



THE CUPOLA

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Cooperstown, New York



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Update on Bassett's Transitional Year Residency Program

By Dr. Erik Riesenfeld



Transitional Year Residents L-R: Front Row—Drs. Jaedt Lim, Jena Jacobs, Artur Wysoczanski, Zachary Sortore, and Ethan Pitney. Back Row—Drs. Kyle Kidd, Michael Lotito, Stella Nyamikeh, and Alex Lander

Bassett's longstanding transitional year residency continues to thrive in 2025. The Bassett transitional year program started many decades ago, at first as a rotating internship. This one-year residency provides ample opportunities for medical school graduates to gain the clinical skills necessary for their future careers and training in programs such as anesthesiology, dermatology, ophthalmology, radiology, radiation oncology, nuclear medicine, and neurology. Some undecided students also use this year to help explore future career paths. The transitional year internship provides broad-based training that is clearly defined in the robust ACGME guidelines, with analogous structures to Bassett's medicine and surgery residencies.

Elective rotations allow trainees a component of flexibility to craft an individualized learning program, helping to foster their



Transitional Year Residents on the job: Drs. Zachary Sortore, Michael Lotito, Kyle Kidd, and Jena Jacobs

career development goals. Bassett's health care system encompasses a large population in rural upstate New York, and this provides a truly unique learning environment for trainees to care for patients with wide-ranging socioeconomic and medical conditions. Our trainees, with the supervision of Bassett's dedicated faculty, are instrumental in the health care delivery for a population spread over 5,000 square miles of upstate New York. Despite Bassett's rural location, we are able to provide unparalleled academic medical care and training opportunities thanks to our close partnerships with various institutions, including Columbia University and Johns Hopkins.

The Departments of Medicine and Surgery play an enormous role in the education of our transitional year interns, as they

Transitional to page 7

A Farewell Message from the Alumni Board's Outgoing President

My fellow alumni, few things are better than Cooperstown in the fall, and I had the pleasure of being there in October for our annual Alumni meeting. It was a great weekend, where we enjoyed Dr. Moro Salifu's presentation during the annual Dr. John Davis lecture. I also got to personally congratulate Dr. Doug DeLong, the recipient of the NYACP Lifetime Achievement Award.

In this issue of our newsletter, we welcome the Columbia-Bassett Class of 2029 (the alumni family grows!) and share updates about the Transitional Year Residency Program. We also revisit the work around resident wellness with Dr. Rashmi Bismark, who you may remember presented during Alumni



Dr. James A. Murray

Weekend just a year ago.

This is my last year as President of the Bassett Alumni Association Board of Directors. Dr. David Newman was elected to take over in the new year. I look forward to continuing to work with the Alumni Board, which is full of lovely people who cherish Bassett and the mission it serves. I have appreciated many aspects of my role over the years but mostly value the relationships I have made with generations of Bassett alumni. Keep Bassett close to your heart, send updates to the Cupola, remember the Foundation in your giving, and I hope to see you at the next alumni reunion. ■

The Cupola is the newsletter of the Medical Alumni Association of Bassett Medical Center. The Association was founded to provide support and recommendations to Bassett's Medical Education Department; to assist in recruiting medical students, house staff and attending staff; and to provide financial support to develop and enhance medical education at Bassett.

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Dr. Moro Salifu the 2025 John S. Davis Visiting Professor

Dr. Moro Salifu, chief of the Division of Nephrology and chairman of the Department of Medicine at SUNY Downstate Health Sciences University in Brooklyn, was the 2025 John S. Davis Visiting Professor October 17 in Cooperstown. He is a tenured Professor of Medicine at SUNY Downstate and also the Edwin C. and Anne K. Weiskopf Endowed Chair in Kidney Diseases and Hypertension, and Master (2018) and Laureate (2022) of the American College of Physicians for his outstanding research, clinical and administrative skills.

