

ROBERT WOOD JOHNSON MEDICAL SCHOOL RETIRED FACULTY ASSOCIATION NEWSLETTER

APRIL/MAY 2016

VOLUME IX, NO. 2

UPCOMING RFA MEETING

"RWJMS – THE STATE OF THE SCHOOL"



Sherine E. Gabriel, MD, MSc, Dean
Rutgers Robert Wood Johnson Medical School

Thursday, May 5, 2016
Noon – 1:30 p.m.
Dean's Conference Room
Rutgers Robert Wood Johnson Medical School
Piscataway, New Jersey

All current and retired faculty, staff, and students are welcome to attend. Lunch will be available, and contributions for the lunch may be made at the meeting.

Attendees may park without a parking permit in general parking in lots A, B, and C, located next to the medical school from 9 a.m. to 5 p.m.

WHAT DO RETIRED FACULTY DO WHILE RETIRED?

According to a survey, the great majority of faculty participates in teaching, research, or volunteer activities after retiring from Robert Wood Johnson Medical School. This was determined by examining the entries from retired faculty in the RWJMS Retired Faculty Association newsletter under a column entitled, "News from Afar." Since the newsletter was first published in 2008, 49 retired faculty have contributed to this column. The retirees were asked to let their colleagues know what they have been doing since leaving RWJMS. The vast majority have noted they continue to remain active, often participating in the same activities that they did prior to retirement. Some of these retirees are currently teaching at RWJMS.

Of these 49 contributions from the retired faculty, 88% ($n = 43$) have volunteered, taught, or conducted research after retirement. For this purpose, research activity includes scholarly work such as writing books and review articles. As shown in the accompanying graph on page 2, 37% ($n = 18$) did volunteer work, 53% ($n = 26$) taught, and 35% ($n = 17$) conducted research. The sum of the individual percentages is greater (*Continued on Page 2*)

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RWJMS RETIRED FACULTY ASSOCIATION

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Michael Gochfeld, MD, PhD, President
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Program Committee

Gordon Schochet, PhD, Chair
 Eckhard Kemmann, MD
 Sandra Moss, MD
 Mary Swigar, MD

RFA Newsletter Editors

Michael Gochfeld, MD, PhD
 Paul Manowitz, PhD

RFA Website:

<http://rwjms.rutgers.edu/faculty/index.html#>

What Do Retired Faculty Do When Retired?

(Continued from Page 1)

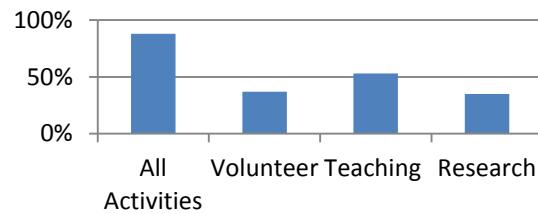
than 100% because some retirees performed activities in more than one activity area.

In addition to the retired faculty, five retired staff also contributed to the "News from Afar" column. The data for the staff alone are not shown because there were only five staff retirees who wrote articles, too small to be considered representative of staff retirees. The results for the combination of faculty and staff are very similar to the faculty alone results.

There are several limitations to the data presented here. Since the authors were not given a survey requiring them to respond to specific activity areas, they may have underreported their activities. Furthermore, the extent of their contributions cannot be estimated from this, e.g., some may have taught several hours a week, while others only one or two hours a year.

There has been a remarkable increase in life expectancy in the United States. In 1950, the life expectancy of a man who was 65 years old was 13 years. In 2010, it was 18 years. In 1950, the life expectancy for a woman who was 65 years old was 15 years. In 2010, it was 20 years. Hence, the typical faculty retirees can look forward to approximately two decades of life after retirement.

Activities of Retired Faculty



This is the first published information of the activities of RWJMS retired faculty. The great majority participate in volunteer activities, teaching, or research, consistent with the notion of retirement as a continuation, a new phase in their careers. ■

Results of the RWJMS Retired Faculty Association Election

The results of the RWJMS Retired Faculty Association election are shown below. The term of office is for two years, except for the newsletter co-editorship, which is for three years.

