



PALLIATIVE CARE NEWSLETTER

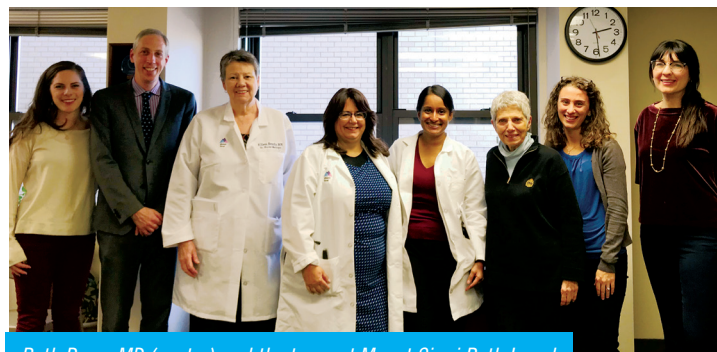
SPRING 2018

Palliative Care Cancer Services Expand Downtown

The Hertzberg Palliative Care Institute expanded its Supportive Oncology program to serve patients being treated for cancer at Mount Sinai Beth Israel and Mount Sinai Chelsea, both in lower Manhattan. The new program started

their families access to specialized pain and symptom management, assistance with clarifying treatment options, and support with decision-making focused on their personal goals and values.

“We are thrilled to welcome Dr.



Beth Popp, MD (center) and the team at Mount Sinai Beth Israel

Beth Popp to the Hertzberg Institute and with that, the expansion of our Supportive Oncology Program,” says Dr. Nathan Goldstein, Site Chair of Geriatrics and Palliative Medicine at Mount Sinai Downtown.

in February and is led by Dr. Beth Popp, who recently joined the Brookdale Department of Geriatrics and Palliative Medicine for Mount Sinai Downtown. Dr. Popp brings a wealth of experience from over two decades in practice, including leadership of palliative care and supportive oncology programs at several New York area hospitals and health systems.

“It is our responsibility to ensure that all patients and families in the face of serious illness have access to high quality palliative care. We must address the physical, spiritual and emotional suffering to ensure that they live as well and as long as possible.”

Supportive Oncology provides palliative care services to people with cancer and their families, regardless of cancer type and prognosis. The Hertzberg Palliative Care Institute has partnered with the Ruttenberg Cancer Treatment Center at Mount Sinai Hospital to provide this added layer of support to patients on the Upper East Side since 2013. Expanding the Supportive Oncology Program will give more patients and

Patients and families who receive the support of palliative care during cancer treatment benefit in several ways. Multiple studies have shown that patients who receive palliative care concurrent with normal cancer care have a better quality of life, experience less depression, and can live longer than similar patients who receive only standard cancer treatment. Palliative care can also help patients feel well enough to keep up with their cancer treatments. ■



Enlightened Hospitality and Palliative Care



Danny Meyer, Meryl Rosofsky, MD and R. Sean Morrison, MD

Danny Meyer, restaurateur, *New York Times* bestselling author, and CEO of Union Square Hospitality Group, which includes Union Square Cafe, Gramercy Tavern and Shake Shack, was the featured guest at an intimate reception on January 23rd hosted by Hertzberg Palliative Care Institute Advisory Board member Meryl Rosofsky and her husband Stuart Coleman.

The event, attended by Advisory Board Members, donors, and friends, highlighted the parallels and transformative impact of enlightened hospitality, food, and palliative care. In Danny's philosophy of "Enlightened Hospitality", virtually nothing is as important as how an individual is made to feel in any business transaction. Similarly, palliative care is solely focused on the patient, their goals, and how they and their families are impacted by a serious illness.

Employees of Union Square Hospitality Group have volunteered in Mount Sinai Beth Israel's palliative care unit for many years, preparing and serving food to patients, families and staff each week. The program, founded by Danny's colleague Mark Maynard-Parisi, had a deep impact

on all involved, and it epitomized USHG's mission of community investment. In his remarks to guests, Danny reflected on this unique partnership and his perspective on food as a symbol of nourishment, comfort, and human connection. He went on to explain how hospitality is a dialogue which requires listening to the guest and responding thoughtfully, graciously, and appropriately based on their needs and goals. In parallel, palliative care physicians ensure a similar dialogue between the patient, families, and the care team. At the Hertzberg Institute, we put the patient and their goals front and center, empowering them to express their wishes and aligning the care plan in response.

Despite technological advancement, hospitality and health care will always remain hands-on, high-touch, people-oriented businesses. Enlightened hospitality has enabled Danny's Union Square Hospitality Group to achieve extraordinary success and develop a reputation for positive, patron-centered service. As a form of "Enlightened Health Care," palliative care is transforming how we care for persons with serious illness and their families. ■

Meryl Rosofsky, MD

Physician, Food Scholar, and Palliative Care Champion



As a physician by training and a food lover by birth and profession, Meryl Rosofsky is passionate about the power of food to comfort and connect people. As a member of the Lilian and Benjamin Hertzberg Palliative Care Institute Advisory Board, she is eager to harness that power to help seriously ill patients and their families, as well as their professional caregivers.

