

E-Mailman

The Newsletter of the Mailman School of Public Health Alumni Association - for Alumni, by Alumni



Introducing E-Mailman

By Kathleen Crowley,
Alumni Board President

As a graduate, you are already a member of the Mailman School of Public Health Alumni Association,

and are encouraged to stay involved after you leave 168th Street. To help you stay informed about happenings on campus, achievements of your fellow alumni, and advances in the field of Public Health, the Alumni Board has created this newsletter.

Written by a volunteer committee of our Alumni Board, the E-Mailman will focus on Mailman Alumni and Board activities. The Newsletter's aim is to inform a community of Mailman alums; cultivate support and networking; enhance educational opportunities; and facilitate outreach to the public.

This fall marks the start of the final year of my three year term as President. For me personally, it is the achievement of a role that I continue to feel extremely privileged to fulfill. Working with so many extraordinary Board members, alumni and faculty along with the support of Dean Linda Fried is a privilege and a pleasure.

This spring, I had the opportunity to appreciate the lifecycle from student to alum. In the span of two months, I had the honor of welcoming Admitted Students in NYC, providing the closing Commencement speech at Graduation and

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welcoming back our alumni as I emceed the Alumni Summit Dinner Program held at the Faculty House on the Morningside Campus which honored Mailman's Allan Rosenfield Alumni Award for Excellence recipient, Paul W. Brandt-Rauf, DrPH '87, MD '79, ScD '74. Dr. Brandt-Rauf was selected for his distinguished career and many contributions to the Mailman School community.

As alumni, you are also welcome to join us at these events. There are opportunities to volunteer in mentoring students and fellow alumni, attend the Alumni Summit or participate in one of the many alumni and school-sponsored events throughout the year. Come join us, reconnect with the school, its students, and its faculty, make new friends and meet new colleagues!

Statistics on the 2014-2015 student body:

Total Enrollment	1,438
States Represented	46
Countries Represented	55
Non-U.S. Citizens	21%
Masters Students	86%
Average Age of Entry	28
Age Range	23-69
Ethnic/Racial Minorities	42%

Committee Updates

The Alumni Association has a number of volunteer committees comprised of Alumni wishing to make an impact on the Schools offerings and providing opportunities for graduates to connect with the School.

Mentoring Committee:

Chair: Helen Edelberg, MD, MPH '02

The Mentoring Committee strives to create connections between students and alumni.

- Last year, the Mentoring Committee held four highly successful events connecting students with alumni working in the field.
 - Speed Networking
 - Virtual (online) Networking
 - Skype Mentoring Events
 - Networking Reception

We are pleased to report 66% growth in alumni participation in mentoring events last year.
- An opportunity is being developed for Alumni to be trained by Mailman's Office of Career Services and to provide students with 1:1 resume review and career search advice
- Alumni can also connect with Mailman students by registering with CareerLink, a database allowing alumni to maintain control over how, and how often, they are contacted. Interested alumni can register [HERE](#).



Special Events Committee:

Chair: Anette Wu, MD, MPH '08

The Special Events Committee plans and organizes intellectual and social events of interest to Alumni.

- Last year, Alumni were invited to over 30 events. These included four signature events:
 - 1st Annual Alumni Breakfast
 - APHA Alumni & Friends Reception
 - Graduating Students Reception
 - Summit For Public Health Leadership

Alumni were also welcomed at campus events like Grand Rounds, collaborative Columbia University events such as last December's Ebola Symposium, and "Mailman on the Road" events in New York City and around the Country.
- We are delighted with the continuing trend of increased attendance at Alumni Events and know there is great demand for networking and intellectual programming events.
- A list of this year's upcoming events can be found at <https://www.mailman.columbia.edu/public-health-now/events>



Development Committee:

Chair: Carlos Cuevas, MPH '12

The Development Committee strives to encourage Alumni financial support of the school and students.