President: Michael Gochfeld, MD, PhD

Vice-President: David Seiden, PhD

Treasurer: Paul Lehrer, PhD

Election and Membership Committee:
 John Lenard, PhD; Norma Greenfield, PhD

Program Committee:
 Sandra Moss, MD; Eckhard Kemmann, MD

Newsletter Co-Editor: Paul Manowitz, PhD

Eckhard Kemmann retired from the RFA presidency after having served for six years. John Crowley and Donald Wolff stepped down after having served as chairs of the Election and Membership Committee and the Program Committee, respectively. ■

Dr. Avedis Khachadurian Honored

Avedis K. Khachadurian, MD, emeritus professor of medicine and founding director, division of endocrinology, metabolism, and nutrition, was honored by the Familial Hypercholesterolemia Foundation with its first Pioneer in Familial Hypercholesterolemia Award, at the foundation's annual meeting in Pasadena, California.

The award cited Dr. Khachadurian's seminal studies that differentiated the heterozygous from the homozygous forms of the disorder. He was the first to demonstrate the metabolic defects in patients with Familial Hypercholesterolemia. These observations and fibroblasts from his patients were utilized by Brown and Goldstein in their studies, which culminated in the Nobel Prize. ■

Call for IRB Members

**By Paula Bistak, DMH, RN, MS, CIP, CHRC
Chief, Human Subjects Protection Program**

Expert review by knowledgeable academics who understand the scientific purpose and the risks for potential research subjects is essential for a well-informed, robust Institutional Review Board. The Rutgers Institutional Review Board (IRB) Committees are accepting applications from retired or present faculty who have some prior experience conducting human subjects research and a willingness to commit to at least a two-year term of service.

New IRB members must complete both online and in-person training and orientation. Member time commitment includes attendance at one meeting a month, regular protocol review assignments, and ongoing education. Although the time required each month varies, generally the time commitment is about five hours per month (Three hours per meeting and two hours for protocol reviews). ■

19th Annual Mates David and Hinna Stahl Memorial Lecture in Bioethics

Larry Temkin, PhD
Distinguished Professor and Chair
Department of Philosophy
Rutgers School of Arts and Sciences
New Brunswick, New Jersey

“Inequality and Health”

Ambassador Meryl Frank (ret) MPH, MA, MPhil
President and Chief Executive Officer
Makeda Global Network
Former US Representative to the
UN Commission on the Status of Women

“Gender and Equality in Healthcare: A Global Prospective”

May 3, 2016 4 pm
Conference Room 1302, CAB
125 Paterson St., New Brunswick
v-tel Dean’s “Conference Room 123
675 Hoes Lane West, Piscataway

For more information contact:
evansje1@rwjms.rutgers.edu

Annual George and Lily Boxer Memorial Lecture

Joshua D. Rabinowitz, MD, PhD
Professor of Chemistry and Integrative Genomics, Lewis-Sigler Institute for Integrative Genomics, Princeton University

“Metabolism in Action”

May 5, 2016 4 p.m.
Main Auditorium
675 Hoes Lane West,
Piscataway

For more information contact:
hatchede@rwjms.rutgers.edu ■

NEWS FROM AFAR

By Meyer A. Rothberg, PhD

My years at UMDNJ as Director of the Internship in Clinical/Community Psychology and Clinical Associate Professor were the most satisfying of my entire professional career. When I arrived at Rutgers Medical School in 1970, it was at the birth of the Community Mental Health Center (CMHC). We occupied a small building on the Busch campus at first and then moved to the eighth floor of the medical school, and eventually to the Institute of Mental Health Sciences building (later renamed, University Behavioral Health Care).

