



# ALUMNI PULSE



*UMDNJ-New Jersey Medical School  
Department of Physical Medicine  
and Rehabilitation  
July 2007*



## **Editorial Board**

*Joel A. DeLisa, M.D., M.S.  
Editor and Chair,  
Dept. of PM&R*

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*Michele Browne  
Susan Garstang, M.D.  
Gautam Malhotra, M.D.  
Jennifer Palombo photography  
Debra Roney*

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*For information about the  
Dept. of PM&R, you may visit  
our website at:  
[www.umdj.edu/pmrweb](http://www.umdj.edu/pmrweb)*

*Department of Physical  
Medicine and Rehabilitation  
30 Bergen Street, ADMC 101  
P.O. Box 1709  
Newark, NJ 07101-1709*

## **Chair's Corner**

Another academic year has come to a close with another class moving on after graduation. The department is welcoming our new class of residents and fellows who arrived on July 1, 2007.

We have completed another successful PM&R Board Review Course (number 19) with about 210 paying registrants, plus another 38 non-paying attendees consisting of residents, fellows and faculty. The course improves each year and the KMRREC Education Department does a great job of organizing and monitoring it.

This year's resident pool was once again very strong. We are proud of our Match results (page 7). We interviewed 90 candidates to fill 7 slots and went down to 18 on our Match list.

I celebrated my 65<sup>th</sup> birthday in March and this year marks my 20<sup>th</sup> anniversary as Chair of our department. It has been an unsettling year with all of the problems at UMDNJ, especially the fiscal deficits at University Hospital and New Jersey Medical School. It has been a struggle to keep the department intact. UMDNJ has a new President, William Owen, MD, who started on July 1, 2007. Hopefully, he will appoint a permanent NJMS Dean and we can move forward. The University Hospital has retained multiple external consultants (never a good sign) and is trying to become independent from the medical school. Cardiology and Cardiac Surgery are still major problems for the hospital that do not have easy solutions. There is increased talk of a "rehabilitation" unit at University Hospital.

The residency continues to excel under Dr. Garstang's superb leadership. The program's affiliations are in flux with Kessler East combining with Kessler West, the Atlantic Health System withdrawing (page 5), and Children's Specialized Hospital moving its inpatient services to New Brunswick (page 5). The biggest challenges facing the residency are maintaining our historically strong Musculoskeletal/Sports Medicine rotations. The EMG teaching, mainly at the Veterans Affairs campus under the direction of Dr. Im and his staff, is excellent.

We have presently maintained our mandatory two-week medical student clerkship. We are tailoring it towards chronic disease and disability. We provide some musculoskeletal exposure in this clerkship, but would like to obtain additional mandatory curriculum time along with orthopedics and rheumatology to teach musculoskeletal medicine. It is unfortunate that some of our best musculoskeletal teachers, from Dr. Malanga's private group, have left the system. We have started a PM&R club in the medical school that is run by the students with support from the residents and faculty. It is doing well.

The internal/external review of my stewardship as Chair of the department did not occur as expected in 2006. Actually, it was originally expected in 2005, but no timetable was ever established. I have no idea whether it will occur in 2007. A lot of effort by the faculty was wasted in 2006 preparing the database for the review. That database is now outdated. This situation demonstrates a certain dysfunction within the medical school, apparently due in part to distractions from continuing disclosures of misconduct.

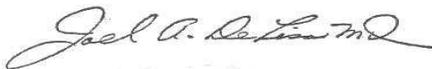
Jacqueline Wertsch, M.D, Professor, Department of Physical Medicine and Rehabilitation at the Medical College of Wisconsin was chosen as this year's Teacher of the Year. Dr. Wertsch's topics were, Rethinking CMAP's and SNAPS; Ulnar Neuropathies; and Evaluating the "Failed Ulnar." She also conducted an EMG workshop for the trainees.

Dr. Barbara Benevento was the recipient of this year's Teaching Award; Dr. Todd Stitik was the recipient of this year's Alumni Award, and this year's Resident as Teacher Award was given to Dr. Nigel Shenoy. (page 9).

The research organization, KMRREC, has had a very successful year with respect to grant funding. We also have several grants with very high NIH scores that we expect to receive and we have recently submitted applications to NIDRR for a model TBI system and a rehabilitation engineering center. KMRREC has merged with the Henry H. Kessler Foundation, and we will be looking for a new home (site) to permanently locate KMRREC.

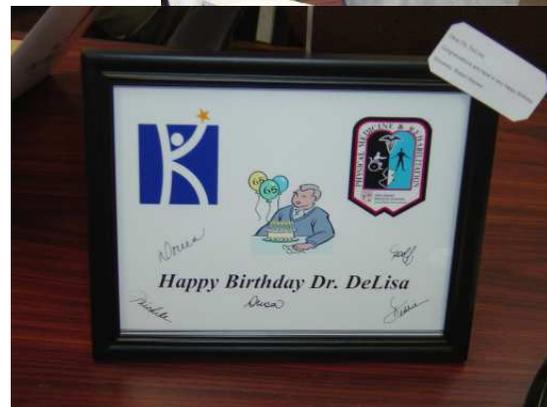
The death of Mitch Rosenthal on May 31, 2007, following cardiac surgery for aortic valve replacement and bypass to improve coronary flow has been devastating to this department and to the specialty. He worked hard to develop the research base for the specialty and was an advocate for our training program.

Best regards,



Joel A. DeLisa, MD, MS  
Professor and Chair

*♪ happy birthday to you, happy birthday to you ...*





**In Memory of  
Mitchell  
Rosenthal,  
Ph.D.**

It is with the deepest regret that we announce that our close friend, mentor and colleague

*Mitchell Rosenthal, Ph.D., ABPP* died on May 31, 2007. Mitch served as Chief Operating Officer at the Kessler Medical Rehabilitation Research and Education Corporation and Professor of PM&R at UMDNJ. He was a Fellow of the American Psychological Association in both Clinical Neuropsychology and Rehabilitation Psychology, and previously served as President of the Division of Rehabilitation Psychology. He served as a member of the Council of Representatives of the American Psychological Association, President of the American Board of Rehabilitation Psychology, President of the American Congress of Rehabilitation Medicine, and board member of the American Board of Professional Psychology. He was a founding Board Member of the Brain Injury Association of America, and previously served on the Boards of 5 state brain injury associations. Dr. Rosenthal's numerous awards included the 2002 Gold Key Award from the American Congress of Rehabilitation Medicine, the First Sheldon Berrol, M.D. Clinical Service Award from the Brain Injury Association of America, the Distinguished Service Award from the American Psychological Association, Division of Rehabilitation Psychology and the first Robert L. Moody Award for Distinguished Initiatives in Brain Injury Research and Rehabilitation from the University of Texas Medical Branch at Galveston. He was the founding co-editor of the Journal of Head Trauma Rehabilitation and the senior editor of the textbook Rehabilitation of the Adult and Child with Traumatic Brain Injury (1999), now in its third edition. He published over 100 peer-reviewed articles, books, and book chapters and delivered over 250 presentations at major national and international meetings, primarily related to brain injury rehabilitation.

One of Mitch's former colleagues is Dr. John Corrigan, Professor of PM&R at Ohio State University, an expert on brain injury and PI for the Ohio Regional Traumatic Brain Injury Model System. In a recent tribute posted on the website of the Brain Injury Association of America, Dr. Corrigan pointed out

that "Mitch was present, and usually in a leadership role, for the following "historical" events in our field:

- \* the founding of the National Head Injury Foundation, now the BIAA
- \* the establishment of the Williamsburg Conference on TBI
- \* the creation of the Journal of Head Trauma Rehabilitation
- \* the development of the TBI Model Systems
- \* the establishment of the Diplomate status in Rehabilitation Psychology
- \* the creation of the mid-Winter Conference held by Division 22 and ABRP"

The PM&R faculty, staff and trainees join our alumni in extending our thoughts and deepest cares to the Rosenthal family.

*from the residency program director...*

Greetings! Hope all of you are well.

My second year here as Program Director is drawing to an end, and I am starting to feel at home in New Jersey. Another class of residents is graduating and going out into the world. Of the eight seniors graduating this year, five will be doing fellowships (3 here at UMDNJ/Kessler). Our graduates continue to compete successfully for the most prized fellowships in the country. In addition, the residents we bring into this program are outstanding...I'm looking forward to July 1<sup>st</sup>, where I get to welcome the first incoming class that I had the pleasure of interviewing and choosing to bring into the program.