Meryl first came to know the benefits of palliative care when her mother, Deana Rosofsky, was cared for on the Wiener Family Palliative Care Unit. The experience affected Meryl profoundly, inspiring a commitment to spread the power of palliative care to all seriously ill patients and their loved ones. As an Advisory Board member since 2016, Meryl is especially driven to raise awareness that palliative care is not synonymous with end-of-life care. Palliative care encompasses but is not the same as hospice care, and indeed, palliative care is beneficial for anyone dealing with serious illness, including people with every prospect of cure.

As a scholar who studies the cross-sections of food, identity, and meaning, Meryl is also driven “to

explore ways we can harness the power of food in a palliative care setting to help patients and caregivers alike.” This notion served as the inspiration for a unique salon-style event with famed restaurateur Danny Meyer, generously hosted by Meryl and her husband Stuart Coleman in January. It also guided the couple’s philanthropy, leading them to establish the Special Food Fund at the Hertzberg Institute. This fund allows clinicians to fulfill special food requests for our patients and their families so they have access to comforting, meaningful foods that might not be available through traditional hospital food services.

Dr. R. Sean Morrison, Chair of the Brookdale Department of Geriatrics and Palliative Medicine, says “Meryl is an invaluable member of our board. She has helped us explore the relationship between food and healing, looking at food as a means to comfort—which is our inherent goal in palliative care. We are eager to continue expanding palliative care through this lens. We are so grateful for her support in raising awareness of our services to more patients and families.” ■

“Meryl helped us explore the relationship between food and healing.”

Wiener Family Palliative Care Unit Welcomes a New Nurse Manager: **AMY NEWMAN, RN, BSN, CHPN**

The Wiener Family Palliative Care Unit is proud to announce the appointment of Amy Newman, RN, BSN, CHPN as its new Nurse Manager. Amy assumed the role in September 2017 after years of working closely with the Hertzberg Palliative Care Institute as a member of the Visiting Nurse Service of New York Hospice and Palliative Care Program. Amy collaborated with the Institute to provide a seamless and compassionate transition from the Wiener Family Unit to hospice.

“We have been so fortunate to work with Amy for as long as we have and are thrilled that she has officially joined the Hertzberg Palliative Care Institute,” says Dr. Emily Chai, Director of the Hertzberg Institute. “We could not think of a better person to assume this position. I have no doubt that Amy will use her extensive expertise to advance our mission and care for all patients and families on the Wiener Family Palliative Care Unit.” ■



Lilian and Benjamin Hertzberg Palliative Care Institute Advisory Board Members

Saskia Siderow, MPH, *Co-Chair*
Susie West, *Co-Chair*
Deborah Berg
Beth Dannhauser
Peggy Danziger
Joseph Hertzberg

Lois Perelman-Gross
Meryl Rosofsky, MD
Stephen Siderow
Jenny Steingart
Dorothy Toran
Zena Wiener

Palliative Care Expanding Nationally Through Education

Education is a key component of the Hertzberg Palliative Care Institute's mission to ensure that every seriously ill patient and their family has access to the highest quality palliative care. Although palliative care is the fastest growing specialty in the country, teams across the nation are often overstretched and unable to see every patient who could benefit from their services. This is largely due to a shortage of palliative care specialists to meet growing demand from an aging population that is often living with multiple serious and complex conditions.

To help close the workforce gap and improve access to palliative care, Hertzberg's educational program focuses on three distinct audiences: palliative care physicians, non-palliative care physicians, and medical students.

Hertzberg has the largest and most comprehensive fellowship training program for prospective palliative care physicians. The fellowship program has expanded every year since its inception and develops leaders in the field who go on to begin or expand palliative care services throughout the country. Hertzberg educates non-palliative care physicians with training on basic palliative care skills, such as communication

and pain management. This allows palliative care specialists to focus on the most complex challenges faced by patients and families. And finally, all Mount Sinai medical students complete a clinical rotation at the Hertzberg Palliative Care Institute, helping to advance their knowledge of basic palliative care skills as well as increase their interest in and awareness of palliative care.

For physicians and medical students who are unable to receive this education in person, the Hertzberg Institute works closely with the Center to Advance Palliative Care (CAPC), which is also housed within the Brookdale Department of Geriatrics and Palliative Medicine at Mount Sinai. With CAPC's virtual platform, Hertzberg is able to disseminate educational models for trainees around the country.

“This allows palliative care specialists to focus on the most complex challenges faced by patients and families.”

Hertzberg also has educational efforts to inform the public on palliative care and its benefits, through a Speakers' Bureau that presents at events throughout the community. This is essential to empowering patients to ask for these life-changing services. ■

Lilian and Benjamin Hertzberg Palliative Care Institute
 Brookdale Department of Geriatrics and Palliative Medicine
 Icahn School of Medicine at Mount Sinai
 One Gustave L. Levy Place, Box 1070, New York, NY 10029
 Tel. 212-241-1446 • www.mountsinai.org/palliative



**Mount
Sinai**

Lilian and Benjamin Hertzberg Palliative Care Institute
Brookdale Department of Geriatrics and Palliative Medicine
Icahn School of Medicine at Mount Sinai
One Gustave L. Levy Place, Box 1070
New York, NY 10029

PALLIATIVE CARE NEWSLETTER

Spring
2018

*“To cure sometimes,
to relieve often, to
comfort always”*

Fourth Century French Proverb