My role was to develop the Psychology Internship program. Utilizing the CMHC federal grant as a guide, I wrote a federal grant proposal for the internship program, which was funded, and we were on our way! We started with one intern and eventually had as many as eight in each year; usually we had six. Although we competed with programs in NYC – a more desirable place to live for most applicants – Dr. Bert Cohen and I developed an innovative approach to the training based, in part, on a personal/professional growth model in which entering interns engaged in a two-week exploration of the CMHC/Department of Psychiatry system, while focusing on themselves, their aspirations, each other and what was possible for them to achieve in the year to follow. We emphasized family therapy and community psychology at some expense to the traditional psychological testing model. It was a heady process and quite successful; some of the interns developed relationships that have continued for 40 years (some are now grandparents!).

But as the years went by, I was still looking for a way to contribute further to this field that had rewarded me so well. I wanted to move out on my own. It took me a while to separate from UMDNJ. I would tell people that I was planning to leave, yet I'd be there the next year and the year after that. I decided to leave the medical school and go into independent practice in Metuchen, New Jersey, in 1989.

I recall a fellow member of the faculty saying to me about my decision that his father told him

never to do “piece work,” referring to independent practice. My response was that my mother told me that “piece work” could be a good choice if your work was excellent. “Sample makers,” she told me, were better paid than sewing machine operators. Well, that was a cocky response; however, the faculty practice model did afford me the opportunity to hone my skills, and my medical school colleagues afforded me the opportunity to expand my repertoire of therapeutic modalities. Dr. David Mayer taught me much about psychoanalytic psychotherapy, Dr. Monica McGoldrick and I did family therapy together, Drs. Bert Cohen, Paul Lehrer, Ray Rosen and others had enriched me in numerous ways. I hit the ground running.

Independent Practice

I loved independent practice. My reputation was already established so referrals came my way and the experience was all I had hoped it to be. It was my pleasure to assist younger psychologists in the development of their practices, referring patients to them and providing consultation and guidance; some of these have become colleagues and friends to this day. My colleague, Dr. McGoldrick, left the medical school/CMHC shortly after me and recruited me in the establishment of the Family Institute of NJ (now the Multicultural Family Institute). I joined her there as faculty for three years, supervising and teaching Family Therapy. After I left the institute, some of the graduates came to me for advanced supervision, as previously, did some psychologists pursuing New Jersey licensure.

In the meantime, my wife, Naomi, had gone to law school and after a clerkship and a brief career at a law firm, took a job editing and writing law books at a New Jersey firm. We had bought a weekend home in Saugerties in Ulster County, New York, and her firm installed a work station so she could work from home. So, we sold our Highland Park home and I commuted to New Jersey. I started doing four days, quickly went down to three, soon two, then one. Now I go down for a few hours once every two weeks and not always that. (*Continued on Page 5*)

News from Afar – Dr. Meyer Rothberg*(Continued from page 4)*

Once again, I seem to be making the move to full retirement “next year.” It’s like that sign in some taverns: “FREE BEER TOMORROW.”

“A Home Within”

Our place in Saugerties started with a house, garage and barn on 43+ acres, so there was much outdoor maintenance work for me to do. Our son had moved to Israel and started a family and career of his own so, despite our twice-yearly visits to him, Passover and Hanukah, and his four- week summer visits to us, we had lots of time for ourselves. Our lives were good, pleasurable and satisfying - yet as I worked less, I felt a need for something more. This came for me at a dinner party when I met Dr. Hal Chorny, a Freudian (his description) New York City psychologist who was director of a local program which, as part of a national program called “A Home Within,” (ahomewithin.org) provided *pro bono* long-term psychotherapy and family therapy to foster children for “as long as it takes.” I began with one group which I co-led as consultant-supervisor with four volunteer therapists, then took over the group by myself, moved on to a second weekly group with five or six therapists, and lately some of the therapists I supervise in the group have sought me out to provide individual professional supervision and personal consultation.