This has been a year of change, both for the program and for many of our affiliated institutions. The merger of Kessler East and West has brought us a beautiful new space which will help us better care for our patients, as well as bringing more of the residents together in one place, which is great. We will no longer be working at Atlantic Rehab Institute starting this year, and it will be our last year working at Overlook Hospital. Fortunately, we are entering a new affiliation agreement with Mountainside Hospital. In addition, we have five residents at University Hospital and the DOC now, which gives us added visibility in the hospital as well as making our clinics more efficient (and more fun)!

This year the residency underwent our "Mid-cycle Review". This is where our residency program is formally reviewed by the institution (UMDNJ-New Jersey Medical School) to determine whether we are in compliance with all RRC standards. I'm happy to say that we were commended for having an excellent program, with only minor changes suggested to the call schedule and goals/objectives document. UMDNJ remains under the supervision of a Federal Monitor, but things are pretty much back to normal here except for the "no free lunches" policies that restrict our interactions with industry or anyone

who may represent a conflict of interest. I think that as an organization we have emerged from the past 18 months more ethically minded and cognizant of the effects of our actions. With UMDNJ's new President starting July 1, we are looking forward to exciting changes as we shape the future of this University.

Remember, we have a website both for the department, and the residency has its own website at [http://njms.umdj.edu/departments/physical\\_medicine\\_rehabilitation/residency/index.cfm](http://njms.umdj.edu/departments/physical_medicine_rehabilitation/residency/index.cfm). Please feel free to browse this site, and send me your comments. I remain the webmaster, and am always looking for content, so if you want more information on the website or have ideas for developing the alumni section, please let me know.

To those of you in practice, I would greatly appreciate your input on what we DIDN'T teach you that you really needed to know. Please feel free to contact me by phone (973) 972-4478 or email [garstasv@umdj.edu](mailto:garstasv@umdj.edu) to give me your suggestions on how we can ensure that this residency program remains the best in the country!

Best wishes,

*Susan V. Garstang, MD*  
*Residency Program Director*

**Note: for those of you alumni out there who may be seeking a career change, please be aware that I keep every job offer that comes into this office (several per month), from all over the country. I'd be happy to share these with you at your request. Just e-mail or call me with preferred location or job type, and I'll send you the information.**

### **Leadership and Policy Changes at UMDNJ**

- **William F. Owen, Jr., M.D.** has been appointed as UMDNJ's new president effective on July 1, 2007. Previously Dr. Owen served as chancellor of the University of Tennessee Health Science Center. Dr. Owen received his bachelor's degree from Brown University and his medical degree from Tufts. He then completed an internship, residency and several fellowships at Brigham & Women's Hospital in Boston. His track record in academic medicine includes 25 years of leadership experience at Harvard and Duke. He also served as chief scientist for Baxter Healthcare Corporation's Renal Division for three years, as well as a senior scholar in the health sector management program at Duke's business school. Dr. Owen's areas of clinical

and research interest center on kidney disease and cellular biology.

- The search for a permanent Dean for New Jersey Medical School is expected to resume in earnest upon Dr. Owen's arrival. This search committee is headed by Marco Zarbin, M.D., Ph.D., Professor and Chair of Ophthalmology.
- In 2006 UMDNJ was placed on probation by the Middle States Commission on Higher Education, the entity that accredits the university as a whole. That previous decision was made based on concerns about the university's governance, financial management and operational control processes. In March 2007 the Commission added new concerns about "the climate and culture of institutional integrity" to its previous concerns. UMDNJ's probationary status has now been extended until November 2007.
- The University has implemented a new "whistleblower" policy that is intended to allay fears on the part of faculty and employees that they risk disciplinary action if they point out financial or ethical wrongdoing. During 2006 under a previous whistleblower policy, several UMDNJ employees initiated lawsuits against the University, claiming they were terminated because they reported wrongdoing.
- UMDNJ held a University-wide "Ethics day" on Tuesday, April 24, 2007. This session was intended to raise awareness about the role that environment and setting can play in human behavior, and involved a keynote presentation by Randy Cohen, author of the weekly column "The Ethicist" in the *NY Times Magazine*.
- The Bard Group, a management consulting firm, continues its extensive consulting work at UMDNJ across a wide range of operational and financial issues. Bard is being assisted by Phase 2 Consulting, a holding company that owns RehabCare, which operates a national chain of rehabilitation units and rehabilitation hospitals. RehabCare is considering developing an inpatient unit for patients with rehabilitation needs and a pulmonary-ventilator unit at University Hospital. The Newark-based PM&R faculty expect to be directly involved in directing and staffing the rehabilitation unit.
- University Hospital continues to struggle with a large deficit, but has been instructed by the board of trustees to submit a balanced budget for the period from July 1, 2007 through June 30, 2008. Cost reduction projects proposed by The Bard Group, Phase 2 Consulting and RehabCare are expected to play an important role in achieving a balanced budget.

### **PM&R Ranks as a Mid-Sized Specialty**

The American Board of Medical Specialties has compiled data on the number of certificates issued by each of the 24 "primary member boards" over a ten year period. Although PM&R is

commonly viewed as a relatively small specialty, PM&R ranks 13<sup>th</sup> out of 24 specialty boards in the number of certificates awarded during the period from 1995-2004. The specialty issuing the largest number of certificates was Internal Medicine (72,765), while the smallest was Colon & Rectal Surgery (500). PM&R issued 3,175 certificates during this period.

### **Institute of Medicine Issues Report on Disability in America**

The Institute of Medicine has released a major new report entitled "[Workshop on Disability in America: A New Look – Summary and Background Papers](#)." Dr. DeLisa has challenged our alumni and the entire specialty of PM&R to embrace this study and reach an affirmative consensus on our specialty's role in meeting these important demographic needs.

### **Atlantic Health System To Withdraw From Residency Program**

Our PM&R residents have been rotating at Mountainside Hospital since the 1990s, and in 2002 and 2003 the Atlantic Health System added important new teaching sites at Overlook Hospital and Morristown Memorial. These rotations have been very well received and have demonstrated exceptional educational value. Unfortunately, all good things must come to an end. On July 1, 2007, the Atlantic system will affiliate with the Mount Sinai School of Medicine. Our PM&R residents will continue rotating at Overlook and Mountainside during AY 2007-2008, but after July 1, 2008, only the Mountainside resident will be retained. Mountainside has recently been sold by Atlantic to Merit Health Systems, and UMDNJ's Legal Management Department is working on a new affiliation agreement with Merit. We expect to continue sending occasional medical students to the Atlantic sites, so long as the psychiatrists at AHS continue to hold faculty appointments at NJMS.

### **Relocation Scheduled for Children's Specialized Hospital**

The inpatient pediatric rehabilitation unit at CSH is scheduled to relocate to New Brunswick in December 2007. It is expected that Dr. Michele Fantasia will relocate her main practice to this new site. However, Dr. Martin Diamond, Dr. Michael Armento and Dr. JenFu Cheng will maintain their primary outpatient practices at CSH's existing Mountainside site. Information on the new PSE&G Children's Specialized Hospital – New Brunswick is available [on-line](#).

### **PM&R Residency Program and Spinal Cord Injury Medicine Fellowship Complete "Mid-Cycle" Reviews**

Each Residency Review Committee requires the sponsoring institution to conduct a formal evaluation of each residency program at a point half-way through its accreditation cycle. Known as the "mid-cycle review," this internal process is intended to identify areas needing improvement before the next RRC site visit. In fulfillment of this requirement, in March 2007 the New Jersey Medical School appointed a mid-cycle review committee to evaluate the PM&R residency program and the SCI fellowship. The committee complimented both programs for their quality and breadth. For the general PM&R residency, the mid-cycle review committee also commented on the need to improve the measurability of the objectives for some clinical rotations and an excessive number of training sites within the program. For the SCI fellowship, the committee expressed concern about the need to improve the measurability of the educational objectives; and the need for better scheduling of the didactic program. Written responses to these reports including plans for addressing each concern were submitted by Dr. Susan Garstang and Dr. Steven Kirshblum, the respective program directors.

### **PM&R Clerkship Continues as Mandatory Rotation**

The PM&R clerkship at New Jersey Medical School faces continuing pressure from other specialties seeking to displace our specialty within the undergraduate curriculum. For example, at a recent panel discussion about various specialties presented to upper-class NJMS students in Newark, the surgeon representing Orthopaedics explained that his specialty deals with the principles of "human function" and "disability," extending far beyond the operating room. That same department's website describes their specialty as concerning itself with "quality of life" issues. For academic year 2007-2008, the Curriculum Committee has decided to allow PM&R to continue as a mandatory two-week rotation. At the request of that committee, we have added a new lecture on Disability & Chronic Disease and have increased the number of clerkship sessions from 10/year to 12/year. We also plan to add a new chapter on musculoskeletal medicine to our student syllabus before the new academic year begins.

