

**November 2022 | Jewish Healthcare Foundation news, events, milestones, & more**

## Contents

<b>Dr. Karen Wolk Feinstein, JHF Board Chair Debra Caplan Host Panel at IWF Conference Discussing Human Trafficking.....</b>	<b>2</b>
<b>Salk Health Activist Fellows Develop Policy Strategies to Advance Issues in Pennsylvania.....</b>	<b>3</b>
<b>New Death and Dying Series for Professionals Concludes .....</b>	<b>4</b>
<b>Debra Caplan Recognized as JHF’s Volunteer of the Year .....</b>	<b>5</b>
<b>Danny Rosen Receives Fred Rock Founders’ Award from The Friendship Circle.....</b>	<b>6</b>
<b>Sarah Pesi Chosen to Participate in Pennsylvania Education Policy Fellowship Program .....</b>	<b>6</b>
<b>PA Youth Advocacy Leader Luna Plaza Receives YMCA Equity Award.....</b>	<b>7</b>
<b>Dr. Susan L. Greenspan Receives UPMC Senior Services Grand Champion Award.....</b>	<b>7</b>
<b>Project Partners Present Work on Revisiting the Teaching Nursing Home at National Conference.....</b>	<b>8</b>
<b>Now Accepting Applications for the Next Death and Dying Fellowship .....</b>	<b>9</b>
<b>JHF is Hiring an AIDS Free Pittsburgh Project Manager .....</b>	<b>9</b>
<b>Dr. Vineet Arora Equips a Safer, Better Health System for All.....</b>	<b>10</b>

## Dr. Karen Wolk Feinstein, JHF Board Chair Debra Caplan Host Panel at IWF Conference Discussing Human Trafficking

The [International Women's Forum](#) (IWF) Special Interest Group for Health, held its seventh gathering as part of the IWF's conference "Beating the Odds: The Search for New Solutions," on November 2 in Las Vegas, Nevada. The session was designed by Jewish Healthcare Foundation and WHAMglobal leadership and staff.

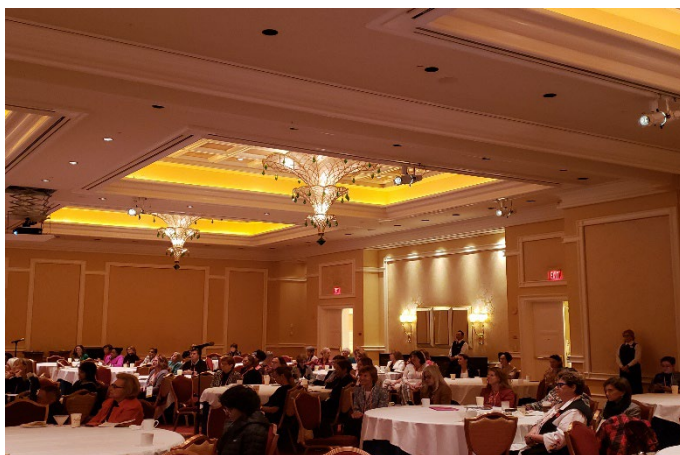
The IWF group heard from professionals working to address human trafficking, including Dr. Truvela Reese, DMD, who is the southwest co-chair of [Physicians Against the Trafficking of Humans](#) and the founder of a Christian dental mission in Jamaica; Nastasha Guynes, a former staffer on Capitol Hill and founder/ president of [HER Resiliency Center](#); and Carla Bury, senior multi-lateral affairs advisory in the US State Department's office to monitor and combat trafficking.

The panel was welcomed by JHF Board Chair and former IWF Pittsburgh Chapter President Debra L. Caplan, MPA and moderated by JHF CEO and President Dr. Karen Wolk Feinstein. Caplan and Dr. Feinstein formed the IWF Special Interest Group for Health in 2018.

During their presentations, each speaker discussed how human trafficking has impacted their lives personally and/or professionally, the prevalence of the problem, and what people can do to help people who are being trafficked.



From left to right: Debra L. Caplan, MPA; Truvela Reese, DMD; and Dr. Karen Wolk Feinstein.



The panel presented to a crowded ballroom and a virtual audience.

