



# New York State Academy of Family Physicians

## *2017 Installation Dinner*

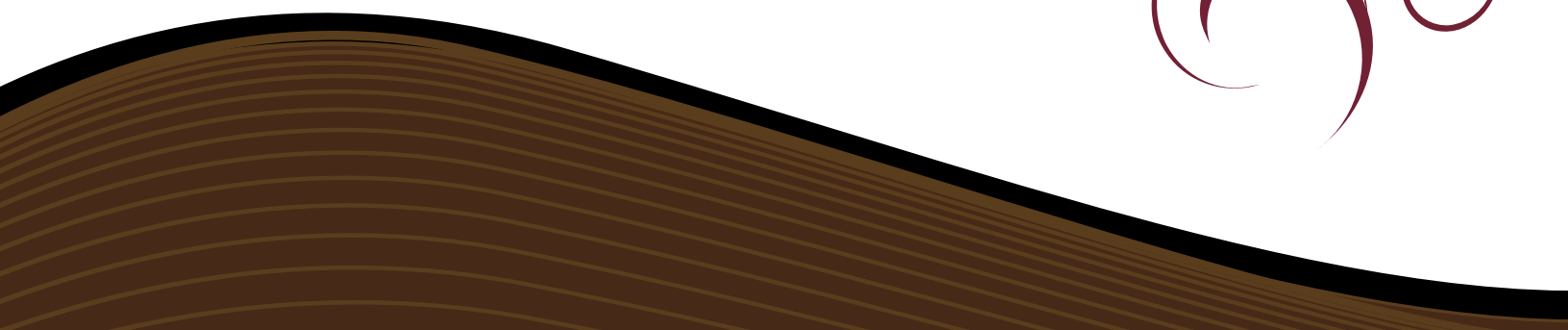
June 24, 2017  
Renaissance Albany Hotel  
Albany, NY

The NYSAFP family & friends congratulate

**Sarah C. Nosal, MD, FAAFP**

on her installation as our 71<sup>st</sup> president.

We look forward to your  
leadership and guidance!



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# Welcome

**Welcome** to the 69th Congress of Delegates and  
installation dinner of the New York State  
Academy of Family Physicians.

Since its inception in 1948 the Academy has been a leader in advancing the specialty of Family Medicine, advocating for members and patients, producing educational programs to enhance the skills and knowledge of family physicians, and cultivating interest in Family Medicine among medical students.

The Congress is our annual business and policy meeting. Members discuss important issues regarding public policy and Academy programs and make decisions that our board of directors and staff implement throughout the year.

Among the important decisions delegates to the Congress make are the election of officers and directors. Individuals elected at today's session of the Congress will be installed tonight by Dr. Michael Munger who is President-Elect of the American Academy of Family Physicians.

After installation of our officers and directors, we will honor our incoming and outgoing presidents – Drs. Sarah Nosal and Robert Ostrander, respectively. We will hear from Dr. Nosal regarding her plans for the next year and we will pay tribute to Dr. Ostrander for his year of service as president.

We are grateful to have you with us tonight and hope you enjoy this evening's program.

Sincerely,

*Vito F. Grasso*

Vito F. Grasso, MPA, CAE  
Executive Vice President



# **Installation Dinner Program**

## **Renaissance Albany Hotel June 24, 2017**

### **Welcome Remarks & Introduction of Special Guests**

Russell Perry, MD

### **Installation of the NYSAFP Officers**

Michael Munger, MD, President-Elect AAFP

### **Installation of the NYSAFP President**

**Sarah C. Nosal, MD, FAAFP**

Michael Munger, MD, President-Elect AAFP

### **Medallion Ceremony**

Robert J. Ostrander, MD

### **President's Inaugural Speech**

Sarah C. Nosal, MD, FAAFP

### **Tribute to Robert J. Ostrander, MD**

Vito E. Grasso, MPA, CAE

### **Master of Ceremonies**

Russell Perry, MD  
2016-2017 Board Chair



# 71<sup>st</sup> President

**It is with great pleasure** that I welcome you to Albany for the 2017 banquet and installation of the officers of the New York State Academy of Family Physicians (NYSAFP).

Together we speak with the unified voice of over 6,000 members. At no greater time in our nearly 70 year history have we been called upon to serve so relentlessly in defense of the health of our patients. It is our privilege as Family Physicians to serve our patients in an exam room that falls outside partisan politics, always prioritizing the unique needs of the individuals and families before us. The year ahead will call upon us to pursue single payer as the solution for our state and health care for all as the unwavering priority for our country. NYSAFP has been and will continue to provide consistent and uncompromising advocacy in the public policy arena for our members, their patients and communities.