### **KMRREC Consolidates With Henry H. Kessler Foundation**

The Kessler Medical Rehabilitation Research and Education Corporation was consolidated with the Henry H. Kessler Foundation on January 1, 2007. As a result, KMRREC's name has now been changed to the "Kessler Medical Rehabilitation Research and Education Center." Dr. DeLisa continues as KMRREC's President and will report to the CEO who is now

being recruited for the reorganized and larger organization.

### **KMRREC Recruits Postdoctoral Fellows in MS**

The Kessler Medical Rehabilitation Research and Education Center is recruiting applicants for a new two-year fellowship to prepare clinician-scientists for careers in clinical research in the area of neuropsychological rehabilitation, concentrating on multiple sclerosis. Further information is available by contacting John DeLuca, Ph.D., ABPP, Professor of PM&R and Director, Neuropsychology and Neuroscience Laboratory, at (973) 530-3630 or at [jdeluca@kmrrec.org](mailto:jdeluca@kmrrec.org).

### **Public Health Research Institute Joins NJMS**

The [Public Health Research Institute](#) has finalized an agreement to become part of the New Jersey Medical School. The new organizational structure strengthens collaboration between the two organizations in infectious disease research. The two organizations previously received a joint grant for an NIH-designated regional bio-defense laboratory. Founded in 1941 by New York City Mayor Fiorello LaGuardia, PHRI has been an independent, not-for-profit research organization studying infectious diseases. In March 2002, the Institute moved to the International Center for Public Health in Newark, New Jersey. PHRI has been on the cutting edge of infectious disease research since its founding, including work with the smallpox vaccine, the identification of cancer-causing oncogenes, the discovery of the gene for toxic shock syndrome, and the identification of the multidrug-resistant TB strain "W."

### **NJ Commission Expected to Recommend Hospital Consolidations and Closures**

New Jersey Governor Jon Corzine has created a commission to evaluate the hospital segment of the healthcare economy. Known as the "Commission on Rationalizing Healthcare Resources," the commission is expected to issue its report recommending hospital consolidations and closures by December 2007. The Commission has been tasked with studying the following issues, among others:

- Establishing criteria to determine whether financially unstable hospitals at risk for closing are needed to maintain appropriate access to care;
- Developing recommendations for establishing state policy, such as creating performance benchmarks, that would support essential, financially distressed acute care hospitals;
- Developing policy standards for closing non-essential hospitals that require debt payments to be able to close;
- Determining uses for the hospital facilities after their closure.

### **Touro College of Medicine To Open NJ Campus**

Paul M. Wallach, M.D. has been appointed as Vice President and Dean at Touro College of Medicine, a new allopathic medical school that is being developed in Florham Park, New Jersey. Previously Dr. Wallach served as Vice Dean for educational affairs at the University of South Florida College of Medicine. Currently New Jersey has no private medical schools. Touro is expected to center its clinical affiliations in Bergen County, possibly at Hackensack University Medical Center. The first class is expected to start training in 2008 or 2009, with a student body that will start small but eventually grow to 400 students. A national consulting firm with experience in obtaining initial LCME accreditation has been retained to assist Touro with their regulatory issues. Several physician administrators and other individuals at New Jersey Medical School have been recruited by this new medical school.

### **ABPMR Offers Pathway to Certification in Sports Medicine**

Until 2011, ABPMR diplomates who are interested in taking the new subspecialty exam in sports medicine will be permitted to do so, without completing an accredited fellowship training program. This option will be available only to the specialty of PM&R. Candidates must demonstrate a minimum of five years in practice, of which at least 20% of their time must have been devoted to sports medicine. Additionally, candidates must have completed at least 30 CME credits relevant to sports medicine over that five year period. Applications for the exams to be administered on July 19, 20, 21, 26, 27, 28, or August 2, 3, 4, 2007 are available on-line at the [ABPMR website](#).

### **AAP Requests Lectures and Course Materials for Its Website**

All PM&R alumni are encouraged to submit lectures and course materials for the Association of Academic Physiatrists' "Education" web page. The goal of this effort is for our specialty to freely exchange materials among ourselves that will be suitable for use in medical student clerkships. The AAP has requested that lectures to be submitted as follows:

1. Lectures should be submitted electronically to Vincent Fields at [vfields@physiatry.org](mailto:vfields@physiatry.org).
2. Please place the words "AAP Website: Education Section" in the Subject Line of the e-mail.

### **Dr. Michael Fredericson Gives Scott F. Nadler, D.O., Memorial Lecture**

This year's speaker for the annual Scott F. Nadler, D.O., Memorial Lecture was Michael Fredericson, M.D. Dr. Fredericson serves as Associate Professor and Director, Division of Physical Medicine and Rehabilitation at Stanford

University Medical Center. His workshop for residents on "A Systematic Approach to Core Strengthening for Improved Athletic Performance" was presented on Monday, March 12, 2007 at the Kessler conference center. Following the workshop, dinner was served and Dr. Fredericson spoke on the additional topic of "An Update on Treatment for Hip and Groin Pain." Special thanks to Dr. Gerard Malanga, Associate Professor of PM&R, for arranging this excellent speaker again this year.

### **Dr. Jacqueline Wertsch Receives 2007 NJMS Teacher of the Year Award in PM&R**

On June 5-6, 2007, Jacqueline J. Wertsch, M.D., presented several lectures to our trainees and received our department's Teacher of the Year Award. Dr. Wertsch serves as Professor of Physical Medicine and Rehabilitation and Director of the fellowship program in electromyography at the Medical College of Wisconsin. She received her medical degree from the Medical College of Pennsylvania, and then completed her residency in physical medicine and rehabilitation at RIC/Northwestern. She subsequently completed a fellowship in clinical neurophysiology at the Medical College of Wisconsin. She has received more than 17 years of continuous extramural funding for her research from the Department of Veterans Affairs and/or the National Institutes of Health. In 2003 she received the Distinguished Researcher Award from the American Association of Electrodiagnostic Medicine. Dr. Wertsch's lectures at the Kessler Institute in West Orange, NJ were as follows:

#### **Tuesday, June 5, 2007**

- 4:00 pm: "Re-Thinking CMAPs and SNAPs"
- 5:00 pm: "EMG Playtime: Understanding Generators & Mapping"

#### **Wednesday, June 6, 2007**

- 10:00 am: "Ulnar Neuropathies"
- 11:00 am: "Evaluating the 'Failed Ulnar'"

### **Chief Residents Are Selected for 2007-2008**

The following residents are congratulated for their selection as chief residents for AY 2007-2008:

- **Roseanna Jackson-Parikh, M.D.**, Administrative Chief Resident
- **Christopher Visco, M.D.**, Academic Chief Resident

### **AAP Accepts Resident Posters and Abstracts**

At the annual meeting of the Association of Academic Physiatrists in Puerto Rico in April 2007, 13 posters were accepted from our PM&R residents. Under our school's GME policy, these residents were entitled to receive reimbursement for their airfare, course registration and two nights

accommodation, subject to UMDNJ's usual restrictions on travel reimbursement. The following residents are congratulated for this accomplishment (some residents presented multiple posters).

- Dr. Andrew Ankamah
- Dr. Gina Benaquista
- Dr. Richard Denticio
- Dr. Kristina Hicks
- Dr. Jonathan Kirschner
- Dr. Chiawen Liang
- Dr. Ariz Mehta
- Dr. Arik Mizrachi
- Dr. Brian White
- Dr. Christopher Visco

### **PM&R Fares Well on 2007 National Match**

The PM&R Department did well overall on the 2007 Match, filling all seven slots by going down to #18 on our Match list. The department matched with its three top candidates, but surprisingly this year we matched with no osteopathic physicians. Unlike previous years, our program did not see several of our highly-ranked candidates going to programs like Seattle, Baylor, RIC, Penn and Spaulding. Factors that may have adversely affected this year's Match include the sustained negative publicity and financial problems confronting UMDNJ, and the withdrawal of the Atlantic Health System as a UMDNJ affiliate.

### **Resident Participation Is Expanded in Self-Assessment Examination**

As in previous years, the AAPMR's Self Assessment Examination was offered in January 2007 and was either dreaded or embraced with enthusiasm, depending on each trainee's frame of mind. What was different this year was that our two upper classes of residents took this exam, instead of just the PGY-4s. This expanded participation was authorized by our Residency Committee based on the expected benefits that the SAE will bring in structuring our residents' individual study plans for the Part I board exam.

