

WINTER 2020

CONNECTIONS

NEWS FROM THE FOUNDATION OF THE PENNSYLVANIA MEDICAL SOCIETY -

Education. Wellness. Excellence. Always.

Shah Family Scholarship: The gift of giving back

In 2017, Jitendra N. Shah, MD and Lina J. Shah, MD established the Shah Family Scholarship for medical students who are residents of Philadelphia County or the municipalities of Bristol Borough, Bristol Township, or Bensalem Township in Iower Bucks County.

Drs. Shah arrived in the United States in the 1970s. They had completed medical school in India and settled in Philadelphia.

After completing the necessary exams and residency in the United States, Dr. Jitendra Shah had a successful career as a pediatrician and Dr. Lina Shah had a successful career as an anesthesiologist. Both are now retired. After benefiting from scholarship programs in India, Drs. Shah knew they wanted to give back in this way.

"We both received scholarships when we were in school," Dr. Jitendra Shah said. "I am a teacher's son, so when I was in school, I qualified for a teacher's son scholarship. It continued until I graduated from medical school."



Jitendra N. Shah, MD and Lina J. Shah, MD

Dr. Lina Shah also received scholarships during her advanced education in India.

(Continued on page 3)

ESASID Scholarship: A legacy of giving

In 2002, Drs. Jitendra M. and Saryu J. Desai established the Endowment for South Asian Students of Indian Descent (ESASID) scholarship.

This award is available each year for a South Asian student of Indian descent enrolled full time in his or her second, third or fourth year at an accredited Pennsylvania medical school. Applicants must be residents of Pennsylvania or New Jersey.

"We are first generation, and we are very fortunate," Dr. Jitendra Desai said. "We made all of our money here in America, so I thought it was my duty to help people in this area." Drs. Desai arrived in the United States from India in 1969. After completing residency training in Pittsburgh, they stayed there and built their careers. They continued practicing in Pittsburgh until they both retired in 2010.

Dr. Jitendra Desai is passionate about helping South Asian medical students of Indian descent. He believes there is a

Jitendra M. Desai, MD

misconception that this demographic of students in medicine do not need assistance. (Continued on page 4)



Connections is published semi-annually by the Foundation of the Pennsylvania Medical Society. The Foundation welcomes submissions of articles, photos or editorials for publication.

Connections

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- FROM THE EXECUTIVE DIRECTOR -



A year of gratitude

If you peek on social media, watch television or listen to the radio, you constantly hear expressions about a do-over for 2020.

The sense of endlessness and despair is ever-

present in our daily lives; however, I have chosen to look at 2020 as a year of refining what is most precious and dear.

My head is not in the sand. I personally felt the deaths. My uncle, a Vietnam veteran, was an early casualty of COVID-19. My senior neighbor lost his wife that he married in his early teens. My husband and I had the gut-wrenching "what-if" conversation to ensure that we are on the same page if our adult son with autism became critically ill with COVID-19.

I saw and heard our beloved physicians and health professionals. Their expressions of fear, frustration, exhaustion and isolation are front of mind daily. Despite it all, I choose to say, I will be grateful.

For the Foundation, 2020 was a year of clarity and growth. All Foundation programs, with minimal bumps, remained fully functional and moved to a virtual environment. I am grateful for our PHP staff who prepared to provide confidential services to our participants far in advance of COVID-19. They focused on the needs of the PHP participants and intentionally took time to focus on their own mental health as well as the needs of their colleagues. Our LifeGuard Program quickly adapted to CDC guidelines to protect our physicians needing assessments.

Like a diamond, the Foundation refined itself under pressure in 2020. Our work continues to be affirmed by the strong support of our donors. We especially want to thank PAMED Past President Lawrence John, MD for providing a \$10,000 challenge gift that yielded more than \$30,000 in support. His leadership combined with the steadfast commitment of our Board Chair Dr. Virginia Hall made all the difference.

A mentor once taught me that no matter what is happening around you, when you wake up, you put your feet on the floor and you say, "thank you." To you – our participants, clients, student recipients, donors, staff, trustees, colleagues and friends – I say, "thank you."