This has also been true for some personal friendships; I find that people seek me out for help with personal problems ranging from issues with grown children to substance abuse concerns. One friend who was worried about health issues and having anxiety attacks, benefited from my explaining the nature of “signal anxiety,” helping him to avoid an additional reaction to the understandable anxiety he was feeling. In addition to occasional trips to New Jersey, I make myself available to the few patients I see, using the phone or Skype for consultations. I recently began counseling on Skype a Rabbi son-in-law of an old friend who lives some considerable distance away, acting as a “family friend.”

In other words, I find myself at 79, happy, healthy and hardy, financially secure, happily married, able and willing to “give it away.” We

now own 150 acres, having purchased adjacent land, so someone else wouldn’t, thereby protecting our privacy; we are planning to donate most of it to a land conservancy. Our son and family (three grandsons, ages 20, 18 and 12) are themselves secure (or as much as one can be in Israel). He teaches at the Conservative Yeshiva in Jerusalem – his special interest is the Torah of Human Rights, how the Torah teaches us that supporting/working for human rights is our responsibility. His wife, Gitit, a sabra, is a civil lawyer who has argued in the Israeli Supreme Court and is also an Advocate in the Bet Din - the religious court. My oldest grandson is a paramedic in the Israeli Defense Force (IDF). The second oldest enters the IDF next month. The youngest has juvenile diabetes and does not have to serve at all. He was just here for a week with us; he had his first skiing experience and was wild about it. We’re already planning his week of skiing next year after his Bar Mitzvah. Our son making his life in Israel has been an unusual and unexpected family circumstance, but we have made it work for us.

This news would be incomplete if I didn’t mention Danny, our half Golden Retriever and half Poodle-Mutt. He’ll be four next month and is an important member of our family. Mornings, he can be found on our couch, either next to us or between us, as we have our morning coffee and toast. Evenings, he will be found lying next to us, facing away, as we have our evening meal. Nights, he lies on his bed at the foot of ours. He is Naomi’s companion on her early morning walk around our ponds and my companion in my later walks in the woods. He is a large dog, weighing around 70 lbs. and as good natured, intelligent, friendly and playful as any companion could be. He’s our fourth dog and beloved by both of us. I credit him with providing me with additional motivation to use walking to stay in shape. I’m aware that I may sound a bit addled to some of my readers but so be it; Danny must have his due.

Stagnation vs. Generativity

Erik Erikson, in his eight stages of life, describes the seventh stage as a choice between stagnation and generativity. The community I belong to in Saugerties-Woodstock, NY, is composed of men and women ranging in age from the mid-sixties to the early nineties. Some are artists, some retired lawyers, a couple of
(Continued on Page 6)

News from Afar – Dr. Meyer Rothberg

(Continued from Page 5)

retired physicians, a businessman/woman or two, and other retired professionals. We continue our lives, maintaining a busy-ness yet leaving lots of room for social contact and plain goofing off. Some winter in Mexico or Florida, most stay around and enjoy the winter. Most have wood stoves and/or fireplaces, so there's wood gathering/cutting/splitting, x-country skiing, even some downhill skiing. Almost all, like Naomi and me, are engaged in volunteer

activities or personal projects. My walking partner, Alice, 74, is working on a research paper addressing the sexual needs of widows. She is a recent widow and is on the editorial board of a journal. Grace, 80, is an active artist with a show in NYC in April. Alice, Grace, Naomi, some others and I read Shakespeare in a small group; we've done the sonnets and are up to our fifth play. Our group belong to book groups, poetry groups, gender groups...I could go on. We are lucky to be in a "generative" community, living our lives fully, creatively and productively into our later years. ■

Photo of the Month



Leopard encountered in Krueger National Park in South Africa

Photo by David Seiden, PhD

In Memoriam

Paul R. Mehne, PhD

By Gordon D. Benson, MD, FACP, AGAF, FAASLD

Paul died at the Hospital of the University of Pennsylvania on September 14, 2015, after a relatively brief illness. He joined the faculty of Robert Wood Johnson Medical School in 1992 and retired in 2007. During his 15 years he was a valued faculty member who contributed greatly to curriculum development and evaluation in Piscataway and Camden. During his tenure at RWJMS, he served as associate professor of family medicine, associate dean for academic and student affairs, and the associate dean for the clinical campus at Camden.