There is no greater privilege than to be called to the service of others. As leaders in the Academy we are further called upon to share this passion with the next generation of Family Physicians. I charge each of you as you engage the new third year clerks, joining you in your practice or hitting the floors of your educational centers this month, to be the Family Physician you met, or wish you had met, as that third year clerk. Our NYSAFP will continue to support your good work with leadership development, mentorship, and structured learning opportunities for you, for our students and for our residents.

In the coming year your NYSAFP will step forward to lead by example in physician wellness. Throughout the year our Academy will highlight wellness practices embraced by our Academy and members. Your NYSAFP commits to serving as your touchstone of resiliency, inspiration and the resources that will further your joy of family medicine.

Finally, I am honored to be a part of this legacy and to celebrate with you tonight. We welcome each of you serving your patients, families and communities through your membership in the New York State Academy of Family Physicians.

Thank you,

Sarah C. Nosal, MD, FAAFP  
President 2017- 2018





# 70<sup>th</sup> President

**Welcome** to the 2017 New York State Academy of Family Physicians Congress of Delegates and our celebration of all that we achieve together. There is little that is more rewarding than doing meaningful things in the company of passionate, hardworking, and-to use the simplest of adjectives-good people. Just as the breadth of what we do as physicians defines us, the breadth of what we do as an Academy is impressive. Think about it. We do effective advocacy for our profession and directly for our patients. I can confidently say more than half of our advocacy is directly patient focused. We raise the bar for the rest of organized medicine. We include and inspire physicians in training in all we do. We justifiably consider them peers, as some of the best ideas and work come from them. We put together excellent educational conferences with opportunities for collegiality and recreation. We represent our specialty and state vigorously and take leadership roles with other medical societies, including the Medical Society of the State of New York and the AAFP. We produce a first rate journal.

It has been gratifying and humbling to get an in depth and firsthand look at the work of our commissions, committees and delegations. And we have a staff team that is as devoted to our mission, above and beyond the duties of their “jobs,” as the most passionate of us.

I have been honored to serve as President of the Academy this past year. I am most grateful.

Robert J. Ostrander M.D.  
President 2016-2017







# UR Medicine's Thompson Health wishes to congratulate Dr. Robert Ostrander

as he ends his tenure as president  
for the New York State Academy of  
Family Physicians.



Dr. Robert Ostrander

Our community is grateful for Dr. Ostrander for all he has done not only through NYSAFP, but on a local level as well. Throughout his more than 30 years as a member of our medical staff, he has established himself as a fierce patient advocate as well as a man of integrity, compassion and the utmost professionalism. His service on the NY Governor's Rural Health Council has provided expert guidance at the state level, and his work with Upstate Medical University's Rural Medical Scholars Program has placed a number of medical students in small communities throughout the state, including our own. This endeavor alone has resulted in tremendous benefits for those we serve, as many of these dedicated individuals are now on our medical staff.



We are indeed fortunate that Dr. Ostrander shares his love of family practice with so many people in so many ways. As his tenure with NYSAFP comes to a close, we thank the organization for this opportunity to express our gratitude.



# 2016-2017 Board of Directors

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<b>Alternate Student Representative Downstate</b> .....	Ben Shuham

# 2017 Family Physician Educator of the Year

## Heather Paladine, MD



Dr. Paladine is Program Director of the New York Presbyterian/Columbia University Family Medicine residency, and also volunteers at the CoSMO student-run free clinic. She is one of the faculty co-leaders of the Daniel Noyes Brown Primary Care Scholars Program, a selective track that includes mentoring and clinical experiences for students who are interested in primary care. Her clinical focus is on women's health care within Family Medicine, including maternity care and reproductive health.



When I was a child, I lived on a farm about 15 miles from Albany, in Ravena, New York. My mother was a teacher and my father was a physician. As you can see from the childhood photo, I grew up knowing I wanted to be a doctor. My father was an oncologist, and he had amazing relationships with his patients. I remember how they would come up to him in restaurants and tell us how much his care meant. I also loved the constant learning. I'm not someone who discourages the next generation from going into medicine. I think we, especially Family Physicians, have the best jobs!



When I started medical school, I had the common Family Medicine experience of being interested in and liking all fields. Although Family Medicine was not as well-established in NYC then as it is now, I had the good fortune to have many positive mentors during medical school and residency who showed me the diversity of our field. I went on home visits, saw adults and children, did a QI project, and I was hooked!

I also realized that in medicine, at each step we are teaching the learners who are one step earlier in their careers, teaching our patients, and learning ourselves. I became interested in academic medicine as a career and started working as a residency faculty, first in Oregon, then Los Angeles, and now full circle back here in New York. Seven years ago, on April Fools Day, I became the Residency Program Director at New York Presbyterian-Columbia. A lot of my clinical care and teaching focuses on women's health, both maternity care and reproductive health care, and I want to give a shout out to Linda Prine for being one of my role models for teaching, being a factor in getting me to return to New York, and leading me to get involved with the NYSAFP. This group has been a wonderful way for me to get involved in advocacy, and also to bring students, residents, and junior faculty into the organization, which I see as part of my role as an educator.