Best wishes to you and yours for health, peace and prosperity in 2021,

Heather Q. Wilson

Heather A. Wilson, MSW, CFRE, CAE | Executive Director

OUR MISSION

The Foundation of the Pennsylvania Medical Society provides programs and services for individual physicians and others that improve the well-being of Pennsylvanians and sustain the future of medicine.

Shah Family Scholarship: The gift of giving back (Continued from page 1)

"After medical school, we said, 'let's explore the world,' and that's how we ended up in the United States," Dr. Jitendra Shah said. "We cleared whatever hurdles we had to go through, we made our practice, and always tried to put money aside. When we realized we had enough money to support ourselves, whatever money we had leftover, we knew we wanted to find a way to give back to our community."

When deciding who would benefit from their philanthropic endeavors, the choice was easy.

"We love the city of Philadelphia and the state of Pennsylvania," Dr. Jitendra

Shah said. "Whatever we established, we knew we wanted to keep it here."

Dr. Jitendra Shah knew of the Foundation through his membership in the Philadelphia County Medical Society. Establishing a scholarship fund through

the Foundation was his first thought when he knew he wanted to give back to the next generation of physicians, as he had been offered the same opportunity.

"Our understandings are, if someone is debt free after school, they are better off. Everyone is taking a lot of loans, by the time they are finished, they have a big burden of giving back," Dr. Jitendra Shah said.

"We thought this is the best way to give what we received from somebody else. Because somebody trusted us, we will trust the next generation and try to help them out too."

Establishing the Shah Family Scholarship was a learning experience for Drs. Shah, but it has been a rewarding one.

"Giving is such a pleasure and very gratifying," he said. "When we initiated the scholarship, we had some idea, but not a great idea. After initiating and having the scholarship be awarded, we feel so good that the

money is well spent, and it is going for a good cause."

The process of establishing a scholarship can be complicated, but the Foundation can help.

"One of the best things about the Foundation is we have a very positive experience," Dr. Jitendra

Shah said. "You give the money, but there are many federal laws – it is a lot to learn. I'm glad we got involved with the Foundation."

Are you interested in establishing a scholarship fund with the Foundation or contributing to an existing scholarship? Your generosity can make an impact on the future of medicine.

Contact Lori Storm, manager of philanthropy and hospital relations, at (717) 558-7813 or email lstorm@pamedsoc.org.

Here for you during the COVID-19 pandemic

As we continue to navigate the COVID-19 pandemic, the Physicians' Health Program is here for you.

Dr. Edwin Kim is continuously updating our physician burnout resources at www.foundationpamedsoc. org/physicians-health-program/physician-burnoutresources. We urge you to share his complimentary webinar, "A Physical and Psychosocial Response for a Post-COVID-19 Workplace" with your colleagues.

The Physicians' Health Program has specific providers who can assist you with services during this stressful time. For more information, call (866) 747-2255.

Giving is such a pleasure

and very gratifying.

ESASID Scholarship: A legacy of giving

(Continued from page 1)

"Most people think Indians who come here are professionals and well-established, which is true – I believe 80 percent are like that," he said. "In Pennsylvania, especially in larger cities, there are Indians who are not as fortunate as we are. As a result, they are at a lower level of financial condition. Very often, they are single parents doing menial work. They may have small mom and pop shops. Their kids are very bright, but they need some sort of financial assistance."

During his leadership positions within the Pennsylvania Medical Society and the American Medical Association, Dr. Jitendra Desai traveled across Pennsylvania.

"I met quite a few people, and especially when I met Indian physicians, I asked them the same questions," he said. "But when you are a physician, you may not socialize with non-professionals."

He knew of students in need, but many of his peers were skeptical. "It gave me an idea of that, maybe there are kids who are really bright, and they don't have the resources," he said.

As the 2004 PAMED president, Dr. Jitendra Desai also traveled to surrounding states – New York, New Jersey, West Virginia, and Massachusetts. He again met with Indian physicians, and there was recognition of medical students in need.

"This gave me incentive – there is no particular vehicle for medical students of Indian descent," he said. "I wanted it to be at the local level – Pennsylvania and New Jersey."

Dr. Jitendra Desai has found giving to Indian medical students from the local area to be rewarding.

