



THE MEDICAL, EDUCATIONAL, AND SCIENTIFIC FOUNDATION OF NEW YORK, INC.  
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To: MSSNY House of Delegates

From: Bonnie Litvack MD – MESF Chair

Date: September 14, 2021

**Subject: Update of Medical Education and Scientific Foundation (MESF) Activities**

In 2020, COVID restrictions and concerns limited MESF's in-person activities. In 2021, however, MESF has undertaken considerable work in preparing for upcoming leadership seminars and these sessions will now be held virtually

Over the years, MESF has held well-attended and well-received leadership programs in Buffalo, Syracuse and Long Island. Building on those successful programs, MESF saw a need and an opportunity to develop a leadership program specifically designed for women physicians. MESF has once again procured the professional services of Jon Chilingirian PhD of Brandeis University and his associate Jody Hoffer-Gittell PhD of Brandeis in planning a dynamic and innovative seminar.

While Covid-19 is preventing us from gathering safely in person, the MESF Leadership Seminars for Women will proceed in a virtual format and will be split into three segments with Jon Chilingirian, PhD acting as facilitator for the series. The three segments are slated for **October 16, 23 & 30 beginning at 8 a.m.**

- **Saturday October 16 (8am-11am): “Albany, Women Physicians and Their Legislative Impact.”** This session will include presentations by Patricia Clancy, MSSNY's Senior Vice President/ Managing Director of Public Health and Education; Bonnie Litvack MD, MSSNY Past President, Chair of MESF; and The Honorable Deborah Glick of the NYS Assembly.
- **Saturday, October 23 (8am-11am): “How Do CEO's and Medical Administrators Deal with Women Physicians?”** This segment will focus on a presentation by Jon Chilingirian PhD on effective clinical leadership for women physicians while Dr. Gittel's presentation will key to what women physicians need to know to effectively operate in a male dominated health care world. In addition, this segment will include a presentation by Linda Clark MD, Chair of MSSNY's Health Equity Committee who will focus on diversity in the medical field and issues facing physicians of color.
- **Saturday, October 30 at (8 am-11am): “Wellness and Women Physicians.”** This segment will focus on the challenges women physicians face they advance in their medical education or medical practice—while faced with family and other life stressors. Stress and burnout, which impacts women with greater frequency and severity, will be discussed in this segment. This segment will include a presentation by Jo Shapiro MD of Brigham and Women's' Hospital who will focus on peer-to-peer relations. Carol Bernstein MD from Einstein School of Medicine will talk about gender differences in burnout. In addition, Frank Dowling, MD will review his experience with MSSNY's peer-

to-peer (P2P) program and the importance of women reaching out to a peer to discuss those life stressors.

*Please consider nominating a female physician who you believe would benefit from attending this exciting, educational MESF leadership seminar. Nominations can be sent to: **Pat Clancy** at [pclancy@mssny.org](mailto:pclancy@mssny.org) or by calling her at 518-465-8085.*