



# Transitions

A publication of New York Chiropractic College

March/April 2011



## MULTIDISCIPLINARY HEALTH CARE

A word search grid with various words circled in blue. The words include:

- ACUPUNCTURE
- CHIROPRACTIC
- DENTISTRY
- EMERGENCY
- GERIATRICS
- HOMEOPATHY
- MASSAGE
- MEDICINE
- NEUROLOGY
- NUTRITION
- ONCOLOGY
- ORTHOPEDICS
- PEDIATRICS
- PODIATRY
- PSYCHOLOGY
- RADIOLOGY

- ✓ ACUPUNCTURE
- ✓ CHIROPRACTIC
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- ✓ HOMEOPATHY
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- ✓ MEDICINE

- ✓ NEUROLOGY
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- ✓ PSYCHOLOGY
- ✓ RADIOLOGY

3/30/2011

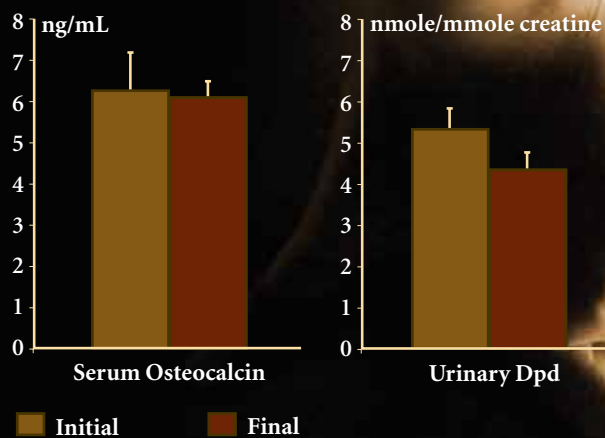
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March/April 2011

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# Chairman's Message

## Multidisciplinary Practice

Today, many patients enjoy the convenience of multidisciplinary healthcare practices, as well as the comfort in developing close relationships with their office staff and professional practitioners. Multidisciplinary practices gather and team up chiropractors, acupuncturists, medical doctors, physical therapists, and other specialists for the ultimate benefit of their patients. The multidisciplinary approach is gaining steam as multiple services provided in one setting offer optimal care through an integrated treatment approach.

Instruction at NYCC combines a variety of pedagogical methods that

include classroom lecture and hands-on clinical experience to prepare graduates for practice in facilities where healthcare professionals collaborate. NYCC Health Centers combine traditional and alternative therapies to remedy underlying causes of disease, to relieve symptoms that result in pain and discomfort, and to achieve and maintain patients' overall health and well-being. This issue of *Transitions* explores some of the challenges that await practitioners seeking to carry on business in a multidisciplinary setting and offers suggestions intended to streamline processes for both practitioner and patient alike.



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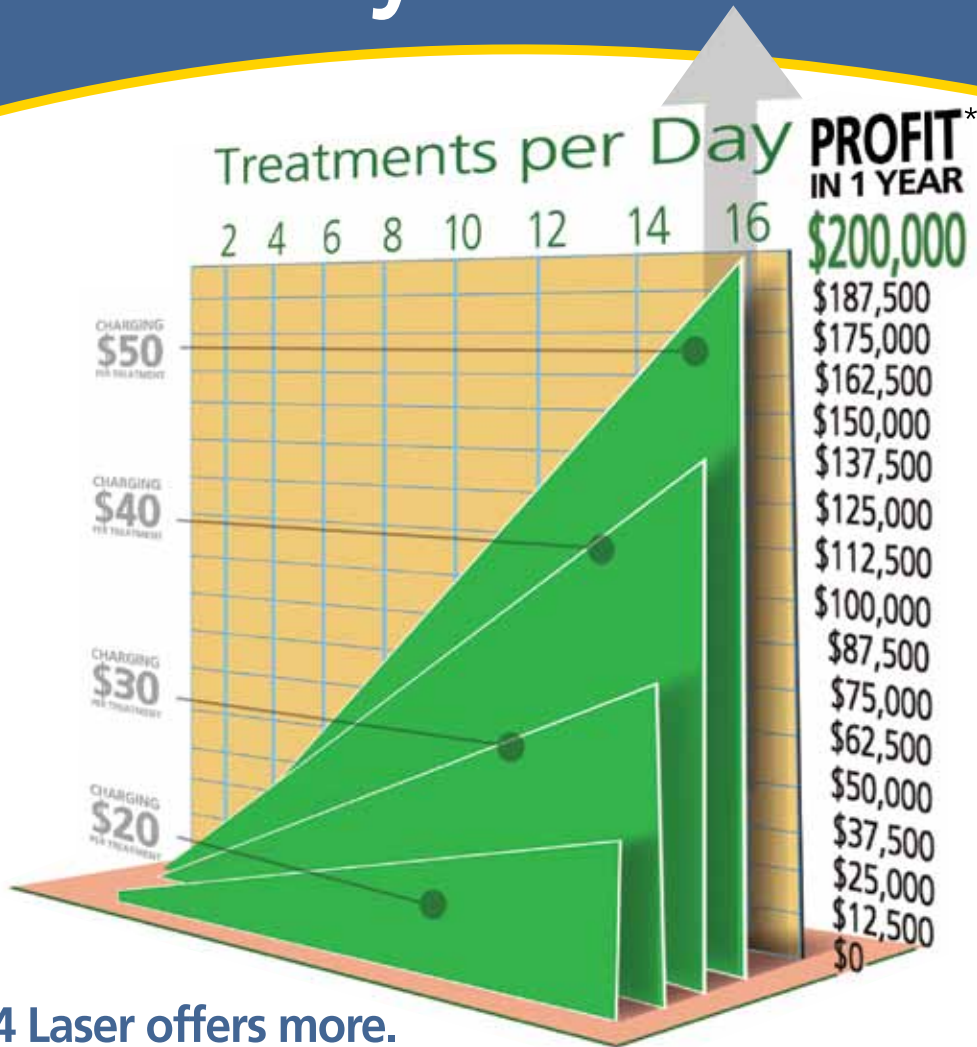
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# *Out and About with the President*

## Students Converge on Capital Hill for 2011 National Chiropractic Legislative Conference



*NYCC was well-represented at the 36th annual National Chiropractic Legislative Conference in Washington, DC, February 12.*

How is political policy shaped on Capitol Hill? One need only follow the twenty-five New York Chiropractic College students who numbered among the more than 300 students from across the U.S. and gathered in Washington DC for the 36<sup>th</sup> annual National Chiropractic Legislative Conference (NCLC) on February 12, to learn the answer.

### **Getting Down to Business**

Rick McMichael, DC, president of the American Chiropractic Association (ACA), encouraged student lobbying efforts that advance chiropractic's continued leadership role in American natural healthcare. ACA vice president Keith Overland, DC, discussed circumstances unfolding in Connecticut that could require chiropractors to disclose associations between the risk of stroke and chiropractic adjustments, and also require patients' informed consent. He also spoke to unfavorable legislation that intends to strip a chiropractor's title of doctor as well as his access to patients under the age of 18. Dr. Overland corrected the record, stressing that adjustments *do not* cause stroke (the incidence is about one in 4 million).

Keynote speaker, William Morgan, DC, encouraged the student chiropractors to stand firmly behind their profession, and compared the ACA's relatively diminutive size and limited financial influence when compared with that of the American Medical Association (AMA), to David against Goliath. The AMA is a much larger organization, both in members and budget, having spent \$22 million on lobbying in 2010.