"Human trafficking is a complex issue. It affects human rights. It affects security, rule of law, and migration. No one country can combat this crime, and all countries are impacted, whether they are source, transit, or destination," said Bury, adding that 27.6 million people are in forced labor at any given time and that two-thirds of the people trafficked globally are women and girls, per the UN Office of Drugs & Crime 2021 Global Trafficking of Persons Report.

## Salk Health Activist Fellows Develop Policy Strategies to Advance Issues in Pennsylvania

During a highly charged midterm election season, fellows from a diverse range of healthcare disciplines joined the Jewish Healthcare Foundation's [Salk Health Activist Fellowship](#) to develop effective advocacy strategies at the state-level. On November 17<sup>th</sup>, at the culminating finale for the fellowship, the 33 participating fellows had the opportunity to present their strategies to influence key health policy issues to a group of their peers and JHF staff members.



Fellows Amber Edmunds, left, and Mikaela Moore present their work during the Salk Health Activist Fellowship finale.

The Salk Health Activist Fellowship, one of the Feinstein Fellowships, is an incubator for emerging health activists seeking to build effective advocacy skills. This year's fellowship was focused on state-level legislation where more and more health care decisions are influenced or predetermined. If health professionals want a system that ensures quality, safe, and equitable care, they must become adept at influencing policy. Accordingly, the Salk Fellows had the opportunity to practice essential communication skills to grab the attention of the public and the legislature and devise effective advocacy strategies on major health and social issues.

Sessions covered education around the legal and political systems and processes, case studies on effective advocacy, allyship as it pertains to developing an advocacy campaign, building an effective case for support while connecting with your audience, and engaging with legislative staff to better understand how to present and advocate for a cause in a way that will result in action. The fellowship featured presentations by esteemed experts in case-making, Medicaid, HIV criminalization, women's rights, and the legislative landscape. The fellows were then able to collaborate with their peers to develop skills that can be used in their day-to-day careers and during their journey as health activists.



Fellows collaborate in-person during a Salk Fellowship session in November.

Fellow Grace Checo, a Master of Public Health student in Infectious Disease Management at the University of Pittsburgh, said, "Prior to the Salk Fellowship, my thoughts on advocacy were a blur. I knew advocacy was important, but I was not familiar with what happened behind the curtain or how to be effective. After this fellowship, I feel more encouraged, motivated, and equipped to be involved with advocacy, and it seems like a more realistic goal."

At the finale, the fellows explored the challenges and opportunities at the crossroads of health care and human rights related to seven advocacy topics: abortion rights, language barriers in health care, HIV criminalization, food insecurity, mental health care access,



access to quality health care, and maternal and infant health. Some examples of the strategies that the groups identified were having strategic conversations with legislators and sponsors of specific bills; designing student-centered rallies on college campuses; introduction of state-level mandates; identifying opportunities to leverage current resources; and developing education advocacy campaigns.

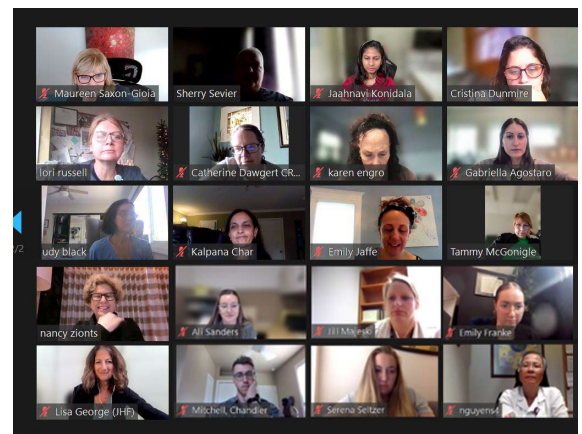
Fellow Erika Silberman, DO, a Master of Health Administration student at Pennsylvania State University, said, “The Salk Health Activist Fellowship has provided me with thoughtful content and the skills and tools to drive change according to the issues that matter most to me. It has been an enriching experience and I’m so appreciative of the opportunity.”