### **NJ Society of PM&R Resident Research Night**

The annual PM&R Society Resident Research Night was held on May 21, 2007 at the JFK Medical Center in Edison, NJ. Dr. Ariz Mehta and Dr. Cristin McKenna (both Class of 2007) represented our department at this event. Dr. McKenna's topic was "Assessment of Apraxia in Persons with Spinal Cord Injury" and Dr. Mehta's topic was "Functional quantification of the benefit of chemoneurolytic intervention in the management of acquired brain injury related spasticity: results of an open label, pre-post design study." The faculty mentors for these two residents reviewed and critiqued the residents' presentations prior to the event, and were joined by many of our residents in attendance for these presentations.

### **PM&R Department Welcomes Incoming Residents...**

The faculty and trainees welcome the following members of the PM&R residency class of 2010, who are entering our program on July 1, 2007:

**Neeti A. Bathi, MD**

Med Sch: Weill Medical College, NY  
PGY-1: Internal Med, Beth Israel, NY

**Miguel A. Coba, MD**

Med Sch: UMDNJ-NJMS  
PGY-1: Internal Med, Morristown Memorial Hosp, NJ

**Margaret M. Donlon, MD**

Med Sch: Univ. Rochester, NY  
PGY-1: Internal Med. St. Luke's Roosevelt, NY

**Brett A. Gerstman, MD**

Med Sch: UMDNJ-RWJMS  
PGY-1: Internal Med. St. Vincent, NY

**Richard P. Hoppe, MD**

Med Sch: UMDNJ-NJMS  
PGY-1: Internal Med. UMDNJ-UH, NJ

**Stephanie S. Kemper, MD**

Med Sch: Weill Medical College, NY  
PGY-1: Prelim. St. Vincent, NY

**Janel Solano, DO**

Med Sch: NY College of Osteopathic Med  
PGY-1: Good Samaritan, NY

**James F. Wyss, MD**

Med Sch: NY Med. College, NY  
PGY-1: Internal Med, Winthrop Univ Hosp, NY

**...and Bids Farewell to the Class of 2007!**

**Graduating Residents**

**Michael Eisenberg, MD** - Fellowship in TBI, UMDNJ-NJMS-Kessler

**Kelly Heath, MD** - Inpatient NeuroRehab – Christianna HealthCare, Wilmington, Delaware

**Neil Jasey, MD** – Fellowship in TBI, UMDNJ-NJMS-Kessler

**Cristin McKenna, MD, PhD** – Seeking part-time position starting in fall of 2007

**Ariz Mehta, MD** – As of January 2008, Fellowship at Orthopedic Spine Specialists – Pain/Spine Fellowship

**Jeremiah Nieves, MD** – Fellowship SCI, UMDNJ-NJMS-Kessler

**Nigel Shenoy, MD** – Academic Position, Department of Physical Med, East Orange Veterans Hospital

**David Tung, MD** – Hospital for Special Surgery, Spine/Sports Fellowship

**Graduating Clinical Fellows**

**Christopher Castro, DO** – Northeastern Rehabilitation Assoc, Scranton, PA

**Michael Mehnert, MD** – Musculoskeletal Physiatrist, Rothman Institute, Egg Harbor, NJ

**Akshat Shah, MD** – Academic Position, Santa Clara Valley Medical Center, California

**Heather Walker, MD** – Asst. Professor, Dept, PM&R, University of North Carolina at Chapel Hill

**Adam Schindelheim, MD** – Academic Position, Cooper University Hospital, Camden NJ

**Jun Zhang, MD** – Director Brain Injury, Dept. PM&R, St. Charles Hospital, Port Jefferson, NY

**PM&R Department Welcomes Incoming Clinical Fellows**

**Michal Eisenberg, MD** (TBI)

PGY-1: Albert Einstein, NY  
Residency: UMDNJ-NJMS, Dept. PM&R

**Kimberly Heckert, MD** (Stroke)

PGY-1: Jefferson Medical College, Phila. PA  
Residency: Thomas Jefferson Univ. Hospital, PA

**Neil Jasey, MD** (TBI)

PGY-1: UMDNJ-NJMS  
Residency: UMDNJ-NJMS, Dept. PM&R

**Jeremiah Nieves, MD** (SCI)

PGY-1: UMDNJ-NJMS  
Residency: UMDNJ-NJMS, Dept. PM&R

**Jonas Sokolof, MD** (MSK/Pain), 9/1/07

PGY-1: St. Vincent's Midtown Hospital, NY  
Residency: Harvard Med/Spaulding Rehab

**Jacob Strong, MD** (MSK/Pain)

PGY-1: Wake Forest, Winston-Salem, NC  
Residency: Emory University, Atlanta, GA

The following awards were presented in 2007 by the PM&R Department.

Name of Award	Name
Scott F. Nadler, D.O. Award (formerly the Procter & Gamble Excellence in Clinical Practice Award)	<i>Michael Fredericson, M.D.</i>
PM&R Medical Student Award	<i>Katherine Saltstein-Bentley</i>
Resident as Teacher Award	<i>Nigel Shenoy, MD</i>
Mitchell Rosenthal, Ph.D., Resident Research Award (formerly the Resident Research Award)	<i>Heather Walker, MD</i>
Mitchell Rosenthal, Ph.D., Post-Doctoral Fellow Research Award	No Recipient this year
NJMS Excellence in Teaching Award	<i>Jacqueline J. Wertsch, MD</i>
Annual Teaching Award	<i>Barbara Benevento, MD</i>
Alumni Award	<i>Todd P. Stitik, MD</i>
Mentor Award	<i>Sue Ann Sisto, PhD</i>
James P. McLean Award for Resident Teaching Residents	<i>Ariz Mehta, MD</i>



## FACULTY & ALUMNI NEWS

### Faculty Accomplishments and Awards Since Our Last Issue

**Eric L. Altschuler, M.D., Ph.D.**, Instructor of PM&R, is one of only eight young psychiatrists in the U.S. selected by the Association of Academic Psychiatrists for its Program for Academic Leadership. The goal of this three-year Program is to prepare promising academic psychiatrists for leadership roles within their Department, Medical School, and the field of PM&R.

**Dr. Altschuler** was also interviewed by CBS News on December 11, 2006 in a segment on the 1918 flu virus that was broadcast nationally.

**Dr. Altschuler** was also featured in a radio broadcast on WSOU Radio, 89.5 FM on Saturday, February 10, 2007. He explained why mirror therapy may be effective for some stroke and orthopaedic surgery patients when nothing else works.

**John R. Bach, M.D.** is the recipient of the NJBIZ Health Care Hero's: Individual Innovation Hero Award, 6/11/07. The award was presented at the Woodbridge Place Sheraton.

**Anna M. Barrett, M.D.**, Associate Professor, was interviewed by Katie Couric at CBS Evening News for a series on stroke rehabilitation that is expected to run on January 5, 2007.

**Dr. Barrett** and her colleague Dr. Leslie Gonzalez also co-edited the special May/June (volume 43, number 3) issue of the *Journal of Rehabilitation Research and Development* on Stroke rehabilitation. Dr. Barrett's article entitled, "Monocular

Patching in Subjects with Right-Hemisphere Stroke Affects Perceptual-Attentional Bias" appears on page 337 of the same journal.

**Dr. Barrett** and Dr. Gonzalez of the University of Florida also co-edited a symposium of five articles about treatment of communication disorders that appeared in the September 2006 issue of the *Journal of the International Neuropsychological Society*.

**Randall L. Braddom, M.D., M.S.**, Clinical Professor, has been named as national editor for *The Psychiatrist*.

**Joel A. DeLisa, M.D., M.S.**, Professor and Chair, has received the Association of Academic Psychiatrists' Distinguished Member Award. This award is given each year to an individual who is of international status and is recognized as a major contributor to the field by virtue of teaching, research, and scholarly publications.

**Dr. DeLisa** has also been elected to a four-year term as a Member-at-Large of the National Board of Medical Examiners.

**John DeLuca, Ph.D.**, Professor, has received a mentor-based fellowship grant of \$365,133 from the National Multiple Sclerosis Society for a project entitled "MS Fellowship in Neuropsychological Rehabilitation" from 2007-2012.

**Elie P. Elovic, M.D.**, Associate Professor, was featured on a CNN broadcast on January 3, 2007 for his work with Botox and stroke that was funded by Allergan.

**Dr. Elovic's** work was also featured in an article appearing in the *Star-Ledger* on December 12, 2006.

**Patrick M. Foye, M.D.** is the editor on the publication of the major study guide on "Industrial Medicine and Acute Musculoskeletal Rehabilitation" as part of the AAPMR's self-directed psychiatric education program. This guide has been published as Supplement 1 (March 2007) in the *Archives of Physical Medicine and Rehabilitation*, Volume 88, No. 3. Forthcoming study guides are being edited by Dr. Steven Kirshblum, Professor, and Dr. Elie Elovic, Associate Professor, on the topics of spinal cord injury medicine and traumatic brain injury, respectively.