### **Inspiration and Recognition**

Iowa Senator Tom Harken spoke of his commitment to include wellness, prevention, and full access to chiropractic practitioners in the 2011 budget and Dr. McMichael awarded him with the ACA's 2011 Healthcare Leadership Award. Representative Mike Rogers then spoke about the House of Representatives' Bill 409 (HR 409) which would expand TRICARE - the healthcare program that serves uniformed service members, retirees and their families world-wide - to allow military personal and their dependents access to chiropractic care. He was bestowed the 2011 Military Healthcare Award from the ACA.

Brigadier General and chiropractic advocate Becky Halstead spoke to the current state of health in the military and was made an honorary member of the ACA in recognition of her continued work with the Foundation for Chiropractic Progress. Halstead referenced the *USA Today* article that investigated drug-addiction faced by many soldiers and during her meeting with the head of TRICARE she stressed the valuable role chiropractic plays in the military. Soon after that meeting, associate professor of clinical services at the University of Bridgeport Anthony Lisi, DC, was requested to monitor chiropractic care for the Veterans Health Administration.

### **Opportunities**

The ACA announced upcoming webinars that will cover topics such as billings, practice setup and other logistical aspects of running a practice, including running a wellness, sports medicine, or pain management practice. These webinars are available to ACA members only.



*ACC President Dr. Frank Nicchi addresses the ACA House of Delegates.*

# *Out and About with the President*

## Record Breaking Attendance at ACC/RAC 2011 Conference March 17-19, Las Vegas, Nevada

ACC/RAC combines the ACC's annual business meeting and working group sessions along with the educational and research or RAC's (Research Agenda Conference's) focus on scientific knowledge - a powerful combination intended to cultivate an increasingly intimate relationship between chiropractic scholarship and education. Chiropractic research, fittingly held to serve as the backbone for chiropractic's successful progression, is appropriately highlighted at the conference known to attract high caliber educators and scientists. The theme this year was "Integration: Chiropractic Education and Practice in Integrative Healthcare."



*ACC President Dr. Frank Nicchi addresses opening session of ACC/RAC conference.*

### **Good Speakers and a Relevant Theme**

"Outstanding speakers and this year's theme - Integration - propelled us forward to our largest turnout ever for an ACC/RAC conference which was a huge success due to the timeliness of and interest in the topics covered," said David O'Bryon, executive director of the ACC. "Integrated healthcare is the future and full of opportunities for chiropractic."

Through plenary sessions, platform presentations, workshops and poster sessions, the conference participants explored the topic of Integration in its clinical, basic science, educational research aspects featuring well attended discussions that included a plenary session panel discussion on "Successful Integration of Chiropractic Services: Examples in the Field." Conference presentations included workshops by members of the ACC Strategic



*Standard Process President Charles DuBois accepts award from ACC President Dr. Frank J. Nicchi.*

Task Forces on Primary Care and Clinical Residencies.

Special guest retired U.S. Army Brigadier General Rebecca S. Halstead, opened the Research Agenda Conference with a well-received keynote presentation, "Working as a team - The importance of the integration of chiropractic services into VA and DoD healthcare facilities." The General also conducted a workshop on leadership identifying attributes common to successful managers to a standing-room-only crowd. A closing plenary session included a keynote presentation provided by Stephen C. Shannon, DO, MPH, president of the American Association of Colleges of Osteopathic Medicine, that addressed "The Future of Integrative Healthcare: Benefits and Obstacles of

Integration." A panel discussion followed Dr. Shannon's talk, headed by Ian D. Coulter, PhD, of Rand Corporation on the same theme.

During its regular meeting, the ACC Task Force on Enrollment formed in July 2010 as a result of the Board's Strategic Planning imperative to address the issue of enrollment in chiropractic programs, presented their findings to the larger Board. The Task Force's efforts provided a sense of the current chiropractic enrollment landscape. This was followed by formal presentations from several high level enrollment and marketing research firms. The Board made key decisions moving forward to improve the profession's understanding of the chiropractic education market place. The annual meeting culminated in the election of ACC new officers to serve two-year terms. Richard G. Brassard, DC, president of Texas Chiropractic College, was elected as president; Mark Zeigler, DC, president of Northwestern Health Sciences University, will serve as vice president, and the new secretary-treasurer will be Brian J. McAulay, DC, PhD, provost of Life University. Frank J. Nicchi, DC, MS, president of NYCC and outgoing ACC president will continue to serve on the executive committee.

As in previous years, ACC working groups met to discuss common challenges facing all institutions and included chief academic officers, chief financial officers, and administrators in clinics/health centers, enrollment management/admissions, institutional assessment, institutional advancement/development,

*Continued on page 25*

## *Out and About with the President*



*NYCC Chancellor Dr. Kenneth Padgett and NYCC President Dr. Frank Nicchi visited with Speaker of the House John Boehner.*



*Dr. Nicchi and NYCC students with newly elected Congressman Richard Hanna who represents our district (the 24th district of New York)*

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# Mining the Best in Multidisciplinary Practice



**M**ake no mistake; people love one-stop shopping! Gone are the days when one travels to the supermarket for paper towels, then treks to the drug store for foot powder, and schleps to the clothing store for ankle socks. Those days are past - they now drop by their local shopping center and easily complete their errands in one place.

Wouldn't it be great if we could take care of our wellness and healthcare needs the same way? We can. The "multidisciplinary" healthcare practice assembles healthcare professionals who specialize in different disciplines, all in one location. These practices comprise an inexorable trend toward service consolidation that is currently sweeping the

nation. Also referred to as "integrated," as "holistic," as "diversified centers" and as "comprehensive facilities," they offer patients multiple healthcare options in one location. Though the idea has existed for quite some time, its popularity is catching on. It's really all about patient convenience, though with such fringe benefits as a wider range of services and improved care.

## **Healthcare - Breaking New Ground**

Healthcare is an expanding field, combining proven modalities to achieve overall health and wellness. Disregarding convention, practices are quick to combine traditional Western medicine with chiropractic, with acupuncture, nutrition counseling, naturopathy, massage therapy, and physical therapy. What's more, combining healthcare specialties improves patient outcomes.

The expertise of assorted profes-

sionals addresses a diversity of patients' injuries – ones that arise from a panoply of family predispositions and lifestyles. Multidisciplinary settings provide allopathic and holistic therapies that execute a two-pronged "fix-it-and-prevent-it" approach. No longer does the healthcare provider simply detect the presence of disease, but also identifies conditions likely to debilitate the patient over time and, if targeted early, may respond to alternative therapies which promote the patient's health. Practitioners are able to consult with one another without compromising patient privacy.

## **Challenges & Benefits**

Practices ultimately sink or swim depending on patient retention. Successfully converting an existing chiropractic practice into a multidisciplinary one often requires extra office hours and will need to attract additional patients on a regular

Also referred to as “integrated,” as “holistic,” as “diversified centers” and as “comprehensive facilities,” they offer patients multiple healthcare options in one location.

basis. That having been said, the successful “multicare” practice is designed, ultimately, to minimize expenses as it improves the efficacy of healthcare delivery.

Multidisciplinary practices present unique operational challenges involving applicable laws and protocols, and will require astute management skills. While multiple practitioners working together produce a wider range of patient treatment options, it is important that individual healthcare providers stay abreast of their state scopes of practice and to pertinent federal and insurance billing provisions.

Working in close proximity, practitioners are likely to encounter interpersonal dynamics that may occasionally give rise to personality and practice conflicts. Each professional will have his or her individual professional philosophy, yet must become acquainted with others’ diagnostic and treatment protocols. If done successfully, adaptation to others’ treatment approaches will lead to increased patient volume as satisfied patients recommend friends, family, and colleagues.

The patient – every practice’s most important asset – seeks the most comprehensive care possible. And while patients new to a multidisciplinary approach may find themselves a bit confused at first, as they become increasingly informed about the various healthcare offerings and more inclined to comply with their providers’ recommendations, they will naturally assume the desired partnership role in their own healthcare.

