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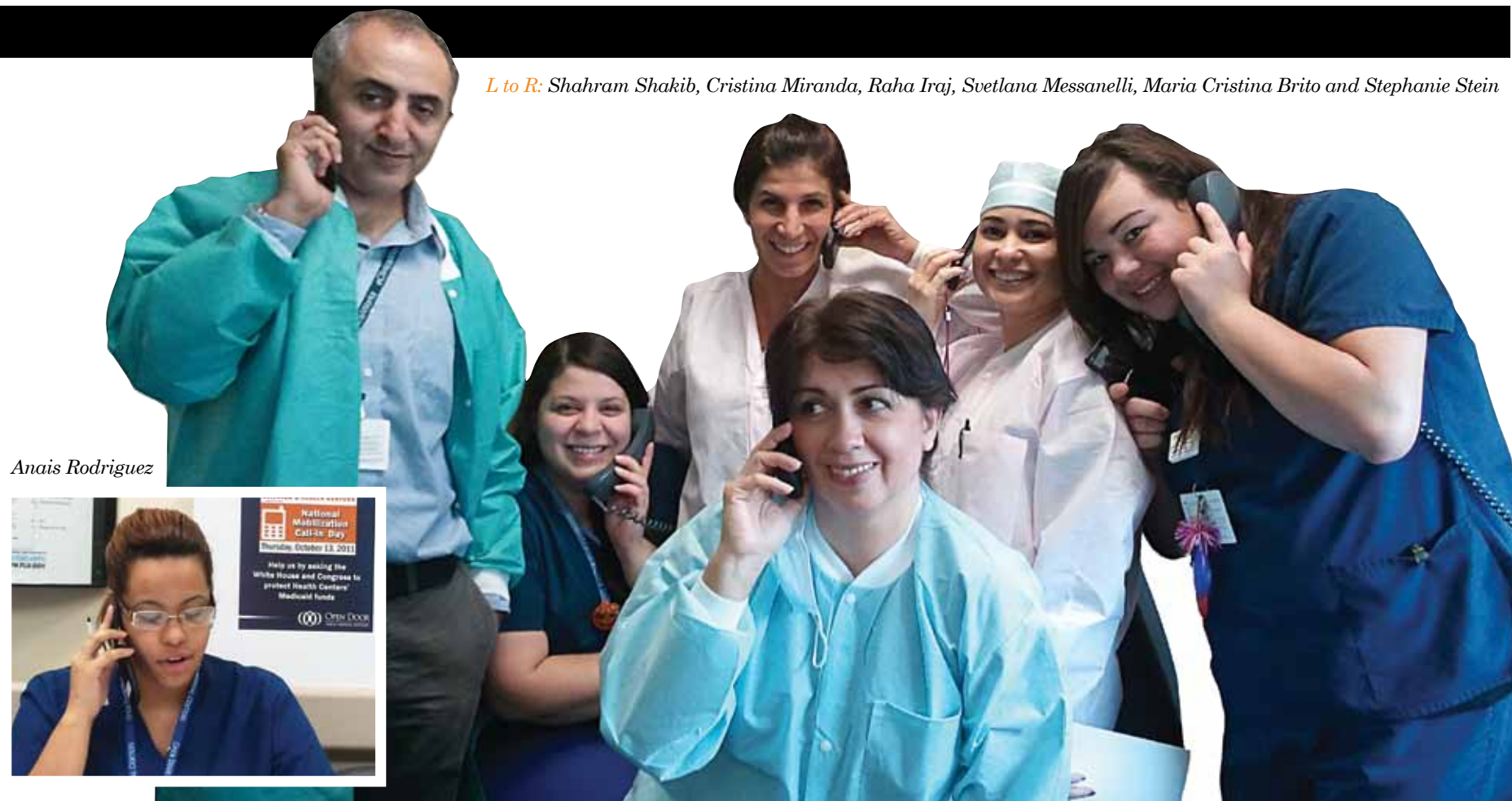
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OpenDoors

FALL 2011 ▶ ISSUE 2

THE NEWSLETTER FOR OPEN DOOR FAMILY MEDICAL CENTERS



L to R: Shahram Shakib, Cristina Miranda, Raha Iraj, Svetlana Messanelli, Maria Cristina Brito and Stephanie Stein

Anais Rodriguez

A National Mobilization Call-in Day

Community health centers like Open Door are in the crosshairs as Congress considers cuts to federal discretionary programs and changes to the Medicaid program.