Finally, I'd like to thank my amazing family for their support. With a mother who was a teacher and a father who was a physician, how could I have any other career? My husband Edward is a newer addition and has been a major support in my work, and he's here with me today. And a big thanks to my coworkers, residents and students, and Family Medicine colleagues who make this job so rewarding every day.

# Excerpts from Nominators

## **Sarah McNeil**

I am writing to strongly endorse Dr. Heather Paladine for the New York Family Practice Educator of the Year Award. In addition to being Program Director of the Columbia Family Medicine residency program and teaching students and residents, Dr. Paladine is a national leader in reproductive health, training and advocacy. I am core faculty at the Contra Costa Family Medicine Residency in Martinez, California: I hope to illustrate the immense contributions that Dr. Paladine makes at the national level. Given that I miss out on Dr. Paladine's contributions at the Columbia Family Medicine Program as well as the New York State Academy of Family Physicians, I want to clarify that I am only able to speak to a small portion of the work that Dr. Paladine does.

I am most impressed with Dr. Paladine's consistent and ongoing presence at the national level. Many faculty members attend conferences, but as the Program Director of the Columbia residency, Heather makes a point to attend and present at multiple. She is always thinking about the wider family medicine community and pipeline of providers who can address the needs of underserved communities in New York City, New York State and across the country. I'm impressed that on top of running a family medicine residency, Dr. Paladine always makes time to submit proposals. This level of involvement takes time and dedication that should be recognized.

My first interaction with Dr. Paladine was at the AAFP National Conference for Students and Residents five and a half years ago, where, as a chief resident, I assisted her in leading the papaya uterine aspiration workshop. Her teaching style is interactive, warm, and friendly. Her intelligence and knowledge-mastery shine through in her ease of speaking in front of large crowds.

Since that time, I have worked with Dr. Paladine at multiple conferences. At Society of Teachers in Family Medicine (STFM) Dr. Paladine is a regular contributor and presenter. She collaborates with colleagues from across the country and is a leader of students and residents, as well as family medicine educators. At the Family Medicine Experience (FMX), she has spoken on multiple and variable topics, allowing the committee to schedule her for whatever women's health topics are determined by their needs assessments. When she wasn't scheduled to give her own talks, she helped with ours

or attended multiple sessions. She's an eager learner and helper – truly, the best kind of educator.

Dr. Paladine also leads a consistent effort to be present in the American Academy of Family Physicians. I have attended Congress of Delegates for the past two years, and was impressed by Dr. Paladine's clear and poignant remarks that help to clarify and emphasize the position of New York state. Dr. Paladine models advocacy to her learners and represents the New York AFP with pride. Indeed, between local work, residency leadership, and national advocacy, Dr. Heather Paladine is the ideal representative of your state academy. She is model educator and worthy recipient of this prestigious award.

## **William Klepack, MD**

Although I am not involved in academics and have not directly seen Heather's academic teaching style other than in a large group setting I would like to write in support of her nomination.

Heather has consistently been proactive in bringing students and residents into the academy to become actively involved in medical issues of importance. She believes in "experiential" teaching and by involving her protégés in direct experiences their education is enhanced. Heather actively encourages attendance at CME activities of the academy, at COD meetings, and participation in the Public Health Commission.

Her fondness for and dedication to her protégés is clearly evident in the manner in which she speaks of them.

I have attended a CME presentation of Heather's this past Winter Weekend and found her presentation clear, appropriately structured for her audience and well-paced.

I believe recognition of Heather for not only this aspect of her work but in general is well deserved. She is an inspirational, empowering role model who inspires inquiry, self-learning, and active pursuit of one's objectives. Is that not the definition of a true educator?

## **Olivia Perlmutter, MD, Reproductive Health Care and Advocacy Fellow**

Dr. Paladine taught me the true value of being a comprehensive and thoughtful family medicine doctor. During my first month as an intern on the inpatient service, we had a patient who was living her last months in and out of hospitals. As the attending, Dr. Paladine



stepped back and was able to see how the quality of life for this woman would have been better at home. Dr. Paladine guided me through my first real palliative care discussions with the patient, and her family, and helped me see the power of dying with dignity. And also wonderful was that in between those first hard weeks, she fueled our minds with her delicious baked goods.

On the outpatient side, I'll always remember her thoroughness with the health of our patients. When precepting, she never failed to address "health care maintenance." She constantly reminded me of the importance of evidenced based medicine for prevention, in addition to being good physicians for acute and chronic care needs.