Salifu's lecture was of great interest to the physicians, residents, students, and members



Dr. James Murray presents Dr. Salifu with a Cooperstown bat and Dr. Davis's book about Bassett Hospital

of the alumni board who attended. He spoke about scholastic activity in professional development, those activities may range from grand rounds, posters and workshops to grant leadership, articles and publications, textbooks, service on professional committees, the IRB process, and more. It is through these activities that one not only advances their career, but also contributes to evidence-based medicine

and the improvement of patient care.

"Every physician has a responsibility to teach others," said Salifu, "whether in private or academic practice." While visiting Bassett, Salifu also led case discussions with residents and discussed cases introduced by residents. ■

Jacobs Presents Award-Winning Paper



Jena Jacobs, D.O., (left) at the American College of Osteopathic Surgeons conference

In September, current Transitional Year resident, Jena Jacobs, D.O., presented her award-winning paper titled "Doramectin Induces Apoptosis in B16 Melanoma Cells" at the American College of Osteopathic Surgeons conference in Salt Lake City, Utah. Jena is passionate about skin disease research and treatment. Her paper concluded that "doramectin induces a novel cell-death mechanism in melanoma compared to other forms of cancer and should be studied as an effective anti-cancer agent for melanoma treatment." Read the full abstract on the NIH National Library of Medicine PubMed page: Doramectin Induces Apoptosis in B16 Melanoma Cells - PubMed ■

The Columbia-Bassett Class of 2029



Bassett welcomes the Columbia-Bassett class of 2029.

Front Row (L-R): Dr. Henry Weil, Aaron Dino, Megan Dufault, Sophia Campbell, Anahita Kodali, Charlotte Williams. Back Row (L-R): Henry Elsner, Adam Tisch, Liam Kelliher, Sara Liszeski, Akhil Nair

Bassett Medical Alumni Association Board Meeting Recap



Front Row (L-R): Joey Dier, Bijal Patel, Lynn Marsh, Dru Wilkins, Dr. Michael Foltzer, Dr. David Newman, Deb Dalton. Back Row (L-R): Drs. Anush Patel, John Dier, Rashmi Bismark, Alan Kozak, Matthew Gilbert, Kenneth Wilkins, Douglas DeLong, Jim Dalton, and Jim Murray

Dr. Jim Murray, serving his final year as president of the Alumni Board, presided over this year's October 17 annual meeting. The tone was generally upbeat and positive.

Bassett Medical Center President Dr. Henry Weil reported that there has been improvement in the institution's financial picture with expectation that this may be a "break even" year after two preceding years of significant losses. With regard to patient care, access remains a challenge and a major focus of attention. Although professional staff recruitment has been largely successful, many nursing positions are covered by agency nurses, incurring significant financial strain on the institution. Educational programs remain impressively strong with full ACGME accreditations and 100% specialty Board pass rates among both Medicine and Surgery trainees over the past four years. Greatly enhancing the educational environment have been the cardiovascular fellowship program and the continuation of the Columbia-Bassett Medical School program. All educational programs remain highly competitive with very impressive participants. In the realm of research, under the leadership of Julie Sorensen, Ph.D., NYCAMH continues to flourish. The quest for a new leader of the Bassett Research Institute continues since the retirement of Dr. Gadomski, with a very promising candidate now under consideration.

Bassett Healthcare Network President and CEO Staci Thompson noted that over the past year, the Network has been the recipient of many awards and recognitions for providing exceptional patient-centered care. One of the most significant accomplishments was the Magnet designation for nursing under our outstanding nursing leadership. The institution has also been awarded New York State grants of over \$85 million for distribution throughout the Network for a variety of uses. She echoed much of what Dr. Weil reported, further amplifying a strategic plan that places emphasis on access, quality and care innovations, and recruitment, particularly of nursing staff.

Dr. Michael Holmes, service line chief of Cardiovascular Disease, provided an impressive overview of his department. Bassett has been recognized by U.S. News and World Report as one of the top U.S. centers for the management of myocardial infarction. The staff size continues to grow with the addition of both interventional and non-interventional cardiologists, one of whom has expertise in CT imaging.