- Last year, alumni and friends provided \$181,168 in scholarship funds for current students.
- On Giving Day, we won an extra \$18,000 from Columbia University's trustees, making a total of approximately \$199,000!
- Every dollar went into student scholarship packages, providing aid to 24 students on campus today.
- **THIS YEAR GIVING DAY WILL BE OCTOBER 21,** and members of the Alumni Board will again match every donor's gift with an additional \$100, up to a potential match of \$20,000!



Governance Committee:

Chair: Nina Rothschild, MPH '92, DrPH '00

The Governance Committee oversees the membership of the Alumni Association Board and selects the winners of Mailman's alumni awards.

- Three new alumni recently joined the Board: Gabriel Galindo, MPH, DrPH '09, Madeline Sutton, MD, MPH '89, and Jeff Voigt, MPH '83, MBA. The selection process was highly competitive, starting with a pool of 52 alumni interested in the open seats.
- These new members are part of a 34 member board featuring graduates from all decades, majors, and in locations spanning the country and the globe.
- Helen Edelberg, MD, MPH '02 was recently voted President Elect of the Alumni Association Board, and will begin her term as President in Fall 2016.
- The committee will be welcoming nominations for a new young alumni award this spring, the "Outstanding Recent Alumni Award."



Alumni Profiles

This section features Alumni who have done exemplary work in the field of Public Health, are in the news or have otherwise contributed significantly to advancement in Public Health. If you would like to see someone you know featured please email emailman@caa.columbia.edu.



Thomas Tsang, MD, MPH'02, Doctrepneur

Based on an interview by Dr. Nina Rothschild, MPH '92, DrPH '00 and Dr. Anette Wu, MD, MPH '08

Dr. Thomas Tsang, MPH '02 is a physician and entrepreneur who has made a tremendous impact on public health through policy and practice. He currently serves as the Chief Medical Officer at Healthcare Services and Solutions (HSS), a subsidiary of Merck, working to establish and build new businesses as evidence-based disruptive innovators in the health ecosystem.

Born to illiterate Chinese parents in Hong Kong, Dr. Tsang immigrated to Brooklyn, where his family owned a Chinese restaurant in Williamsburg. He was a part of the Charles B. Wang Community Health Center's Project - Asian Health Education and Development (AHEAD) - which exposed him to careers in public health and put him on the track he follows today.

After completing the seven-year BS/MD program at the CUNY Medical School, a residency in Primary Care at Montefiore Hospital, and his MPH at Mailman, he took a position seeing patients at the Charles B. Wang Community Health Center, practicing medicine for twelve years. He was interested in encouraging early primary care

interventions in the Asian American and Pacific Islander populations he worked with, and developed a community-wide program to deal with issues surrounding Hepatitis B.

Inspired by that experience, he joined the New York City Board of Health, voting on hot-button issues including posting calorie counts in restaurants and restrictions on sugary beverage portions. From there, he became a Robert Wood Johnson Foundation Health Policy fellow in Washington D.C., where he worked with the House Committee on Ways and Means as part of the team which wrote the Affordable Care Act (ACA) and the Health Information Technology for Economic and Clinical Health (HITECH) Act. He worked on the ACO, patient-centered medical home, and quality of care provisions and engaged on the House side in conferencing with Senate staff.

He then moved to the regulatory side, taking a position as Medical Director for Meaningful Use at the Office of the National Coordinator for Health IT, where he helped the federal enterprise (HHS) maintain a quality strategy as it moved from fee-for-service to an outcomes-based model. He also held the role of Healthcare Senior Advisor to the Governor of Hawaii, developing a state-wide healthcare transformation strategy.

He is passionate about breaking down silos and delivering the best high-quality care at the lowest cost. He has seen personally how broken the system is, navigating care for his 86 year old mother. His parents can't read or write in English or Chinese. He knows they would be lost if he weren't there as an advocate and to question poor medical decisions.

His advice to graduates? "Life is too short to wait for something to change - you have to 'lean-in.' Lots of opportunities exist. You can take a non-linear, non-traditional pathway to achieve your goals."

