



*The Newsletter of
The Arnold P. Gold Foundation
A Public Foundation
Dedicated to Fostering
Humanism in Medicine
Spring 2001*

Experts Confer on a “Humanism Honor Society” for Medical Students

The purpose of the conference was “to help define the concept of an honor society focused on humanism for medical students and to determine criteria, with reliable and valid methods, through which to select students for this honor.”

A mission statement was drafted at this unique meeting of more than 30 nationally recognized experts in the fields of medical education and professionalism in medicine. The conference, entitled “Overcoming the Barriers to Sustaining Humanism in Medicine: Influencing the Culture through a Humanism Honor Society,” was held March 9 – 11 in Rutherford, NJ. It is the fourth national “barriers” symposium convened by The Arnold P. Gold Foundation since 1996, and was made possible through a special grant from the Robert Wood Johnson Foundation, the nation’s largest philanthropy devoted exclusively to health care.

The Co-chairs of the conference were: **Norma E. Wagoner, Ph.D.**, Dean of Students and Deputy Dean for Education Strategy, University of Chicago, Pritzker



(l to r) Eric J. Warm, M.D., Assistant Professor, Department of Internal Medicine, University of Cincinnati College of Medicine, Mrs. Margaret Macpherson, Colin Macpherson, M.D., Professor of Pathology, University of Cincinnati College of Medicine and S. Michael Plaut, Ph.D., Assistant Dean for Student Affairs, Associate Professor of Psychiatry, University of Maryland School of Medicine.

(continued on page 4)

Wanted: Doctors with a “Heart of Gold”

TELL US ABOUT YOUR FAVORITE “DOC”

The Arnold P. Gold Foundation believes that patients need to be compassionately cared for by their doctors as individuals, preserving both integrity and dignity. We want to hear about exemplary physicians who epitomize humanism in medicine – keeping alive the age-old tradition of the *caring* doctor.

Help us spread the word. Write us about your favorite “Doc.” Send your story to *Gold Doc* at The Arnold P. Gold Foundation, 619 Palisade Avenue, 2nd Floor, Englewood Cliffs, New Jersey 07632, or email to goldfdtn@mindspring.com. Submissions are to be 500 words or less. Include your name and daytime telephone number or email address. Selected stories will appear in the *DOC* newsletter and on The Foundation’s web site, www.humanism-in-medicine.org.

Why “DOC”?

Our newsletter is named *DOC* because “Doc” is often used as a term of endearment by patients for their doctors. It affectionately affirms admiration and

appreciation for a physician who is a compassionate caregiver – the kind of humanistic role model The Gold Foundation seeks to nurture. The Foundation wants to hear about your favorite “Doc.”

WINNING ESSAY: 2000

“Lessons Half a World Away”

Ken Spaeth, Year III

University of Connecticut School of Medicine

Three days before I arrived at the Tibetan refugee settlement in the southern Indian state of Karnataka, a six year-old Tibetan boy had been run over by a truck driving through the settlement. The boy had been placed in the only vehicle in the area, the jeep of the Rinpoche. He was driven by one of the Buddhist monks to the nearest thing to an emergency room some four hours away. About halfway there, the child died.

As I stood on that very road under the merciless south Indian sun and stared at where the road snaked off into the horizon, I simply sighed. I sighed because this would not even qualify as a road in the west: immovable boulders, pot holes deeper than a tire, points where there simply was no road. I sighed because of the local medical “clinic” with its bloodstained floors and the cotton swabs soaking in alcohol for re-use, and its utter inability to deal with trauma, crisis, or with much of anything. I sighed.

I had only weeks before finished my first year of medical school. The villagers referred to me as “Dr. Ken,” and I was bombarded with medical questions during my stay. Initially, I tried explaining my lack of medical training, but the response I got puzzled me. It was as if the translator had instead said,

(continued on page 3)

- ♥ **New Advisory Group 3**
- ♥ **Reflections From the U.K. 5**
- ♥ **Honorary Degrees Awarded 7**

FEATURES

Gold Foundation Associate Professor

Maureen A. Strafford, M.D. is The Arnold P. Gold Foundation Associate Professor of Anesthesiology and Pediatrics at Tufts University School of Medicine, where she has been a faculty member since 1992. She received her undergraduate education at Barnard College and her medical degree from



Maureen A. Strafford, M.D.