He was an early proponent of computer-assisted education, developed a computer laboratory in Camden that was available to students 24/7, originated the first website for the Camden campus and assisted the faculty in preparing individual internet biographies. Within the university he served on numerous committees, including chairmanships of the advisory committee on Academic Information Technology and the coordinating committee on Tele-education/Telemedicine and Video Conferencing. He was committed to all aspects of student education and life; he provided all students with his cell phone number, which they were invited to use at any time.

He received his undergraduate degree and doctoral degree at the SUNY and Syracuse University. After completion of his studies in 1976, he joined the faculty of the medical school being developed at East Carolina University. From 1989 to 1991, he served as associate dean for Student and House Staff Affairs at the University of Pennsylvania. In 1992, he was recruited to RWJMS, where he was involved with curriculum planning and evaluation, medical informatics, and all aspects of student affairs plus Clinical Skills Assessment. In 1992, when I was the associate dean responsible for the clinical campus at Camden, I had the good fortune to meet Paul at Robert Wood Johnson University Hospital during a planning session for clinical evaluation of students. I spent considerable time discussing his previous experience and philosophy of

medical education. I maintained contact with him and found him to be very helpful with the Camden program. I was delighted in 1994 when he became full-time on the Camden campus. During the remaining six years of my associate deanship, we worked closely together. His performance in curriculum matters and all aspects of student activities was outstanding. When I retired from my position in 2000, he became the associate dean-in-charge and served until 2007.

Paul had many roles in the administration of the school and university which he fulfilled with distinction. In 2000-2002 he chaired the self-study committee for the Piscataway, New Brunswick and Camden campuses for reaccreditation of the school by the LCME; this resulted in full accreditation for eight years. He was also active in AAMC activities, including multiple site-visits for accreditation of other medical schools and Chairman of the Group on Regional Medical Campuses.

Paul would most likely consider his most important responsibility to be the education and welfare of the students. His stated philosophy was, "We must treat our students as we expect them to treat their patients, with compassion and respect, and to be adult learners and decision makers." He received numerous awards but was particularly pleased by becoming an Honorary Member of the Alumni Association and being elected to the Alpha Omega Alpha Honor Medical Society.

Paul was a computer enthusiast, environmentalist, serious photographer, mountain climber and avid hiker, an activity he shared with family, as well as students. He was devoted to his wife, Carol, and his family, which included two daughters, Meredith and Amy, two grandchildren, a younger brother and surviving father.

It was rewarding for me to work closely with Paul for eight years and to consult with him after my retirement. He was a special friend and valued colleague. ■

Robert Wood Johnson Medical School Retired Faculty Association Global Health Fellowship Fund

The RFA is sponsoring medical students to learn, help, and teach in foreign countries, a potentially life-changing experience under the aegis of the Global Health Initiative of Rutgers Robert Wood Johnson Medical School. The RFA is helping to support summer programs or international electives for medical students and is asking you to consider adding your support to this effort. All funds go to help the students without any deduction for administrative expense. In calendar year 2015, the RFA members donated \$3,393 for the support of the fellowship fund.

You can submit your donation to support the RFA Global Health Fellowship Fund by sending a check made payable to the "RWJMS Retired Faculty Association" and mailing it to Paul Lehrer, PhD, Department of Psychiatry, Rutgers Robert Wood Johnson Medical School, 671 Hoes Lane West, Piscataway, NJ 08854. All contributions are tax deductible as charitable contributions. The RFA is a 501(c)(3) tax-exempt organization.