Alumni Profiles – Penelope Milsom, MBChB, MPH '14

Based on an interview by Dr. Nina Rothschild, MPH '92, DrPH '00 and Dr. Anette Wu, MD, MPH '0

Two years after graduation from Mailman, Dr. Penelope Milsom has already been a force in Global public health. While at Mailman she interned on the Child Health Team at the Millennium Development Goals (MDG) Health Alliance, an initiative of the UN's Special Envoy for Financing the Health MDGs. After graduating Penelope worked as a Research Associate at Harvard University's Program in Global Surgery and Social Change. She has since been employed by the International Rescue Committee during Liberia's Ebola epidemic where she worked on a health system restoration project based at Redemption Hospital in Monrovia. Her role included providing technical assistance for the integration of Ebola suspect and case management into the regular health system and clinical care in the pediatric department.



A physician by training, Dr. Milsom has practiced medicine in New Zealand, Cambodia, Samoa and Liberia. She first became interested in public health during medical school, when she took an elective in Buenos Aires, Argentina. There, she witnessed first-hand the impact of the political system on health care and the associated social injustices, and wrote a paper on the impact of structural adjustment programs on the Argentinian health system.

In her time working as a clinician, she became increasingly frustrated by her inability to have an impact on the social and structural determinants of health inequalities. On a daily basis, she saw low-income patients suffering from advanced illnesses because they could not access early interventions.

That frustration led her to change career paths, working in public health to address health inequalities both within and between countries. Currently based in London, she plans to undertake a PhD studentship in the UK focusing on policy mechanisms to address the social and structural determinants of health inequalities in low-to-middle-income countries (LMIC).

Her trajectory was impacted by several professors at Mailman. She continues to be influenced by Dr. Lynn Friedman, who showed tremendous commitment to the Human Rights approach to health. She was also inspired by Dr. Peter Muening's challenging and engaging teaching style and his encouragement of critical thinking on complex public health issues, and Terry McGovern, who taught her a great deal about health and human rights and the role of advocacy in public health.

When asked if there was anything she would like to share with other alumni, she said "Global public health provides an opportunity to not only imagine but also develop some of the skills to contribute to shifting our society to an alternative reality with different structures and systems - social and economic - such that there is a fairer distribution of power and better mechanisms to support healthy decision making at all levels."

The Allan Rosenfield Building feels like home to the Health Policy and Management Department

(Adapted from Issue 7 of *The Link* HPM newsletter published Spring 2015)

Last spring the Health Policy and Management department completed a long-anticipated relocation to offices on the 4th floor of the Allan Rosenfield Building (ARB). The floor underwent a transformative renovation in preparation for HPM's move, and the staff and faculty are excited to be in a new environment with additional space and up-to-date amenities. As a result of the move, the Department is now co-located with the rest of the Mailman school, after being



Architect's rendering of the 4th Floor Lobby of ARB

housed in the squat, seven-floor Department of Health building located at the corner of Broadway and 168th Street for over 30 years.

The new space offers more classrooms including a “bunker,” which features columns fitted with whiteboards, as well as smaller conference rooms, which are ideal for informal meetings among students. Faculty and staff offices feature sliding glass doors, allowing more light and giving the space a modern feel. The halls are lined with lockers, for students to keep personal items, and there's even a space for students to relax and hang out at tables and chairs in the department lobby.

“Our hope is that the new Department will be a welcoming space - a home base for students, and a comfortable place to work and to be social,” says Dori Lorsch, the Department Administrator, who oversaw the relocation. Another advantage of moving to the ARB is the proximity to other departments and organizations within the Mailman School of Public Health. “It's so nice to have daily interaction with people from other departments,” says Marni Selman, Academic Program Manager. “Proximity to them will no doubt encourage collaboration.” Mailman School Alumni are welcome to visit the Department and check out the new space!

Fun Fact:

The Mailman School of Public Health has over 12,000 living alumni, working throughout public health. In June, we were pleased to welcome over 700 new students graduated into our Alumni Family!

