



A I P N O

# Pulse

Issue No. 2

August 2015

## President's *Perspective*

*Umesh Yalavarthy, MD*



Dear AIPNO friends and families,

Hope you are having a wonderful summer. Time flies fast and it is hard to believe that August is here. I would like to give a quick update on AIPNO activities so far and events planned for the rest of the year.

We had a successful Chiraag. I would like to congratulate chairperson, Dr. Krishnan and the Executive Committee for organizing a tremendous event. Minds Matter of Cleveland the chief beneficiary this year received \$ 16000 in donations. Sister Judith Ann Karam delivered the key note speech.

We have multiple events planned for the rest of the year. The Annual Picnic will be held on August 22 at Brecksville Reservation. Please bring your friends, families and kids. Karaoke will be held on September 12th at Bamboo Gardens. Dr. Parag Kanvinde and Dr. Kalpana Varma are working hard to arrange the event.

Annual Dinner and Research Showcase will be held on October 24 at Cleveland Convention Center. This year we are inviting Huron/Hillcrest/South Pointe alumni to join us at the research showcase. Dr. Mukunda, Dr. Mona Gupta along with the executive committee and research showcase committee will be organizing this event.

In the next few weeks, you will have the opportunity to nominate the new Executive Committee and President elect. Binnie will be mailing out the forms soon.

Please contact me with any suggestions at [ckhcuy@gmail.com](mailto:ckhcuy@gmail.com)

Thank you,

Umesh Yalavarthy

## Officers of AIPNO:

### Executive Committee for 2015

President: Dr. Umesh Yalavarthy  
 Past President: Dr. Ranjit Tamaskar  
 President elect: Dr. Ravi Krishnan  
 Secretary: Dr. Jay Bhimani  
 Treasurer: Dr. Rajeeva Raju

### Members at large:

Dr. Harigopal Balaji  
 Dr. Mangesh Kanvinde  
 Dr. Jagdish Mude  
 Dr. Corattur Natesan  
 Dr. Mukul Pandit  
 Dr. Harbhajan Parmar  
 Dr. Chetan Patel  
 Dr. Vijaykant Patel  
 Dr. Mey Somasundaram  
 Dr. Shobha Tamasker

### Board of Trustees:

Chair - Dr. Vasu Pandrangi  
 Dr. Mohan Durve  
 Dr. Arun Gupta  
 Dr. Chandra Haria  
 Dr. Satish Kalhan  
 Dr. Atul Mehta  
 Dr. Beejadi Mukunda  
 Dr. Shailesh Nanavati  
 Dr. Sandhia Varyani

## AIPNO CONTACT INFORMATION

[www.aipno.org](http://www.aipno.org)

216.228.1168

Binnie Eiger, Executive Assistant

[admin@aipno.org](mailto:admin@aipno.org)



Dr. Umesh Yalavarthy, President of AIPNO gives his opening address for Chiraag 2015.

Dr. Ravi Krishnan (President Elect) & Dr. Yalavarthy present Dr. Ranjit Tamaskar with his Presidential plaque for 2014.



Dr. Yalavarthy, Sister Judith Ann Karam, Geetha Krishnan and Dr. Krishnan light the ceremonial candle.

Diane Wish,  
 Dr. Krishnan,  
 Dr. Yalavarthy,  
 Judy Merzbach  
 (Minds Matter)  
 and Sr. Judith Ann Karam.



## Awards & Acknowledgements

### Pravasi Rattan Award

Dr. Mohan Durve is one of the few distinguished NRI's receiving **PRAVASI RATTAN AWARD 2015** from NRI Welfare Society of India.

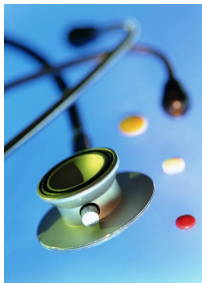
This award will be presented to 10 Indians from all over the globe. He will be invited to the White House, Washington DC on 12th May 2015 and honored on 13th May 2015 on Capitol Hill.