Over 10,000 staff, patients, volunteers and community members across the country let their fingers do the talking on October 13th for National Mobilization Call-in Day urging lawmakers to save community health center funding. Open Door supporters had the highest number of calls asking their representatives in Congress and the White House not to undermine the successful health centers program as part of the national campaign for America's Health Centers. If health center funding is compromised, it's not just health centers that stand to lose, it's our most vulnerable residents who would be forced to seek costlier care at hospital emergency rooms as a last resort.

A WORD FROM THE CEO



Over the last month, I've been interviewing bright young medical students who are looking for a top notch, academic-affiliated residency program that will offer a first rate training experience. These students – over 900 of them, are looking to our new Family Medicine Residency program scheduled to begin in July 2012. The New York Medical Phelps Residency Program of which Open Door is a founding member will accept only six applicants for its inaugural class. Residents will receive

their ambulatory training at our Sleepy Hollow facility with inpatient rotations at Phelps Memorial Hospital. The program promises to train a new era of family physicians who will be adept practitioners of tomorrow – able to work as a team member in concert with others – able to motivate patients toward healthy lifestyles, able to coordinate care across various disciplines - able to sit at the intersection of public health and private practice. This residency training program is the first to be approved by the Accreditation Council for

Graduate Medical Education (ACGME) in New York in 15 years.

Open Door's focus on wellness is bearing fruit. I'm very encouraged by the progress we're making in Port Chester's school-based health centers to address children at risk of obesity. With corporate partners like the Dannon Company who support our work, we know we are moving the community forward toward healthier lifestyles. We are committed to prevention and we believe that our key initiatives will have significant implications

for containing health care cost and improving the lives of those we serve. In the new year, we will be launching a series of wellness programs: We Can!/Podemos! and Recess Rocks Kids' Club programs that encourage physical activity, as well as an array of programs focusing on good nutrition, stress reduction and balanced living.

Finally, in this difficult economy, I am grateful for the tangible expressions of support we receive from so many of you who recognize that access to affordable

health care is a lynchpin of healthy and vibrant communities. We deeply appreciate your support, whether it is through attending our events, volunteering in our centers, or advocating on our behalf. It signals that, despite deep concerns over the future of health care funding, our mission is relevant and our future is hopeful.

Cindy Stull

Revitalizing the Family Doctor Pipeline



It was a joyous moment for us at Open Door and our partner institutions who have worked over the past year to make a residency in family medicine a reality. The tripartite alliance between Open Door, New York Medical College and Phelps Memorial Hospital Center has invested significant resources and energy in conceiving and building a joint training program. The program was accredited by the Accreditation Committee for Graduate Medical Education (ACGME) and we are poised for the first class of six residents who will join the program in July 2012. Ours will be the first new residency program in Family Medicine in the New York state in over 15 years.

And it comes in a time of dire need. With health care costs skyrocketing and an abysmal national return on investment for all the dollars put into the system, policy wonks are united in focusing on revamping the primary care workforce as one of the necessary steps to addressing the health access and affordability crises. Not enough medical graduates choose a career in primary care — defined as Pediatrics, Internal Medicine, and Family Medicine — and every year these specialties lose many practitioners to retirement. Predictions from experts differ regarding physician supply over the coming decades, but the difference in opinion is simply a matter of degree — all are united in forecasting shortfalls in physician supply and a growing inability to meet patient care needs. This is despite the ongoing efforts to train more nurse practitioners and physician assistants to help fill the void; regardless of the increased output in these clinicians, at current levels of medical training, there will be insufficient numbers of physicians to attend to the health care needs of the country.