### **Exposure**

When your employees make mistakes, are you liable? Generally, yes, through the vicarious liability that arises due to your power to direct how work is to be performed. So hire good people, establish prudent office policies, and maintain insurance. Unlike an employee, an independent contractor doesn’t work regularly for an employer, uses their own tools, and determines the details required to accomplish their tasks. You are not generally liable for the mistakes made by independent contractors.

### **Medical Doctors**

Multidisciplinary practices commonly offer the services of a medical doctor, though many states don’t permit other health professionals to employ medical doctors to serve as employees due largely to medical doctors’ relatively expansive scope of practice. Employers are tasked to direct and oversee the acts of their employees, but if they do not have the authority through their scope of practice to perform procedures they can hardly direct others to do so. Consequently, chiropractors will either be in the employ of a medical doctor or his corporation, or will associate through an office sharing or business arrangement.

### **Informal Co-ventures**

Informal co-ventures involving the sharing of expenses, office space and coverage may result in a doctor held vicariously liable for the negligence of another if the patient has reason to believe — accurately or not — that the doctors are partners. This means that even if the other doctor is not legally associated with you, so long as there is that appearance you may be liable.

### **Integrative Care and NYCC’s Seneca Falls Health Center**

The Seneca Falls Health Center, located on New York Chiropractic College’s Seneca Falls campus, provides an excellent model for a successful multidisciplinary healthcare facility through its chiropractic, acupuncture and Oriental

## **Tips: How to Avoid Vicarious Liability**

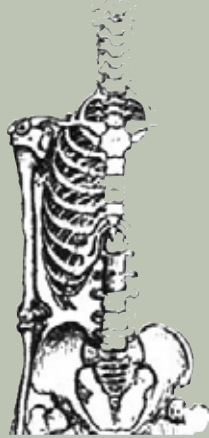
1. Separate practices should be made to appear clearly “separate” to patients.
2. Where two independent health professionals share office space, each should have separate signs, billing systems, telephone numbers, and stationery.
3. If they share the same waiting room, a posted notice should spell out the fact that they’re not partners, and that they’re not responsible for each other’s care.

*Continued on next page*



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### Mining the Best in Multidisciplinary Practice

*Continued from previous page*

medicine (AOM), podiatry, and massage therapy offerings. Chiropractic and AOM treatments are administered by upper-trimester student interns in tandem with, and under the supervision of, licensed chiropractic or acupuncture clinicians.

Jason Wright, LAc, MS, Dean of the Finger Lakes School of Acupuncture and Oriental Medicine (FLSAOM) of NYCC, feels it important to give patients treatment options and finds that the multidisciplinary facility affords both patients and clinicians the opportunity for second-opinions and for alternative-treatment options. Practitioners often must learn to leave their egos at the door since not every modality is called for, observed Wright. That having been said, many times each discipline's contribution can work to enhance the other. For example, acupuncture can help manage both the

pain and unwanted side effects of certain medications as the patient undergoes treatment by his medical doctor.

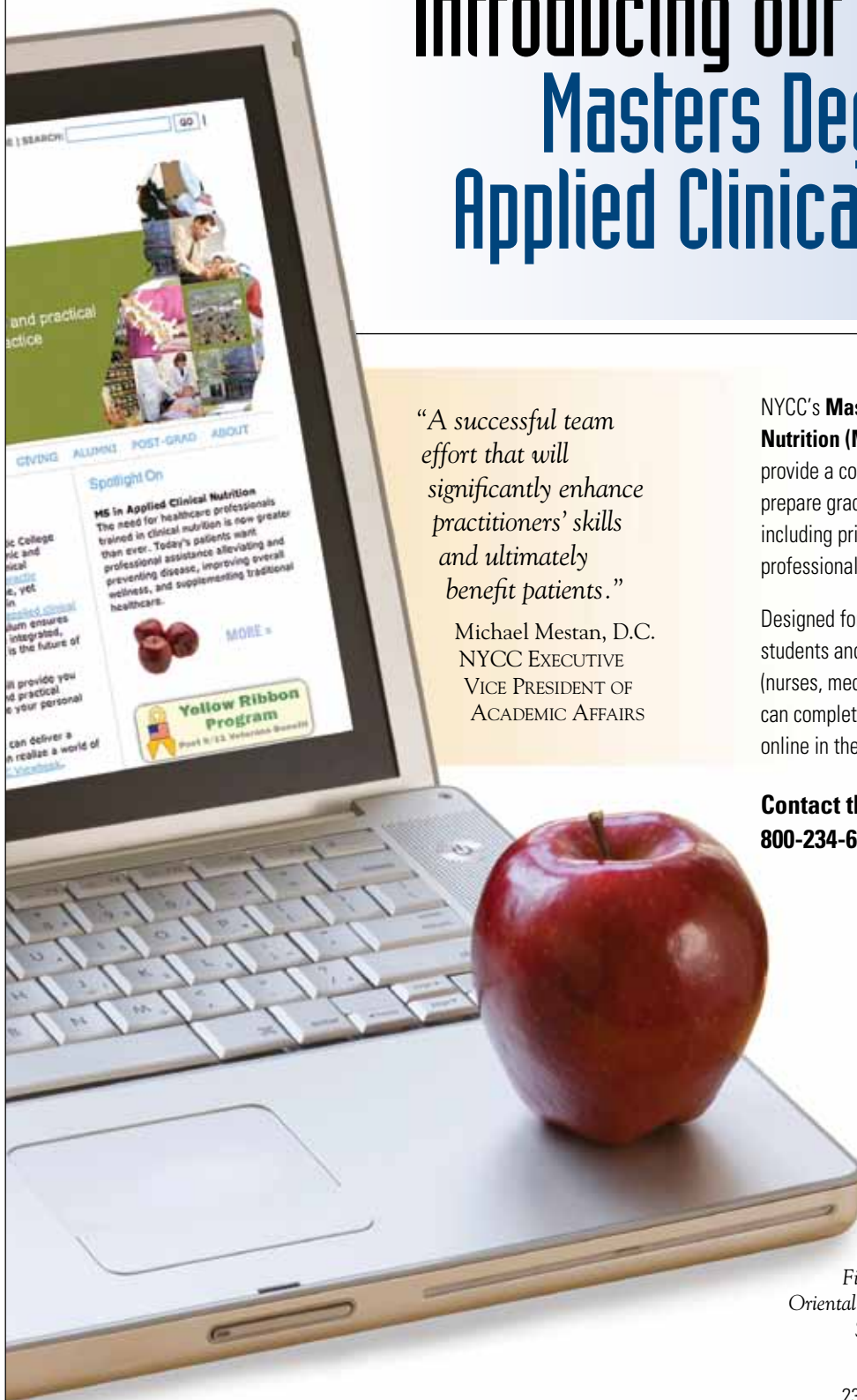
Robert Ruddy, DC, senior clinician at the Seneca Fall Health Center, often discusses treatment options with patients and may wind up referring the patient to Wright for acupuncture treatment. Ruddy finds working with people he respects to be extremely satisfying. He finds it to be to his patients' advantage to keep an open mind. "You are always a student," he explains.

#### **Learning the Language**

A barrier to collaboration with practitioners of other disciplines often lies in the terminology used. Wright feels that inter-professional education (IPE) is important and that clinicians are well served to learn common coding for the profes-

sionals with whom they may be working. Consistent with the effort to become informed about other disciplines' terminology and healthcare approaches, the ACCAHC (Academic Consortium of Complementary and Alternative Healthcare) serves the various healthcare professions through its network of national complementary and alternative medicine educational organizations. The consortium makes every effort to promote mutual understanding, collaborative activities and interdisciplinary healthcare education with the able assistance of Finger Lakes' clinical coordinator, Katherine Taromina, LAc, MS, Finger Lakes' dean, Jason Wright, co-chair of a clinical working group, and ACCAHC Board Member President Frank J. Nicchi, DC, MS.