**Eugene Komaroff, Ph.D.**, Associate Professor, and **Susan V. Garstang, M.D.**, Assistant Professor and Residency Program Director, have submitted an article entitled "A Comprehensive Assessment of Statistical Literacy for Residents" for the annual "Medical Education" issue of *JAMA*, which is scheduled for early September 2007. Co-authors include Ariz R. Mehta, M.D., Cristin McKenna, M.D., Ph.D. and Karen Nolan, Ph.D.

**Gerard A. Malanga, M.D.**, Associate Professor, served as

course director and session moderator for the North American Spine Society's "Spring Break" meeting in Phoenix, AZ on March 15-17, 2007. He also served as a speaker and panelist for the session on non-surgical spinal therapeutic modalities, and was selected as winner of the ensuing debate by those in attendance.

**Dr. Malanga** was also an invited speaker at Baylor University's Annual Board Review Course in PM&R on March 28, 2007. His topics included "Diagnosis and Treatment of Low Back Pain," "Whiplash Syndromes," "Upper Extremity Sports Injuries," and "Lower Extremity Sports Injuries."

**Dr. Malanga** was also an invited speaker and served on an expert panel regarding Adolescent Spine Problems with Stan Herring, MD Professor, University of Washington at this year's American college of Sports Medicine's Annual meeting in New Orleans, LA. Dr. Malanga presented on "Diagnosis and management of Idiopathic Scoliosis" and "Diagnosis and Management of Scheuermann's Kyphosis". Dr. Malanga also served as a sponsor of 9 separate case presentations at the meeting on a variety of sports medicine issues. DR. Malanga is a Fellow of the American College of Sports Medicine.

**Dr. Malanga** was also recently asked to be East Coast Medical consultant for the National Hockey League's Players Association.

**Dr. Malanga** also provided commentary on two articles on low back pain in golfers appearing on the website: SpineUniverse.com( [www.SpineUniverse.com](http://www.SpineUniverse.com))

**Dr. Malanga** was also recently quoted in a New York Times article on Concussions in Sports (Sunday Times, June 10, 2007).

**Todd P. Stitik, M.D.**, Professor and Director, Occupational/Musculoskeletal Medicine at NJMS, was quoted in the January 2007 issue of *Kiplinger's*. Dr. Stitik explained various options for managing musculoskeletal conditions associated with aging.

**Dr. Stitik** was featured in an article entitled "Is Arthritis Inevitable?" [in the fall 2006 issue](#) of UMDNJ Magazine.

**Dr. Stitik** also served on a national Physiatry Advisory Board addressing "Hyalurons and the Current Treatment Landscape" in the treatment of osteoarthritis on January 26-27, 2007 in Miami Beach, FL.

**Dr. Stitik** was also featured in a live broadcast in 19 cities around the country plus two national networks on January 31, 2007 with Arnaz Battle, wide receiver for the San Francisco 49ers. Mr. Battle has osteoarthritis and has been serving as a spokesperson to call attention to this condition.

**Glenn Wylie, Ph.D.**, Assistant Professor, has received a grant of \$44,000 from the Small Grants Program of the National Multiple Sclerosis Society for a project entitled "The neuropsychology of executive control: an fMRI and DTI study" from 2007-2008.

### New Faculty Grants Since Our Last Issue

**Barrance, P.**, "Risk Factors for Progression of Osteoarthritis of the Knee," NIH Center of Biomedical Engineering Research Excellence (subcontract), 6/1/07 – 5/31/12, \$34,612.

**Barrett, AM.**, "Insulin Resistance Intervention after Stroke Trial (IRIS)," Yale University (subcontract), 6/1/06 – 6/30/07, \$72,027.

**DeLuca, J.**, "MS Fellowship in Neuropsychological Rehabilitation," NMSS, 7/1/07-6/30/12, \$70,433.

**Elovic, E.**, "Portable Low Cost Glove for Functional Hand Measures," NIH (subcontract NJIT), 7/15/06 – 6/30/07, \$30,031.

**Hwang, K.**, "Access, Coordination and Quality of Health and Rehabilitation Services for Community-living persons with Disabilities," NIDRR Mary E. Switzer Fellowship, 6/1/07-5/31/08, \$65,000.

**Nolan, KJ.**, "Comprehensive Evaluation of the Effect of an Ankle Foot Orthoses for Ambulatory Function in Adults with Hemiplegia," NIDRR Mary E. Switzer Fellowship, 6/1/07 – 5/21/08, \$65,000.

**Sisto, SA and Forrest G.**, "NeuroRecovery Network on Locomotor Training in SCI," Christopher Reeve Paralysis Foundation (Subcontract from Univ. of Louisville), 1/10/07 – 11/14/07, \$200,000.

**Sisto, SA and Edwards WT.**, "Advance Rehabilitation Research Training Center on Neuromusculoskeletal Rehabilitation," NIDRR, 6/1/07 – 5/31/12, \$149,559.

**Wylie, G.**, "The Neuropsychology of Executive Control: an fMRI and DTI Study (resubmission) Pilot Research Award," NMSS, 7/1/06 – 6/30/07, \$43,600.

### Alumni Award

**Brian Greenwald, M.D.**, (Class of '99) Assistant Professor, Department of Rehabilitation Medicine at the Mount Sinai School of Medicine, received his department's 2006-2007 Jerry Weisman Teacher-of-the-Year Award.

## Publications Received Since Our Last Issue

**Bach JR.** Avoiding respiratory failure in neuromuscular disease: Why is it not done? *Am J Phys Med Rehabil* 2007; 86:222-224.

**Bach JR.** Air Doping - An Expose' on "Frog" Insufflation in Competitive Sports. *Am J Phys Med Rehabil* 2007; 86:301-303.

**Bach JR.** Saltstein K, Singuee D, Weaver B, Komaroff E, Long-Term Survival in Werdnig-Hoffmann Disease. *Am J Phys Med Rehabil* 2007; 86:339-345.

**Bach JR.** Bianchi C, Vidigal-Lopes M, Turi S, Felisari G, Lung Inflation by Glossopharyngeal Breathing and "Air Stacking" in Duchenne Muscular Dystrophy. *Am J Phys Med Rehabil* 2007; 86:295-300.

**Bach, JR.** Medical Considerations of Long-Term Survival of Werdnig-Hoffmann Disease. *Am J Phys Med Rehabil*, 2007; 86:349-355.

Hillary, F. and **DeLuca, J.** (Eds). "Functional Neuroimaging in Clinical Populations". Guilford Press: New York 2007.

**Foye, PM.** Genetic and histochemical correlations in centronuclear myopathies. *Acta Histochem.* 2006;108(6):413. Epub 2006 Oct 12.

**Foye, PM.** Genetic testing for myotubular myopathy despite muscle biopsy without centrally located nuclei. *Dev Med Child Neurol.* 2006 Dec;48(12):1011.

**Foye, PM.** Cervical collars delay return to work. *Injury.* 2007 Jan; 38(1):129.

**Foye, PM.** Myopathic (*not neuropathic*) electrophysiologic abnormalities in dynamin 2-related centronuclear myopathy. *Brain.* 2007 Feb;130(Pt 2):e63.

**Foye PM.** Finding the cause of coccydynia (coccyx pain). *J Bone Joint Surg [Br].* Published 1/2007 online: <http://www.jbjs.org.uk/cgi/eletters/88-B/10/1388>. (Last accessed Jan. 24, 2007).

**Foye PM, Buttaci CJ, Sorensen MK.** Coccyx Pain (Tailbone Pain). In: Plantz SH, eMedicine: Physical Medicine and Rehabilitation. San Francisco: eMedicine; 2007. Available online: [www.emedicine.com/pmr/topic242.htm](http://www.emedicine.com/pmr/topic242.htm).

**Linsenmeyer T.** Continence for People Living With Spinal Cord Injury. National Association for Continence, Charleston, SC, 2006.

**O'Brien A, Chiaravalloti N, Lengsfelder J, DeLuca J.** An investigation of the Differential Effect of Self-Generation to Improve Learning and Memory in Multiple Sclerosis and Traumatic Brain Injury. *Neuropsychological Rehabilitation*, 2007, 17(3):273-292.

**Rosenthal M.** American Congress of Rehabilitation Medicine in 2006: Embracing the Future. *Arch Phys Med Rehabil*, April 2007, Vol 88, 406-407

**Stitik TP, Blacksins MF, Stiskal DM, Kim JH, Foye PM, Schoenherr L, Choi ES, Chen B, Saunders HJ, Nadler SF.** Efficacy and safety of hyaluronan treatment in combination therapy with home exercise for knee osteoarthritis pain. *Arch Phys Med Rehabil.* 2007 Feb;88(2):135-41.