"This new generation of students who are coming who are bright who get help for their education, they are grateful for whatever help you can give," he said. "These students may stay in their area – in New Jersey or different parts of Pennsylvania. And they will help not only American patients, but also Indian patients. The good part is these people may stay here."

He hopes that when they are established in their careers, these future physicians will pay it forward.

"Hopefully, they will remember who helped them," Dr. Jitendra Desai said. "Maybe they will continue to give – give to this scholarship or start their own scholarship. Maybe this new generation of young physicians will continue this type of giving."

Dr. Jitendra Desai encourages his fellow physicians who have found success to help others. His advice to those considering a donation to the next generation is to the point but sincere.

"Give generously – simple, one answer," he said. "You are blessed. Most of the physicians who are working here, who have studied and practiced here, are doing well. They have enough money for their family and the next generation. To them I say, 'you are here. You made your fortune here. Help people here in America."

Are you interested in establishing a scholarship fund with the Foundation? Contributing to an existing scholarship is another option for philanthropy within Student Financial Services. Your generosity can make an impact on the future of medicine.

Contact Lori Storm, manager of philanthropy and hospital relations, at (717) 558-7813 or email lstorm@pamedsoc.org.

Give the gift of physician wellness

This holiday season, give a gift that changes lives. Make a donation to the Foundation of the Pennsylvania Medical Society in honor of someone who has made a difference in your life. Contact Lori Storm, Manager of Philanthropy and Hospital Relations, at lstorm@pamedsoc.org or call (717) 558-7813.

You can also contribute to the Foundation through your holiday shopping! At no cost to you, embrace the act of

giving at the checkout. Every time you make a qualified purchase through Amazon Smile, a portion of the price of your purchase will be donated to your selected charity, The Foundation.

Simply visit smile.amazon.com, create an account with your email address and select The Foundation of the Pennsylvania Medical Society once you've logged in. Thank you for making a difference!

STUDENT FINANCIAL SERVICES

Lycoming County Medical Society rewards hometown future physicians



The Lycoming County Medical Society Scholarship is an award for medical students from Lycoming County.

Established within the Foundation, this scholarship is made possible by contributions from Lycoming County physicians. Each year, between one and three scholarships is awarded.

Susan Branton, MD, FACS

Susan Branton, MD, FACS is a member of the committee that evaluates applicant submissions and provides scoring to determine recipients. She is the medical director at UPMC Kathryn Candor Lundy Breast Health Center in Williamsport.

"Working on the committee always takes me back to my own training and what it was like to live through those times," Dr. Branton said.

She looks forward to reading the applicants' submissions and learning about their aspirations.

"It is always a very rewarding experience to review the applications and see the amazing accomplishments that they have achieved in their young careers," Dr. Branton said. "The amount of time they give back with volunteer efforts is impressive."

In the past, Dr. Branton has been charged with introducing the award recipient at the county medical society's annual banquet. It is an honor she enjoyed, but one that sadly has not been possible to hold because of the ongoing COVID-19 pandemic.

"The students are always so appreciative of the awards," she said. "Our medical society members really love hearing their accomplishments and talking with them about their futures." Dr. Branton values the relationship formed between the medical students from Lycoming County and their hometown medical society.

Since 2002, the LCMS has awarded 39 scholarships to 31 students. Ten are still students or residents. Three have returned to practice in Lycoming County. Several have military commitments.

"I think it is so important to reach out to future physicians at this level of training to engage them with the society and the benefits it has for all in our profession," she said. "It is important for them to know the level of local activity of our society and how this folds out on state and other levels."

The scholarship is made possible by the generosity of the Lycoming County Medical Society's members.

Dr. Branton reaches out to potential donors with letters and fundraising is conducted through a silent auction at the annual banquet.

"I also encourage donors to remember back in the day when they were students and living on lean budgets and how much scholarship funds could offer financial relief," Dr. Branton said.

Being a part of the scholarship committee and participating in the award process has been rewarding for Dr. Branton and other professionals.

"The applicants have been a breath of fresh air for our seasoned providers who have gotten disenchanted with medicine over the years," Dr. Branton said.

Is your county medical society interested in establishing a scholarship fund with the Foundation? You can make an impact on the future of medicine in your own community.

