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# OpenDoors

SPRING 2012 ▶ ISSUE 1

THE NEWSLETTER FOR OPEN DOOR FAMILY MEDICAL CENTERS AND OPEN DOOR FOUNDATION, INC.

## Benefit Concert Big Time Success



Left: *L to R: Lindsay Farrell and David Swope* Middle: *L to R: Graham Nash and David Crosby*  
Right: *L to R: Dr. Ellen Greenebaum and Dr. Simeon Schwartz*

## Without the support of our generous corporate sponsors, this event would not have been possible.

**A**n Evening with David Crosby and Graham Nash was a big time success. The bar was raised when the legendary Rock 'n' Roll Hall of Famers David Crosby and Graham Nash took the stage at The Performing Arts Center at Purchase College on our behalf, helping us raise \$428,000. Our fifth sell-out benefit, Open Door's past concerts have featured artists such as Elvis Costello, The B-52's, Joan Osborne, India, and Toots and the Maytals.

Under the leadership of our event co-chairs, Michael Baker and Marlene Canapi, and their incredible concert committee, the event recognized and celebrated two of Westchester County's most inspiring and

generous residents: David Swope, a community leader and Founder of Club Fit, and Simeon Schwartz, MD, President of WESTMED Medical Group and CEO of WESTMED Practice Partners.

Without the support of our incredibly generous corporate sponsors, this event would not have been possible. So to Swiss Re, Hudson Health Plan, Allianz Global Investors and BMW of Greenwich & Port Chester, Bartlett Tree Experts, Monroe College, the Mogil Organization, Bessemer Trust, McGladrey, St. John's Riverside Hospital, Cohanzick Management, LLC, Purdue, BioReference Laboratories, Susan Lawrence, Heckman Consulting Group, and Rivkin Radler, we say we couldn't have done it without you! Special

thanks to our lead media sponsors The Peak 107.1 and Westchester Magazine.

*"When I realized that every day an average of 800 patients walk through the doors at Open Door to receive high quality health care in a comfortable and nurturing setting, I knew that I wanted to help and hold the door open wider. Imagine how many families who might otherwise not have access to affordable and much needed care count on us to help. It feels good to give back to the community I live in."* Marlene Canapi, Concert Co-Chair

*"Most people have no idea what it takes for an organization like Open Door to provide professional and caring health care to 40,000 patients. Now that the concert is over I am left with such great admiration of an organization made up of some of the most dedicated people I have ever met. In concert they are a group that I am proud to be part of."* Michael Baker, Concert Co-Chair

#### A WORD FROM THE CEO



#### DEAR FRIENDS,

Open Door strives to make our communities healthier each and every day. We are an organization that is restless in our pursuit of wellness, always looking for new ways to deliver higher quality care, be more efficient, and deliver more value. I'm happy to report that this spring there are some exciting new programs happening at Open Door. A new *Residency Training Program* begins this summer in Sleepy Hollow and our new *We Can! Wellness Program* is ramping up in Ossining and

Port Chester. Our *Asthma Care* program has expanded to area preschools and our *AmeriCorps* volunteers are spreading the message of health and wellness in the community. All of these programs demonstrate Open Door's commitment to transforming health care in our communities. From training the next generation of family physicians to emphasizing wellness through physical activity and good nutrition, we are promoting high quality, cost effective models to advance our communities' health.

Six medical students have "matched" in the inaugural class of the New York Medical College - Phelps Family Medicine Residency Program which will include ambulatory rotations at Open Door Sleepy Hollow. There were more than 900 applicants to this brand new Residency Program which is a testament to its caliber and a brighter future for family physicians.

Our wellness efforts are on the front burner thanks to generous private support that has allowed us to hire a program director who brings

energy and enthusiasm to this new effort. We have an array of new group classes including Zumba and Yoga for adults and a Recess-Rocks program for children, as well as individualized fitness training and support for folks who want it. Our aim is not to become a health club, but rather to inspire our patients and our staff to live healthier.

Open Door's special events, spearheaded by the Board of Directors of the Open Door Foundation, have been another great way to spread our message. From

wine tasting to a performance by Crosby & Nash, our supporters have turned out to underscore our work. Thanks to the financial contributions we receive from so many, we are highly motivated to make Westchester a better place for us all to live and work. We deeply appreciate your support; it signals that our mission is relevant and our future is hopeful.

*Lindsey Stuebel*



NEW FOUNDATION BOARD MEMBERS



**Marlene Canapi** is a passionate community member and business owner with 26 years of professional experience and commitment to the betterment of non-profit community organizations. She has served in many capacities in leadership roles in fundraising, political strategy, television production, education and non-profit board leadership. Her recent not-for-profit engagements include serving as Co-chair of Open Door’s Benefit Concert featuring David Crosby & Graham Nash; developing a tree identification elementary school program in the Pleasantville School District with arborist Trevor Hall, Bartlett Tree Experts; and coordinating the Annual Marmaduke Writing Factory Writing Contest. Marlene currently serves as Board Chair and Producer of Pleasantville Community Television and Foundation Chair for ARC Stages.