**Stitik TP, Altschuler E, Foye PM.** Pharmacotherapy of osteoarthritis. *Am J Phys Med Rehabil.* 2006 Nov;85(11 Suppl):S15-28.

**Stitik TP, Kumar A, Foye PM.** Corticosteroid injections for osteoarthritis. *Am J Phys Med Rehabil.* 2006 Nov;85(11 Suppl):S51-65.

Altman R, Bellamy N, Goldberg V, et al, **Stitik T,** Multimodal Strategies for Osteoarthritis Pain Management and the Role of Hyaluronics." 2007, Institute for Clinical Care.

**Stitik T,** Baseline Program (page 257) in Osteoarthritis – Diagnosis and Medical/Surgical Management (Fourth Edition); Wolters Kluwer/Lippincott Williams & Wilkins.

Matheis R, Schultheis M, **Tiersky L,** DeLuca J, Millis S, Rizzo A. Is Learning and Memory Different In a Virtual Environment. *The Clinical Neuropsychologist*, 21:146-161, 2007.

**Voelbel G,** Bates M, Buckman J, Pandina G, Hendren R. Caudate Nucleus Volume and Cognitive Performance: Are They Related in Childhood Psychopathology? *Biol Psychiatry*, 2006;60:942-950.

Corrigan J, Selassie A, Lineberry L, Millis S, **Wood K,** Pickelsimer E, Rosenthal M. Comparison of the Traumatic Brain Injury (TBI) Model Systems National Dataset to Population-Based Cohort of TBI Hospitalizations. *Arch Phys Med Rehabil*, April 2007, Vol 88:418-426.

## UMDNJ PM&R Postdoctoral Alumni Updates

**Heath A. Demaree, Ph.D.** former fellow in Neuropsychology and neuroscience, was recently promoted to Associate Professor of Psychology with tenure at Case Western Reserve University, Cleveland, Ohio. He has two daughters, ages 4 and 2, with his wife, Patsy.

**Elizabeth Gaudino-Goering, Ph.D.**, former fellow in Neuropsychology and Neuroscience, is currently a part-time instructor at Nassau Community College, Garden City, NY and just had her 3rd child in January

**Susan Johnson, Ph.D.** a former fellow in the Neuropsychology and Neuroscience is currently an Associate Professor at the University of North Carolina at Charlotte. She has a book in press entitled "Medically Unexplained Illness: Gender and Biopsychosocial Implications"

**Amanda O'Brien, Ph.D.** is a former neuropsychology postdoctoral fellow who is now a Research Scientist at KMRREC. Dr. O'Brien is a Co-Investigator on the NIDRR-funded Northern New Jersey SCI Model System and on a National Multiple Sclerosis Society grant investigating new methods of functional assessment in MS. Dr. O'Brien is also investigating the prevalence and impact of cognitive functioning in persons with traumatic SCI.

#### Activities of Current Postdoctoral Fellows

**Gerald T. Voelbel, Ph.D.** a current fellow in Neuropsychology and Neuroscience, was awarded a National Research Service Award (F32) from NIH/NIND entitled "Functional Near Infrared Spectroscopy of Mild TBI." Dr. Voelbel also received the University of Medicine and Dentistry of New Jersey Postdoctoral Stipend Award. Dr. Voelbel's current research is the investigation of problem solving deficits in individuals with mild traumatic brain injury and working memory deficits in persons with moderate/severe traumatic brain injury and multiple sclerosis with Near Infrared Spectroscopy.

**Nitin Moholkar, Ph.D.** a current fellow in the Rehabilitation Engineering Analysis Laboratory currently studying ankle stiffness while standing, balance, and posture, and the initial mechanical reaction to a sudden balance disturbance.

**Karen Hwang, Ed.D.** a current fellow in Spinal Cord injury research was awarded the 2007 Mary E. Switzer Fellowship from the National Institute on Disability Rehabilitation Research for study on. Access, Coordination, and Quality of Health and Rehabilitative Services for Community-Living Persons with Disabilities.

**Margaret M. Schmitt, Ph.D.** a current fellow in Rehabilitation Outcomes Research, was awarded a scholarship to attend the annual meeting of the Consortium of Multiple Sclerosis Centers in Washington, DC and present a poster titled "Self-efficacy and self-reported physical, cognitive and emotional functioning in MS" reporting the results of collaborative research with Nancy D. Chiaravalloti, Ph.D., and John DeLuca, Ph.D. Dr. Schmitt has also been selected to present the talk "Pain and Spinal Cord Injury: Classification, Assessment and Clinical Practice" through a symposium at the

annual meeting of the American Association of Spinal Cord Injury Psychologists and Social Workers in Orlando, Florida.

#### Recent Fellows Presentations/Publications of Current Fellows

**Voelbel, G.T., Bates, M.E., Buckman, J.F., Pandina, G., & Hendren, R.L.** (2006). Caudate Nucleus Volume and Cognitive Performance: Are they related in Childhood Psychopathology? Biological Psychiatry. 60: 942-950.

**Voelbel, G.T., Chiaravallotti, N., & DeLuca, J.** (In press). Functional Neuroimaging in Multiple Sclerosis. In F.G. Hillary and J. DeLuca (Eds.), *Functional Neuroimaging in Clinical Populations*. New York: Guilford Press.

Chiu, S., Blank, J., Day, J., Marble, J., Brule, N., Pandina, G., **Voelbel, G.T., Bates, M.E., & Hendren, R.L.** (In press). Anterior Cingulate Volume in Pediatric Bipolar Disorder. Biological Psychiatry. Journal of Affective Disorders

**Voelbel, G.T.** (2007). Functional Near-Infrared Spectroscopy: Shining light on an emerging neuroimaging technique. American Psychological Association, Division 40 News Letter.

**Voelbel, G.T.** (Fall, 2006). New Funding Awarded to Study Executive Dysfunction in Recent Mild Traumatic Brain Injuries with Functional Near Infrared Spectroscopy. KMRREC Innovations, Fall, 2006.

**Voelbel, G.T., Wylie, G., Lengenfelder, J., Barbour, R., Pei, Y., Graber, H., and DeLuca, J.** *Greater Variability of Cerebral Vascular Autoregulation in Traumatic Brain Injury during a Working Memory Task*. Paper presented at the Human Brain Mapping Conference, Chicago, IL, 2007.

Graber, H.L., Farber, M., Sreedharan, D., Pei, Y., Xu, Y., **Voelbel, G.T., Wylie, G.R., Lengenfelder, J., DeLuca J., and Barbour R.L.** *fDOT Imaging of Vascular Autoregulation in Healthy and TBI Subjects*. Paper presented at the Human Brain Mapping Conference, Chicago, IL, 2007.

Wylie, G., **Voelbel, G.T., Barbour, R., Pei, Y., Graber, H., and DeLuca, J.** *Tracking the concentrations of oxygenated hemoglobin, deoxygenated hemoglobin and autoregulatory states in the visual cortex with functional Diffuse Optical Tomography (fDOT)*. Paper presented at the Human Brain Mapping Conference, Chicago, IL, 2007.

**Voelbel, G.T., Lengenfelder, J., Wylie, G., Barbour, R., Pei, Y., Nadkani, N., Smith, A., and DeLuca, J.** *Detectable Changes in the Level of Cerebral Activation are Related to Auditory Working Memory Load of the Frontal Lobe: A Functional Near Infrared Spectroscopy Study*. Paper presented

at the Cognitive Neuroscience Society Conference, New York, NY, 2007.

Lengenfelder, J., **Voelbel**, G.T., Wylie, G., Barbour, R., Pei, Y., Nadkani, N., Smith, A., and DeLuca, J. *Using Functional Near Infrared Spectroscopy to Study Verbal Fluency in Healthy Adults*. Paper presented at the Cognitive Neuroscience Society Conference, New York, NY, 2007.

Wylie, G., **Voelbel**, G.T., Barbour, R., Pei, Y., and DeLuca, J. *Tracking the concentrations of oxygenated and deoxygenated blood in the visual cortex with near infrared spectroscopy*. Paper presented at the Cognitive Neuroscience Society Conference, New York, NY, 2007.

Widjaja, F., Chiu, S., Blank, J., **Voelbel**, G., Pandina, G., Nguyen, D., Bates, M., & Hendren, R. *Psychosis in Autism*. Paper Presented at the International Meeting for Autism Research. Seattle, Washington, 2007.