The people listed below have made donations to support this fellowship in the 2015/2016 (**September 1, 2015 – December 31, 2016**) cycle. See next page for an explanation of the period covered by the contributions.

| | | |
|------------------|---------------------|----------------|
| David Alcid | Eckhard Kemmann | Norman Sissman |
| Peter Aupperle | Avedis Khachadurian | Paul Smilow |
| Gordon Benson | John Lenard | Victor Stollar |
| James Chandler | Paul Manowitz | Marian Stuart |
| Norma Greenfield | Joyce Orenstein | Mary Swigar |

RWJMS RETIRED FACULTY ASSOCIATION MEMBERSHIP

The members listed below have paid their RWJMS RFA dues during the 2015/2016 (**September 1, 2015 – December 31, 2016**) cycle. See next page for an explanation of the period covered by dues.

| | | | |
|--------------------|---------------------|---------------------|-----------------|
| David Alcid | Eric Eikenberry | Paul Manowitz | David Seiden |
| Peter Aupperle | Stephen Felton | Russell McIntyre | John Semmlow |
| Gordon Benson | Herbert Geller | Virginia Mehlenbeck | Norman Sissman |
| Mary Breckenridge | Michael Gochfeld | Michael Miller | Paul Smilow |
| Bruce Breckenridge | Norma Greenfield | Ron Morris | Frank Snope |
| Barbara Brodsky | John Harrigan | Sandra Moss | Paul Stein |
| Charles Brodstrom | Richard Harvey | Joyce Orenstein | Nancy Stevenson |
| Margaret Brodstrom | Eckhard Kemmann | Robert Pinals | Victor Stollar |
| Edward Browning | Avedis Khachadurian | Barbara Pollack | Marian Stuart |
| Wilfredo Causing | Paula Krauser | Rebecca Puglia | Mary Swigar |
| James Chandler | George Krauthamer | David Riley | Alan Wilson |
| Joan Chase | Paul Lehrer | Marilyn Sanders | Gisela Witz |
| John Crowley | Michael Leibowitz | Phillip Schiffman | Donald Wolff |
| Donald Dubin | John Lenard | Gordon Schochet | |
| David Egger | Gordon Macdonald | Peter Scholz | |



Retired Faculty Association

The period covered for the RWJMS RFA dues has been changed from September 1, 2015 – August 31, 2016 to January 1, 2016 – December 31, 2016. All who have paid dues by September 1, 2015, will have their membership extended to December 31, 2016.

If you have not already done so, please send in your **2016** (January 1, 2016 – December 31, 2016) dues. Also, if you like to support medical students to have an opportunity to participate in the Global Health Program, consider donating to the RFA Global Health Fellowship Fund. Please send your check to Paul Lehrer. Both contributions are tax deductible as charitable contributions. Thank you.

RWJMS Retired Faculty Association 2016 (January 1, 2016 – December 31, 2016) Dues

Benefits of RFA Membership:

- Defining, advocating for and publicizing the benefits of retired faculty at RWJMS,
- Fostering ongoing engagement and participation of retired faculty in RWJMS activities,
- Promoting continuing interaction among retirees,
- Providing information and options for faculty considering retirement, and
- Interacting with other academic retired faculty associations (e.g., Rutgers Retired Faculty Association, The Rutgers Retired Faculty and Staff Association).

Please cut along the dotted line below and return that portion with your payment.

Please Print:

Name: _____

Address: _____

Phone: _____

E-mail address: _____

Please enclose a check for a donation to the Global Health Program and/or for dues (\$15) made payable to the “RWJMS Retired Faculty Association,” and mail the check to Paul Lehrer, PhD, at the address shown below.

Global Health Program (indicate dollar amount) _____

RWJMS RFA Dues (\$15) _____

Total Amount _____

Paul Lehrer, PhD
 Department of Psychiatry
 Rutgers Robert Wood Johnson Medical School
 671 Hoes Lane West
 Piscataway, NJ 08854

Please include any personal information that you wish to share with others. Thank you.