**Barry S. Stopler, J.D., LL.M** is Managing Director of Finance and Head of Tax, Global Transactions and Products at Swiss Re America Holding Corporation in Armonk, NY. Barry has worked for Swiss Re for over ten years. Barry previously worked as the Tax Director for Wilton Re, and held a senior management role at PricewaterhouseCoopers, LLP, and prior to that worked as a tax attorney with Weil, Gotshal & Manges. Barry serves on a number of community boards, including the Pleasantville Community Public Television.

The Mind Body Connection

A patient was recently referred to the Behavioral Health Department for complicated grief. This patient had not been able to work through the grief process and presented with underlying depression. The patient was a diabetic and had stopped taking medication, was not eating properly and his diabetes was uncontrolled. It was clear that his physical health was impacting his emotional health. In the past, this man’s mental health care would only address his depression and often his physical health care would only focus on his diabetes. Mental and physical health are part of the same human form, yet until recently physical and mental health providers worked as if the mind and body were separated with a great gulping divide. The charge to tear down silos of care has created some great models of care like the patient-centered medical home, where care is not just coordinated, but also integrated. In such a setting, co-located medical and mental health services, using an electronic health record, allows us to care for patients as a team to meet the goals of both physical and mental health.

Science is not always able to tell us which comes first, mental health issues like depression, anxiety, ADHD and chronic mental illness such as schizophrenia or bipolar or physical ailments like diabetes, hypertension, heart disease, HIV, or asthma. For instance, diabetes is a medical condition that often affects mood and can result in the patient having a difficult time caring for their health. The toll that diseases have on the body often impacts the emotional state of the patient and some medications have side effects that cause depression. This is why we treat these conditions together.

*At Open Door we have shifted to this integrated “team” approach to care where treating the whole patient is the goal.* We have added resources that enhance that care, such as the Wellness Center where physical and mental health goals can be addressed through classes in Yoga or wellness seminars. We see first-hand the difference we’re making and what a personal sense of joy that gives us all.

*Shonny Capodilupo, Director of Behavioral Health*

Wine Tasting at the Kittle House



Above: *L to R:* Barbara Zink, Betsy Guardenier, Mary Nichols

Right: *L to R:* Laura Kelly, Emily Mallon, Osi Mizrahi, Elinor Griffith



*Warmth and wellness were the theme of Open Door’s wine tasting this past February at the Crabtree’s Kittle House. The tasting was attended by over 100 people and featured specialty wines from John Buetti’s*



Training Tomorrows Doctors Today





Above: *L to R:* Bob Mogil, Jane Molner, Constance Hall, Nancy Gurman, Greg Simon

Roght: Jan Fisher and Ken Davidov



*Mount Kisco wines. John Crabtree and Glenn Vogt prepared a spectacular prix fixe dinner with wine pairing. Guests are still talking about what an evening it was.*

## Celebrating Earth Day

*On a sunny morning in April, twenty-one preschoolers and their teachers walked over to Open Door for a special garden-themed reading event.*

Our AmeriCorps team is at it again! Spring marked the celebration of Earth Day with young gardeners from St. Matthew’s Head Start Program in Ossining. On a sunny morning in April, twenty-one preschoolers and their teachers walked over to Open Door for a special garden-themed reading event. Children’s book author Sarah Ashman Gillespie read her book, *Holly Bloom’s Garden*. Ms. Gillespie also helped the children to create paper flowers to take home and everyone received a new copy of *Holly Bloom’s Garden* generously donated by the Scarborough Presbyterian Church. All hands were busy as the children made healthy snacks, using vegetables and fruits that they are going to grow in their garden plot. They made delicious “ants on a log” snacks with fresh strawberries, carrots and celery.

After our youngest friends walked back their school with new books in one hand and a paper flower in the other, the AmeriCorps team headed over to the Ossining Organic Community Garden to clean up and prepare the Head Start garden plot. With guidance from Master Gardener Donna Sharrett, the AmeriCorps team will meet the preschool students every week to grow and learn about healthy foods. Earth Day was the perfect day to kick off the 2012 gardening season and get everyone excited.



Earth Day 2012

### SWISS RE PARTNERS WITH OPEN DOOR

A leader in creating public private partnerships with global humanitarian and development programs, Swiss Re has a long standing commitment to corporate responsibility. The places where their staff live and work are seen as more than a “location”. They are the communities in which Swiss Re employees belong and live. And since belonging to a community is not a one-way street, Swiss Re has selected to participate actively in local life through charity and volunteering initiatives. Swiss Re was a Participating Sponsor in Open Door’s 2012 Benefit Concert held in March. In addition to targeted financial support, Swiss Re will join Open Door during its staff volunteer day to read to children in the waiting room, exercise alongside them in our wellness center and work with them on hands-on projects that illustrate good nutrition. In the preceding days, Swiss Re will be hosting a book collection drive to add to Open Door’s library of children’s books.