**Voelbel**, G.T., Wylie, G., Lengenfelder, J., Barbour, R., Pei, Y., Nadkani, N., Smith, A., & DeLuca, J. *Pattern of Activation within the Frontal Lobe during Auditory Working Memory: A functional Near Infrared Spectroscopy Study*. Paper presented at the International Neuropsychology Society annual meeting, Portland, Oregon, 2007.

Lengenfelder, J., **Voelbel**, G.T., Wylie, G., Barbour, R., Pei, Y., Nadkani, N., Smith, A., & DeLuca, J. *A Functional Near Infrared Spectroscopy Study of Verbal Fluency*. Paper presented at the International Neuropsychology Society annual meeting, Portland, Oregon, 2007.

Arango, C.J., Balzano, J., Merrit, N., **Voelbel**, G.T., Cuetos, F., & DeLuca, J. *The Usefulness of Self Generation to Improve Learning and Memory in Hispanics*. Journal of the International Neuropsychological Society, 12,2,4-5. Paper presented at the International Neuropsychology Society annual meeting, Zurich, Switzerland, 2006.

**Hwang, K.**, Johnston, M.V. & Smith, J.K. (2007). Romantic attachment in individuals with physical disabilities. *Rehabilitation Psychology*, 52, 184-95.

**Schmitt, M.M.**, Chiaravalloti, N.D., & DeLuca, J. (2007, June). Self-efficacy and self-reported physical, cognitive and emotional functioning in MS. Poster to be presented at the annual meeting of the Consortium of Multiple Sclerosis Centers in Washington, DC.

**Schmitt, M.M.** (2007, August). Pain and Spinal Cord Injury: Classification, Assessment and Clinical Practice. Presentation to be made in Richards, J.S., Dyson-Hudson, T.A. & Schmitt, M.M. Pain following spinal cord injury, classification, assessment and novel interventions at the 21st Annual Conference of the American Association of Spinal Cord Injury

Psychologists and Social Workers in Orlando, Florida.

**Schmitt, M.M.**, Ness, T.J., & Richards, J.S. (September, 2006). Development of Neuropathic Pain During the First Year Following Spinal Cord Injury. Poster presented at the 20th Annual Conference of the American Association of Spinal Cord Injury Psychologists and Social Workers in Las Vegas, Nevada.

**Schmitt, M.M.**, Elliott, T.R., & Porter, C.A. (August, 2006). Problem-solving skills, negative affectivity and adjustment in blind veterans. Poster presented at the 114th Annual Convention of the American Psychological Association (Division 22) in New Orleans, Louisiana.

**Moholkar, N.M.**, Farley, C.T., Is the Leg Most Spring-Like at the Preferred Hopping and Running Frequencies?, American Society of Biomechanics Meeting, Blacksburg, Virginia, September 2006

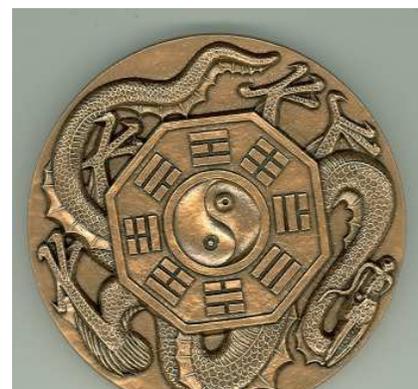
Edwards, W.T., Gade, V., **Moholkar, N.M.**, Tung, D., Nakappan, S., Sway Induced Motion On An Oscillating Platform, American Society of Biomechanics Meeting, Blacksburg, Virginia, September 2006

Edwards, W.T., Gade, V., **Moholkar, N.M.**, & Tung, D., Balance Pattern Response to Whole-Body Frequency Sweeps, American Congress of Rehabilitation Medicine 83rd Annual Meeting and American Society of Neurorehabilitation 13th Annual Meeting, Boston, Massachusetts, September 2006.

**Karen Kepler, D.O., Ph.D.** (R-'03, SCI-'04) reports that since relocating from UMDNJ to Kessler-Welkind in 2006, she has been handling heavier clinical loads. However, she enjoys her dramatically shorter commute. It only takes her about 30 minutes to drive to work in Chester, NJ, even when she has to stop for a bear blocking the road, as she did in early May.

### A Celebration of the Chinese Year of the Rat by John Bach, M.D.

Hommage to Lao Tzu and the Tao "the Great Integrity" from the Tao Te Ching (Figure Lao Tzu, Monnaie de Paris, 2007 obverse).



Lao Tzu lived in 6<sup>th</sup> century BCE China and had a remarkable grasp of evolution, the human condition, and an appreciation of man in his environment.

Lao Tzu named the nameless when he said,  
“Life derives from the nature of the earth.  
The earth derives from the nature of the universe.  
The universe derives from the nature of the Great Integrity (Tao). And the Great Integrity is the omnipresent, omnigenious omniform, The universal material and spiritual substance, and the holoversal (David Bohm) interlinkage and coition of existence.”

The “holoverse” was defined by David Bohm as “Ultimately, the entire universe, both macroscopic and microscopic, including particles constituting human beings, the planets, etc., understood as a single undivided whole, in which analysis into separately and independently existent parts has no fundamental status.”

Before human beings, the Great Integrity (Tao) was the unconscious common experience of all life. Now we human beings must re-create it or else our species will not survive the increasing fragmentation of our role in nature and the destruction of our planet.

“The Great Integrity is a paradox.  
It is inherent in the universe,  
Yet its form is so illusive.  
It is the Vital Essence of every entity,  
Yet nothing announces its essential character.

The Great Integrity was apparent  
Before time, space and matter appeared to separate.  
How can we re-mind and re-infuse ourselves  
With this very touchstone of all essentialities and connections?

By re-fusing time, space and matter  
With the spiritualization of our materiality,  
And with the materialization of our spirituality.

Then, when our dualities and numeralities  
Become blurred and forgotten,  
The Great Integrity will re-emerge in forms  
Of such incredible depths and dimensions of enlightenment...”

Lao Tzu taught that people should flow with and facilitate natural processes and never violate the needs and harmony of

human beings in the process of producing the needs of the community. Wisdom and humanity require the ability to subordinate one’s own ego demands, personal needs and predilections in order to identify with the needs of all people. In his concept of evolution, he believed that before humans achieved self-consciousness and ego, that, like other animals, they worked together for the common good, very much like ants it seems to me. Since humans acquired the capacity to feel separate from all that is “Not-I”, a process sociologists call alienation, humans lost touch with nature and in doing so, lost “Integrity” and a sort of tranquility. Lao Tzu taught that people need to go back to live more instinctually in oneness with nature. He taught that with “civilization” comes corruption, loss of wholeness, and destructive social relations. Religion and arts emerged as attempts to give momentary harmony and tranquility. When civilization dropped the “Great Integrity” for universal fragmentation and monetization of all entities, integrity was sacrificed for the measuring and pricing of each fragment. Integrity dismemberment is rationalized by logical ideologies which are intellectualizations severed from holistic life experience. (Ralph Alan Dale)

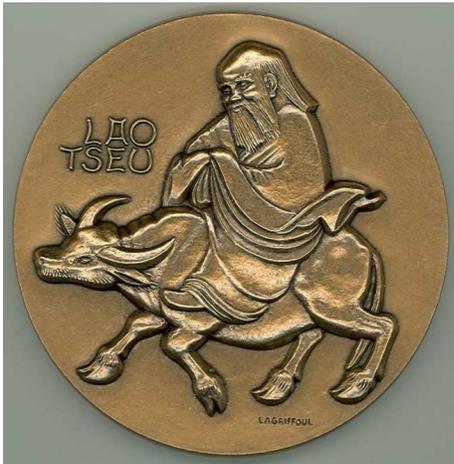
To Lao Tzu the ideal leader “is indistinguishable from the will of those who selected her. The next best leader enjoys the love and praise of the people.” Civilization has never seen the “ideal leader.” While many people celebrate “humanity” and “justice” as ideal virtues, Lao Tzu notes that when the Tao was abandoned, inhumanity and injustice became universal. It is now the inhumanity that dominates life. The Tao does not know justice because it does not know injustice.

Complementary principles of Chinese religion are yin and yang. One is passive, one active, and they are perpetually fluid. A piece of each resides in the other and, to achieve harmony, a balance must be made.