As reported by Dr. Katz, program director for the Cardiovascular Disease fellowship, the program remains highly selective with most recently 700 applications for three positions, one of which was filled by a Bassett Medicine residency graduate.

Reports from Dr. Mebust, chief of Medicine, and Dr. Ocegueda, chief of Surgery, were very positive, indicating several new staff members in both departments. Of particular note is the continued work of ENT

staff member Dr. Ferrara who is one of but two physicians in New York State performing radio frequency ablation of thyroid nodules on an outpatient basis, obviating the need for a more invasive surgical approach and hospital admission.

Presentations by residency program directors continued on a positive note. Residents in all programs beyond the one-year trainees continue to actively engage in scholarly activities with many publications and presentations at state and national conferences. The focus on Medical Humanities remains strong in all programs. Morale remains high, and resident wellness garners continued attention.

Adding an especially positive boost to the afternoon's program was the presentation of Laurel Graham Marling, M.A., who has filled the new position of faculty development specialist for the past two years. Working closely with Cobleskill-based, Dr. Darah Wright, she has a strong background in teaching and has served as an outstanding teaching coach as she observes our teachers in action. She has also helped oversee systems of feedback and evaluation, adding greatly to our stature as a teaching institution. Her enthusiasm for her role in education was applauded by all in attendance.

The meeting came to conclusion in the late afternoon with a business meeting followed by dinner at the Otesaga. Dr. Murray's superb function as Board president was recognized and Dr. David Newman welcomed as his successor. Next year's meeting has been scheduled for October 2. ■



A reminder: Who are the members of the Bassett Medical Alumni Association?

You are past and current interns, residents and fellows. You are former and current members of the senior doctoral staff.

And you are students of the Columbia-Bassett Medical School program or students who spent your final two years of medical school at Bassett.

THE BASSETT FAMILY ALBUM — ALUMNI NEWS

Please keep your notes and photos coming!



David O'Brien, M.D., with his wife Karen Heupel, M.D.

1980s

David O'Brien, M.D.

(Transitional Year 1987-88)
I "graduated" from the U.S. Air Force after 28 years in aerospace and occupational medicine. Since then, I have worked for the Federal

Aviation Administration for 9 years. I oversee the FAA medicine division that supports medical certification of pilots. All professional pilots and many general aviation pilots hold an FAA medical certificate that ensures they meet certain medical standards and are unlikely to experience sudden or subtle incapacitation. We accept approximately 450,000 medical certificate applications per year. Staying physically fit and obtaining good clinical medical care is the best way for a pilot to maintain their medical certificate. Our division is located at the Mike Moroney Aeronautical

Center in Oklahoma City. It is the FAA's largest center and supports the agency's training and logistical efforts. My wife, Karen, is also dual boarded in aerospace and occupational medicine and currently serves in leadership roles with the Aerospace Medicine Association and the American College of Occupational Medicine. In our spare time, we enjoy hiking, traveling, and photography.

Lawrence Gaul, M.D.

(Internal Medicine resident 1987-90) I just got back from Saipan where I visited my eldest son, his wife, Ellie, and my first grandson Wallace.

I was accompanied by my brother Will due to ongoing memory issues. The travel was long, especially from Tokyo to Denver where I now live in a senior care facility. In the photo, I am on top of the highest point in Saipan with the Pacific Ocean in the background. ■



Lawrence Gaul, M.D., in Saipan

Dr. Douglas DeLong Receives Lifetime Achievement Award



Doug DeLong, M.D., accepts award from NYACP

On Friday, October 10, the New York Chapter of the American College of Physicians (NYACP) presented Douglas DeLong, M.D., MACP, with their Lifetime Achievement Award at a reception in Albany.

"I'm truly humbled by this honor," says Dr. DeLong, "but in reality I received much more personal benefit from my years of affiliation with NYACP than any contributions I may have made."