Thank you to the guest faculty featured throughout the fellowship sessions including: State Representative Aerion Abney, PA House of Representatives; Amal Bass, JD, director of policy and advocacy and interim co-executive director at the Women’s Law Project; Donna Cooper, MA, MPA, executive director at Children First; Connor Dalgaard, community activist and Vassar College student; Jon W. Davidson, JD, senior staff attorney for the LGBTQ & HIV Project at the ACLU; Erika Fricke, MA, executive director of the Health Committee for the Pennsylvania House of Representatives Democratic Caucus; Tiffany Manuel, PhD, president and CEO of TheCaseMade; Aasta Mehta, MD, MPP, medical officer, the City of Philadelphia and OB/GYN Clinical Faculty at Pennsylvania Hospital of Penn Medicine; State Representative and Chairman of the Democratic Caucus Dan Miller, PA House of Representatives; Orville Morales, MBA, senior director at TheCaseMade; Morgan Overton, MSW, staff in the Office of Management & Budget for Mayor Ed Gainey; Luciana Randall, MRC, executive director of Autism Connection of PA; Ayala Rosenthal, Teen Leadership and Teen Wellness Initiatives at The Friendship Circle of Pittsburgh and student at Touro University; Joseph Vernon Smith, Autism advocate and photographer; and Laval Miller-Wilson, JD, executive director at the Pennsylvania Health Law Project and board Chair of the Pennsylvania Health Access Network.

## New Death and Dying Series for Professionals Concludes

The Jewish Healthcare Foundation (JHF) completed its first [Death and Dying Series for Healthcare Professionals](#) on November 2. This pilot program was inspired by the popular Death and Dying Fellowship for graduate students but was explicitly tailored to meet the needs of healthcare professionals in practice.

The series attracted 24 professionals from various disciplines within the healthcare field and enabled participants to confront and discuss the legal, medical, social, cultural, familial, and spiritual aspects of death and dying during a seven-session program held via Zoom.



The series finale culminated with an opportunity for participants to practice serious illness conversations in small breakout groups. Participants engaged in case-based role-play involving POLST conversations and ethics scenarios. The virtual format provided a supportive environment in which to explore the challenge associated with having these types of conversations within their professional practice. Breakout sessions were facilitated by experts in the field, including Nancy Zions, MBA, JHF chief operating officer and chief program officer; Judy Black, MD, MHA, JHF medical advisor; Emily Jaffe, MD, MBA, vice president and executive medical director, Enterprise Palliative Care Strategy, and Implementation at Highmark Health; and Kalpana Char, MD, associate vice president, Special Needs Program Medical Services at UPMC Health Plan. Facilitators provided feedback regarding elements of the conversations that were effective and provided suggestions for how to improve and enhance their conversation skillset.

After completion of the case-based role play, participants and facilitators reconvened to discuss the challenges posed by these types of conversations. Participants reflected on how this series will impact their professional work moving forward and noted that specifically asking for permission to discuss the patient's prognosis will be an essential tool to add to their serious illness conversation toolbox in the future. As one participant noted, "This was one of the best continuing ed-type programs I've ever attended in terms of depth and breadth of content and applicability of material to my practice. I would highly recommend to any colleague in family practice."

Applications are now being accepted for the 2023 JHF Death and Dying Fellowship for graduate students, which begins in January. For more information and to apply [visit here](#). The application deadline is December 12.

## Debra Caplan Recognized as JHF's Volunteer of the Year

Debra Caplan, MPA has served on the Jewish Healthcare Foundation's board of trustees since 2015, and during that time has served in various leadership roles including as JHF Board vice chair from 2018-2020. She is currently chair of JHF's Board as well as JHF's operating arm Women's Health Activist Movement Global (WHAMglobal). The foundation is proud to celebrate Debra's continued contributions in 2022 and beyond. [Read more](#) about her recent recognition as one of the Pittsburgh Jewish Chronicle's 2022 Volunteers of the Year.



## Danny Rosen Receives Fred Rock Founders' Award from The Friendship Circle

On Sunday, November 6, as a part of The Friendship Circle's annual Walk4Friendship, Danny Rosen, PhD, MSW, was presented with the second annual Fred Rock Founder's Award. The award honors local individuals who personify The Friendship Circle's values of inclusion, friendship, and community.