During Columbia Family Medicine's brief trauma of being closed the fall of 2015, Dr. Paladine was a force and leader in keeping our morale up, our voices loud and our program alive. She knew the importance of not only mobilizing residents for our cause, but was also pivotal in involving our specialty colleagues, medical students, and community members of Washington Heights. Columbia Family Medicine continues to be a strong program thanks to her leadership and role as residency director.

Without Dr. Paladine, I would not be pursuing the work I do today. From my interview to apply for Family Medicine residency at Columbia to now where I am as a fellow in Family Planning, Dr. Paladine has been a mentor every step. She taught me how to place my first IUD, reminded me the importance of asking about family planning as a "vital sign", and helped improved my ultrasound techniques. She was also a huge force in my research education, leaving articles in my mailbox almost weekly that she found interesting, and knew I would too.

## **Linda Prine, MD**

I am writing to nominate Dr. Heather Paladine for Family Practice Educator for the NYSAFP. This past year Dr. Paladine had to head off the closing of her residency program, the Columbia Presbyterian Family Medicine Program, which she did with grace and tenacity. She organized students, the Academy, local and national leaders and her residents to respond strongly, which everyone did. She was successful!

Dr. Paladine has also pulled many students and residents into activities at the Academy, which reflects the respect these students and residents have for her as their teacher and mentor. I have worked with several of her former

residents and have some quotes from them about her. From Dr. Anoop Raman MD MBA, "Dr. Paladine is an incredibly dedicated clinical teacher. She was both literally and figuratively a guiding hand through my practice of women's health during residency: from delivering my first baby as a physician, to struggling with my first social dystocia; from walking me through how to counsel a patient about early options, to helping me place my first IUD. She is a kind, knowledgeable, thorough, and supportive mentor."

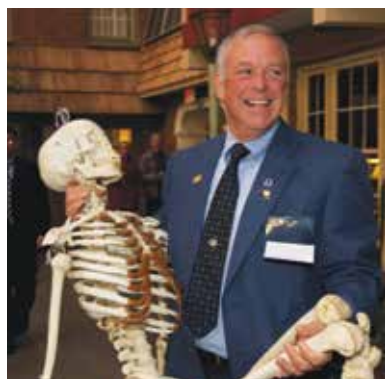
And from Dr. Emily Holt, who you may remember came to one of our COD meetings with her infant, "Dr. Paladine is the kind of physician educator who believes in everyone's potential to learn and grow in their knowledge of their own health or that of others, and who takes the time to reveal the path in whatever way is accessible to that person. Whether she is teaching a non-English speaking patient with little education about how to improve her lifestyle to address her diabetes, or whether she is teaching the highly educated Columbia-New York Presbyterian medical resident how to manage that patient's diabetes, Dr. Paladine seems to have an innate sense of how to reach each individual. By finding and illuminating an individual's strengths, she is a locomotive motivator. She empowers people to bridge the gaps themselves between real life and medicine and in so doing she achieves far more for her patients and students than any textbook could." Additionally, I have co-taught several workshops at the regional and national level with Dr. Paladine. She is a very effective presenter. She engages the audience in discussion rather than droning on while reading power point slides, as so many lecturers tend to do. She is also a fabulous collaborator; she always pulls her weight and gets her share of the talk prepared in a timely manner. She has great suggestions to strengthen a presentation while being flexible. She also is awesome at giving her co-presenters, her junior presenters, and her mentors positive feedback, which all of us can use from time to time!

Dr. Paladine has been an energetic leader of the Public Health Commission and, in that capacity, has pulled me into contacting all of the reproductive rights groups in order to set up meetings with them on behalf of the Academy to convince them to endorse Single Payer Health Care Reform. She has taken very seriously Dr. Ostrander's call to collaborate more with other organizations. While this is not so much an "educator" role, it does speak to her value to the NYSAFP and our mission.





# **The Suffolk County Chapter of the NYSAFP congratulates Sarah Nosal on her inauguration as President of the NYSAFP.**



# 2017 Family Physician of the Year

## Maritza Y. Baez, MD, FAAFP



### Medical School:

University at Buffalo School of Medicine and Biomedical Sciences

### Internship/Residency:

Deaconess and Jefferson Family Medicine Centers

### Certification:

Board Certified in Family Medicine

### Professional Affiliation:

Fellow of the American Academy of Family Physicians (FAAFP)