### Most Distinguished Service Award

American Association of Physicians of Indian Origin (AAPI) presented to Dr. Mohan Durve in grateful appreciation for his outstanding & exceptional contribution to the medical profession "THE MOST DISTINGUISHED SERVICE AWARD 2014 - 2015 at their annual convention on Orlando, Florida on Saturday June 19, 2015.

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### BAPS Health Fair – SAVE THE DATE



#### Where:

BAPS Shri Swaminarayan Mandir - Brunswick, Ohio.

#### When:

Sunday September 27, 2015 from 9 am to 3 pm.

#### Who:

Expected attendance of patients is 500

#### Volunteers:

AIPNO Physicians



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### Car For Sale:



2009 Lexus ES 350 4 door Sedan in Mint Condition.

6 cylinder, Front Wheel Drive., Extremely well maintained. Fully Loaded With Options.

Navigation System, Blue tooth Connection, Leather Interior, Sun/Moon Roof (power), Heated Seats, Parking Assist, Reverse Camera, Remote Keyless Entry, Audio System Cruise Control and much more.

Asking Price— \$22,275/=.

Call— 440-248-4337 for appointment.



## AIPNO June 7, 2015 Golf Outing

The Association of Indian Physicians hosted a summer golf outing, sponsored by 'Kindred Healthcare' at Signature of Solon Country Club in Solon, Ohio. **Dr. Arun Gupta** and **Dr. H.P. Sundaresh** collaborated on the planning of the outing and a dinner that followed at Saffron Patch Restaurant in Shaker Heights. Twenty-five golfers joined the outing on a day with perfect weather for the event.

**Results:** In First Place for Men's Golf were **Ashok Mahalaha, Mansur Sitabkhan, Dan Fitch** and **Adam Fitch** with a score of 61. Second Place for Men's Golf went to **Dr. Sudhir Gosain, Dr. Raja Shekar** and **Dr. Conjeevaram Maheshwer** with a score of 66.

Women's Golf had First Place going to **Dr. Saroj Mahalaha, Dr. Shaila Sundaresh, Dr. Gita Gidwani** and **Jenny Fitch** with a score of 84. Second Place for Women's Golf went to **Dr. Neeraj Julka, Dr. Geeta Gupta** and **Margaret Gonsalves** with a score of 86.

**Hersh Patel** won for the closest to the pin for Men, while **Dr. Shaila Sundaresh** won closest to the pin for Women.

Over 70 people attended the Dinner at Saffron Patch to relax and enjoy the successful day. Participants were rewarded with golf-themed prizes, dinner and camaraderie.

AIPNO thanks Tim Phoenix of "Kindred Healthcare" for their sponsorship and support.



M. Sitbkhani, A. Mahalaha, D. Fitch & A. Fitch



R. Shekar, S. Gosain & C. Maheshwer



G. Gupta, J. Fitch, S. Mahalaha, G. Gidwani,  
S Sundaresh, M. Gonsalves and N. Julka



H.P. Sundaresh, P. Kumar, A. Bhajji, A. Gupta



**The Association of Indian  
Physicians of Northern Ohio  
Invites you to:**

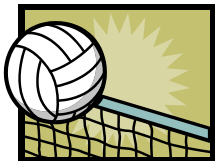


**A Family Picnic!**

**When: August 22, 2015, Time: 2:00 to 5:00 pm**

**Where: Ottawa Point, Brecksville Reservation  
Cleveland Metroparks**

**What: Food, Fun, Games & Relaxation!**



**Who: AIPNO Members, spouses, offspring and friends!**

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**Email, call, fax or mail the following information to:**

**AIPNO—phone: 216.228.1168 > Fax: 216.848.0088**

**3702 Sutherland Road, Shaker Heights, OH 44122**

**admin@aipno.org**

**We would like to attend: Names\_\_\_\_\_**

**No. of party\_\_\_\_\_**

**Contact: phone\_\_\_\_\_ email\_\_\_\_\_**

**I would like to organize an activity\_\_\_\_\_ (Y/N)**

**For input on planning please contact any of the following:**

**Dr. Umesh Yalavarthy**

**216.513.4964**

**You are invited to a Promotional  
Speaker Event provided by Johnson & Johnson:  
“Invokana: An Individualized Approach to the Treatment of Adults  
with Type 2 Diabetes”**