In addition to holding many leadership positions within NYACP and the national ACP over the years, DeLong's nomination praises his decades as a clinician, teacher, and advocate at Bassett Healthcare Network as an essential reason for his award. "Doug has been a tireless champion for primary care internal medicine in rural Upstate NY," explains his nominator, "caring for patients and teaching countless medical students and resident learners." DeLong served as Chief of the Division of General Internal Medicine at Prime Care in Cooperstown for 18 years until his retirement from practice in January of 2022. He currently teaches Bassett residents one day a week in internal medicine during their outpatient clinic rotations. He is an Associate Clinical Professor of Medicine in the Vagelos College of Physicians and Surgeons at Columbia University. He is also an alternate delegate of the Senior Physicians Section to the American Medical Association.

Above all, this award recognizes Dr. DeLong as a moral leader. "I have known many physicians with deeply held

beliefs," the nominator goes on. "Though few who are able — as he is — to articulate them with integrity, clarity, conviction, credibility, and passion. He is sincere, supportive, and eminently likable."

DeLong resides in Cherry Valley, N.Y. with his wife Lynn Marsh. ■

Physician Employment Opportunities in the Bassett Healthcare Network

Thinking of a career move? Do you know another physician seeking a position in an award-winning network of six hospitals and 30 regional sites? Consider these openings in Central New York and Cooperstown.

Anesthesiologist	Nephrology – Division Chief
Cardiologist – Non-Invasive, Heart Failure & EP	Nephrologist
Endocrinologist	Neurologist
Emergency Medicine – Service Line Chief	Orthopedics – Total Joints
Family Medicine	Pediatrician
Hematology Oncology – Service Line Chief	Radiology – Diagnostic
Hematology Oncology	Rheumatologist
	Urology

For more information visit:
<https://www.bassett.org/careers/physicians-and-advanced-practice-clinicians> or call
Medical Staff Recruitment at 607-547-6982.

Mindfulness as a Coping Strategy



Dr. Shim with crew during Army deployment in Afghanistan

Dr. Joon K. Shim is a fellowship-trained minimally invasive and bariatric surgeon. She is also the program director for Bassett's General Surgery Residency Program. As the first female program director in Bassett's history, she brings a valuable set of experiences to the table as a surgeon and a teacher.

Shim was born in South Korea. Her family emigrated to the U.S. when she was six years old. Raised as a Buddhist, mindfulness, meditation and yoga have been an integral part of her daily living.

"Mindfulness matters. We all have our personal challenges. I am a surgeon, I have patients with metastatic cancers, I am training 20 residents. No matter who you are, stress happens. When we dwell on the future or past and are not rooted in the present moment, we are not bringing our best self to the task at hand," observes Shim, who came to Bassett in 2021.

Prior to her arrival at Bassett, Shim completed two tours as a combat trauma surgeon with the U.S. Army for Operation Enduring Freedom in Afghanistan.

"When 9/11 happened, I lived across from the World Trade Center and immediately decided to join the Army. During my 14 years serving our country, we saved lives, I saved lives. I am proud of what I have done and what I stand for." Shim attained the rank of major and received the Army's Meritorious Service Medal.

Throughout her years as a combat surgeon Shim used mindfulness exercises to help reduce stress and she continues to use the same strategies as a surgeon at Bassett.

"Mindfulness allows me to be present in the operating room and to be present with my team. I do some sort of grounding and mindfulness practices every day, says Shim."

Shim's experiences have not only helped shape how she approaches patient care,

but also how she teaches. She recently introduced her Surgery residents to mindfulness as a strategy for coping with stress, and Dr. James Dalton, former director of Medical Education and past program director of Internal Medicine (IM), has been working to incorporate meditation, mindfulness and yoga into the Humanities curriculum for IM residents. As a result, Bassett's Medical Alumni Association is sponsoring a series of resident wellness sessions that include mindfulness, meditation and yoga.