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# Homecoming Weekend Schedule of Events *July 15-17, 2011*

## Friday, July 15, 2011

10:00 AM-12:00 PM	Registration	Academic 3 Lobby
12:00 PM-2:00 PM	Graduate Panel (Non-credit)	East Dining Hall
12:00 PM-4:00 PM	Presenter: Sandra Hartwell, D.C. (4 PDA/CE Credits) Title: <i>Cadaver Dissection 101 for the Senior Chiropractor and Acupuncturist</i>	Anatomy Lab
2:00 PM-4:00 PM	Presenter: Teresa Hoban, D.C. (2 CE Credits) Title: <i>Leadership, Public Health and the Patients We Serve</i>	Academic 3-Room 111
4:00 PM-5:00 PM	Presenter: Teresa Hoban, D.C. (Non-credit) Title: <i>"The Bigger Game"</i>	Academic 3-Room 111
2:00 PM-4:00 PM	Presenter: Mark Charrette, D.C. (2 CE Credits) Title: <i>Extremity Adjusting Protocol (Workshop Format)</i>	Academic 1-Room 220
6:30 PM	Alumni Dinner Dance	Ventosa Vineyards 3440 Route 96A Geneva, New York

## Saturday, July 16, 2011

7:30 AM-8:30 AM	Registration – Continental Breakfast	Academic 3 Lobby
7:30 AM -6:00 PM	Exhibitor Fair	Academic 3 Lobby
8:30 AM-9:00 AM	President's Welcome	Academic 3-Room 110
9:00 AM-1:00 PM	Presenter: Michael Dobbins, D.C. (4 CE Credits) Title: <i>The Fundamentals of pH: What is True, and What is Not!</i>	Academic 3-Room 110
9:00 AM-1:00 PM	Presenter: Stephen Savoie, D.C. (4 CE Credits) Title: <i>Documentation/Recordkeeping/Risk Management &amp; Ethics</i> (8 CE Credits are required for NCMIC Discount)	Academic 3-Room 220
9:00 AM-1:00 PM	Presenter: Mark Charrette, D.C. (4 CE Credits) Title: <i>Extremity Adjusting Protocols (Lecture Format)</i> (Presentation will repeat at 2:00 PM)	Academic 3-Room 111
9:00 AM-1:00 PM	Presenter: Frank Butler, L.Ac. (4 PDA) Title: <i>Treatment of Traumatic Injury with Chinese Medicine (Pt. 1)</i>	Academic 3-Room 226
1:00 PM-2:00 PM	Lunch	Dining Halls

**Saturday, July 16, 2011 (Continued)**

2:00 PM-6:00 PM	Presenter: Michael Dobbins, D.C. (4 CE Credits) Title: <i>Oncogenesis: What We Know About It, and What We Can Do</i>	Academic 3-Room 110
2:00 PM-6:00 PM	Presenter: Stephen Savoie, D.C. (4 CE Credits) Title: <i>Documentation/Recordkeeping/Risk Management &amp; Ethics</i> (8 CE Credits are required for NCMIC Discount)	Academic 3-Room 220
2:00 PM-6:00 PM	Presenter: Mark Charrette, D. C. (4 CE Credits) Title: <i>Extremity Adjusting Protocols (Lecture Format – Encore)</i>	Academic 3-Room 111
2:00 PM-6:00 PM	Presenter: Frank Butler, L.Ac. (4 PDA) Title: <i>Treatment of Traumatic Injury with Chinese Medicine (Pt. 2)</i>	Academic 3-Room 226
6:00 PM-7:00 PM	Wine and Cheese Reception	Academic 3 Lobby
7:00 PM-9:00 PM	Casino Night	Dining Halls

**Sunday, July 17, 2011**

8:00 AM- 9:00 AM	Registration – Continental Breakfast	Academic 3 Lobby
8:00 AM-1:00 PM	Exhibitor Fair	Academic 3 Lobby
9:00 AM-1:00 PM	Presenter: Lisa Bloom, D.C. (4 CE Credits) Title: <i>Practical Application for Advancements in Biosciences and Particle Physics: a new meaning for philosophy and how we practice</i>	Academic 3-Room 110
9:00 AM-1:00 PM	Presenter: Stephen Savoie, D.C. (4 CE Credits) Title: <i>Documentation/Recordkeeping/Risk Management &amp; Ethics</i> (8 CE Credits are required for NCMIC Discount)	Academic 3-Room 220
9:00 AM-1:00 PM	Presenter: Nick Tsaggarelis, D.C. (4 CE Credits) Title: <i>Applied Science, Theory &amp; Clinical Application of Kinesiology Taping for Enhanced Patient Outcomes</i>	Academic 1-Room 202
9:00 AM-1:00 PM	Presenter: Frank Butler, L.Ac. (4 PDA) Title: <i>Treating Shoulder Injuries with Chinese Medicine</i>	Academic 3-Room 226

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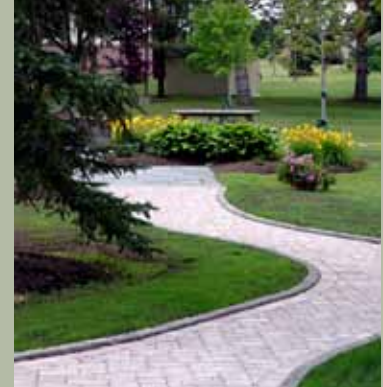
The President's Council plays a vital role in the life and well-being of New York Chiropractic College. Valued President's Council members fundamentally support the mission of the College and make significant contributions to the College that help enhance education, research and the advancement of healthcare. The Council consists of individuals and couples who contribute \$1,000 or more during the calendar year. Installments may be paid monthly, quarterly, semi-annually, or annually. President's Council gifts are publicly recognized on NYCC's Wellikoff Wall of Appreciation, proudly displayed on the NYCC campus.

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# Alumni Spotlight

## Marc Bochner, DC (NYCC '90)

A lifetime of sports and fitness now finds Dr. Marc Bochner helping others navigate their own paths to health and fitness.

It all began with wrestling. An injury to Marc's shoulder during his senior year in college placed him in the capable hands of a chiropractor. The adjustments and trigger-point therapy conferred instant results and he was able to resume competition right after his first treatment. The non-drug, non-surgery philosophy clicked with Bochner - he knew he had found his career.

### NYCC and Beyond

A resident of Long Island (NYCC's former home) and aware of the school's reputation for teaching diverse techniques and for its highly-regarded instruction in diagnostics, Bochner entered NYCC armed with a degree in biology from SUNY Binghamton in 1987.

Marc's interest in running exposed him to runners and other athletes who ultimately became patients of Bochner Chiropractic & Sports Injury Care, established in 1995 in midtown Manhattan. The practice specializes in sports injuries suffered by athletes, such as triathletes' overuse injuries, as well as those with traumatic injuries to the shoulder, wrist, foot, ankle, and spine. He found the broad spectrum of courses at NYCC provided "great preparation" for practice. "I took the CCSP (Certified Chiropractic Sports Physician) course with Dr. Santiago through NYCC postgrad right when I graduated," he said. "Soon after, I volunteered for my first big event, the 1991 National Track & Field Championships."

Dr. Bochner says pain is only a symptom of the real problem underlying injuries. He looks at the posture and biomechanics of the whole spine, especially the pelvis and the extremities to find the true cause of injury. In addition to adjustments, he employs soft-tissue techniques, myofascial release, and urges home

exercise. He developed a proprietary program - Prepare to Compete - which screens athletes for structural, muscle balance, and movement pattern problems and prescribes exercises to perform before training starts to avoid injuries to athletes, young and old.