“Swiss Re is committed to supporting local charities and the surrounding communities where its employees live. Open Door addresses a real need in the community and is very successful measured by the reactions I see from the people it serves. I am fortunate to be part of both organizations and I am excited to find even more ways for Open Door to serve and engage the community,” said Barry Stopler, Managing Director at Swiss Re in Armonk and new Foundation board member.

## This is an exciting opportunity for Open Door to grow the physician pipeline, one that will be on the cutting edge of primary care.

“We’re training the doctors of tomorrow, who will be prepared to address complex medical issues within the context of population health. This is an exciting opportunity for Open Door to grow the physician pipeline, one that will be on the cutting edge of primary care. It’s a win-win for all,” says Lindsay Farrell, President/CEO of Open Door about Open Door’s new role as clinical training site for Family Medicine and Dental residents.

Open Door will begin training its first residents on July 1st. Six of the more than 900 medical students who applied to the inaugural class of the NYMC Phelps Family Residency Program were accepted to the first year of the three year program. The first family medicine residency program to gain national accreditation in New York State in 15 years, these residents will be among the first residents to train in a nationally recognized patient-centered medical home.

That’s not all. In July, Open Door will also begin a General Practice Residency program in dentistry under

a similar affiliation with NYMC and Phelps Memorial Hospital. “We are delighted to welcome four new dental graduates into a post-grad training program at Open Door,” remarked Dr. Janet Bozzone, Director of Dental Services, “Not only will we have the ability to provide enhanced services for our patients, but the residents will gain additional opportunities to treat more complex issues than they have been exposed to in dental school. It’s great that our highly experienced staff will be able to pass on their knowledge to these future practitioners.”

First year dental residents will be spending over 80% of their time at our Port Chester site and the balance at various hospital rotations which will include interactions with Family Medicine Residents. They will be supervised by dentists and other attendings from the NYMC faculty. We will be looking forward to working alongside the faculty of NYMC, including Dr. Joseph Morales, Chairman, and Dr. Rosa Martinez, Program Director, to develop an outstanding program for these new graduates.





## OPEN DOOR

FAMILY MEDICAL CENTERS

165 Main Street  
Ossining, NY 10562

Open Door Mount Kisco

Open Door Ossining

Open Door Port Chester

Open Door Sleepy Hollow

School-Based Health Centers

Thomas A. Edison Elementary School

John F. Kennedy Magnet School

Park Avenue School

Port Chester Middle School

Port Chester High School

Support Open Door

Invest in *Healthy*

There are many ways to support Open Door. Please consider making a gift to the Annual Fund by visiting us online at <http://support.opendoor-medical.org/Donate> or contact Alicia Ward, Volunteer Coordinator, at [award@odfmc.org](mailto:award@odfmc.org) or (914)502-1468 to volunteer your time.

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### OUR MISSION

Open Door Family Medical Centers is a private non-profit organization, registered 501(c)(3) with the Internal Revenue Service. Our mission is to provide quality primary health care and human services at affordable prices to the community, particularly low-income, under-served residents and those lacking access to health care.

### BOARD MEMBERS

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**Open Door's annual golf outing will be held on Tuesday, September 11, 2012 at the GlenArbor Golf Club. GlenArbor offers a spectacular course designed to challenge every golfer. Designed by Gary Player, GlenArbor has preserved all of the native beauty creating a course that will test the shot making skills of the most accomplished player. Don't wait, secure your foursome today. For additional information or to reserve your foursome call 914.502.1414 or [csanjuas@odfmc.org](mailto:csanjuas@odfmc.org).**

## Asthma Initiative Improves School Attendance

**T**ake a deep breath for this one. Our partnership with the Port Chester School District and the American Lung Association on a focused asthma intervention program with more than 600 children over the last few years in our school-based health centers has dramatically reduced missed days of school due to asthma. Using the National Heart Lung Blood Institute Guidelines for objective assessment and validated screening tools, Open Door screened students with asthma in the schools. The outcome was BIG. We saw sustained improvement in asthma control, reducing acute care visits to the Open Door School-Based Health Center by 75% and a decrease in the number of missed school days due to asthma. And that doesn't even include the added benefit of improvement in the children's quality of life, allowing them to fully participate in sports and enjoy all activities.

As a result of its success in the school-based health center, Open Door partnered with the American Lung Association, Westchester County Department of Health, Children's Environmental Health Center of the Hudson Valley and Westchester Community Opportunities Program (West Cop, Port Chester Children's Place, Spring Street and Weber Drive Child Care Centers) to launch an asthma daycare project. The project was designed to address the issue of asthma prevalence in the local Head Start and other subsidized preschool programs that are heavily impacted by asthma. The intervention included educating families, community members, teachers, clinical staff and business leaders about asthma. Seventy-five preschoolers were identified with asthma. With proper health education and intervention, families can now manage their children's asthma before it becomes an emergency.

The prevalence of asthma has been increasing in the US and worldwide. Asthma is the most common disease of childhood and accounts for 14 million missed school days a year. The estimated economic burden of asthma is \$20 billion a year. Westchester County has the largest asthma burden and largest number of ER visits in the Hudson Valley. Our focus is to make a difference right here in our community for our children.