"I'd say 70-80% of our residents are from European and South Asian countries," notes Dalton. "These strategies are commonplace for many of them, and they are quite open to the idea of connecting mindfulness and physician wellness."

The sessions are being led by Dr. Rashmi Bismark, who is board certified in Preventive Medicine and specializes in mindfulness-based interventions to promote well-being. She completed five sessions with Medicine residents at Bassett in 2024 and returned this fall. She was also a guest speaker at last fall's alumni reunion in Cooperstown. Bismark, who received her Doctor of Medicine degree from the University of Rochester School of Medicine and completed a preliminary year in IM at Bassett in 2005, says her own experiences during medical training prompted her to pursue this work.

"I wanted to make an impactful change because, like most everyone, I felt burned out," says Bismark. "Those feelings are inevitable. Unfortunately, burnout in the medical profession is largely a systemic issue that can't easily be solved. So, we need to help our young colleagues explore how to find time for themselves to rest, recenter and replenish those reserves to meet the challenges of each day.

"While you can't meditate your way out of the systemic practices or issues, there is so much evidence in support of mindfulness-based interventions as a way to manage and find some joy in our role in the world, to reconnect with what matters most, our innate joy in caregiving, and remind ourselves of our humanity. Small shifts from within ripple outward to our colleagues and communities."

For the remainder of the 2025-2026 academic year, Bismark will continue working with the medical humanities program to offer short contemplative practices that coordinate with each module's topic and themes. ■



Dr. Bismark and Surgery residents following a session earlier this year

IN MEMORIAM: BASSETT REMEMBERS

Lewis L. Hamilton, M.D. (1939 - 2025)

Lewis L. Hamilton, M.D., of Boca Grande, Fla., and Salisbury, Conn., died peacefully at home in Salisbury on July 20, 2025, surrounded by his loving family and his dog at his feet.

He was 85 and lived an extraordinary life, valuing relationships with family and friends above all else while also contributing many remarkable achievements to his communities especially as they related to medicine, education and conservation.

Lewis was born on August 4, 1939, to Dr. John Leckey Hamilton and Helen Wells Hamilton in the Allegheny General Hospital in Pittsburgh, Pa., where his father was a surgeon.

Lewis attended Yale University, graduating in 1960 with a B.S. in Physics. He then enrolled in the Columbia College of Physicians and Surgeons, where he received an M.D. degree in 1964. He went on to complete post-graduate training and military service. While in Georgia, Lewis was a captain in the U.S. Army volunteering for service during the Vietnam War at Fort Gordon where he was "Chief of Hospital Clinics," and oversaw five divisions. Lewis was awarded the National Defense Service Medal for meritorious service from 1966-1968. Shortly thereafter, he added "subspecialty boards" in EEG, EMG and clinical physiology to his education and practice.

Lewis joined the senior staff of The Mary Imogene Bassett Hospital in 1976. He had numerous publications in journals such as J.A.M.A. and the New England Journal of Medicine, and he greatly enjoyed teaching and practicing medicine. Before retiring in 1996, Lewis had over 10 distinguished appointments and certificates.

Lewis was married to Katharine "Kitty" Bramwell for almost 30 years. They had one child, Heidi. Kitty died in 1992. In 1993, Lewis married Lucy Battel Hager, known as "Bunny", who also lived in Cooperstown. Lewis and Bunny enjoyed almost 30 years of marriage until her death in 2023. In 2024, Lewis met Linda Low Wolcott of Boca Grande, Fla., and Salisbury, Conn. Lewis is survived by his fiancée, Linda L. Wolcott, his daughter, Heidi H. Kerko (David), and his many beloved grandchildren. Visit Legacy.com for the full obituary.

Charles Hudson, M.D. (1937 - 2025)



Charles Joseph Hudson, M.D.

Charles Joseph Hudson, M.D., whose life served as an inspiration to friends, colleagues and family, died on July 11, 2025, after a long illness. He had recently moved to Stroudwater Lodge Assisted Living in Westbrook, Maine, from Cooperstown, N.Y., where he and his wife Dorothy lived for over 50 years.