### Encouragement and Inspiration

Bochner credits his mother's intellectual curiosity and inclination to always keep learning, and his father's work ethic, as models for success. "Without them I wouldn't have had the chance to compete athletically in college, learn about what it takes to stay healthy, and explore the role of chiropractic care for the athlete," he said.

He weight-trains, triathlon trains, skis, and plays basketball. Having competed in the New York City Marathon in 2009, he would like to do so again. In fact, he has participated in more than 110 races since graduating from NYCC, competing in the national Amateur Olympic Distance Triathlon championships as well as running in the 1995 Pan Am Maccabi Games, where he also served as the U.S. team chiropractor.

### Sports Chiropractors of New York

Dr. Bochner noticed New York didn't have its own sports chiropractic council. Though many chiropractors had been volunteering as a team at Ironman Lake Placid, at other races it wasn't an organized process. Consequently, in 2010, he founded the non-profit group Sports Chiropractors of New York (SCNY). "By having an official group of doctors, and an organized system with protocols for event coverage, we provide a better 'quality controlled' experience for both the athletes and the doctors," he said.

SCNY is establishing an online continuing-education course pertaining to endurance sport event coverage and injury care through NYCC's postgraduate program. The organization is also sponsor-



*Dr. Marc Bochner*

ing local seminars on topics that include extremity adjusting.

### Advice

Dr. Bochner encourages students and recent graduates to learn from as many different doctors as possible, for both patient experience *and* the business side of practice. He says working as an associate for other doctors is an invaluable assist in opening one's own practice. Be good listeners: recognize patterns of injury from the patient's history and develop treatment plans for future patients presenting similar patterns. Bochner feels the best way to build a solid reputation and grow a practice is to treat every patient the way you would want to be treated, giving them the time they deserve. "When patients see that you really care and will do whatever you can to help them, referrals will come," he said.

# Faculty Spotlight

## Academic Spotlight – Cara Borggren, DC

Cara Borggren knew that she wanted to become a chiropractor. This, after having completed one year in a freshman entrance program to a master's level physical therapy program at Wisconsin's Concordia University.

She then graduated from Northwestern Health Sciences University's College of Chiropractic in 2006 and became the first-ever candidate for the college's three-year clinical sciences residency with an emphasis in chiropractic geriatrics – a residency divided equally among teaching, clinical practice and research with duties that included teaching in the technique courses, EENT (Eyes, Ears, Nose, and Throat) and physical diagnosis labs. While there, she also created a geriatrics elective.

### NYCC

How did Dr. Borggren wind up at NYCC? Credit her extensive training in geriatrics, the timely opportunity to offer chronic care at Monroe Community Hospital, and an opportunity to carry out her residency with NYCC faculty member Paul Dougherty, DC. She ultimately joined NYCC's faculty in January 2010. Borggren encourages her students to work hard and to approach it with enthusiasm. "Your compassion will always shine through," she tells them. "Never be afraid to ask for help," she advises. "I have asked for a lot of help as I began my career; it is humbling indeed!"

Prior to coming to NYCC, Borggren was chief of staff for the Pillsbury House Integrated Health Clinic in Minneapolis, Minn., in conjunction with the University of Minnesota and Northwestern University. The clinic incorporated chiropractors, massage therapists, acupuncturists, medical doctors, nurse practitioners, psychologists, health coaches, and yoga instructors. She found this to be the "perfect" combination. "We focused on many of the aspects of



*Dr. Cara Borggren*

care that patients seek, and we were able to work together for the patients' sake," she said. The practitioners kept common notes, which made it necessary for them to learn one another's "languages." They met in weekly grand rounds to discuss patient care and where to go with each

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**"Our goal as non-drug prescribing, non-surgery performing clinicians is to educate other professions about what we have to offer, show them outcomes and research on what we do, and help them better understand what we do and why."**

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case. She found that communication on many levels is key to the success of this kind of practice.

Borggren left the Twin Cities and moved to Phelps, N.Y. A self-described "city girl" (originally from Chicago) she found that Phelps could, at times, come

off a little too rural for her tastes. She and her husband of eight years, Josh, have two daughters – Emma (4) and Eva (2). Her favorite pastimes include shopping, working out, and spending time with her girls.

### Multidisciplinary Practice

Asked about multidisciplinary practice, Borggren expressed how patients benefit whenever several practitioners' minds join to tackle an issue. She also finds that multidisciplinary settings can reduce duplication of services including redundant examinations and duplicate efforts at diagnosing. "Why not work together, add our passion, and make an awesome experience for the patient?" she asks.

Borggren also notes that working together enables all the practitioners to witness multiple care options and to select the one(s) they feel are most appropriate for the particular patient. "Our goal as non-drug prescribing, non-surgery performing clinicians is to educate other professions about what we have to offer, show them outcomes and research on what we do, and help them better understand what we do and why," she said.

Having seen collaboration's favorable results up close, she values the opportunity to work hand-in-hand with the medical physicians at Monroe Community Hospital who provide patient referrals to the chiropractic clinic. She attends the hospital's grand rounds and participates in the journal club in order to maintain exposure among her counterparts, enabling them to see who she is and what she has to offer. Dr. Borggren finds it rewarding to be consulted by a patient's care team. "We have so much to learn from them and vice versa," she said, "Not being afraid to communicate is key!"

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# *In Memoriam*

## Arnold E. Forster, DC

On February 28, 2011, Arnold E. Forster, DC, passed away at the age of 76 following a 16-year battle with cancer. “Arnold was a loyal friend to the College and to so many of his fellow DCs. He was passionate about the practice of chiropractic and nutrition and devoted his entire life to advocating the benefits of natural health care,” said NYCC President Dr. Frank Nicchi.

Born September 21, 1934, Dr. Forster grew up in Brooklyn, N.Y., where at the age of nine he met his best friend, Joan Sackin. The two married August 7, 1954, while Arnold was on leave from the United States Naval Air Force. He is survived by Joan, daughter Denise (an acupuncturist and clinical nutritionist); son Jamie (a chiropractor); and six grandchildren: Joshua, Michelle (also a chiropractor and clinical nutritionist), Jonathan, Reisa, Brennen, and Cal.

Dr. Forster was a man who prized education. He graduated in 1960 from Atlantic States Chiropractic College and went on to earn a master’s in biology from Bloomfield College, and a master’s in clinical nutrition from University of Bridgeport. Licensed to practice chiropractic in New York, Florida and Vermont, his years of practice spanned 50 years at locations that included Brooklyn, Howard Beach, Queens, and Great Neck, Long Island.

Dr. Forster loved his work, cared deeply for his patients and made it a point to add to the store of his knowledge daily. Blessed with an inquisitive mind, he worked tirelessly to stretch the boundaries of natural healthcare - accruing a trove of homeopathic remedies and authoring a book on iridology. He plumbed the depths of his knowledge to treat patients holistically, and seized every nuance observed in their body chemistry, temperature, emotional deportment, pulse analysis, and secrets divulged by their irises. Generous with his knowledge, he both appeared on television and broadcasted his “To Your Good



*Dr. Arnold E. Forster*

Health” radio show. He was an active member of the NYSCA, ACA, FCA, ACBN, as well as the Chiropractic Knights of the Round Table, and many practitioners throughout the United States learned valuable FACTS from him (Forster Alternative Chiropractic Techniques Seminars).