We believe we will play a small but important role in the revitalization of primary care. We already have demonstrated the quality improvements that can be achieved with coordinated project improvement, an attention to information technology, an emphasis on electronic medical record integration and the acceptance and reliance on clinical quality reports. With our residency program firmly a reality now, we will have the opportunity to train a new generation of family physicians the way Open Door envisions primary care. Others around the country are approaching the issue in the same way we are, and as more of us nationwide begin to produce higher quality, cost-attentive and community-focused physicians who believe that the best care is rendered when there is a coordinated team-based approach, we will begin to chip away at the quality, access, and cost concerns.

Daren Wu, MD Chief Medical Officer



FROM GREEN GARDENS TO YOUNG TUMMIES

AmeriCorps members put their green thumbs at work in Ossining teaching pre-schoolers all about green gardens and where veggies come from. This fall, a new team of AmeriCorps Members began their 11-month service term at Open Door. During their first week, they met with children from the St. Matthews Head Start Program at the Ossining Organic Community Garden. The kids had a ball learning about green gardens. When spring time comes, these children will meet our AmeriCorps team in the garden every week to plant, weed, water, and harvest. This will be the third year the AmeriCorps team has partnered with St. Matt's and Donna Sharret, Master Gardener at the Cornell Cooperative Extension. This project gives the AmeriCorps team the opportunity to connect with Open Door patients in a different setting to teach young ones about where healthy food comes from and get them excited about vegetables.

Golfers at Open Door's annual outing, held at the extraordinary, Gary Player-designed course at GlenArbor Golf Club, enjoyed another spectacular day of golf. The



Above: *L to R:* Bud Hammer, David Selznick, PGA Pro Brian Crowell, and Ken Fuirst

Left: Bob Mogil

Project Launch: Zeroing in on Children's Needs – Neighborhood by Neighborhood

Our hope is that the school districts will now want to collaborate with us in implementing TECCS in all three of our communities.



Just as every child is unique — so too are the cultures they come from and the neighborhoods in which they live. This can make identifying and addressing the needs of young children challenging, to say the very least. Through the Project LAUNCH initiative which currently operates in three target communities — Ossining, Port Chester and Yonkers — Open Door continues to look for ways to improve the delivery of services to at risk children ages 8 and younger in order to give them their best shot at success in school and throughout their lives. To that end Project LAUNCH hopes to adapt the Transforming Early Childhood Com-

outing raised over \$70,000 for Open Door. To view our photo gallery, visit our website at www.opendoormedical.org/news/

Left: *L to R: Richard Perkal, Jim Kornreich, and Lisa and Michael Feiner*

Right: *Dana Pike*

Below: *L to R: Simon and Charlotte Kooyman, Helen Savio, John and Emie Barnes, and Amy McNamara*



It's All About Wellness

Through group exercise classes, walking programs, new gym facilities and state of the art equipment, the goal is to get people in motion.



Dancing lesson at JFK School.

Get ready for a fresh, healthy start for employees and patients of Open Door! Through group exercise classes, walking programs, new gym facilities and state of the art equipment, the goal is to get people in motion. Supplemental health and wellness education seminars will also be provided to push individuals into a mindset of better health and well-being.

“Most people forget that we were designed to move. However, we have evolved into a society that sits 80% of the day or more – whether at work, driving everywhere, or as we sit in a waiting room at the doctor’s office – we don’t effectively use or challenge our bodies, so how can we expect to feel good physically? This wellness program is intended to grow awareness of these sedentary habits and consequently counter them,” says Lori Patsey, Wellness Coordinator at Open Door.

Saluting Our Volunteers

Here are a few of our volunteers who, collectively, have served over 996 hours; a contribution of \$21,274 of volunteer time!

Hilary Garland’s two passions are health care management and her community. Hilary volunteered with our nutritionist, Clara Jacobsohn and then at the Port Chester Middle School in our school-based health center. She has seen how health is managed in the school setting and believes school-based health care to be “brilliant” for delivery of services, ongoing health education and for the community ties it forges.