**Speaker: Dr. Vijay Bahl, MD Chief, Division of Endocrinology &  
Metabolism, UMPC Shadyside Hospital  
Pittsburgh, PA**



**Followed by:  
“AIPNO GEET MAALA”  
& Dinner**



**September 12, 2015 at 3:30 pm**

**Inchin's Bamboo Gardens**

**5106 Great Northern Shop Center, North Olmsted, OH 44070: (440) 734-0500**

**Members and Member spouses are complimentary**

**Guests of members \$25.00 per person**

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**Singers should submit 2 songs to:**

**Dr. Parag Kanvinde: [pkechelon@gmail.com](mailto:pkechelon@gmail.com)**

**or**

**Dr. Kalpana Varma [go2kalpana@gmail.com](mailto:go2kalpana@gmail.com)**



**Register to attend or sing at: [admin@aipno.org](mailto:admin@aipno.org) or Binnie: 216.228.1168**

**< by September 4, 2015 >**



**SAVE THE DATE!**



**OCTOBER 24, 2015**

**Huron/Hillcrest/South Pointe Alumni's 1st Annual Dinner**

**&**

**Association of Indian Physicians of Northern Ohio's**

**32nd Annual Dinner, Annual Report**

**with a Research Showcase at**

**The Global Center for Health Innovation**

**300 Lakeside Ave. Cleveland, OH 44114**

**Dinner, Dancing, Cultural Show, Raffle & Prizes!**

**Contact:**

**Mona Gupta, M.D. at [guptam2@ccf.org](mailto:guptam2@ccf.org) - 440-681-0363**

**Beejadi Mukunda, M.D. at [bmukunda1@gmail.com](mailto:bmukunda1@gmail.com) - 440-488-2300**

**[admin@aipno.org](mailto:admin@aipno.org) or 216.228.1168 for more information**

**Cleveland Clinic Innovation Summit Registration**

**Will be available: [medicalinnovationsummit.cvent.com](http://medicalinnovationsummit.cvent.com)**

**AIPNO UPCOMING EVENTS FOR 2015**

**August 22**

**AIPNO Family Picnic at Ottawa Point in Brecksville Reservation**



**September 12**

**AIPNO "Karaoke" at Bamboo Gardens**



**October 24**

**AIPNO's Annual Dinner & Research Showcase, Global Center for Health Innovation**





**You are invited to:**



BAPS Shri Swaminarayan Mandir, Cleveland  
requests the honor of your family's presence at



June 20, 2015, Sarangpur, India

## TRANSCENDENCE

Remembering the scientist and rishi

**Sunday, August 16, 2015**

4:30 pm: Light Refreshments

5:00 pm: Tribute Assembly in memory of Dr. Kalam

6:00 pm: Aarti & Mahaprasad

On July 27, 2015, one of India's greatest leaders, Dr. APJ Abdul Kalam, passed away. He will be remembered as one of India's greatest scientist. A boy who used to distribute newspapers became an inspiration to more than a billion people in India and the world. Although his passing is a loss for India and all humanity, just before he passed away, he left a special gift for all mankind. The gift was in the form of a book in which he shared his spiritual experiences with HH Pramukh Swami Maharaj.

Please join us as we pay tribute to the glorious life of Dr. Abdul Kalam and partake in the final words of wisdom and inspiration that he shared with the whole world.



**BAPS Swaminarayan Sanstha®  
Shri Swaminarayan Mandir**

2915 Laurel Road, Brunswick, OH 44212  
(330) 220-4020

Inspirer: Pramukh Swami Maharaj | [www.baps.org](http://www.baps.org)



## College Now Greater Cleveland's Mentoring Program

**Become a mentor, change a life!**

### Purpose and Goal:

College Now seeks to boost college completion rates with its Mentoring Program, which matches approximately 350 freshmen scholarship recipients with professionals in the community. Mentors stay with their mentees for four years, helping them navigate any obstacle that may prevent them from graduating.