An ailing Dr. Forster, well aware that his health was slipping, employed a blend of natural and allopathic treatments for his condition explaining “there is a time and a place for everything.” He held great trust in the effectiveness of homeopathy and nutrition, as well as in the chiropractic and acupuncture treatments administered by

his granddaughter Michelle Klein, DC, CNS (NYCC ’05, ’08) and daughter, Denise Zeiff, LAc, CNS (NYCC ’08).

Dr. Forster loved his work, especially resolving why particular symptoms happened to be presenting themselves in a patient. An expert at listening to the body and fathoming its intricate processes, he considered people in their entirety and looked upon each patient as a unique entity with its own distinct mind-body connections, spine-organ interactions, and body chemistry.

Dr. Forster’s legacy is clearly seen in the family he leaves behind, eager to carry on his work and assist people in their desire to enjoy good health. He was a guiding force in Denise’s and Michelle’s decision to enroll in NYCC’s Master of Science in Applied Clinical Nutrition program and hooded them on their shared graduation day.

Known by his family and others to have been a remarkable man, he was known to declare daily, “I’ve had the best day of my life!” Those who knew him never questioned that he meant every word.

Contributions in Dr. Forster’s honor may be made to New York Chiropractic College by contacting Jill Henry at [jhenry@nycc.edu](mailto:jhenry@nycc.edu) or 315-568-3151.

# In Memoriam

## Ann M. Carpenter, DC (NYCC '78)

On February 27, 2011, Ann M. Carpenter, DC passed away at the age of 76.

Born Ann Gowdy on July 1, 1934, Dr. Carpenter was a 1978 graduate of New York Chiropractic College where she received the D.D. Palmer Memorial Award for Meritorious Achievement. Upon her graduation, she said, "My fondest wish for my future as a chiropractor is that I may mirror to my patients the love, encouragement and service which my family and friends have so richly conferred on me during the past three years." By all accounts, she has.

Launching her distinguished career as a chiropractor in 1980, Ann cared for patients until retiring in 2008 from Beacon Chiropractic situated in Beacon, N.Y. Dr. Carpenter was an active member of her profession, serving on the board of directors for the Independent Chiropractic Examiners Society, a delegate on the National Board of Chiropractic Examiners, a fellow of the American College of Chiropractors, and most recently as commissioner of the Commission on Accreditation of Council of Chiropractic Education. She served as NYCC commencement speaker in 1998 and, in 2002, as platform speaker for President Dr. Frank Nicchi's presidential inauguration. Said Nicchi, "Fellow classmate, a friend and powerful advocate for excellence in the chiropractic profession, Ann was respected and admired by many."



*Ann M. Carpenter, DC (left)*

A longtime resident of Suffern, N.Y., Dr. Carpenter also called Teaneck and Englewood, N.J., home. She led a distinguished life preceding chiropractic, receiving her master's degree from City College in 1957 and teaching English at Haaren High School, becoming its first African-American English department chair, and subsequently taught at the first nationally recognized alternative high school, Harlem Preparatory School, which she co-founded. Ultimately her teaching skills

took her to New York University, Washington Square College, and Montclair State University where she was an adjunct professor.

An ardent traveler, Ann spoke several languages, including French, Russian and Farsi and was a collector of Native American poetry, jewelry, textiles, and African and Asian art.

Dr. Carpenter is survived by her daughter, Karen Carpenter; sister, Bettina Pearce; nieces Janine Karabas, Valerie Powell and Camille Rance; and several grandnieces and grandnephews.

Donations in Dr. Carpenter's honor may be made to New York Chiropractic College by sending a check bearing "Ann Carpenter Memorial" on the memo line or by contacting Jill Henry at 2360 State Route 89, Seneca Falls, NY 13148, [jhenry@nycc.edu](mailto:jhenry@nycc.edu), (315-568-3151).

### Record Breaking Attendance at ACC/RAC 2011 Conference March 17-19, Las Vegas, Nevada

*Continued from page 11*

research, librarians, and institutional technology.

#### **Awards of Distinction**

Distinguished service awards were presented to Charles C. DuBois, president and CEO of Standard Process, Inc. for his commitment to excellence in chiropractic education and research through his support of the ACC/RAC, and to Gerard W. Clum, DC, (a past president and board member) for his leadership and outstanding service to the association, and to

Frank J. Nicchi, DC, MS, for his leadership and outstanding service as president from 2009 to 2011. Presidential Service Citations were awarded to Brian J. McAulay, DC, PhD, for his work as chair of the ACC Task Force on Enrollment, and to Ms. Robyn Patkus for her admirable efforts as ACC membership and conference coordinator.

Next year's conference themed "Diversity" will be held March 15, 16 and 17, 2012 at Planet Hollywood in Las Vegas. For more information please visit [www.chirocolleges.org](http://www.chirocolleges.org).

# News Briefs

## NYCC Sends Healthcare Interns to Geneva to Benefit Agricultural Workers and Others

Under the supervision of Assistant Professor Joseph Miller, DC, MA, interns from New York Chiropractic College recently began carrying out clinical duties with Geneva Community Health, enabling them to provide care one day a week at the facility whose diverse clientele includes the local population of migrant workers through the Finger Lakes Migrant Project. NYCC's Dean of Health Centers Wendy Maneri, DC, MS, noted that this is the College's first health center in Geneva and is further demonstration of the College's commitment to serving the community and continued dedication to the College's

mission of academic excellence, quality patient care, and professional leadership.

Geneva Community Health, located at 601-B Washington Street in Geneva and established in 1989 as a provider of healthcare for agricultural workers, is committed to providing comprehensive, accessible, and quality medical care while meeting the healthcare needs of patients. A large community dental program was added in 2004 to better serve the primarily Spanish-speaking population. NYCC interns are likely to encounter a variety of new clinical situations as they interface with migrant workers.



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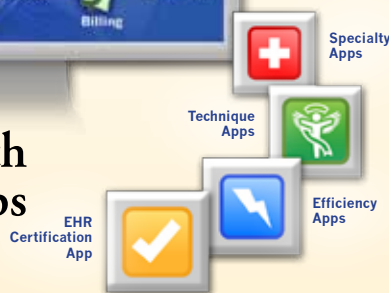
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\*All levels - Basic, Intermediate and Advanced - are offered at this seminar. Basic is also offered through Activator Online. \*\*Advanced Level only offered at this seminar. †All seminars provide up to 12 Continuing Education credits, co-sponsored by Palmer College of Chiropractic. Information is correct at time of printing and subject to change.

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honoree, Dr. Barnathan serves as Chiropractor and Sports Performance consultant to some of the world's top Pro and Olympic champions and was awarded the United States Presidential Certificate of Merit for his work on behalf of the President's Council on Physical Fitness & Sports.

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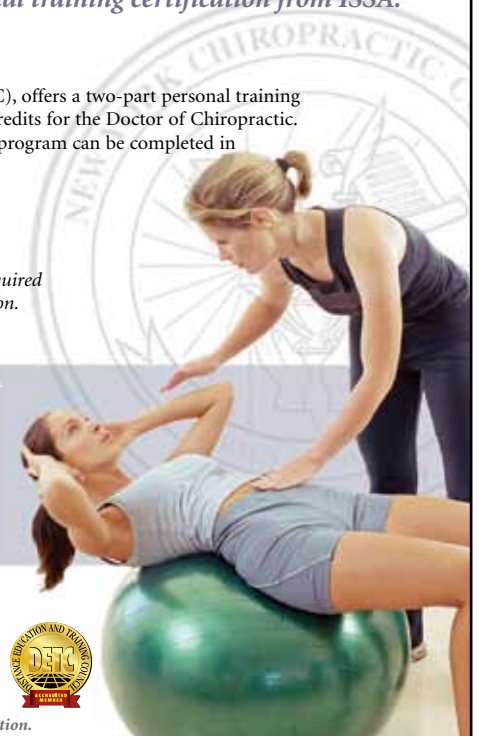
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# Commencement

## New York Chiropractic College Graduates 53 Doctors of Chiropractic

Saturday, April 2, New York Chiropractic College conferred degrees upon 53 candidates in its Doctor of Chiropractic program.