### Languages:

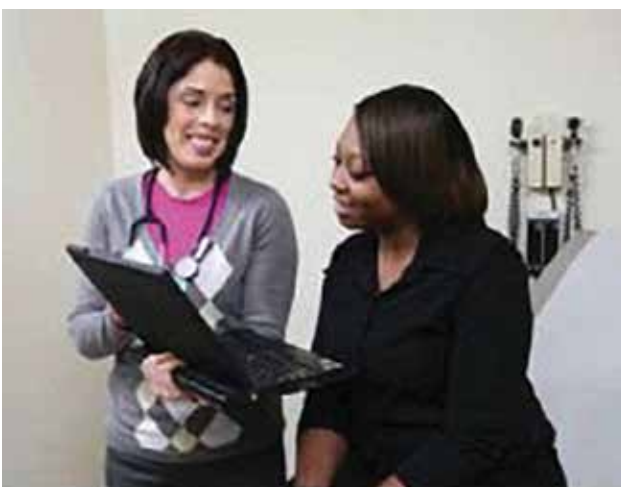
Fluent in English and Spanish

### AAFP/NYSAFP Member since 2007



Dr. Maritza Baez is a family medicine doctor in Buffalo, New York and is affiliated with Lifetime Health Medical Group. She received her medical degree from University at Buffalo, School of Medicine and Biomedical Sciences and has been in practice for 11 years. She is one of 10 doctors at Lifetime Health Medical Group who specialize in Family Medicine. She also speaks multiple languages, including Spanish.

For the past 25+ years Dr. Baez has given back to her community including serving on the board at the Enterprise Charter School where she is also Board Secretary, and supporting other causes like Buffalo Prep, the new Jacobs School of Medicine and Biomedical Sciences, where she is a member the Circle of Leaders, a donor recognition program, and the John Oshei Children's Hospital. Among other activities, she has volunteered for the City of Buffalo Youth Engaged in Service, given inspirational talks and mentorship to students on the elementary, high school, college and graduate school levels, and served on various community-wide boards. She volunteers with HealthTap to answer medical and skincare questions and earned the ranking of #1 in the field of skincare.



In Dr. Baez' daily medical practice, she counsels patients on overall health and wellness and prides herself in consistently



improving Quality and Patient Satisfaction scores. She has extensive public speaking experience, ranging from private events to film, TV and radio. She works in an inner-city urban office where her bilingual (Spanish) skills are used daily. She manages complex chronic medical conditions for over 4000 families a year and managed over 10000+ lives for over 6 months during a provider shortage. She consistently has exceptional productivity, quality, and patient satisfaction measures. She incorporated a bilingual certified diabetic educator, helped bring translator phones to her office and helped acquire accessible examination tables.

Dr. Baez is always coming up with improvements that become incorporated site-wide and company-wide. She serves on multiple committees, including Peer Review, Electronic Medical Records, and Quality Improvement. From 2015-2016 she participated in a Quality Improvement project with the Erie County Health Department where chlamydia screening among appropriate patients improved from 66.7 to 97. She supervises 4 mid-level providers, precept medical and pre-medical students. She also supervises mid-level providers remotely for other offices in the Lifetime Health system. She conceived of Women's Health Week, helped revamp the narcotics policy, and help with publicity via digital, print, radio, television and video appearances. In 2017 she was again awarded the AMA Physicians Recognition Award with Commendation for her commitment to continuing education.

## **Ms. Lizzie C. Sneed**

Dr. Baez is not only a very knowledgeable doctor but she's also a very compassionate one that does an excellent job in our community. She ensure that each of her patients receives quality care and offer them great advise to improve their overall health. She serves the community with her time, knowledge and devotion to improve quality of life. Her energy, kindness, compassion and openness make's it ease for patients to seek her for care and advice. Dr. Baez' knowledge, skills and abilities are an excellent asset to our community. I have seen many doctors and it's rare to encounter a doctor such as Maritza Baez. I'm quite please to have her as my doctor and would trade her for no other. Dr. Baez is devoted to her life's work as a family physician, her endless work in our community and most importantly to each of her patients.

Over the years I have found Dr. Baez to be a warm hearted, gentle, kind and compassionate person who's willing to serve her community with her very best.

## **Excerpts from Nominators**

### **Breanna Krause**

Dr. Baez is such an amazing physician. For years I had issues with my weight. It always fluctuated between 425 and 430. I would try eating healthier and excersizing, but nothing was working. When I certainly to see her (because my mother recommended her) she figured out what was wrong in just 2 office visits. She had me get preventative screening (Bloodwork, ultrasounds, etc./ done. We found out I had PCOS and Type 2 Diabetes! Since diagnosed she placed me on metformin, and I have never felt more awake and energized since I was a child. She's given me a new chance at life just by what some would think is a simple diagnoses. I love Dr. Báez! Just that she is an amazing physician, and she deserves to win this award!