Boston University School of Medicine. Her postgraduate training included a residency in pediatrics, and fellowship training in pediatric cardiology at Columbia Presbyterian Medical Center, where Dr. Arnold Gold was one of her teachers in the Department of Pediatric Neurology. Further experience included anesthesiology training at Massachusetts General Hospital and pediatric anesthesia fellowship training at Childrens Hospital in Boston. She joined the Department of Anesthesiology and Pediatrics at New England Medical Center in 1992 as Director of Pediatric Cardiac Anesthesia and assumed the responsibility as Director of Pediatric Anesthesia in 1998. Dr. Strafford has a special interest and clinical experience in the management of pain in children and the perioperative management of the congenital heart disease patient. Known for her humanistic doctoring, she was selected in 1999 to be the White Coat Ceremony keynote speaker at Tufts. In her new role as The Gold Foundation Associate Professor, designated in 2001, she is coordinating several innovative national research projects relating to humanism in the practice of medicine, particularly related to medical education and teaching hospitals.

New Personnel at The Gold Foundation

The Foundation is pleased to announce the appointment of two new staff members. Lester (Les) J. Scheinfeld, CFRE, Vice President for Development, a Certified Fund Raising Executive (CFRE), has many years of experience in organizing and managing

annual giving, capital, and endowment campaigns. His expertise includes leadership development programs and special fund raising events, such as auctions, galas, and golf outings, among others. Most recently, Mr. Scheinfeld served as Development Director at the Sid Jacobson Jewish Community Center in East Hills, NY, and as Membership and Marketing Director at the Adolph & Rose JCC in Boca Raton, FL. Les is the outgoing President of the Long Island Chapter of NSFRE (now called The Association of Fundraising Professionals - AFP), and serves as a member of the AFP Delegate Assembly. Mr. Scheinfeld's responsibilities include leading and coordinating all Foundation fund raising activities and developing new



Lester J. Scheinfeld, CFRE

alliances and sources of funding for The Foundation's fast expanding programs.

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Laura Braff fills a newly created position as The Foundation's Program and Development Associate. Mrs. Braff, a New Jersey resident, most recently



Laura Braff

served as an Assistant Director of the Kinder-Care Learning Center in Woodcliff Lake, NJ. Laura is also an experienced teacher and human resources administrator. Mrs. Braff's duties at The Foundation include assisting the Director of Programs, the Vice President for Development and the Executive Vice President and providing administrative support for the development efforts.



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CHC Resource Center

The Caring Hospital Communities Resource Center featuring a sample of hospitals and programs where humanism is thriving is now on our website. The CHC Project Bibliography went live on our site in early March. This collection of books and articles was compiled for those seeking to create a more humanistic work environment in their hospitals. This new information can be accessed through "Resources" on our home page.

The CHC Project is sponsored by a generous grant from the Healthcare Foundation of New Jersey with additional support from the Jane B. Barsumian Trust and the Fetzer Institute.

Corrections

In the Thanksgiving 2000 *DOC's* donor listings, the following acknowledgements were inadvertently omitted. We apologize for this oversight.

The Benefactor gift from Leo and Eva Gans was given in memory of Eva's father, Dr. Norbert Goldenberg.

The Friend gift from Sheldon and Betty Feinberg was given in appreciation of Dr. Arnold P. Gold's visits.

“Lessons Half a World Away”

(continued from page 1)

“The doctor is quite happy to be visiting here. How may he help you?” First year had taught me the intermediates of the Krebs cycle, the function of topoisomerase, the insertion of the psoas – but this knowledge was of no particular use here.

Eventually, I could no longer avoid or deflect questions and I had to take some kind of action. I began by simply taking a history but I had no punch line, no pay off, no diagnostic or prescriptive nugget to give. Slowly, over the weeks, I developed a kind of Socratic history taking. I would ask questions, and then follow-up questions, and follow-ups to the follow-ups, and so on. I did so using interrogative phrasing that put villagers in the position of diagnosing themselves. “Tell me, Tenzin, why do you think your hip has begun bothering you?”