### Structure:

- **Convenient:** Pairs communicate over an online platform and receive talking points monthly
- **Effective:** Matches are created based on shared career and academic interests and hobbies
- **Inclusive:** Mentors have the chance to connect with each other at several yearly events

### Results:

96% of Mentoring Program participants continue on to their second year of college, compared to 58% nationally for students from low-income backgrounds.

### Benefits of Mentoring:

- Assist a college student on his or her path to success
- Expand your leadership skills
- Connect with over 700 other mentors
- Contribute to Greater Cleveland's success
- Learn from your mentee

### Program Requirements:

- Communicate twice a month over an online platform
- Meet in person at least three times a year

**"College Now is the perfect opportunity and my experience has been outstanding."**

Terry, Key Bank

### Mentor Qualifications:

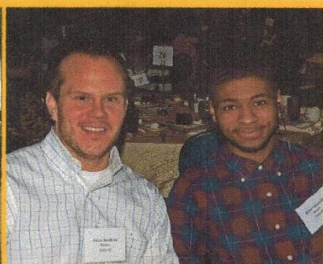
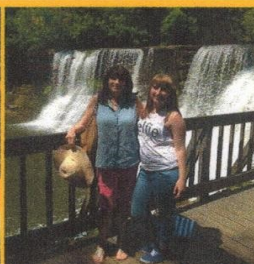
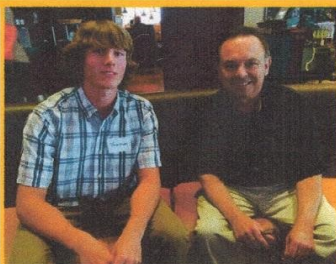
- College graduate
- Commit to a four year relationship

### Becoming a Mentor:

- Fill out an online application
- Complete a 5 minute phone interview
- Attend a 1 hour orientation
- Complete a background check (facilitated by College Now)

**"I cannot recommend being a mentor highly enough!"**

Lyndsey, American Greetings



**Join now at**  
**[www.collegenowgc.org/mentor](http://www.collegenowgc.org/mentor)**

**For more information, contact:**  
Madeline Rife, Mentoring Program Manager  
[mrife@collegenowgc.org](mailto:mrife@collegenowgc.org) OR 216-635-0163





A N D R A K O  
INSURANCE CONSULTANTS  
20325 CENTER RIDGE ROAD SUITE 503 ROCKY RIVER OHIO 44116

## **The OSMA's New Health Plan Can Help Make Your Health Care Benefit Decisions Easier**

The Affordable Care Act (ACA) has made dramatic changes to America's health care system since it was passed in 2010. While many questions remain unanswered and more questions are sure to come, Ohio physicians may currently be impacted in two ways. The ACA-mandated plan designs may increase out-of-pocket expenses of plan enrollees and some physician's practices may see their health insurance premiums rise faster than they experienced in the past.

In response to the ACA's changes, the Ohio State Medical Association (OSMA) now offers a new Health Benefits Plan (HBP) to give Ohio physicians an alternative to the ACA marketplace.

The OSMA HBP is a self-funded multiple employer welfare arrangement developed for Ohio physician practices and is an innovative alternative to the ACA.

### **Benefits of the OSMA HBP:**

- Available for groups of two or more employees
- Self-funded physician practice only plan
- Competitive premium equivalent rates
- Eight traditional plan designs that meet ACA minimum essential benefit\* requirements
- Elimination of confusing co-insurance structures
- Easily compatible with HRAs and HSAs
- Ability to make plan changes at renewal or off-cycle (grandfathered rules do not apply)
- Surviving spouse and retiree coverage available
- No monthly administrative billing fee
- SuperMed Plus network from Medical Mutual of Ohio

The Andrako Insurance Consultants, Inc. is pleased to represent the OSMA HBP in Northeast Ohio. Please contact us for more information at 440-333-6375.