeth A. Kopp, MD and
Michael G. Faust, MD
Korean American Community
Foundation
Patricia Kraynak
James Laforge
Ann and Salvatore Laraia, MD
Nancy and Joel Lehrer, MD
Alan Levine
Joanne Levine
Richard Levine, MD
Judith Liebeskind
Amit U. Limaye, PhD
J. Mervyn Lloyd, MD
Barbara Loscalzo
Kristan Louis and Rev. Richard Louis
Jo Ann and Paul MacDonnell
Irene and William Malloy
Carol and Evan Marcus
Anthony M. Marseglia
Lynda and Gene Marsh
Valerie Mauriello
Elizabeth and Christopher McCarthy
Allyn and Richard Michaelson
Phyllis Mirchin
Amanda and Andrew Missey
Katherine and David Montgomery, MD
Betsy Morais
Lindsey and Richard J. Moynihan
George Muhleisen
Myron and Elaine Adler
Private Foundation
Irmari and Robert Nacht
Susan and Richard Nashel
National Council of Jewish Women
Bergen County Section
National Philanthropic Trust
Janice and Frederick Neske
Teruko Neuwalder, MD
OritaniBank Charitable Foundation
Our Family United
Patient Donations
Madelynn Peters
Lisa J. Peterson
Pfizer Foundation
Matching Gifts Program
Elaine and Neil Posner
Susan Profeta, MD and Fred Profeta

Quest Diagnostics
Nora and Joseph Rahaim
Mollie and Louis Rambler, MD
Elizabeth Reiley, MD and
Terry Hensle, MD
Ricca Auto Body and Mechanical
Rhino Linings of Hackensack
Kristine and Louis Rocco
Kathy and William Rogers
Risa Rohrberger, Esq. and
Robert Rohrberger, Esq.
Michele Rooney, MD and
Fernando DeCarvalho
Jane and Richard Rosen
Janice and Gerald Rosen
Nechama Ross
Durdane and R. Daniel Rouse
Joanne and Denis Salamone
Suzanne and Ronald Saldarini, PhD
Doris Sarokin
Michael Scherl, MD
Tammy Schlafer
Phyllis and Allen Schneiderman, DDS
Constance Schnoll
Schwab Charitable
Alix and Richard Schwabacher
Timothy Schwartz
Marla Sherman
Kristen and David Silberstein
Rosa and Howard Sirota
Sigrid Snell
Phyllis Sohn
Karen Sonderburg
Roberta Sonenfeld and Robert Carroll
Judith and Frederick Steinberg, MD
Eileen and Mario Steinvurzel
David Stevens
Pamela and Onno Stofberg
Harriet Stone
Stryker
Pat and Denis Sullivan
Evelyn and Clifford Surloff
Susan G. Komen: North Jersey
Caryn and Rich Swanson
T. Rowe Price Program
for Charitable Giving
Marilyn Tinghino
Martha Troxell
Janet Turnbull
Norma Turner
Mary Ann and Anthony Van Clief
Vanguard Charitable
Genevieve Vaughn
Lauren Violick and Zachary Meli
VMware Foundation
Freida and Robert Wallstein
Erica West
Joanne and Charles Westphal
Karlene Williams, MD
Ilene and Samuel Wolosin
Kristie and Tim Woods
Susan and Victor Wortmann
Alice Wright
Jesson Yeh, MD

Julie Zinzi
Jacqueline R. Zito
Marsha and Charles Zolot, OD
Carol and Robert B. Zurier, MD

Donations made in memory of Dr. Herbert Cole – thank you!

Ellen and Stanley Bernstein, MD
Sue and Richard Bloomenstein, MD
David Bradshaw
Catherine and Thomas Caccamo
Elizabeth Cole and David Kahn, DMD
Lisa Conn Stathis
Barbara and Bill Conn
Hilda and Joseph Conn
Lynn and Harvey Cooper, MD
Carolyn and Joel S. Cooperman, MD
Aurora and Dominick V. Driano, Esq.
Janet Finke
Ruth and Noel Friedland, MD
Leslie and Scott Goldberg
Rosalyn and Lawrence Goodman
Mary and Ken Granholm
Barbara Hazelwood
Tozia and Ralph Hemecker
Benita and Ken Herman, EdD
Colin Kahn
Abby and Paul Keehn
Sue Ann and Steve Levin
Carol and Howard L. Lipton, DO
Marie K. Mentor
Merrill Lynch, Pierce, Fenner & Smith
Carol and Rodger Mulholland
Lynn and Mark Needle
Elizabeth and Chris Noe
Sara and Stephen Novak
Jody Post
Hedwig and Peter Rose
Lawrence Rosen, MD
Martin L. Rosen
Katherine and Gary Roth
Lorrie and Stephen Savas
Sally Schwartz
Denni Shefrin
Cathy and Jerome Shier, MD
Alice and Bernard Silverman
Charlene Steinhauer
Denise Stewart
Value Companies
Melanie and Barry Zingler, MD

Facebook Fundraiser Friends

Andrea Costa Egan
Mary Ann Donohue-Ryan
Victoria Eftychiou
Barbara Ferrantino Koptya, MD
Susanna Kopchains
Amanda Missey
Katherine Montgomery
Jerald Mottola
Kaarin Varon