Ultimately, we’d arrive at a point where they elicited from themselves exactly what they had wanted from me – an explanation of why they felt sick and/or what might help them feel better. They would walk away happier, feeling better and immensely grateful. Word spread that “Dr. Ken” was attentive and wise, and soon I was sought out incessantly. I would receive thank you gifts of prayer beads or produce or baked goods for my “services,” whether or not people were feeling any better.

Then one night the inevitable came to be: an emergency – someone pounding on my door in the middle of the night. Rinpoche had sent one of his assistants to fetch me because the four-year-old Tulku was very sick. A Tulku is a child named by the oracles to be the reincarnation of a powerful lama and thus holds a high and esteemed position in the community. There, in the Tulku’s bedroom, stood Rinpoche as well as several other spiritual and community leaders waiting; waiting for me to do something, to keep their Tulku safe and well. So I did what my limited training had taught me thus far. Through the translator, I took a history from Tulku and his personal attendant. I performed a physical exam. After the exam, I sat with Tulku for a while talking, joking, playing with him. I believed he’d be fine: probably just a flu-like illness, I told them as much, gave some common sense suggestions and left. Within 24 hours he was up and running around. Thank goodness. Of course, this only served to cement my reputation with the villagers.

I’m not sure what I would have been able to do even if I’d been a fully trained physician. No medicines, no labs, no equipment. As the weeks passed, I more clearly understood what had been happening. I began to see that the villager’s need was not merely for a technically well-trained physician. What they wanted more than anything else was to be listened to, to feel cared for, to be comforted. No different than people here, really.

What seemed clear even after only a year of medical school and many more being a patient, is that most of what patients come to the office with will either resolve itself even if nothing is done or will not resolve itself even if something is done. I’m not suggesting that treatment doesn’t matter, but rather that their expectations, their hopes for what the doctor will give them, go far beyond dispensing medications or administering tests. Patients’ satisfaction is derived, to a large extent, from the knowledge that their illnesses, and by extension, they themselves, are being cared for.

Whatever else can and should be done, patients—all patients—want compassion. The Tibetans, whose Buddhist religion has compassion at its very foundation, did not need from me medical terms for their ailments. The gifts and thanks bestowed on me were not a result of some kind of third world naïveté of quality medical care, but were a show of appreciation for having received from me what it was they sought: my time, my attention, my compassion.

Inspired Essays on “Humanism and the Medical School Experience”

One hundred fifty-six medical students from 62 schools, including one from Ireland, submitted excellent thought-provoking insights and stories about “Humanism and the Medical School Experience,” the subject of The Arnold P. Gold Foundation’s second annual essay contest.

The First Prize (\$1,000) for the year 2000 contest was awarded to **Ken Spaeth**, a third year student at the University of Connecticut School of Medicine for his essay, “*Lessons Half a World Away*,” about his experiences in a Tibetan refugee settlement in the southern Indian state of Karnataka (page one). *The Second Prize (\$500)* went to **Anita Lee**, second year student at Loma Linda University School of Medicine, who wrote about working at an under-resourced hospital in Africa, and the *Third Prize (\$250)* was awarded to **Majid Mohiuddin**, fourth year student at Brown University School of Medicine, for observations about creating poetry with patients.

The top three winning essays, ten Honorable Mentions, as well as many of the others, have been published on The Foundation’s website, www.humanism-in-medicine.org, which is supported by The Healthcare Foundation of New
(continued on page 5)

New Advisory Group Assists The Foundation

A *Medical and Professional Advisory Council* or *MPAC* was established by The Foundation’s Board of Trustees at the February 26 meeting.

Comprised of well-known experts in the medical, academic, business, and not-for-profit worlds, this new entity includes all the previous members of two former Foundation groups: the *Professional Advisory Council* and the *Leadership Cabinet*, as well as new members appointed at the recent Board meeting.

