Faculty Wellness Opportunities

Cedars-Sinai’s intent is to invest in the health and well-being of every employee. The organization and its leadership are asking employees to invest in themselves with as much energy as they invest in our patients and our future. There are a variety of wellness opportunities on campus for faculty participation and engagement! For more information please visit: http://web.csmc.edu/administrative/employee-wellness-program/.

Fitness Classes

<table>
<thead>
<tr>
<th>Class</th>
<th>Location</th>
<th>Day/Time</th>
<th>Length of Class</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Zumba</td>
<td>Thalians Auditorium and 6500 Wilshire</td>
<td>Wed 5:15p, 6:30p Tues &amp; Wed 5:15p</td>
<td>60 minutes</td>
<td>$5.00/class</td>
</tr>
<tr>
<td>Ignite 360</td>
<td>6500 Wilshire</td>
<td>Mon/Thurs 11:30a, 12:10p, 4:00p, 4:40p</td>
<td>30 minutes</td>
<td>$120 for 8 week class</td>
</tr>
<tr>
<td>Sol City Cross Fit</td>
<td>Thalians Auditorium and Courtyard</td>
<td>Mon, Tues, Thurs 4:00p, 5:15p, 6:30p, 7:45p</td>
<td>60 minutes</td>
<td>$115 for 4 week session</td>
</tr>
<tr>
<td>Sweat Express</td>
<td>6500 Wilshire</td>
<td>Wed 12:30p, 1:00p</td>
<td>30 minutes</td>
<td>Free!</td>
</tr>
<tr>
<td>Tai Chi</td>
<td>Plaza Level Terrace</td>
<td>Tues 1:00p</td>
<td>30 minutes</td>
<td>Free!</td>
</tr>
<tr>
<td>Yoga</td>
<td>Mark Taper Roof</td>
<td>Wed 7:00a</td>
<td>45 minutes</td>
<td>$5.00/class</td>
</tr>
<tr>
<td>Weight Watchers</td>
<td>Room 2806 South Tower</td>
<td>Wed 12:00p</td>
<td></td>
<td>$39.95/month</td>
</tr>
<tr>
<td>Weight Watchers online</td>
<td>Online</td>
<td>(No class)</td>
<td></td>
<td>$17.95/month</td>
</tr>
</tbody>
</table>

Robertson Boulevard Health Club 120 N. Robertson Blvd.– Offers a 15% discount for Cedars-Sinai employees! Classes include Pilates, Cardio Step and Sculpt, and Yoga.

Work & Life Matters

Free and confidential personal consultation for workplace and personal issues available to help you manage life’s competing demands. Services include:

- Stress Management
- Parenting and Childcare
- Eldercare
- Career Development
- Grief and Loss
- Legal and Financial Problems

Contact Information:
East Medical Tower 8631 W, 3rd Street, 535 E
310-423-6447

Did You Know?...

If you’re enrolled in a Cedars-Sinai medical plan and you complete a few easy steps, a Cedars-Sinai HealthFund will be opened to help pay for out-of-pocket healthcare costs such as co-payments and prescription drugs.

To participate: 1. Get your numbers (blood pressure and body mass index) 2. Complete the healthcare questionnaire at MobileHealthConsumer.com by: August 31, 2014.

For more information on the HealthFund please visit: ConnectYourCare.com.
# Cedars-Sinai Academic Appointments Update

Congratulations to the most recent CSMC academic appointment holders:

## Appointments

### Instructors
- McNeil, Nathan, MD, Emergency Medicine
- Pearl, Michelle, MD, Emergency Medicine
- Pregerson, David, MD, Emergency Medicine
- Rudd, Steven, MD, Emergency Medicine
- Scheiner, Marni, MD, Emergency Medicine

### Assistant Professors
- Allison, Daniel (Chris), MD, Surgery
- Annamalai, Alagappan, MD, Surgery
- Arshajani, Reza, MD, Medicine
- Breunig, Josh, PhD, Biomedical Sciences
- Bykhovskaya, Yelena, PhD, Surgery
- Dang, Catherine, MD, Surgery
- Fishkin, James, MD, Emergency Medicine
- Hendifar, Andrew, MD, Medicine
- Jones, Heather, MD, Medicine
- Melo, Nicolas, MD, Surgery
- Rimel, Bobbie, MD, Obstetrics & Gynecology
- Whiteman, Paula, MD, Emergency Medicine

### Associate Professors
- Hodge, Jennelle, PhD, Pathology & Laboratory Medicine, Biomedical Sciences
- Gery, Sigal, PhD, Medicine
- Hussain, Shehnaz, PhD, Medicine
- Talbot, Konrad, PhD, Neurosurgery

## Professors
- Gottlieb, Roberta, MD, Medicine
- Huang, Qin, MD, PhD, Pathology & Laboratory Medicine
- Schapira, Jay, MD, Medicine
- Stripp, Barry, PhD, Medicine & Biomedical Sciences
- Urman, Mark, MD, Medicine