Rosen is the founder of Wellbridge Health and a professor of social work at the University of Pittsburgh. He serves as vice chair of the Jewish Healthcare Foundation's board of trustees.



## Sarah Pesl Chosen to Participate in Pennsylvania Education Policy Fellowship Program

Sarah Pesl, MSPPM, a Jewish Healthcare Foundation policy associate, was chosen to participate in the 2022-2023 [Pennsylvania Education Policy Fellowship Program](#), a policy leadership program for education, community, and advocacy leaders.

During the program, fellows work with a diverse and talented cohort of peers from across Pennsylvania, while interacting with session leaders and guests who represent a broad scope of experience and perspective – both statewide and nationally.



"The fellowship has enabled me to expand my network throughout the state, learn more about the state policy landscape, and especially hear from educators the struggles students face related to the social determinants of health. I have seen direct tie-in with my work with teens in the PA Youth Advocacy Network that have been advocating for improved mental health resources and work with the Teen Mental Health Collaborative where organizations have been partnering with schools to offer wellness resources in and outside of schools. I am excited to continue to learn from other professionals in my cohort and to work with an interdisciplinary team on a policy project focused on mental health in schools," Pesl said.

Pesl will be engaged in the fellowship through the beginning of June, including trips to meet with state policymakers, a trip to Washington, DC, and a final presentation of policy projects in June.

## PA Youth Advocacy Leader Luna Plaza Receives YMCA Equity Award

Luna Plaza, a former youth leader of the [PA Youth Advocacy Network](#), recently received the YWCA Greater Pittsburgh's [2022 Emerging Leader Award](#), recognizing a young person, age 24 or younger, whose voice and actions interrupt the status quo to make a difference in their community by serving as a leader in any way to ensure that equity stays in the forefront.



Luna Plaza accepts her award virtually during a luncheon held Nov. 4 at the Wyndham Grand in Pittsburgh.

Plaza is a community organizer and social justice advocate who has been a committed youth advocate for mental health and accessibility. She was instrumental in building the PA Youth Advocacy Network's statewide advocacy platform and making sure equity was embedded in that platform. She has spoken at the PA Health Equity Summit and NAMI Keystone Pennsylvania's Child, Adolescent and Transition Age Youth Mental Health Conference, and NAMIcon.

She is also a co-founder of Asian Solidarity Alliance as well as working with Abortion Defense Committee, Casa San Jose, Justice for Jim Rogers, Human Rights Student Action Network, and the Stop the Station Campaign. She is a recent graduate of Pittsburgh CAPA and is currently attending University of Miami majoring in psychology and anthropology.

## Dr. Susan L. Greenspan Receives UPMC Senior Services Grand Champion Award

Susan L. Greenspan, MD, friend of the Jewish Healthcare Foundation, recently received the UPMC Senior Services Grand Champion Award, the highest honor awarded to an individual who has provided unparalleled leadership in improving the lives of seniors.

"The event was truly an honor, but it was only made possible by the incredible team with whom I've been privileged to share in the quest. And that includes every member of our tremendous Geriatrics Division at the University of Pittsburgh and the Osteoporosis Center of UPMC – both faculty and staff – as well as our collaborators throughout UPMC, the Health Plan, and the University, as well as the many community leaders, organizations, granting agencies, and donors who have done so much to support our efforts," Dr. Greenspan said.



Dr. Greenspan is an internationally respected osteoporosis researcher who has devoted her career to caring for older patients, especially the effects of osteoporosis in elderly women, and the creation of new techniques to assess bone density and rate of bone loss. Through her leadership



role in the National Bone Health and Osteoporosis Foundation, she has improved understanding of osteoporosis among both primary care physicians and the public.

She is currently a professor of Medicine and Clinical and Translational Science in the Division of Geriatrics at the University of Pittsburgh. She is the director of the UPMC Osteoporosis Prevention and Treatment Center and the director of Bone Health at UPMC Magee-Womens Hospital. With training in both endocrinology and geriatrics, she has translated her research findings into improved understanding and practice as it pertains to bone density, bone loss, and fractures in elderly patients.