The Arnold P. Gold Foundation is extremely pleased to welcome to *MPAC* – **Jerome E. Groopman, M.D.**, Recanati Professor of Medicine, Harvard Medical School, Chief of Experimental Medicine, Beth Israel Deaconess Medical Center, a leading researcher in cancer and AIDS and staff writer in medicine and biology for *The New Yorker* magazine, and **Kenneth I. Shine, M.D.**, President of the Institute of Medicine, National Academy of Sciences, Professor Emeritus at the University of California, Los Angeles, School of Medicine and currently, Clinical Professor of Medicine at George Washington University School of Medicine.

They join Herman Aronson, Robert Berkowitz, Rita Charon, M.D., Ph.D., Carl Epstein, Brett Harris, Esq., John Stone, M.D. and Daniel T. Williams, M.D.

“Humanism Honor Society”

(continued from page 1)

School of Medicine and Gold Foundation Trustee; **J. Robert Suriano, Ph.D.**, Associate Dean, Student Affairs and



J. Robert Suriano, Ph.D. (Co-chair)

Admissions, University of Cincinnati College of Medicine; and **Tana Grady-Weliky, M.D.**, Associate Dean for Undergraduate Medical Education, University of Rochester School of Medicine and Dentistry. They worked closely with **Rebecca Sullivan**, Gold Foundation Project Director.

The enlightening keynote address, delivered Friday evening by **Frederic W. Hafferty, Ph.D.**, provided the



Fred Hafferty, Ph.D. delivering keynote address

impetus for the lively discussions which followed. The participants, who had prepared for the conference by considering student case studies and articles, and completing a thought-provoking questionnaire, were divided into four “consultant organizations” charged with helping five pilot schools address a battery of complex issues concerning the establishment of a Humanism Honor Society. The “CEOs” of the “organizations” were: **Fred Hafferty**, Medical Sociologist, University of Minnesota-Duluth; **John B. Molidor, Ph.D.**, Assistant Dean and Professor at Michigan State University College of Human Medicine-Flint Campus; **Michael L. Rainey, Ph.D.**, Acting Associate Dean for Academic Affairs, SUNY Stony Brook School of Medicine; and **Maria C. Savoia, M.D.**, Associate Dean for Curriculum and Student Affairs, UC, San Diego, School of Medicine.

The deliberations included issues such as: What is the purpose of a Humanism Honor Society? What might be the selection criteria? Who will choose the students? Is it reasonable to assume that a Humanism Honor Society can influence the culture of a medical school? What are the potential barriers to effecting change?

Energetic participation by all attendees was evident throughout the meeting. At the final Sunday morning session, creatively emceed by **John Molidor**, the four consultant organizations presented the results of their discussions. Representatives of those schools intending to institute the Society this year, and in the near future,



Norma E. Wagoner, Ph.D. (Co-Chair)



(l to r) Eric J. Warm, M.D., Assistant Professor, Department of Internal Medicine, University of Cincinnati College of Medicine and Lewis G. Sandy, M.D., Executive Vice President, The Robert Wood Johnson Foundation.

were given opportunities to express their concerns and ask questions of the assembled group.

All agreed that the sessions were informative, intense and stimulating, and raised important considerations for creation of a new national organization.

The five medical schools intending to establish a Society are: Columbia Uni-



Nancy Alexander Koff, Ph.D., Associate Dean for Curricular Affairs, University of Arizona College of Medicine at Tucson.



(l to r) Louise M. Arnold, Ph.D., Associate Dean for Medical Education, University of Missouri-Kansas City School of Medicine and Cathy J. Lazarus, M.D., Director of Primary Care for the Undergraduate Curriculum, Director of the Foundation in Medicine Program, Tulane University School of Medicine in New Orleans.

versity College of Physicians and Surgeons, the New Jersey Medical School and Robert Wood Johnson Medical School of UMDNJ, and the schools of medicine at the Universities of Iowa and Rochester.

For a complete list of attendees and/or a report of the proceedings, please contact The Foundation office at (201)567-7999.



