

Welcome from the Council Co-Chairs

Happy New Year! We are pleased to send you the latest edition of the Hadassah Physicians Council newsletter. Included are updates of our recent activities, links to Physicians Council webinars and news from Hadassah Medical Organization in Israel. Keep up to date with the Physicians Council's upcoming events, including planning for our Israel trip in 2021.

2020 has started as an event-filled, interesting year, and we've only just begun!

B'Shalom,

Stacey Keen & Laura Brandspiegel
Co-Chairs, Hadassah National Physicians Council

Member Spotlight

"My name is Dr. Stacey Keen. Along with Dr. Laura Brandspiegel, I serve as Co-Chair of the Hadassah Physicians Council. I'm a Diagnostic Radiologist in the Baltimore area. My involvement with Hadassah began in the early 2000's with the Check It Out Program. As a radiologist specializing in breast imaging and a breast cancer survivor, I wanted to contribute my personal experience and professional expertise to educate students about breast health and cancer. I've written a book, *Defeating Breast Cancer: A Physician's Story of Healing, Martial Arts and Life*, about my experience to encourage others going through treatment.



"It's through Hadassah of Greater Baltimore that I met Dr. Karen Ezrine. I've been involved with the Hadassah Physicians Council since its inception, when Karen and I discussed it over coffee at a diner outside of Baltimore. From there it grew from a local physicians' group into, with collaboration from Dr. Rachel Schonberger, a national council. Since its inception, the National Physicians Council has conducted several CME trips to Israel. My last trip to Israel with the Council was in 2014. My high school friend and breast imaging colleague Dr. Nancy Dintenfass joined us. Along with wonderful lectures and inspiring sightseeing, the two of us had a personal tour of Hadassah's Marlene Greenebaum Multidisciplinary Breast Center guided by its head, Dr. Tamar Sella. When asked to Co-Chair the Physicians Council, I dedicated my service in memory of Nancy, who sadly passed away in 2018. Looking forward, the Hadassah Physicians Council continues to grow, with webinars, newsletters, advocacy,

philanthropy. And next year in Jerusalem: we're working on a Physicians Council trip to Israel in 2021 and a tangible contribution to the Round Building -- a patient room, in memory of Nancy -- to be dedicated at that time."



Dr. Alex Greenberg

In November, the Physicians Council had an exclusive webinar with Dr. Alex Greenberg who is a senior surgeon in the Joint Replacement Unit in the Department of Orthopedic Surgery at HMO. Dr. Greenberg is currently in NYC doing a complex joint reconstruction fellowship at the Hospital for Special Surgery. During his webinar, Dr. Greenberg described the Orthopedic Surgery Department at HMO, including his clinical work. He also discussed ongoing education and research projects and how basic science and clinical science work together. He described how Israeli startups are working with HMO in developing new products, such as using coral to grow cartilage. If you missed it, you can watch the webinar [here](#).



Webinar: Finding Balance in a World Off-Balance

In December, the three Hadassah professional councils -- the Physicians Council along with the Nurses & Allied Health Professionals and Attorney & Judges Councils -- hosted our first combined webinar. Rabbi Sheila Peltz Weinberg addressed the topic "Finding Balance in a World Off-Balance." Rabbi Weinberg has served as a congregational rabbi and has worked in the fields of Jewish community relationships, Jewish education and with Hillel. She has published widely on topics including feminism, spiritual direction, parenting, social justice and mindfulness from a Jewish perspective.

As working professionals, many of us can experience periods of extreme stress. In this highly illuminating, inspiring webinar, Rabbi Weinberg enriched the concepts of balance and meditation by introducing the perspective of Jewish texts. She provided tools to reflect and refresh, including attention to breathing and being in the moment, as well as the importance of gratitude. Emphasizing cultivation of the qualities of kindness, generosity and compassion to self and others, Rabbi Weinberg stated: "It's not easy and not super fast but it's the worthiest thing." Rabbi Weinberg's teaching are valuable for those facing burnout in high-stress occupations as well as the stresses of daily life. You can watch Rabbi Weinberg conduct a guided meditation [here](#). And look out for more council-hosted webinars to come this year.

See You In Israel

Next year in Jerusalem! The Physicians Council is planning a trip to Israel in 2021. We'll get an up-close look at the ground-breaking research, patient care, and medical breakthroughs being conducted at Hadassah Medical Organization. This is certain to be an informative, inspiring, memorable experience of a lifetime. Stay tuned for details.



Conference Notice: This might be of interest to many of you. The Second International Conference on Trauma and Mental Health will take place in Jerusalem on September 6-8, 2020. Explore key issues faced by psychologists, psychiatrists, GPs, social workers, counselors and others dealing with patients or clients affected by adversity and trauma. Learn the latest techniques and methodologies that are being applied in the real world to help support the mental health and well-being of both children and adults. More details available [here](#).



Hadassah On Call: Listen and Be Amazed

Hadassah On Call is our fascinating podcast taking listeners behind the headlines with Hadassah Medical Organization doctors and specialists, patients and nurses. In the latest episode, you'll discover why Israel is leading

the way in neonatal care. Dr. Smadar Eventov-Friedman is the Director of Hadassah Hospital's Department of Neonatology. Recently awarded the Outstanding Neonatal Unit award from Israel's Ministry of Health, her unit as she describes it, is a bridge between obstetrics and pediatrics, offering a unique approach to neonatology. In this episode she gives insight into her growing field, shares inspiring stories of miracle babies and tells listeners how fathers can help welcome their newest addition safely. Other recent episodes address how Israel is tackling disorders of sexual development, and cutting-edge developments in corneal transplants and eye banks. Listen [here](#) or wherever you get your podcasts.

HMO In the News

Visit the news page at hadassah.org for recent news stories from Hadassah Medical Organization in Israel which are always richly informative and deeply moving. For example, [read a recent story](#) about the emotional visit high school students made to their teacher in the Cardiac Intensive Care Unit of Hadassah Hospital Ein Kerem -- the day after they'd saved her life. Or [learn](#) about how new med-tech equipment at Ein Kerem is benefiting cataract patients. Visit the site regularly to see current stories.



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