### Professor Emeritus
- Falk, Rena, MD, Pediatrics, Biomedical Sciences, Pathology & Laboratory Medicine

## Promotions

### Assistant Professors
- Talavera-Adame, Dodanim, PhD, Surgery

### Associate Professors
- Danovitch, Itai, MD, Psychiatry
- Kim, Jayoung, PhD, Medicine & Biomedical Sciences
- Posadas, Edwin, MD, Medicine

### Professors
- Cass, Ilana, MD, Obstetrics & Gynecology

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## Graduate Program in Biomedical Sciences and Translational Medicine Awards Inaugural David L. Rimoin Teaching Excellence Award

The David L. Rimoin Teaching Excellence Award is presented to a member of the Cedars-Sinai faculty who demonstrates exemplary commitment to teaching and mentoring of the PhD students. The recipient(s) is selected by the doctoral candidates. This year the award was presented by Leon Fine, MD, Chair of Biomedical Sciences and Vice Dean for Graduate Research Education to two faculty members: Sandra Orsulic, PhD, and Lali Medina-Kauwe, PhD.
Featured Faculty

Miguel Burch, MD, Associate Director of Minimally Invasive Surgery, Director of the Minimally Invasive and Bariatric Surgery Fellowship, and Assistant Professor of Surgery, was recently featured in a national publication, Latino Leaders. The article highlighted his achievements and exceptional medical career, his boyhood journey from Bolivia to the United States, and the influence of his tight-knit extended family as he works to help the medically under-served.

The article calls out Dr. Burch's use of new and dynamic surgical procedures and his position on the forefront of making diabetes history. He is a principal investigator on a multicenter, randomized trial, in which he enters endoscopically through the mouth and deploys a liner on the first two feet of the intestine so food does not come into contact with the intestine. It protects the intestine from all the effects that food has, and in diabetics, it is curing their diabetes. The impetus for Dr. Burch's dedication to helping the Latino community and lessening the mortality rates associated with diabetes comes from his passion for social justice. "I almost always found a motivation to work based on just knowing that I wanted to help people." The full article may be found at: http://latinoleaders.com/on-the-cutting-edge/.

Bernice L. Coleman, RN, PhD, and faculty member is the recent recipient of the 2014 Nurse.com Nursing Excellence GEM award for advancing and leading the profession. Each year, Nurse.com solicits written nominations that detail the extraordinary influence nurses have on their patients and the profession. The program is a nurse-led nomination, selection and award process.

Dr. Coleman supports the advancement of evidence-based practice and research application of more than 2,800 nurses. She has advanced transplantation nursing practice and research in transplantation genetics. She has also spearheaded the development of clinical policies, procedures, and guidelines. "Dr. Coleman is an exemplary nurse clinician and scientist recognized for her contributions to advancing health. We are very proud to celebrate her and the outcomes achieved as a member of our research team," stated Linda Burnes Bolton, DrPH, RN, FAAN, Vice President, Nursing & Chief Nursing Officer.

Office of Faculty Development Supports Attendance at AAMC Professional Development Seminars

Since the creation of the Office of Faculty Development in December 2012, seven faculty members have been selected to attend professional development conferences put on by the American Association of Medical Colleges. This summer, two female faculty were selected to attend the 2014 AAMC Early Career Women Faculty Professional Development Seminar: Odelia Cooper, MD, Department of Medicine; and, Carolyn Alexander, MD, Department of Obstetrics and Gynecology.

"Thanks to the support of our Faculty Development Office, the AAMC conference helped set me on the path to becoming a leader in medicine. I attained clarity in developing my career plan and implementing the steps needed to accomplish my goals. I acquired key skills including how to maximize the limited hours of one’s day in an efficient, productive manner, how to effectively communicate and negotiate in the workplace, how to be a mentor to trainees and know when and how to seek mentorship at each stage of one’s career. I learned how to optimize my opportunities for academic promotion and how to find every chance to promote scholarship. With the invaluable tools I attained at the conference, I now feel ready to pursue my path in medicine." Odelia Cooper, MD.
Mark Your Calendar!

New Faculty Lunch
Thursday, August 28, 2014
12:30 p.m. - 1:30 p.m.
AHSP PEC 8

Research Roundabouts for Research Faculty and Staff
Fridays, 3:00 p.m. - 4:30 p.m.
Mark Taper Rooftop

Learning to Lean In Discussion Group
Negotiation Skills Part II
Wednesday, August 27, 2014
5:00 p.m. - 6:30 p.m.
AHSP PEC 5

Association for Women in Science Coffee Hour
Second Tuesday of the Month
4:00 p.m. - 5:00 p.m.
Davis 1004

Office of Faculty Development Contacts
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