Rosners Join Golden Circle

We are extremely pleased to announce that Myron and Liesa Rosner have joined *The Golden Circle*, Foundation supporters who have increased their annual gifts by \$25,000 or more in any one year.

Sincere thanks are extended to the Rosners and to the other members of *The Golden Circle* which include: Myron and Elaine Adler; Robert and Ellen Berkowitz; Russell and Angelica Berrie; The Goldman Sonnenfeldt Fund of the Tides Foundation – Michael Sonnenfeldt and Katja Goldman; Vern and Elfrieda Heinrichs; Gary and Lisa Kravet; Michael and Dede Levitt; Dorothy O. Mills; Thomas Moore and Judith Livingston Moore; Daniel and Marcia Orenberg; The Owens Group – Herbert and Fritz Owens, Robert Owens and Eve Klein; Norman and Babara Seiden; Stanley and Sylvia Shirvan; Jesse and Dr. Wilma Siegel.

Reflections From the U.K. – A Happening!

Alixé Buckerfield de la Roche,
Consultant

Ethox: The Oxford Foundation for Ethics and Communication in Health Care Practice, Oxford, U.K.

I was privileged to be included in a number of events occurring in New York last summer sponsored by The Arnold P. Gold Foundation: a *White Coat Ceremony* at Columbia University, the opening of a permanent art exhibition at New York Presbyterian Hospital, and a *Community Humanism Day*. Each event was extraordinary.

It is one thing to have a vision, even such an ambitious vision as changing a cultural climate within medicine. But it is quite another thing to have such creative imagination that this attitude begins the process of permeating and transforming the practice of medicine and the perceptions of medical practitioners – by all sorts of methodologies. One of the things that arrested me profoundly about The Gold Foundation was the systematic translation of an initial idea into pragmatic reality at different levels of medical training, not only in the *White Coat Ceremony* in the first

year, but in the Residents' Award presentations and *Student Clinician's Ceremony* two years later. And the parallel vision of working to bring such an approach into community liaison as well is remarkable. The *Humanism Day* which I attended has no parallel that I know of in the U.K.

It occurred to me at the time that much of what The Gold Foundation does is break down *barriers*. The barriers between medic and patient, between medicine and the community, and between the inaccessibility of a medical world, which can seem emotionally and physically incomprehensible and threatening at life-changing watersheds in individual lives, can be surmounted by *humanism* (quite revolutionary in its scope). This was inspiring for me to witness.

One vignette, amongst a number stored in my memory of that day, illustrates the impact of that *humanism* at grass-roots level. It is the recurring image of frail elderly relatives brought by small children to have medical check-ups at the varied service booths of a neighborhood health fair. In the case I refer to, the gentleness in a small Asian five-year-old's face, as he lovingly led his aged shuffling grandmother, waited solemnly, and quietly translated, both

questions and answers as she had "checks" at each stall, was unforgettable. It encapsulated what is most exhilarating about medicine. In short, it was one of those moments when the Hippocratic notions of compassion, caring and healing *fused*.

Here in the United Kingdom, the National Health Service (NHS) is under great pressure, fiscally constrained, and under-resourced. This has effects at every level. While the ideal is collaboration between clinician and patient, that is not yet normative to the degree many would wish. Resource allocation is too often the determinant in the quality of medical care being dispensed.

In recent years, too, the U.K. medical establishment, and with it inevitably, public confidence, has been undercut by a series of scandalous revelations which have undermined public confidence in the medical profession at precisely a time when fostering it is most necessary.

So as I reflect on the impact of The Arnold P. Gold Foundation on the medical climate in North America, there is much to commend it, and an added poignancy and impetus to its
(continued on page 6)

"Humanism and the Medical School Experience"

(continued from page 3)

Jersey and the Sara Chait Memorial Foundation. The Foundation's Essay Contest was created in 1999 to encourage medical students to express themselves through writing and to provide an outlet for their thoughts as they proceed through their rigorous course of study.



Ken Spaeth, First Prize winner

The Foundation expresses sincere appreciation to the participating students, and particularly to the distinguished panel of outstanding physician/authors who judged this year's contest. The judges included:

Drs. Jerome Groopman, Arlene Katz, Diane Kaufman, Barron Lerner, Colin Macpherson, Zeev Neuwirth, and Samuel Shem.