A commencement address encouraging community service and emphasizing self-accountability was delivered by New York State Assemblyman Brian M. Kolb of the 129<sup>th</sup> Assembly district. Assemblyman Kolb currently serves as New York State Assembly Minority Leader and has demonstrated a commitment to education through his personal life and professional career.

Dr. Amanda Jane Spyratos, class president, had the honor of addressing her fellow graduates. Amanda received The Alumni Service Award and was presented the Alumni Class President Award along with Joseph W. Amour and Amy Elizabeth O'Donnell. The Frank E. Dean Memorial Award was presented to Sarah Elizabeth Borisuk and the Clarence N. Flick Memorial Award was received by Anna-Marie Simpson, who also received



*New York State Assembly Minority Leader Brian M. Kolb of the 129<sup>th</sup> Assembly district*



*Dr. Amanda Jane Spyratos, class president, had the honor of addressing her fellow graduates*

the Lorrain Welch Memorial Award. Briana Joy Clauss received both the D.D. Palmer Award and the Libero A. Violini Health Center Award for Levittown. Libero A. Violini Health Center Awards were also presented to Karandeep Singh Riar (Depew), Amy Elizabeth O'Donnell (Rochester) and Kent Ryan Thorpe (Seneca Falls).

The commencement exercises were host to the formal induction of new fellows into the American College of Chiropractors: Charles A. Hemsey, DC, a 1981 graduate of Life Chiropractic College who currently serves as the Chief of Staff at NYCC's Levittown Health Center, and Ronald J. Wellikoff, DC, 1976 alumni of Columbia College of Chiropractic (NYCC's predecessor), former president of the Florida Chiropractic Association, and former Chairman of the Board of the Florida Board of Chiropractic Medicine.



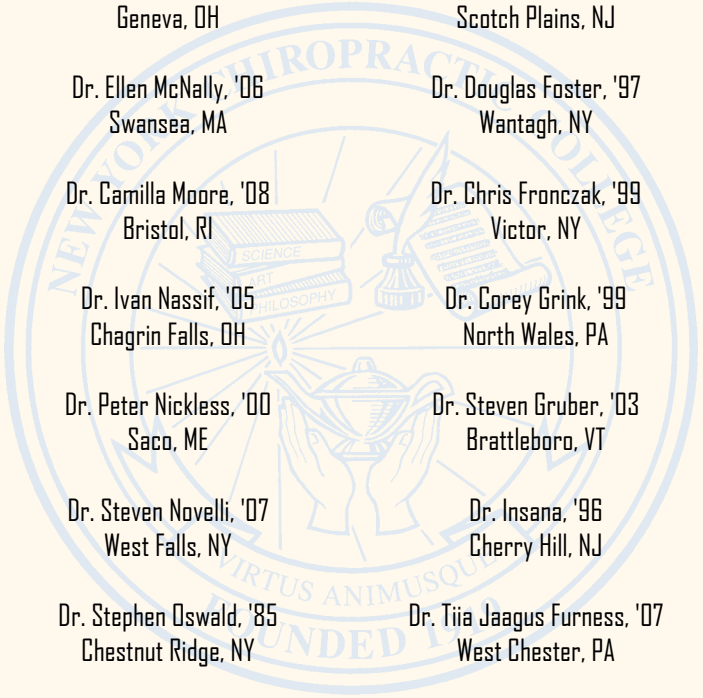
### New Fellows Inducted into the American College of Chiropractors

*Thomas Ventimiglia, DC, EACC, President of the American College of Chiropractors (far left), and NYCC President Frank J. Nicchi, DC, MS (far right), with newly inducted fellows: Ronald J. Wellikoff, DC, a 1976 alumni of Columbia College of Chiropractic (now NYCC); and Charles A. Hemsey, DC, a 1981 graduate of Life Chiropractic College, who currently serves as the Chief of Staff at NYCC's Levittown Health Center.*

# *An Example of Excellence*

We would like to recognize the following NYCC alumna/i for their dedication to excellence in chiropractic education through their encouragement of qualified students to pursue a Doctor of Chiropractic degree.

## **New York Chiropractic College Alumni**



Dr. Lawrence Bellows, '07 Mansfield, PA	Dr. Rob Luckey, '05 Victor, NY	Dr. Dave Gigliotti, '97 Punxsutawney, PA	Dr. Michael Quan, '08 Tononto, ON
Dr. Tristan Burton, '03 Fairport, NY	Dr. Ali Majidi, '08 Thornhill, ON	Dr. Melissa Gonzalez, '05 Bayamon, PR	Dr. Anthony Rivano, '06 Florham Park, NJ
Dr. Anthony Calzaretto, '91 Cherry Hill, NJ	Dr. Larry McCracken, '99 Johnstown, PA	Dr. Stephen Ess, '00 Williamsville, NY	Dr. Ricky Rosa, '96 Fairfax Station, VA
Dr. Anthony Camarata, '86 Rochester, NY	Dr. Kenneth McLeod, '07 Geneva, OH	Dr. Tom Fallon, '85 Scotch Plains, NJ	Dr. Rotella, '96 Clarks Summit, PA
Dr. Craig Camidge, '08 Roanoke, VA	Dr. Ellen McNally, '06 Swansea, MA	Dr. Douglas Foster, '97 Wantagh, NY	Dr. Christopher Ryan, '87 Waterloo, NY
Dr. Kristi Vanderlip-Chomyszak, '05 Binghamton, NY	Dr. Camilla Moore, '08 Bristol, RI	Dr. Chris Franczak, '99 Victor, NY	Dr. Chris Sharbaugh, '06 Indiana, PA
Dr. Richard Chomyszak, '05 Binghamton, NY	Dr. Ivan Nassif, '05 Chagrin Falls, OH	Dr. Corey Grink, '99 North Wales, PA	Dr. Simeone, '84 Mt. Pocono, PA
Dr. Bill Chromey, '98 Exeter, PA	Dr. Peter Nickless, '00 Saco, ME	Dr. Steven Gruber, '03 Brattleboro, VT	Dr. Kelley Simpson, '08 State College, PA
Dr. John M. Dale, '80 Midland Park, NJ	Dr. Steven Novelli, '07 West Falls, NY	Dr. Insana, '96 Cherry Hill, NJ	Dr. Richard Slater, '84 E. Meadow, NY
Dr. Robert Davies, '50 Syracuse, NY	Dr. Stephen Oswald, '85 Chestnut Ridge, NY	Dr. Tiia Jaagus Furness, '07 West Chester, PA	Dr. Alyssa Smith, '08 Ocean Pines, MD
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Dr. Kristen Lawrenz, '04 Rochester, NY	Dr. Mike Gibson, '03 Frederick, MD	Dr. Rick Polino, '78 Lumberton, NJ	

# An Example of Excellence

We would like to recognize the following friends of the College for their dedication to excellence in chiropractic education through their encouragement of qualified students to pursue a Doctor of Chiropractic degree.

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# Transitions

# What's News?

### Class of '90

**James P. Larmour, DC**, recently received the honor of having an American flag flown over Bagram Air Base, Afghanistan, in his name by one of his serviceman patients. He can be reached by e-mail at [dr.larmour@verizon.net](mailto:dr.larmour@verizon.net).