Confucius visited Lao Tzu, Archivist for the State of Chu, to deepen his knowledge of ritual. Lao Tzu detested ritual and Confucius. Lao Tzu called Confucius a “dangerous dragon” and Confucius stormed out. Not long after, Lao Tzu quit his job and retired in the mountains to live in seclusion. Although the father of Taoism, Lao Tzu remains a mysterious figure and “hidden sage.” He traveled to western China and wrote down his teachings in the Tao-Te-Ching (Book of Virtue) where Te means guide, Ching means ancient text or classic, and Tao means great integrity. Once disappearing into the mountains he was never seen again. Some feel that the Tao-Te-Ching was written many years after his death. His age was estimated as 180 years. Canonical material was added to Tao by Chuang Tzu (350-275 BCE). In the 2<sup>nd</sup> century, Lao Tzu was deified and the theory of Tao became a religion, Taoism. At that time Chang Tao-Ling revealed a succession of “Celestial Masters” at the head of Taoism. The religion had 2 faces, one of popular worship and one infused with mysticism and linked to Shamanism. Adepts take spiritual journeys to a place from

which they can see the world in harmony or as one. According to Chuang Tzu, “Life and death are one, right and wrong are the same.” “(There was) something mysteriously formed, Born before heaven...Perhaps it is the mother of ten thousand things. I do not know its name. Call it Tao.”

Tao or “Great Integrity” is the origin and nature and, in essence, the idea of being one with the universe. Before the advent of civilization and, indeed, the creation of the male gods for warrior societies, Lao believed that people probably worked together and helped each other to a greater extent. In Taoism, one must transcend the yin and yang for the Tao. This is similar to the idea of the dualities emerging from a transcendent whole and the struggle to return to the transcendence from dualities. Tao dualities include beautiful and ugly, rich and poor, advantaged and disadvantaged, science and religion, labor and profits, intelligent and stupid, health and sickness. The dualities of yin and yang are also represented in our left and right brains (Figure Yin & Yang Monnaie de Paris, 2007 reverse).



Lao Tzu wrote,

We know beauty because there is ugly.  
We know good because there is evil.

Being and not being,  
Having and not having,  
Create each other.

Lao Tzu said that the way of life that is being handed down to us all for more than 200 generations functions as ideological, emotional, and experiential entrapments, a paralysis of paradigms that must lead to catastrophe with overpopulation, starvation, inadequate energy sources and raw materials, pollution of the planet and extinction of most of its life forms.

Yin and yang aren't sentimental.  
They exist without moralizing.

They act regardless of our wishes  
Within the ebb and flow  
Of every pregnant moment.  
The space between yin and yang  
Is like a bellows –  
Empty, yet infinitely full.  
The more it yields,  
The more it fills.  
Countless words  
Count less  
Than the silent balance  
Between yin and yang.

Lao Tzu's “yin” and “yang” are metaphors for all that exists. Existence is not sentimental. The course of events does not follow our wishes or prayers. The harder we try to force events to conform to our moralizations, the less likely our success. The more we yield to the rhythms of life, the greater our fruition. Lao Tzu bids us to put aside ideological predilections to become free to ebb and flow with the new opportunities of every pregnant moment. Words or exhortations count less than the silent (existential) balance between yin and yang.

The 3 goals of Taoism are to confront the pathological yang (essentially the social and religious paradigms that separate us) and to embrace the yin (our “humanity”). By “yang” or rational development, ego, and paradigms that separate societies into confrontations rather than cooperation while not planning for the future, our species has subverted human nature, caused thousands of species to become extinct, and has placed ourselves at risk of extinction. The ultimate goal is to resolve the polarization of yin and yang to clarify the image of the Great Integrity. In his words, the goals are:

“The first is to embrace simplicity and integrity.  
The second is to consume only the needs of our body and soul.  
The third is to allow our love and concern for others to define our essentiality.”

He also professed the “turn the other cheek” philosophy that people attributed to Jesus 500 years later, “Answer with kindness when faced with hostility.”

He himself put the goals as, “The first is love, the second is moderation, the third is humility. If you love you will be fearless. If you are moderate, you might always sense abundance in life. If you live in humility, you will be widely trusted.”

Lao Tzu said that life was to be experienced rather than philosophized.

“The wise are heard through their silence,  
always self-full through selflessness.”

While other religious mythologies like Christianity, Judaism, Confucianism, Buddhism, and Islam invite us to be “good”, Lao Tzu tells us to transcend every false premise of our culture and to be reborn in the form of our essential humanity which needs neither wealth nor tests of performance to validate it. He told that we should fulfill our spiritual needs rather than the manipulative needs of societies’ institutions. The ultimate goal for Lao Tzu was to “become love,” stripped of every premise of aggressive civilization. It is complete self and social actualization, the “Great Integrity”. As long as we live in acquisitive, competitive societies, this type of love is impossible. It requires the transcendence of all the fragmentations that have defined our personal and social lives during the past few millennia. The Great Integrity is the liberation to experience this universe in its own terms, transcending all objectivities and subjectivities without sacrificing our humanity, that is, our ability to function with a higher consciousness than the rest of nature.

“When the universe becomes your self,  
When you love the world as yourself,  
All reality becomes your haven,  
Reinventing you as your own heaven.”

“Colors can make us blind!  
Music can make us deaf!  
Flavors can destroy our taste!  
Possessions can close our options!  
Racing can drive us mad  
And its rewards obstruct our peace!

Thus, the wise  
Fill the inner gut  
Rather than the eyes,  
Always sacrificing the superficial  
for the essential.”

K’ung Fu Tze, known as Confucius, lived from 551 to 479 BCE. He was married and father of two children. He was a prolific teacher and writer and is famous for his books of sayings (Analects). He was appalled by governmental corruption and was a reformer who looked back 500 years to days of benevolence and harmony. He tried to institute an age of chivalry, engender gentlemanly conduct and respect between ruler and subject, father and son, older and younger brother, husband and wife, and friend and friend. He wrote of propriety, morals, manners, and respect of the ceremonial, love of humanity, benign charity, and consideration. Confucius saw little benefit in worship of gods if the treatment of fellow human beings fell by the wayside. He respected heaven, or T’ien, but did not center his philosophies upon heaven and spiritual matters. Ancestral obligation was important to him. Confucianism graduated to cult status with temples dedicated to him until decline after 1911 following the end of the dynastic reigns. Criticism of his philosophical religion was like that of

the Hindu caste system. It condemned people to their place in life and was used to subjugate women. Mao Tse Tung (1893-1976) attempted to obliterate Confucianism during the Cultural Revolution.

Ultimately, the error of those of the reality religions is to not understand that people are not born equal nor do they work nor deserve equal compensation. They also fail to recognize that those who deserve less will often try to obtain more by corrupt or perverse means. There is an underlying narcissism of minor differences such that groups of people consider themselves superior to other groups on the basis of the minor differences of the paradigms of their cultures. Lao Tzu wrote:

Govern a country like you would fry a small fish –  
With care, respect and with the least interference.  
When the world is governed according to the Tao,  
Evil will lose its power.  
Not only will evil lose its power, it will no longer even exist.  
When evil ceases to exist, neither will good exist.  
Without good and evil, we simply will live totally in our human natures.  
No one will compromise anyone else because we will all be inextricable parts of the Great Integrity.

Much of what Lao Tzu says reminds me of the way ants work together for common goals without coercion of egocentricity.

The Tao is so easy to understand and so easy to practice.

Yet it is not understood, nor is it practiced.  
It is not understood because people’s heads are filled with 10,000 trivia and rationalizations, leaving no space for anything else.

It is not practiced because people are kept busy, though bored, with the 10,000 corruptions and miseries that leave no time for the Three Treasures.

The Tao is so ancient, as old as the universe itself!

How can we expect people to remember it after so many millennia of repression?

That is why sages dress in rags while they wear the Three Treasures deep inside their hearts.

Thus, according to Lao Tzu, the return to the Tao will mean that there will no longer be separate countries, politicians, evil, coercive behaviors and institutions that force people to live inequitably, and we will live without good and evil like other species. Although, a one planet government may be the only way in which we can survive as a species, it seems incredibly naïve to think that this could ever occur without severe

population reductions and controls for a species with different social and religious paradigms.

contact John DeLuca, Ph.D., ABPP at (973) 530-3630 or via e-mail at [ideluca@kmrrec.org](mailto:ideluca@kmrrec.org). EOE/M/F/D/V

*Below is an advertisement listed in the APA Monitor.*



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***Post-Doctoral Fellowship Multiple Sclerosis Rehabilitation Research***

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**Key words are: Multiple Sclerosis; cognition; rehabilitation; clinical research; memory**

Kessler Medical Rehabilitation Research and Education Center (KMRREC), in conjunction with the University of Medicine and Dentistry of New Jersey, are accepting applications for a two-year fellowship to prepare clinicians-scientists for a career in clinical research within the area of neuropsychological rehabilitation specializing in Multiple Sclerosis (MS).

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