All participating students were enrolled in an accredited medical program. Those receiving Honorable Mentions include: **David C. Fore**, fourth year student, Marshall University – **Joan C. Edwards**

School of Medicine; **Karl A. Kirby**, fourth year student, University of Iowa College of Medicine; **Jonathan McCauley**, third year student, Columbia University College of Physicians & Surgeons; **Elizabeth S. Egan**, fourth year student (M.D./Ph.D. program), Tufts University School of Medicine; **Gwen Choi Roesel**, second year student, University of Cincinnati College of Medicine; **Greg Rozycki**, third year student, Brown University School of Medicine; **Joan Daya**, third



Majid Mohiuddin, Third Prize winner



Anita Lee, Second Prize winner (above, second from right), with a family she worked with while serving at a hospital in Africa

year student, New York University School of Medicine; **Eric Helms**, second year student, Jefferson Medical College; **Daniel A. Handel**, third year student, Northwestern University Medical School; and **Chris Fernandez Del Riego**, third year student, Tulane University School of Medicine.

For information about the 2001 essay contest, please contact The Foundation office at (201)567-7999 or email: goldfdm@mindspring.com.



Dr. Herbert Pardes (left), CEO and President of the New York Presbyterian Hospital, recipient of The Foundation's first Community Hospital Builder Award was recognized for his dedication to humanism and excellence, and for helping to build a greater sense of community throughout the neighborhood.

The Honorable Herman D. Farrell, Assemblyman from the Bronx, received the first Community Builder Award for his continuing efforts on behalf of neighborhood residents to improve public services and quality of life for all area individuals and families.



PHOTOS: MARIE WALLACE

Community Builder Awards

Dr. Arnold P. Gold (above, right), as part of last summer's inaugural event, "Celebrating Humanism: Building Community 2000" at the Columbia Presbyterian Medical Center (CPMC) in New York City presented two recipients with *The Arnold Gold Foundation's First Community Builder Awards*.

At the ceremony on August 27, 2000, during which Dr. Wilma Bulkin Siegel's colorful "flying kites" in the hospital's Energy Court were also dedicated, Dr. Gold described the project's goal. He explained that a diverse group of hospital, medical

school and community organizations was working collaboratively with The Foundation. They

aspire to "infuse the hospital experience with compassion and humanism for each individual involved with the medical center, whether patient, family member, doctor, parking attendant or support staff." This year the awards will be presented in September as part of the newly named neighborhood health fair, "Take Time for Health Day 2001: Celebrating Humanism and Community."

Reflections From the U.K. – A Happening!

(continued from page 5)

indispensability in the way we view and practice medicine. Its *transformative role* was the element of its impact which most riveted me. Not only has it focused on medical students as they commence their training, with the *White Coat Ceremonies*, a movement that, with astonishing speed, has become normative in medical schools across the U.S. but also it continues with the Residents' Awards for "Humanism and Excellence in Teaching," reinforcing that humanist quality at later points in the educative and training process.

The extension of The Gold Foundation's vision into new sectors, not conforming to conventional frameworks of thinking here in the U.K. – the notion that a medical community can itself initiate, make inroads into, and establish patterns of communication and interaction within the immediate geographical and social community in which it is based – is iconoclastic. Dare I say, revolutionary? Quite simply it was a *happening!*

"Circle of Healers"

Susan Milam, HuMed National Retreat Project Leader
Albert Einstein College of Medicine, Year IV

On the evening of Friday, January 5, 2001, 42 students formed a circle on the grounds of Horseshoe Lake Retreat and Conference Center, seeing only the outlines of one another through the darkness. The students had traveled to this beautiful site near Gainesville, Florida, from medical schools and undergraduate institutions throughout the United States and Canada to attend the American Medical Student Association's first "Circle of Healers" National Humanistic Medicine Retreat.