# **New York County Chapter Congratulates:**



**Sarah Nosal**  
**on her inauguration as**  
**President of NYSAFP**



**and**



**Heather Paladine**  
**for Family Physician**  
**Educator of the Year**

**We wish you both all the best!**

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 Robert J. Ostrander, MD .....(2016-17)

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### Kern Augustine

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### Medical Liability Mutual Insurance Co

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# Calendar of Events

## 2017

### August 5-6 Summer Cluster

Renaissance Westchester Hotel  
and Bronx Museum

### September 16 Regional Family Medicine Conference

Siena College, Albany

### November 12 Fall Cluster

Board Meeting only  
Century House, Latham

## 2018

### January 11-14 Winter Weekend

Lake Placid

### March 11 Winter Cluster

Renaissance Albany Hotel

### March 12 Lobby Day

Albany

### June 23-24

### Congress of Delegates – 70th Anniversary

Hilton Garden Inn, Troy

## 2019

### March 17 Winter Cluster

Renaissance Albany Hotel

### March 18 Lobby Day

Albany

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## Message

From

**Kathy M. Sheehan**

*Mayor*  
City of Albany

Dear Family Physicians,

On behalf of the City of Albany, I am honored to welcome the members of New York State Academy of Family Physicians (NYSAFP) to Albany for your annual Congress of Delegates.

I commend the NYSAFP's dedication to improving the health of patients, families and communities by serving members of the Academy through education and advocacy.

Our City recognizes the positive benefits of having organizations such as NYSAFP hold annual meeting in the City of Albany and I thank you for choosing to hold your meeting here. With a population of nearly 100,000 people, Albany is the second oldest chartered city in the United States. Our City is the economic and cultural center of the Capital Region of New York State. In addition to being the seat of State government, we are home to the State University at Albany, the College of Saint Rose, and major medical, pharmacy and law schools.

As you make yourselves familiar with the area, I encourage you to discover all that Albany has to offer, including our fine dining, beautiful parks, excellent shopping and many museums and historic sites. I extend my best wishes for a successful event and can't think of a better place to hold your annual meeting than the capital of New York State.

Kindest Regards

A handwritten signature in black ink, appearing to read 'Kathy Sheehan'.

Kathy Sheehan  
Mayor

# In Memoriam

## **Lois E. Brennan, MD**

1927-2016



Honeoye/Livonia: February 16, 2016 at age 88 years. Predeceased by her husband Clermont "Mike" Brennan in 1985. Survived by step-children; Patricia Genthner of Livonia, Connie Watts of CO, Mary Jo Tisa of CA, Sandra (Raymond) Jenkins of CO, and William (Dawn) Brennan of Lakeville. 9 grandchildren and 14 great-grandchildren. Also survived by her sister Jane Nunn of MA, nieces; Esther Nunn, Elizabeth Mueller, nephew Bruce Nunn, and lifelong friend and colleague Bruce Mills M.D. of Gorham.

Dr. Brennan practiced family medicine and obstetrics in Honeoye, NY and the surrounding area for over 30 years. She was a graduate of Bucknell University and Temple Medical School.

## **Aziz S. Hasan, MD**

1933-2016

Dr. Aziz Shaukat Hasan, 84 Respected physician Dr. Aziz Shaukat Hasan, prominent Staten Island physician/family practitioner for 30 years in the south shore area, passed away at the age of 84 in Palm Coast, Fla., after losing his long battle with lung cancer.

## **Nadene D. Hunter, MD**

1918-2016



Dr. Nadene Denison Hunter, 98, of 9930 County Road 46 Dansville, N.Y., died peacefully Monday (Sept. 12, 2016) at her home surrounded by her family.

She was born the daughter of Walcott and Blanch (Babb) Denison on June 2, 1918 in Quincy, Illinois. She graduated from High School in Tacoma, Wash. then attended Washington State for her bachelor's degree and then received her medical degree from Tulane University School of Medicine in New Orleans.

She retired as medical director at Craig Developmental Center in Sonyea in 1982 after 17 years of service. She then when to work for Livingston County Department of Health as a medical consultant until 2003.

## **Raj B. Kachoria, MD**

1938-1916



Pittsford: Died on April 19, 2016 at age 78. He was born in a small desert town in India, the youngest son of Balkrishan and Rupivi Kachoria. He was the first in his village to make it to medical school and become a doctor, affectionately known to this day by the community as "Dr. Raj."

He completed medical school in India and received an advanced degree in Tropical Medicine in England in 1964. He and his family immigrated to the United States in 1970 and lived in several cities, including Boston where Dr. Kachoria worked at Boston Children's Hospital as a pediatrician. After moving to Pittsford in 1974, Dr. Kachoria started his own private pediatric clinic in Macedon, NY, where he practiced for more than 40 years before retiring and donating the practice to Thompson Health and the University of Rochester. He also saw patients at Newark-Wayne Community Hospital, Rochester General and was a clinical faculty member at the University of Rochester.

### **Paul R. Palmer, MD**

1927-2016



#### **Lifelong Physician and Teacher**

SYRACUSE - Paul Richards Palmer was born to George and Ethel Palmer on the family farm in Washington Mills, NY, on June 21, 1927. He passed away peacefully on March 27, 2016, at St. Camillus Health Center in Syracuse, NY.