**Robert D. Argyelan, DC**, of Ramona, Calif., earned his professional certification in Clinical Trial Design & Management from the University of California San Diego's extended School of Professional Studies in March 2011. The certification places Dr. Argyelan in a position to design and manage clinical research studies in compliance with federal regulations and guidances and in conjunction with GLP, GCP and GMP practices including site monitoring, quality assurance inspections and regulatory compliance procedures. The twice elected President of the California Chiropractic Association and Doctor of the Year who has worked with a number of product manufacturers and suppliers of chiropractic and medical devices, Dr. Argyelan hopes to become more involved in designing and managing chiropractic research. He can be reached by phone at 619-606-1891 or by e-mail at [DrArgy@cox.net](mailto:DrArgy@cox.net).

### Class of '96/'98

**Sheryl Drake-Traudt, DC**, and **John Traudt, DC**, of Albany,

N.Y., welcomed their daughter, Hailey Claire, on July 21, 2010. She weighed 7 lbs. 8 oz. and was 19" long. She joins big brothers Cole and Carter. Their e-mail address is [sheryldraketraudt@gmail.com](mailto:sheryldraketraudt@gmail.com).

### Class of '03

**Dana Weissman Timmins, DC**, is pleased to announce the recent opening of Bellmore Village Chiropractic & Wellness, 110 Bedford Ave., Bellmore, N.Y. They offer chiropractic care for people of all ages - birth to adulthood - as well as acupuncture and massage therapy. You may reach the office by phone at 516-809-9191 or visit their Web site at [www.bellmorechiropractic.com](http://www.bellmorechiropractic.com).

**Luis Vera, DC**, is pleased to announce that he, in addition to his diplomate and board certification as a Chiropractic Neurologist, was recently designated as a Fellow of the International Academy of Clinical Neurology which is the organization's highest and most prestigious credential. He has also begun his term as Chairman of the International Board of Electrodiagnosis which provides diplomate and board certification status in electrodiagnostic testing procedures (needle EMG and NCV studies). His Web site is [www.regionalchiro.com](http://www.regionalchiro.com), his e-mail address is [drluisvera@hotmail.com](mailto:drluisvera@hotmail.com) and his phone number is 407-649-9699.

# Transitions

# What's News?

Your fellow alumni want to know! Share your personal and professional successes with us – marriages, births, awards, achievements and professional advancement. Mail the form below to: Vice President of Institutional Advancement, NYCC, P.O. Box 800, Seneca Falls, NY 13148-0800; fax: 315-568-3153; or e-mail: [pvantyle@nycc.edu](mailto:pvantyle@nycc.edu).

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# News Briefs

## Athletes to Benefit: Mathew E. DiMond, DC (NYCC '10) Joins NYCC Alumnus Greg Masci, DC (NYCC '04)

Originally from Indiana, Pa., recent graduate, Dr. Mathew DiMond, had his mind made to practice chiropractic in western Pennsylvania. Dr. Greg Masci, who happened to graduate *magna cum laude* from NYCC and had been practicing for six years in the region, posted a job listing on the NYCC website and hired DiMond in December 2010. DiMond, who completed an externship with Dr. Anne Sorrentino of Indiana, Pa. to better learn how to treat sport injuries, is currently working toward his certification to work with athletes and public school systems.

DiMond enjoys running, mountain biking, rock climbing, sky-diving, hiking and skiing, while Masci enjoys working out and golf. Masci's practice provides services that include chiropractic adjustment, myofascial techniques, ultrasound, and massage therapy. He feels having DiMond work as his new independent contractor is



*Dr. Greg Masci*



*Dr. Mathew E. DiMond*

a natural fit. "I was looking to bring something different into the practice – a doctor who can do different things than I do to help expand. I think Mat's doing great - I couldn't be more pleased."

Dr. Masci, who used NYCC's career sight to find a graduate that would fit his needs, knew that NYCC alumni were very well equipped to succeed clinically. It was important to find someone that aligned with his clinical techniques and

philosophy. Masci helped DiMond transition from new graduate to practicing healthcare provider. "He was really helpful in getting through insurance contracts and made it possible for me to see patients quite quickly," DiMond said. His advice to new graduates is to be persistent. He looked at a number of opportunities before forging his current relationship. Dr. Masci advises diligence to those searching for an associate or independent contractor.

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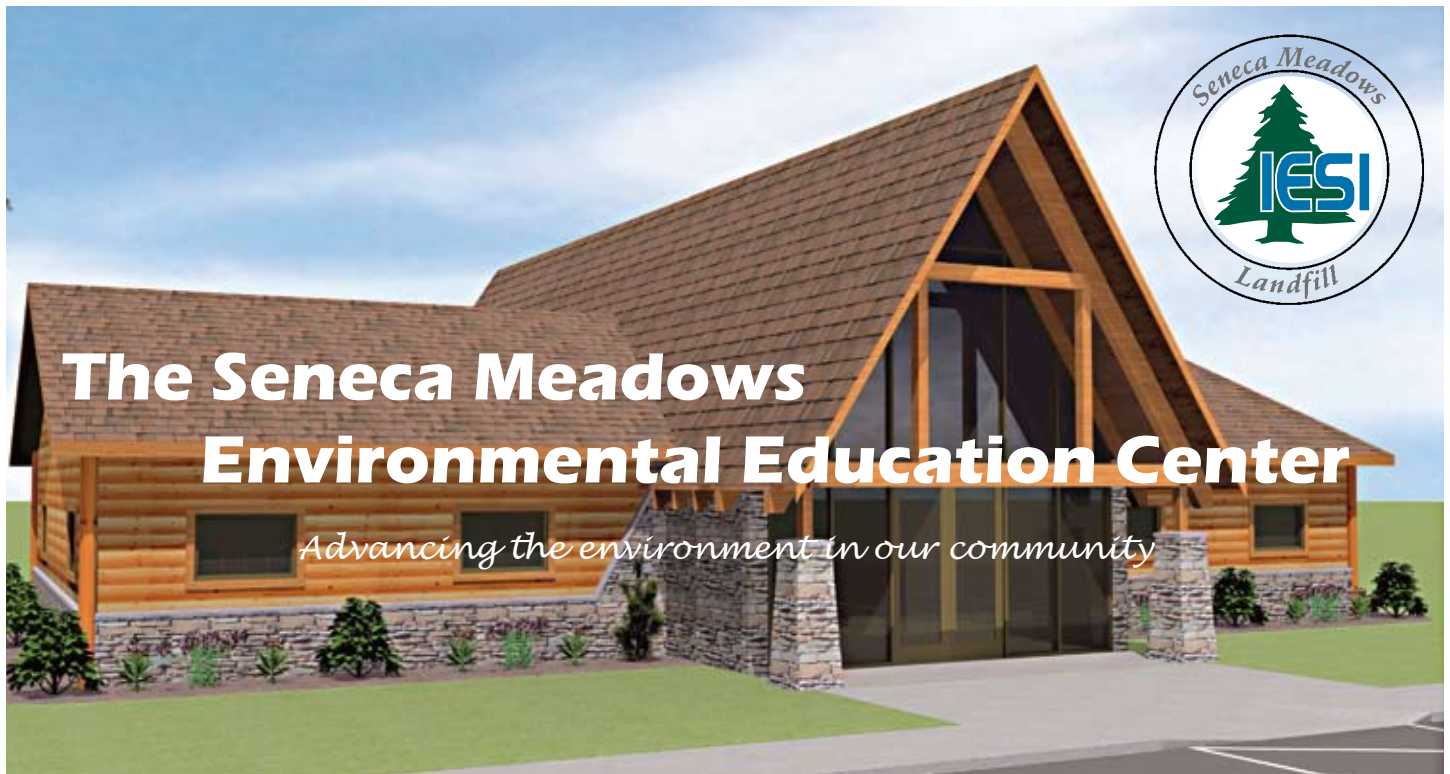


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