Contact Lori Storm, manager of philanthropy and hospital relations, at (717) 558-7813 or email lstorm@ pamedsoc.org.

FOUNDATION PHILANTHROPY

Achieve your philanthropic aspirations with a legacy gift

Charitable Gift Annuities

This simple contract makes it possible to transfer cash or marketable securities such as stock to the Foundation (charitable entity). In exchange, you and one other person you designate, receive guaranteed annual income payments for life. Benefits, in addition to lifetime income, include an immediate federal income tax deduction, payments that are only partially taxed, capital gains tax savings (if funded with appropriate securities), possible reduced probate costs and estate taxes, and support of the Foundation. Contact us for a gift annuity application.

Life Insurance Agreement

There are several ways to use life insurance to benefit the Foundation: make an outright gift with an existing insurance policy, purchase a new policy and name the Foundation as the beneficiary, or assign ownership of the policy to the Foundation. Use life insurance to replace the value of another charitable gift in your estate. An idea you might want to consider is to make the charity the owner of your policy (which gives you an immediate charitable income tax deduction). Then, each year, pay the charity a donation that is at least equal to the premium. This allows you to receive an income tax deduction for your annual gift/premium payment, and the charity can count on receiving the maximum insurance proceeds you intended.

Charitable Lead Trust

By establishing a charitable lead trust, you can donate an asset such as cash or stocks to the Foundation for a specified number of years. During the specified time, the organization receives all income generated from the trust and the donor receives a tax deduction. When the agreement expires, the asset reverts to you or your heirs with little or no estate or gift taxes due. Upon the donor's death, the asset is returned to the beneficiaries. If the charity used a portion of the income generated from the trust to purchase life insurance on the donor, the charity receives insurance proceeds.

Charitable Remainder Unitrust (CRUT)

You may select an asset to irrevocably set aside for the purpose of generating lifetime income with the understanding that the remainder value of the trust at death will go to the Foundation. By doing so, you get an immediate charitable tax deduction and may use the interest from the asset for life. At death, the asset passes to the Foundation to be used for the purpose designated by the donor. Additional benefits may include estate tax savings and avoidance of capital gains taxes on the asset.

Retained Life Estate

You may gift a home, second home, vacation property, or farm to the Foundation, and retain the right to live in the property for the remainder of your life. By doing so, you may take an immediate charitable tax deduction and designate how the remainder value of the property at death will be used by the Foundation. This option allows you to make a significant charitable gift, financially benefit yourself during life, and specifically designate how the Foundation will use the proceeds from the property to benefit the medical community.

Appreciated Property

Stock, land, real estate, and collectibles are a few types of appreciated property that can be used for outright gifts or to fund planned gifts.

Interested in discussing your legacy gift? Contact Lori Storm, manager of philanthropy and hospital relations, at (717) 558-7813 or email lstorm@pamedsoc.org.

Congratulations, Dr. Candace Good!

Congratulations to Candace Good, MD, on the publication of her book, "Own Your Present: A Psychiatrist's Guide to Mindful Meditation and Living a More Conscious Lifestyle." Released in late August, Own Your Present provides readers with a path to a more mindful life, helping you live in the moment. Learn more at www.howtoshrinkashrink.com/.

Dr. Good is a member of the Foundation of the Pennsylvania Medical Society's Board of Trustees and represents the sixth district on the PAMED Board of Trustees. She is a board-certified psychiatrist and the owner of Sig: Wellness Studio in State College.



Foundation loan program a money-saving choice

Supporting the education of future physicians is important to the well-being of all Pennsylvanians; medical students of today are the workforce of the future. The Foundation is here to help medical students ease the financial stress of becoming a physician by minimizing their cost of education with a low interest, no fee student loan.

Applicants must be long-standing residents of Pennsylvania attending a Pennsylvania medical school. Loans ranging between \$6,000 and \$10,000 per individual are available for the 2021-2022 academic year. Applications must be submitted to the student's medical school by May 31, 2021.

More information and an application packet can be found on the Foundation's website at www.foundationpamedsoc.org/student-financialservices/loans.

The Foundation loan is a valuable resource to assist students with the cost of education for the 2021-2022 academic year.