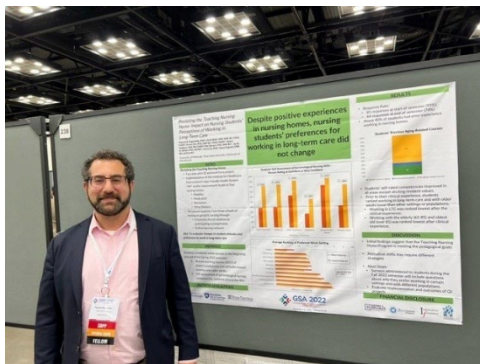
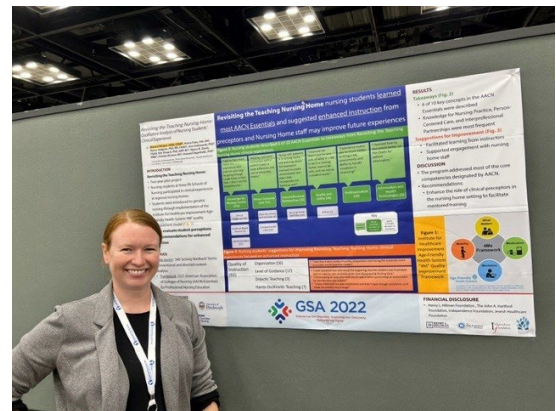
In addition to her own federally funded research, Dr. Greenspan has trained more than 50 other investigators and continues to support training the next corps of investigators in geriatric research.

## Project Partners Present Work on Revisiting the Teaching Nursing Home at National Conference

Poster projects highlighting the work of Revisiting the Teaching Nursing Home were presented at the Gerontological Society of America (GSA) Annual Scientific Meeting conference in Indianapolis, Ind. Nov. 2-6.

The two accepted posters were:

- “Revisiting the Teaching Nursing Home: Qualitative Analysis of Nursing Students’ Clinical Experience,” an analysis led by Brianna Morgan, MSN, CRNP and Kierra Foley from University of Pennsylvania School of Nursing, and
- “Revisiting the Teaching Nursing Home: Impact on Nursing Students’ Perceptions of Working in Long-Term Care.” Howard Degenholtz, PhD is the first author on this abstract.



The [Revisiting the Teaching Nursing Home Initiative](#) implements the contemporary version of the Teaching Nursing Home model in three regions of Pennsylvania to demonstrate how enhanced partnerships between academic nursing schools and skilled nursing facilities can improve quality and cost outcomes. The project will draw upon existing resources from the [Age-Friendly Health Systems initiative](#) while integrating lessons learned and partnerships created through the COVID-19 pandemic and the original [Teaching Nursing Home model](#) implementation from the 1980s.



The Henry L. Hillman Foundation, Independence Foundation, the Jewish Healthcare Foundation, The John A. Hartford Foundation, and the PA Department of Human Services co-fund this initiative.

## Now Accepting Applications for the Next Death and Dying Fellowship

The Death and Dying Fellowship, one of the Feinstein Fellowships, takes on a key challenge: the reality that professionals are not well prepared to deal with death, dying, and grieving families, especially during an era of COVID-19. The Death and Dying Fellowship allows participants to learn, confront, and discuss the legal, medical, social, cultural, familial, and spiritual aspects of death and dying within a multidisciplinary group in a low-pressure environment. Deadline to apply is December 12. For more information and to apply [visit here](#).



## JHF is Hiring an AIDS Free Pittsburgh Project Manager

The Jewish Healthcare Foundation seeks applicants for the position of AIDS Free Pittsburgh project manager for its HIV/AIDS Team. The position is full-time and is currently hybrid but may transition to full in-person in the future. Applications will be received on a rolling basis until the position is filled. Read more about the position and apply [here](#).



## Dr. Vineet Arora Equips a Safer, Better Health System for All

If you ask Vineet Arora, MD, MAPP, why she is steadfastly committed to improving patient safety, she'll say she was put on the path early in life.

A medical error made during her mother's pregnancy resulted in her brother being born with a birth defect. This set Dr. Arora on a path to elevate the conversation about patient safety and bring it to the forefront of medical education, medical systems, and patient self-advocacy efforts.