During the (too short) one-and-three-quarter days, the group's facilitators, Wayne Jonas, M.D. and Pali Delevitt, helped us to explore many issues including: humanism; balancing science and spirituality; healing touch; self-care and mindfulness in daily life; global perspectives on healing; and the inner journey, focused on renewal of body, mind, and spirit.

We participated in medicine circles modeled on Native American healing traditions and learned first-hand about the challenges of integrating science, spirituality, and cultural sensitivity through a small group exercise based on a real-life clinical scenario. We took a music and visualization journey, spent time journaling, ventured out onto the lake or into the woods alone or with new friends, had large group discussions, cooked and consumed delicious meals together, shared our dreams, and peeled away the layers to find ourselves once again.

We relaxed and reveled in the warmth of the fire and companionship. We told stories and huddled together for warmth against the surprisingly cold nights. Love and hope and excitement swirled in the air. This experience served to heighten our awareness regarding the importance of close interpersonal relationships in medical practice and to remind us that to be good practitioners requires sensitivity to others on many levels and that we must sometimes be good to ourselves. The resounding opinion was that the weekend was *phenomenal!*

The retreat was funded by a generous grant from The Arnold P. Gold Foundation. For information about next year's AMSA National Humanistic Medicine Retreat, please contact HuMed co-ordinators Mara Merritt (tmerritt@hsc.unt.edu) or Billy Fenster (wfenster@ufl.edu) and visit the on-line HuMed Retreat Summary (www.amsa.org/sc/humed/retreat/html).

Golds Receive Honorary Degrees from UMDNJ

On May 23, 2001 at the Commencement Ceremony for the University of Medicine & Dentistry of New Jersey (UMDNJ) in Holmdel, NJ, Drs. Arnold and Sandra Gold each received an Honorary Doctorate Degree of Humane Letters.

In his presentation, University President, Stuart D. Cook, M.D., who conferred the degrees, applauded the many “outstanding contributions to medical education and research programs which foster humanism in medicine” made by the Golds as co-founders of The Arnold P. Gold Foundation. They were each recognized for their lifetimes of achievement and dedication to others in their respective fields of expertise. Arnold Gold, M.D., is Professor of Clinical Neurology and Professor of Clinical Pediatrics at the College of Physicians & Surgeons, Columbia University. Sandra O. Gold, Ed.D., is a National Certified Counselor and a National Certified Career Counselor. The Golds have published extensively in their respective fields and serve actively on the boards of many philanthropic organizations, both local and national, too numerous to mention.

Their full biographies are available on The Foundation’s website: www-humanism-in-medicine.org and from The Foundation office.

President Cook commented, “The Golds were selected for honorary degrees from UMDNJ due to their enormous contributions in promoting humanism in medicine. In an era of managed care, time constraints and incredible technological advancements, it is more important than ever for physicians to recognize patients as individuals with unique fears, hopes and needs. A warm, caring professional is what we all seek in our healthcare providers.

“No one epitomizes these characteristics more than the Golds. I first met Arnold Gold when I was a junior faculty member at Columbia University in 1960. His encyclopedic knowledge and clinical skills in pediatric neurology were readily apparent to the faculty, students and house staff. Even more

In Memoriam: Ted Koff, Ed.D., 1928-2000

Not all people need care, but all need caring.

Not all people need treatment, but all need to be treated with dignity.

Not all people are old, but all of us are aging.

Not all aged people are sick or disabled, but all of us are dependent on others.

Not all persons are part of caring families, but caring people can create new families.

Not all older people are brilliant, but all can learn.

Not all older people are sweet and kind and loving, but all people have some capacity for being sweet and kind and loving.

Not all people are well, but all have the capacity for wellness.

Not all societies are responsible and nurturing to their members, but if we choose to, we could be responsible and nurturing.

Ted Koff (1984)



Ted was a professor in the School of Public Administration and Policy and the director of the Arizona Center on Aging, College of Medicine, University of Arizona. He served on the Board of Governors of Pima Community College from 1990 – 2000 and was its chair in 1995. He lectured, taught and consulted nationally and internationally and served on the boards of both the International Center of Global Aging and the International Federation of Aging. He came to Tucson to develop the Handmaker Jewish Geriatric Center, and was married to Nancy Koff, Ph.D., Associate Dean for Curricular Affairs, University of Arizona, College of Medicine, Tucson. Ted was a good friend to humanism in medicine.