Paul worked arduously in pursuit of his goals supported by his family. He will be greatly missed by family, friends, colleagues and all whose lives he touched in so many ways. Paul was a 1945 graduate of Chadwicks High School in Chadwicks, NY. With a work ethic instilled by hours working the farm and inspiration from his local family doctor to pursue a career in medicine, he attended Union College. He majored in Biology and Psychology and became his family's first college graduate in 1949 before joining the US Army and serving in the first MASH unit. Paul and his beloved Peggy Roberts married on June 9, 1951. Paul graduated from New York Medical College in 1954. Residency training in Family Practice at Upstate and St. Joseph's Hospital brought the family to Syracuse. In 1957, he and Dr. Eugene Bluto founded Bluto and Palmer PC in Camillus, which later became Family Care Medical Group. Realizing a service gap in

the continuum of care in the community, Dr. Palmer was a co-founder of St. Camillus in 1969. He retired from full-time practice in 1994.

Throughout his distinguished career, Dr. Palmer was a serious, comprehensive, determined, compassionate care-giver and advocate for his patients in many ways, representing the prototypical Family Doctor who made house calls with his "little black bag" always nearby. He was passionate about education and spent countless hours teaching and mentoring undergraduates, medical students and residents. He directed Family Medicine Resident Education at Community Hospital for nearly thirty years and served as a volunteer clinical faculty member at SUNY Upstate teaching medical students his entire career. He often said that having a student in the office added two hours of work but that these were the most meaningful hours of the day.

Dr. Palmer was honored as the NYS Family Practice Doctor of the year in 1985 and the NYS Academy of Family Physicians Educator of the Year in 1996. He served on various committees at SUNY Upstate throughout the years, the most rewarding of which was his time on the Medical School admissions committee. In 1992, he was awarded the SUNY President's award for volunteer faculty. Dr. Palmer was active with the Onondaga County Medical Society as well as both the NYS and American Academies of Family Physicians he served as Acting Medical Director of Community General Hospital in the late 1990's. He also volunteered at clinics throughout CNY. Most of all, Dr. Palmer cherished his unofficial work as advocate for, mentor to and friend of scores of students and young physicians throughout his career and into his retirement.

### **Guillermo O. Perez-Mesa, MD**

1927-2016





## **Alfred E. Peterson, MD**

1922-2015



Age 93, passed away at home in Chenango Bridge, NY on July 20, 2015. He was born on March 23, 1922, son of the late, Carl E. Peterson and Elin Lindholm Peterson. He was the youngest of 5 children, and was predeceased by brothers, Rudolf, Frederick and Arthur; and sister, Elsa Peterson Ware. On May 27, 1944, he married the love of his life, June Meadows. They enjoyed a wonderful life together for over 60 years, until she passed away in 2007.

He was a graduate of Dartmouth College, and the University of Vermont Medical School. He served as a pilot of a B-17 bomber during WWII. He was always so proud of being a member of the 8th Air Force, 381st bomb group and served in England, flying 35 missions over Germany, Holland and France. After the war, he finished medical school and moved to Binghamton in 1950, with his wife and daughter, Christie, to start his career as a physician. He became one of the original partners, starting the Chenango Bridge Medical Group, where he built his reputation as a dedicated doctor, who gave everything and more to his patients.

He practiced until he was 81, as he didn't want his patients to be without a doctor. His patients had grown old with him, and he was determined to stay with them, as their physician. He was also the Chenango Forks High School physician for over 30 years. He was a doctor to the core of his being, but still had more than enough time to give to his family and friends.

## **Harvey Rosner, MD**

1938-2016

## **Martin Saltzman, MD**

1933-2015

Martin was born in Brooklyn, NY, son of the late Charles and Rose (Liebertritt) Saltzman. He graduated from Brooklyn College of Pharmacy and Dalhousie University School of Medicine. While living in New Hartford, he

was employed as a physician at St. Elizabeth's Hospital, Marcy Psychiatric Center, and Mohawk Valley Psychiatric Center.

Marty was a vibrant, vivacious man whose passions included dancing, reading, learning, socializing, and telling jokes. He took great joy in his career as a physician and cared deeply about helping people in both his personal and professional lives. Marty appreciated nature and enjoyed outdoor activities. He enthusiastically followed current events and was an ardent supporter of Israel. He was devoted to his family and his many cherished friends. Marty's love of life and all it had to offer was an inspiration. He will be deeply missed.

## **Ray George Schiferle, MD**

1928-2016

Dr. Ray G. "Buzz" Schiferle died February 12, 2016 at home, husband of Eunice A. Schiferle; father of Kurt (Marlene), Anne and Jane; grandfather of Thomas, Michael, Erik and Mark. Dr. Schiferle donated himself to The Anatomical Gift Program at The University at Buffalo.