"Growing up with somebody who had high needs in our household, I got to experience medicine up close as a patient, caregiver, and an advocate. That medical error made me think and reflect on the field of medicine and how to make it better, particularly with advancing a more patient-focused experience and training doctors to focus on that," Dr. Arora said.

Dr. Arora is an academic hospitalist and medical educator who specializes in improving the learning environment for medical trainees and the quality, safety and experience of care delivered to hospitalized adults.

She graduated from The Johns Hopkins University with a bachelor's degree in biology, received her medical degree from Washington University School of Medicine in St. Louis, and a master's degree in applied positive psychology from Harris School of Public Policy at the University of Chicago.

As a daughter of immigrants and a first-generation medical student, she was not prepared for the sleep deprivation that was par for the course for medical students who had no cap on clinical hours. She was quick to identify the impact it had on her ability to perform and that she lacked the resources to adapt and care for herself under those circumstances.

"I had a really hard time with sleep deprivation. It's a learned art. When I was a resident, I thought a lot about not only how to improve education, but how to improve the physical well-being of those providing care. I believe that if you're not well yourself, you cannot have empathy to deliver good care," said Arora, adding that she was also struck by the chaotic nature of shift-change handoffs, especially after being on the receiving end of a bad one.

Dr. Arora has led pioneering work on resident sleep, fatigue and handoffs that have informed changes in residency duty hours. In 2017, the Accreditation Council for Graduate Medical Education (ACGME) required handoff training and much of Dr. Arora's work was referenced in that policy change.

She is also: The principal investigator of an AMA Accelerating Change in Medical Education grant to integrate health systems science into medical education; a Josiah Macy Faculty Scholar for her work improving the interprofessional clinical learning environment at UChicago Medicine; and has

received National Institutes of Health funding to study and improve sleep for patients as they transition from hospital to home. Her academic work has been cited more than 10,000 times.

Now, as the Dean for Medical Education at the University of Chicago Pritzker School of Medicine, Dr. Arora's leadership lens is broad. She oversees the medical education program for undergraduate students, the graduate medical education for all its 1,000 residents and fellows, and continuing medical education and simulation practices.

"We're (health systems) are only as good as our people. We haven't valued our people and we've ceded that control to finances. Procedures are important, but when you overvalue the hustle-and-bustle instead of the quality of the interaction, we aren't valuing the patients or healthcare staff. That has been going on, but COVID-19 exposed it," Dr. Arora said. Dr. Arora's health system recently hired its first chief wellness officer, and also enhanced the benefit package of its residents in response to the pandemic.

COVID-19 also shined a blinding spotlight on inequities in health care by exposing the increased health risk faced by Black and Hispanic patients and healthcare workers, as well as the inequities women in the workforce were confronted with when the world, including schools and childcare centers, shut down.

"The Great Resignation has been marked by a she-cession. Women are leaving, and we need to think about that, especially in regard to women of color, who already face barriers and oppression to their intersectional identity," she said.

To address this, Dr. Arora co-led a team to receive a grant from the Walder Foundation to establish a COVID-19 fund to support retention of physician scientists whose careers were impacted by their caregiving responsibilities. Most recently, she has co-launched a lecture series, funded by MacLean Center for Clinical Medical Ethics, to raise awareness around gender equity, including a focus on gender expression and identity given the attacks on those who provide healthcare for the LGBTQ+ community.

Much of Dr. Arora's work has also been focused on Electronic Health Record optimization, which she believes is another important contributor to enhancing patient safety and experience. As a member of the Joint Commission, she believes in the value of accreditation and the commission's current work to revisit some of the redundancies in standards. Dr. Arora believes the greatest goal of the National Patient Safety Board is elevating the conversation about patient safety so the public and legislators understand its importance, but also guiding the best practices for the use of data collected to improve patient safety.

When asked about the next iteration of patient safety technology, Dr. Arora is quick to cite the importance and untapped possibilities of wearables and collecting ambient data to identify the signals that occur before incidents occur.

"The next step would be the merging of wearables, data, and AI, but also bringing the information to clinicians to make informed decisions with patients," Arora said. "Healthcare is delivered in the

home. Ninety nine percent of healthcare occurs everywhere but the doctor's office and hospital, so we need to learn how to mine that world."