“Where there is a Will...there is a way!”

Join our *Golden Legacy Society*... recognizing donors who have informed us of their intent to leave a bequest to The Arnold P. Gold Foundation. Publicizing these bequests equally benefits both the donor and The Foundation in both tangible and intangible ways. By listing the *Golden Legacy Society* members in our annual *DOC* newsletter along with our donor lists, we encourage others to consider this means of supporting The Gold Foundation.

Through your own philanthropy, *you* can inspire others toward philanthropic leadership. *You* can help to create a more caring and compassionate medical world.

The *Golden Legacy Society* offers that unique opportunity to you and your family to make and leave your mark by sharing that which you have created and enjoyed. This legacy also provides a vehicle for continuity of your family’s values – particularly the value of giving. Any statement of donor intent or legacy is a work in progress, first for the donor, and then for succeeding generations as well.

The Gold Foundation would be proud to be a recipient of your bequest and to know that the mission to *foster humanism in medicine* will become part of your family’s legacy. For more information or to discuss your philanthropic intent, please call Les Scheinfeld, CFRE, The Gold Foundation’s Vice President for Development at (201)567-7999 or email him at goldfdm@mindspring.com.

important to young and impressionable physicians or physicians-in-training was Arnold’s special relationship with the sick and unfortunate. Arnold provided us all with a role model to emulate as we entered our careers in medicine. While I have not known Sandra as long as

Arnold, her commitment to these same ideals is equally intense and her desire to help the needy and disabled is well documented throughout her impressive professional career. One has only to talk briefly with Arnold and Sandra to know these are very special people.”

Associates Plan Masquerade for Humanism

Co-chairs, Brian and Amelia Gold Benson and their colleagues kicked off this year's *Associates Committee's* activities in February at the home of Dr. Richard and Jeni Arnold. Following much lively discussion, they decided to sponsor a Masquerade Ball in late October. Special thanks are expressed to Stephanie and Noah Perlman, who volunteered to host the planning meeting.

The *Associates Committee* of The Foundation is a group of young professionals in the New York/New Jersey metropolitan area. Their goal is to involve new members and friends in activities that both educate about The Foundation's mission, while offering wonderful social and networking opportunities.

If you or someone you know would like further information about joining the *Associates Committee* or about their schedule of events, please call Les Scheinfeld at The Foundation office at (201)567-7999.

In Memoriam: Dr. Leo Skolnick

"...I want to leave you with something, something better than words or sounds.

Look for me in the people I have known and loved.

And if you cannot live without me, then let me live in your eyes, your mind and your acts of kindness."

The Legacy – author unknown

Dr. Leo Skolnick, our "Dr. Leo," touched so many lives: his family, his community, his medical colleagues and those he worked with at The Arnold P. Gold Foundation. To his community, this "gentle man" was lovingly referred to as "Doc." With his office in his home, he epitomized the humanistic values of a family doctor with a caring professionalism.

His love of medicine and his depth of human understanding gave him the ability to be a master diagnostician. In his retirement years, he continued to practice medicine for the jockeys and spectators at a Long Island racetrack and foster his belief in humanistic medicine as a board member of The Arnold P. Gold Foundation.

We all miss Dr. Leo. His positive attitude that life was "TERRIFIC" was infectious. Dr. Leo was well respected and a role model to all who knew him, both in his personal life and in his world of medicine. He taught us by example about living life to its fullest, about caring for those around you...about leaving a legacy for others to follow. Dr. Leo Skolnick lives on in all of those he touched throughout his lifetime, and in the accomplishments of the mission of The Arnold P. Gold Foundation.

Sharon and Stephen Seiden

Note: Dr. Leo Skolnick was a founding Trustee of The Gold Foundation.



Dr. Leo Skolnick pictured here with good friend Barbara Seiden, Foundation benefactor.

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A Public Foundation Dedicated to Fostering
Humanism in Medicine