## **Peter M. Townsend, MD**

1931-2016

## **Palanisamy Viswakumar, MD**

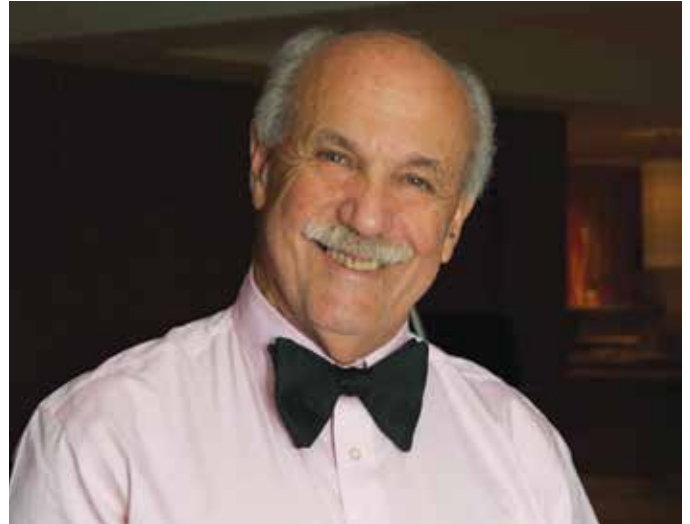
1949-2015

Dr. Palanisamy Viswakumar (Dr. Kumar) died peacefully on December 26, 2015. He was 66 years of age.

Dr. Kumar was born in Tirupur, Tamil Nadu, India in the year 1949. Dr. Kumar moved to Slate Hill in the year 1982 to open his own private practice as a Family Physician. Dr. Kumar was a member of the American Association of Family Physicians (AAFP); the American Association of Physicians of India (AAPI); a long-standing staff member at Orange Regional Medical Center and was recognized for his contribution as the School Physician for Minisink Valley Central School District.

Dr. Kumar was a thoughtful and caring physician, serving the Slate Hill and Middletown communities for over 30 years. As a dedicated man, he never hesitated to help those in need. He was a great lover of poetry and music and found great joy in life. As an extraordinary husband and father, he shared his passion for life with those around him. Dr. Kumar passed peacefully at home surrounded by the warmth of friends and family.





**Ray & Therésé Ebarb**  
are thrilled to be a part of  
**Dr. Sarah Nosal's**  
**Inauguration as President**  
**of the NYSAFP.**

*It's going to be a great year!*



## Well-Deserved Recognition For Your Outstanding Service!

**Canandaigua National Bank & Trust congratulates you, Dr. Ostrander,** for your service as President of the New York State Academy of Family Physicians!

Your dedication and leadership are what drive success in everything that you do.

All of us at CNB applaud your commitment and join NYSAFP in recognizing all that you have done to enrich the lives of others.

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**Dr. Allison Holm,  
Dr. Susan Psaila,  
Dr. Joseph Wojciechowski,  
and the PA's and staff of  
Dermatology Partners of  
Western NY congratulate  
Dr. Ostrander on his  
many accomplishments.  
We appreciate his strong  
commitment to health care  
in our community.**

**Best wishes!**

**Dermatology Partners  
of Western NY**

# **The Institute for Family Health**

thanks

**Dr. Robert Ostrander**  
and congratulates our esteemed colleague  
**Dr. Sarah Nosal**

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**The Ulster County Chapter  
of the NYSAFP  
salutes our colleagues  
Dr. Robert J. Ostrander &  
Dr. Sarah C. Nosal!**

*Thank you both for  
your service to our Academy.*

# NYSAFP Commissions

## Advocacy

This Commission monitors government actions and the potential impact of legislation and proposed regulations on Family Medicine and Family Physicians. Commission members discuss legislation and make recommendations for action to the board of directors. The Commission plans the annual lobby day and works with the Academy's government relations counsel – Weingarten, Reid & McNally.

## Education

This Commission develops educational programs for Academy members. It oversees production of the annual Winter Weekend & Scientific Assembly and the Regional Family Medicine Conference. It also manages the Advanced Life Support in Obstetrics (ALSO) course and reviews proposals for educational programs and collaborations. This Commission serves as the selection committee for student and resident awards, research externships and the Family Medicine Educator of the year Award.

## Leadership

This Commission supports leadership training for members and serves as the nominations committee for selection of candidates for Academy offices. It also develops and presents leadership training for residents at the Congress of Delegates.

## Membership

This Commission is responsible for recruiting and retaining members and making recommendations for member benefits. It also coordinates planning for the Congress of Delegates and oversees the Academy website.

## Operations

This Commission is responsible for all Academy operations including preparation of the annual budget, financial management, personnel, headquarters operation, leases, contracts and bylaws.

## Public Health

This Commission is responsible for education of the public regarding health, policy development to promote public health initiatives and increasing access to care for special needs populations such as the aged, children and those in underserved areas.

**Become involved — Join a Commission today!**

**We value your input.**