- Interest-free through December 31, 2021
- No origination fees
- Covers all expenses of educational budget, including living expenses

During the 2020-2021 medical school year, students using a \$10,000 Foundation loan saved money when compared to the Federal GradPlus loan.

- Foundation loan interest rate was 1.65% lower than the GradPlus loan
- Origination fees on a Foundation loan is zero
- Total award amount is available for educational costs
- Loan origination fee on a \$10,000 GradPlus loan was nearly \$424

Although the savings in comparison to the Federal Direct Unsubsidized Ioan is lower, the savings on the Foundation Ioan still exist.

Foundation loans are made possible by generous contributions from the Pennsylvania Medical Society, county medical societies and alliances, physicians, and other friends of medicine. Contact Deb Monko at (717) 558-7809 or email dmonko@pamedsoc.org for more information.

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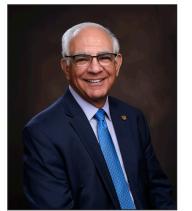
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Pennsylvania Medical Society House of Delegates

Dr. John Challenge raises more than \$30,000 for the Foundation of Pennsylvania Medical Society

While the Pennsylvania Medical Society's House of Delegates looked different this year, the generosity of our members was as strong as ever.

Thanks to the generosity of Pennsylvania Medical Society Past President Lawrence John, MD, and his matching \$10,000 donation as part of the Dr. John Challenge, more than \$30,000 was donated to the



Foundation of the Pennsylvania Medical Society. The Foundation is grateful for Dr. John's dedication to our life-changing work.

This tremendous act of generosity will ensure the Foundation is able to make a positive impact within our family of medicine serving medical students and physicians at every stage of their careers for many generations to come.

Dr. Michael A. DellaVecchia sworn in as PAMED's 171st president

On Saturday, Oct. 24, as part of the virtual PAMED House of Delegates, Michael A. DellaVecchia, MD, PhD, FACS, FICS, FCPP, was sworn in as the 171st president of the Pennsylvania Medical Society. Dr. DellaVecchia is a combination ophthalmologist, pathologist and biomedical scientist from Philadelphia.



He is also in private practice in the Ardmore/Philadelphia area. Dr. DellaVecchia shows his commitment to advancing public health and preventive medicine through his community volunteer work and with veterans' groups. He also serves on Philadelphia Mayor Jim Kenney's Opioid Task Force.

A 13-year member of PAMED, Dr.

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DellaVecchia has served on the board of directors for PAMED's political action committee (PAMPAC) and a past president of the Philadelphia County Medical Society, where he is still on the board of trustees. He is a fellow at the College of Physicians of Philadelphia, where he also served on the board of trustees. He is on the board of governors of the American College of Surgeons.

Dr. DellaVecchia is currently on staff at Thomas Jefferson University Hospital and Main Line Health.

Additionally, Dr. DellaVecchia has participated with Project Orbis, an international flying hospital whose volunteer faculty is dedicated to providing hands-on training to local eye care professionals in communities throughout the world to help them learn and apply techniques for preventing blindness and restoring sight.

One of his initiatives during his tenure as PAMED President will be to evaluate and prepare physicians for future advanced technologies in medicine such as artificial intelligence, robotics and biosensors.

Working for You: Student Financial Services

THIS REGULAR FEATURE IN CONNECTIONS INTRODUCES STAFF MEMBERS FROM THE FOUNDATION OF THE PENNSYLVANIA MEDICAL SOCIETY.



Deborah K. Monko (Deb) Director, Student Financial Services

Number of years with the Foundation: 33.5 years

Why do you think the work being done at the Foundation is so important?

The Foundation is all about providing personalized service to support individuals with reaching their goals. The Foundation consists of multiple programs all with this same mind-set.

The Student Financial Services program financially assists students so they may reach their dream of becoming a physician; the Physicians' Health Program lends support to individuals so they may reach a healthy lifestyle for success in practicing patient care; and the LifeGuard program assists individuals with tools they may use to enhance quality of medical care. Along with reaching an individual's goals, those individuals become a part of the Foundation family. We are here to help.

What do you do at the Foundation?