Career Corner

This section features benefits and information for Alumni from our Office of Career Services.

By Steven Lazarus MPH '04 and Jessie Schutt-Aine MPH '94

Alumni Career Services:

Mailman alumni have free access to career services for life. Alumni can access our CareerLink job directory, attend workshops and career events, job fairs, the Alumni Summer Job Search Boot Camp and much more.

Alumni can make appointments with our career services staff (up to 4 during the school year, and unlimited meetings in the summer). Learn more at: <https://www.mailman.columbia.edu/become-student/career-services/alumni>

Mailman Career Fair

The Fall Career Fair will be held on *Friday, October 23, 2015 from 1-5pm in the Armory, located at 216 Fort Washington Avenue.*

Information is available at: <http://bit.ly/1LMbwK3>

CareerLink

CareerLink is a resource for the Mailman School community. Through CareerLink, you can:

- ✓ Search and apply for jobs and internships, sign up to have new job listings emailed to you, and search a directory of employers
- ✓ Upload resumes and cover letters and publish resumes online for employers to view
- ✓ Download relevant career handouts, workshop materials, and videos
- ✓ Schedule appointments with OCS staff

For more information, visit: <http://bit.ly/1VR413S>

Career Spotlight:

Nina Schwalbe, MPH '93

Acting Chief, Health and Associate Director, Program Division at UNICEF



What were the deciding factors for entering global health?

After college I went to work in a refugee camp in northern Thailand. During my time there, there was a measles outbreak. The population did not want to be vaccinated. They feared that vaccines were intended to do them harm. The intensity and polarization of the debate within the community between “individual choice” and the “public interest” – got me hooked as that was when I first understood that medicine was only one part of health I then went on to focus on social determinants.

Do you have any ‘tips’ for students interested in getting into global health?

Spend as much time in the field as you can – and do it early on. It is really important to informing your perspective – and it gets more difficult later on if you decide to have a family. This is not just about “country visits” or trips – but about really working abroad and putting in the time in a range of contexts.

Professor Spotlight – Dr. Greg Freyer, PhD

Based on an interview by Dr. Nina Rothschild, MPH '92, DrPH '00 and Dr. Anette Wu, MD, MPH '08

Dr. Greg Freyer, PhD, is an Associate Professor in the Department of Environmental Health Sciences, and winner of Mailman's Teaching Excellence Award and Columbia's Presidential Teaching Award. Dr. Freyer studies the cell's response to environmental agents that damage DNA. Dr. Freyer is also the Director of Academic Affairs for Environmental Health Sciences, and one of the School's most popular classroom instructors.

Can you summarize your research and teaching interests for alumni?

I'm interested in how environmental exposures affect us at the cellular and molecular level – what are the mechanisms by which changes happen in us – e.g., how the cell protects itself from radiation damage or what cellular processes are involved in how obesogens like Bisphenol A (BPA) contribute to the obesity epidemic. Teaching is about telling a story – but the challenge is engaging the range of students whom you find in the classroom: some with little science background and some of whom know a lot of science. This is particularly the case in Core courses. My approach is to lecture on material that is timely and interesting and to weave the basic principles into these topics. In addition to teaching, I currently oversee the masters and doctoral programs in Environmental Health Sciences and I am now the Director of Core Curricula for Mailman. As Director, I want to be sure that we continue to offer our students the best possible learning experience.

What do you see as the greatest challenge confronting U.S. public health professionals?

In a word, communication. As our beloved former Dean Allan Rosenfield said, when public health does its job right, no one knows you are there. That means we have to constantly remind people of what we do. Look at the recent measles outbreak. Why are so many kids not being vaccinated? It seems that there has to be a crisis in



order to obtain the support that public health needs to maintain its mission of protecting the health of our society.

What advice would you give to recent graduates?

Whatever you do, do it passionately. Obtaining a good job isn't just about knowledge but also about skills. It's important to know that your first job isn't a life sentence - each job leads to the next job. As you move forward in your career, make connections back to students and recent grads. Build bridges. In public health, you are really dependent on connections.