Chuck was born on June 12, 1937, in Oak Tree, N.J., and attended Princeton University. In 1959, after marrying Dorothy Underwood of East Brunswick, N.J., he began his medical education at McGill University Faculty of Medicine in Montreal, Quebec. After graduation he joined the U.S. Public Health Service in Alaska providing medical service throughout the state. He completed advanced studies in psychiatry in Vermont, then returned to practice in Anchorage for several years before moving with his family to Cooperstown. He worked at the Bassett Hospital, Schoharie County Mental

Health Center, and retired as the director of the geriatric program at the Capital District Psychiatric Center in Albany.

A longtime member of the Unitarian Universalist Society of Oneonta, N.Y., Chuck was devoted to social justice and felt deep compassion for those without access to good medical care. He was a longtime advocate for a single payer health care system. Chuck was a devoted athlete from a young age. He was the New Jersey state champion for the mile in 1954. He ran his first marathon in 1972 with almost no training. He loved snowshoe racing, fencing, biking, pedal boating, and was a competitive swimmer into his 80s. Chuck's other passions included astronomy, amateur radio, Greek philosophy, playing baroque music, and making musical instruments. His sense of humor was infectious whether it was insightful satire or dad jokes.

He and Dorothy celebrated 66 joyful years of marriage. Together they raised three children, Beth, Andrew and Landis. In addition to his wife and children, he leaves four granddaughters and five great grandchildren. Visit Dignitymemorial.com for the full obituary.

Albert Chang, M.D. (1941 - 2024)



Albert Chang, M.D.,

Albert Chang, M.D., succumbed to Parkinson's in his sleep at home peacefully and without pain on August 28, 2024. He was born in China in 1941. When he was five, his father was dispatched to Buenos Aires as a foreign service officer at the Republic of China Embassy. Seven years later, the family relocated to New York City. Albert graduated high school as a valedictorian and the class president. He then went on to Harvard College and University of Rochester Medical School. Albert was a rotating intern at

Bassett Hospital 1968-69.

Albert trained as a pediatrician and public health doctor specializing in maternal and child health. He served as a pediatric resident doctor at Mt. Sinai Hospital in NYC and Boston Children's Hospital. He was on the School of Public Health faculty at the University of California at Berkeley, the University of California at Los Angeles, and California State University at San Diego, for more than 30 years. After retirement, Albert served as a pediatric consultant for troubled youths at the Los Angeles County Juvenile Hall. He did volunteer work at the Venice Family Clinic for the homeless. He was President and Program Chair of the Harvard Club of Southern California from 2003 to 2020. He organized lectures and trips to the Pacific Asia Museum, the Los Angeles County Museum of Art, and Los Angeles Chinatown. He served on the Board of Directors at the Chinese Historical Society of Southern California. He organized programs for the China Society of Southern California.

Albert is survived by Yvonne, his wife of 53 years, sons Jeffrey and Nick, one brother, two sisters, and many nieces and nephews. ■



(L-R) TYR Program Director Dr. Erik Riesenfeld; Mary Wiswell, TY residency program coordinator; and Associate Program Director Dr. Brian Frodey

TYR from page 1

rotate through both the medicine and surgery service, where they learn the fundamental clinical skills needed in their future training and careers. On these rotations they work alongside medicine and surgery interns, forging strong bonds with colleagues as they work together in challenging circumstances to deliver care for our patients. We continue to foster and grow our strong relationships with institutions, both near

and far. Our transitional year interns spread the word of Cooperstown and Bassett to their former or future institutions, such as Columbia University, The University of Rochester, The University of Buffalo, The University of Vermont, Memorial Sloan Kettering, and Johns Hopkins.

For several years, one spot in the transitional year program has been reserved for the Bassett Hopkins Preventive Medicine Program. This is a long-standing collaboration that provides trainees experiences within rural health care delivery and

public health, with a focus on preventive medicine. Preventive medicine is such a core component of health care systems, and this collaboration serves us all to explore how we can improve the health of our rural communities by preventing illness before it starts.