I oversee the management of the loan and scholarships available to medical students who are residents of Pennsylvania. Throughout any day, I may interact with medical students in regards to available financial aid resources to support their medical education; assist an individual with the repayment of their loan; interact with financial aid staff at the various Pennsylvania medical schools; or, lend support to the committees of the scholarships administered by the Foundation.

Please share a personal "fun fact."

I enjoy nature, whether it be while hiking, camping, kayaking, fishing or playing a round of disc golf. There is nothing better than sharing the passion for the outdoors with my husband of 32 years and our sons.

Alliance Medical Education Fund Scholarships Available

The Alliance Medical Education Fund, managed by the Foundation of the Pennsylvania Medical Society, is offering multiple \$2,500 scholarships to Pennsylvania residents attending an accredited Pennsylvania medical school full-time as a secondor third-year student.

All application materials must be submitted on the Scholarship Application Portal found at https:// applications.foundationpamedsoc.org/scholarships by Feb. 28, 2021.

In addition to completing an application, candidates must submit two reference letters; verification of medical school enrollment on school letterhead; an essay describing the applicant's vision for the future of Pennsylvania medicine; and be a member of the Pennsylvania Medical Society and county medical society (membership is free).

For more information, visit www.foundationpamedsoc.org/studentfinancial-services/scholarships or contact the Foundation at (717) 558-7809.

The Pennsylvania Medical Society Alliance established this scholarship fund in April 2000 to support Pennsylvania residents enrolled in a

Pennsylvania medical school. The Alliance ceased operations in June 2019; however, their legacy and commitment to the education of medical students continue on through this scholarship.

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The Foundation of the Pennsylvania Medical Society

CONGRATULATIONS SCHOLARSHIP RECIPIENTS

Allegheny County Medical Society Medical Student Scholarship and

Foundation Education Award Scholarship



Stephen P. Canton University of Pittsburgh School of Medicine *Class of 2021* \$4,000 and \$2,276

Blair County Medical Society Scholarship



Naaila Ali Lake Erie College of Osteopathic Medicine *Class of 2022* \$2,500

Foundation Education Award Scholarship



Kaleb T. Bogale Penn State University College of Medicine *Class of 2022* \$2,276

Lycoming County Medical Society Scholarship



Hannah R. Bohr Geisinger Commonwealth School of Medicine *Class of 2021* \$3,000



Rosa C. Roman Geisinger Commonwealth School of Medicine *Class of 2021* \$3,000



Morgan L. Chambers Penn State University College of Medicine *Class of 2021* \$3,000

Endowment for South Asian Students of Indian Descent Scholarship



Andrew Parambath Perelman School of Medicine at University of Pennsylvania *Class of 2023* \$3,000

Lehigh County Medical Auxiliary's Scholarship and Educational (LeCoMASE) Fund Scholarship



David S. Bailey Penn State University College of Medicine *Class of 2022* \$2,500

Montgomery County Medical Society Scholarship William W. Lander, MD, Medical Student Scholarship



Cara E. Pearson Penn State University College of Medicine *Class of 2024* \$2,000

Scott A. Gunder, MD, DCMS Presidential Scholarship



David L. Brinton, Jr. Penn State University College of Medicine *Class of 2023* \$1,500

Shah Family Scholarship



Melissa L. Stockton-Brown Cooper Medical School of Rowan University Class of 2024 \$2,000

Myrtle Siegfried, MD, and Michael Vigilante, MD, Scholarship



Kaitlyn A. Rodriguez Duke University School of Medicine *Class of 2024* \$2,000



Claire Cohen Penn State University College of Medicine *Class of 2024* \$5,000



Wiktoria Gocal Drexel University College of Medicine *Class of 2023* \$5,000



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MEDICAL RECORD DOCUMENTATION COURSE

MARCH 8 & 9, 2021

OCTOBER 18 & 19, 2021

The Medical Record Documentation course, a collaborative effort between LifeGuard and KSTAR, is a two-day, virtual program designed for physicians to increase their ability to effectively maintain medical records. Maintaining proper medical records reduces risk to the provider, enhances quality of care and assists in meeting compliance standards.

BREAKOUT SESSIONS WILL FOCUS ON STATE-SPECIFIC REGULATIONS AND REQUIREMENTS.

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