What do you feel most passionate about?

Teaching. There is a wonderful camaraderie among faculty that pervades the school. Our students are passionate. They have come here to gain the knowledge and tools to make a difference in the world. They are energetic do-gooders and I find them inspiring.

Do you have any hobbies you'd like to share?

Eating! Especially French food. And gardening. My sons and I built a goldfish pond with a waterfall and an artificial stream. I also have a vegetable and flower garden, and I am a beekeeper.

If you would like to suggest a professor for a future edition, please email emailman@caa.columbia.edu

News on Campus

By Alison Boyle, MPH '07 and Dominick Boyce, MPH '93

- On September 3, twenty-one South Korean officials visited the **National Center for Children in Poverty** at Mailman to learn about the public policy research center's work in promoting the economic security and well-being of children and families.
- **Denise Kandel, PhD**, (SMS) is the lead author of research published in the *American Journal of Public Health* showing that teenagers whose parents smoke are also more likely to smoke. Moreover, the research shows that daughters are especially vulnerable to mother's cigarette habits. Dr. Kandel has studied the use of legal and illegal drugs since the 1970s and her groundbreaking work has uncovered a remarkably common trajectory: teenagers who use marijuana almost always use tobacco or alcohol first.
- **Shakira Suglia, ScD**, (EPI) was awarded a five-year, \$3.8 million grant from the National Heart, Lung and Blood Institute to study the health consequences of a stressful childhood in a study of young Puerto Rican adults in the South Bronx and San Juan, Puerto Rico, by interviewing youth on topics such as diet, sleep, life experience, stressors and substance use.
- Mailman welcomed ten new faculty members this fall! An outstanding faculty continuously evolves, shape-shifting to match curiosity as new health-related concerns and novel methodologies press at the boundaries of exploration. In no discipline is this truer than in public health. You can meet these talented new arrivals on our website at <http://bit.ly/1OC8PK3>.

168th Street offers a new "Haven" for Barnes and Noble



Alumni returning to the Allan Rosenfield Building will notice a new addition to the block. This year, Barnes & Noble (B&N) has relocated the medical campus bookstore from its prior location at 3954 Broadway to a larger (4,584-square-foot) space at Haven Avenue and 169 Street, in the lower level of the Hammer Health Sciences Center. The new bookstore at the Hammer location is part of the ongoing revitalization of the medical center campus.

The new store carries course materials and supplies plus a selection of general-interest books and periodicals. It also includes a café with indoor and outdoor seating— which will serve Starbucks coffee, pastries, bagels, pizza, sandwiches, and salads. Both CUMC and B&N intend the bookstore to be a lively asset to the local community, including students and alumni of all affiliated degree programs.

Recent Alumni Events and News – In Pictures



Craig Spencer, MD, MPH '13 and Wafaa El-Sadr, MD, MPH '91 discuss Managing the Ebola Crisis and Pandemic Preparedness at the Summit for Public Health Leadership on June 4, 2015



Carlos Cuevas MPH '12 received Columbia's prestigious Richard E. Witten Award for Volunteer Leadership, recognizing his enthusiastic volunteer efforts and his leadership in Mailman's fundraising efforts for



Students and Alumni make connections at the Networking Mixer on March 3rd

Class Notes:

Collected by Nina Rothschild, MPH, DrPH

What's new? Tell us about what's going on in your life. New job? Newly published article? New spouse? New baby? We're eager to hear it all! Feel free to share. Send a picture if you have one available. Tell us what's cooking. *Class Notes* is a super-popular feature in most alumni publications, and we all agree that Mailman alums are super-special: let's make this section super-dynamic! To keep us in the loop, please write to emailman@caa.columbia.edu.