Cherry Talbott of Chappaqua supports our Development Department. If you were at our Golf Outing you may have even seen her out on the green. For over two years Cherry has been a regular presence in the Development Department working with the database, answering phones and generally doing whatever is needed. An experienced volunteer, Cherry is dedicated to causes that help those less fortunate. She is tireless and volunteers at a local food pantry as well as Open Door. A great listener, her sunny personality is a welcome reward.

Iris Rosoff is a Saturday morning regular at the Port Chester site. Iris’s background is in children’s literature and she is able to bring her passion to Open Door. She reads to children as part of the Reach Out and Read program. Two years ago Iris, seeking an opportunity to volunteer, attended a Westchester County volunteer fair. She met Open Door representatives and was moved by our mission and how “in sync” our volunteer opportunity was with her area of expertise. She is delighted with the children’s enthusiasm for reading and is happy to offer a moment of peace and creativity for them while they wait to see a doctor.

munity Systems (TECCS) approach in all three communities. TECCS recognizes that localities face different obstacles to school readiness, requiring customized solutions developed at the local level by citizens, advocates and community leaders working cooperatively to apply the latest research to local conditions. This process encourages community accountability and contributes to a national understanding of how to promote school readiness. The three core components of TECCS are:

- ▶ Mapping community school readiness needs by neighborhood within each community using data gathered through the implementation of a survey of cohorts of kindergarteners;
- ▶ Working with local citizens, advocates and community leaders to develop and implement solutions;
- ▶ Promoting accountability and accelerating knowledge and sharing experiences and lessons learned through a network of communities across the country implementing TECCS;

On November 10, Project LAUNCH invited representatives from school districts throughout the area as well

as service providers to learn more about the TECCS approach at a presentation given by two leading experts, Dr. Neal Halfon and Dr. Lisa Stanley of UCLA, who taught attendees about the implementation and benefits of TECCS. “Our hope is that the school districts will now want to collaborate with us in implementing TECCS in all three of our communities. We believe that by adopting this approach and working closely with the districts and service providers, we will be able to deliver more nuanced services that take a holistic look at the complete world of our children,” said Shonny Capodilupo, Open Door’s Director of Behavioral Health.



March 16, 2012
*An Evening with
David Crosby and
Graham Nash*

For more information call 914-502-1414 or email csanjuas@ood.org



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@ood.org or (914)502-1468 to volunteer your time.

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OPEN DOOR

FAMILY MEDICAL CENTERS

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.

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www.opendoormedical.org
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Senator Kirsten Gillibrand paid a visit to Open Door on December 2nd and met with staff and community partners where Lindsay Farrell presented the Senator with the 2011 Distinguished Community Health Defender Award on behalf of the National Association of Community Health Centers.

Save the Date

February 2, 2012:

Wine, Warmth and Wellness:
a wine tasting at Crabtree's Kittle House

March 16, 2012:

An evening with David Crosby &
Graham Nash to benefit Open Door

September 11, 2012:

Annual Golf Outing

OPEN DOOR'S ANNUAL REPORT IS NOW AVAILABLE ON OUR WEBSITE AT WWW.OPENDOORMEDICALORG/ABOUT

In The Schools

The School Based Health Centers have had an exciting start to the 2011-2012 school year. We are pleased to continue with high quality care at our five school-based locations and continue to expand our health education programming throughout the community. From the Port Chester High School to the elementary schools, exciting events have been happening all around. In the high school we worked with the Port Chester Community Cares Coalition, AllState, The Safe Green Light Driving School and school administration, to bring all students assemblies information on distracted driving. In the middle school we partnered with the Guidance Staff and school administration to bring in programming on tobacco prevention and substance abuse prevention for students and parents throughout Red Ribbon Week (November 14-18th). In the elementary schools we have partnered with OASIS Afterschool Programs to integrate health and wellness into the after-school curriculum. With the ongoing support from our AmeriCorps members, new and exciting programs are just around the corner.