This year Dr. Brian Frodey has been appointed as Associate Program Director, and he will likely serve as Program Director in the near future. He is a critical care physician with

a background in emergency medicine who aims to foster further developments in Bassett's transitional year training program.

Faculty from multiple departments have engaged in shared teaching and academic activities including a variety of scholarly projects. Bassett residents have taken advantage of unique experiences within surgery, dermatology, and plastic surgery clinics and ambulatory surgery centers throughout our region.

Radiology has been very engaged and supportive of transitional year projects, with Dr. Gupta serving as a member of our core faculty. Dr. Jacob VanHouten, Bassett's Associate Chief Medical Information Officer and one of our preventive medicine physicians, plays a large role in outpatient clinic exposure and several advanced information technology projects. Interns have also been able to work with the New York Center for Agricultural Medicine and Health, which provides exposure to academic and patient care work through the provision of occupational health care to rural populations working in the agricultural industry.



Alumni Join Bassett's Professional Staff as Hospitalists

Navar Almama, M.D., is an attending physician hospitalist at Bassett Medical Center and A.O. Fox Hospital. She earned her medical degree from People's Friendship University of Russia in Moscow and completed her Internal Medicine residency at Bassett Medical Center.



Navar Almama, M.D.



Sagar Ghimire, M.D.



Timur Otajonov, M.D.



Bishnu Singh, M.B., B.S.

Timur Otajonov, M.D., is an attending physician hospitalist at various locations across the network. Dr. Otajonov earned his medical degree from Tashkent Medical Academy in Tashkent, Uzbekistan, and completed his Internal Medicine residency at Bassett Medical Center.

Sagar Ghimire, M.D., is also an attending physician hospitalist at Bassett Medical Center and A.O. Fox Hospital. He earned his medical degree from Nepal Medical College in Kathmandu, Nepal, and completed his residency at Bassett Medical Center. Dr. Ghimire is certified by the American Board of Internal Medicine.

Bishnu Singh, M.B., B.S., is an attending physician hospitalist at Bassett Medical Center. Dr. Singh earned his medical degree from Kathmandu Medical College Teaching Hospital in Nepal. His Internal Medicine residency took place at Bassett Medical Center. ■



See our latest news and updates at Bassett Medical Alumni Association



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New Giving Opportunities for Bassett Alumni and Friends

Recent changes in tax law have created several new opportunities to make gifts that benefit both donors and Bassett. With the passage of the OBBBA legislation and other updates, alumni and friends now have more flexibility than ever to support Friends of Bassett Healthcare Network while also receiving valuable tax benefits.

One major change is the new non-itemizer charitable deduction. Even if you no longer itemize your deductions, you can now claim up to \$1,000 per person (or \$2,000 for couples filing jointly) for charitable contributions each year. This is a simple way to reduce taxable income while supporting Bassett's mission.

Another powerful tool is the Qualified Charitable Distribution (QCD) from your IRA. If you are 70½ or older, you can make gifts directly from your IRA to Bassett without paying income tax on the withdrawal. For those age 73 and above, these gifts



can also satisfy all or part of your Required Minimum Distribution. The annual limit for tax-free IRA charitable transfers has been increased to \$108,000 per person.

Finally, the new senior deduction of \$6,000 provides an additional tax-saving opportunity for eligible taxpayers.

Taken together, these new provisions make it easier than ever to combine charitable giving with smart tax planning. We encourage you to explore these opportunities and consider how your support can help strengthen Bassett's future.

Scan this QR code to access Friends of Bassett's legacy giving guide on Basset.org.



Help Us Keep Your Information Up to Date

Did you know you can now update your information for the Alumni Association on Bassett's website? Just go to [Alumni Affairs on Bassett.org](https://AlumniAffairs.org) and click on the alumni update form.