Upcoming Events

Compiled by Anette Wu, MD, MPH and Alyssa Gouvouniotis (Alumni Office)

Reconnect with Mailman by attending events, on campus or across the country. Events include:

- October 21 - Giving Day – Mark your Calendar!
- October 22 - Dr. Stephen Morse presents a talk to the Columbia Club of Georgia
- October 23 - Mailman School Student and Alumni Career Fair
- November 2 - APHA Alumni & Friends Reception in Chicago
- November 11 - Grand Rounds featuring Sir Michael Marmot, Director, UCL Institute of Health Equity
- November 16 - Public Health Entrepreneurship and Social Impact – Panel & Networking Event
- June 9 - Summit for Public Health Leadership

To find complete details on upcoming events, please visit:
<https://www.mailman.columbia.edu/public-health-now/events>

For Columbia Alumni Association (CAA) events, see <http://alumni.columbia.edu/>

For opportunities to attend an Arts initiative event at a discount, visit:
<http://artsinitiative.columbia.edu/events/calendar>.

CareerLink Volunteers Needed

Do you want to connect with current students, serve as a mentor and share your experiences? Be a resource for current students seeking career advice!

The MSPH Office of Career Services needs alumni to sign up for CareerLink, and agree to let students connect with you to ask career questions as they prepare for graduation. You can choose what information to share and specify how many students can contact you per month

To register, visit:

<https://www.mailman.columbia.edu/become-student/career-services/students/careerlink>

Giving Day is Wednesday, October 21st!

On Giving Day, members of our Alumni Board will match your gift for Giving Day with an additional \$100 up to a potential match of \$20,000!

*Mark your calendar to make a gift on Giving Day. 100% of your gift to the Fund for Public Health Leadership goes **directly** into a student's scholarship. And with the match from the Alumni Board, there is no better time to have an impact!*

If you give \$100, a student will receive \$200 in his or her scholarship!



Mailman School of Public Health Alumni Board Members (*denotes Editorial Board Member)

Kavita Bali, MIA, MPH '01	Mentoring
Michael H. Barnett, JD, MS '70	Development, Governance
*Dominick Boyce, MPH '93	Special Events
*Alison Boyle, MPH '07	Mentoring
Tai-Tsang Chen, MS '99, MPH '04, PhD '06	Special Events
*Kathleen Crowley, PA-C, MPH '91, DrPH '13	Governance
*Carlos Cuevas, MPH '12	Development (Chair)
Helen K. Edelberg, MD, MPH '02	Mentoring (Chair)
Michael Fassler, MBA '76, MPH '77	Special Events
Gabriel Galindo, DrPH '09	Mentoring
Arnold Gans, BS '55	Mentoring, Special Events
Nancy Hogle, RN, MPH '10	Governance
Thomas Campbell Jackson, MPH '98	Governance
Stuart M. Lane, PhD, MPH '73	Special Events
*Steven Lazarus, MBA, MPH '04	Mentoring
Megan Leese, MPH '07	Mentoring
Maureen Malave, MPH '02	Mentoring
Nancy McGee, MPH '08	Development
Michelle Moses-Eisenstein, MPH '12	Mentoring
Howard Nadel, BS '74	Development
Theodore Nappi, Pharm D '73	Governance
Amy Osorio, MPH '06	Governance
Michael Paas, MPH '99, MBA '99	Special Events, Governance
*Hannah Rosenzweig, MPH '05	Mentoring
*Nina Rothschild, MPH '92, DrPH '00	Governance (Chair), Development
*Jessie Schutt-Aine, MPH '94	Mentoring
Harold Selden, BS '62, MD	Special Events
Madeline Y. Sutton, MD, MPH '89	Development
Mary Beth Terry, MPhil, PhD '99	Development
Elena Tobin, MPH '07	Governance
Sunny Uppal, MPH '10	Development, Mentoring
Jeffrey Voigt, MPH '83, MBA	Special Events, Mentoring
*Anette Wu, MD, MPH '08	Special Events (Chair)
Lydia Zablotska, MD, PhD '03	Mentoring
*Arianne Andrusco	Director Alumni Relations and Annual Giving
Brintha Jeyalingam	Assistant Director, Alumni Relations
*Alyssa Gouvouniotis	Development Associate