

# Fall Newsletter



## Letter from our Executive Director

As we transition into the fall season, I am excited to share some of the incredible events and initiatives we have planned at the Suffolk County Medical Society (SCMS) and the Suffolk Academy of Medicine (SAM). Our community of physicians and healthcare professionals continues to grow stronger, and I am proud of the work we are doing together to advance healthcare and support the next generation of physicians.

One of the most anticipated events this fall is our **Legislative Breakfast**, where we will engage in meaningful discussions with our elected officials about the issues impacting healthcare in Suffolk County and beyond. It is a vital opportunity for us to advocate for policies that will shape the future of our profession and improve patient care.

We are also excited to invite you to another **Cocktails and Conversation** at Great South Bay Brewery! This will be a fantastic opportunity to network with colleagues, exchange ideas, and unwind in a relaxed, casual setting. I encourage you to join us for a night of great conversations, camaraderie, and community.

In addition, we are expanding our **Doctors of Tomorrow** program which continues to inspire and educate students interested in pursuing careers in medicine. We are working closely with ALL Suffolk high school Juniors and Seniors to offer more opportunities for mentorship, hands-on experiences, community service, networking, workshops and more for these aspiring young physicians. This program is one of our most rewarding efforts, and we are thrilled to see it grow. If you would like to be a mentor, please let us know.

None of this would be possible without the dedication and commitment of the amazing physicians, healthcare professionals, administrators and community members we work with every day. Together, we are building a stronger, more connected medical community in Suffolk County, and I am grateful to be a part of it.

I look forward to seeing you at our upcoming events and continuing this important work together!

*Nicole*

EXECUTIVE DIRECTOR, SUFFOLK COUNTY MEDICAL SOCIETY  
& SUFFOLK ACADEMY OF MEDICINE

### In this newsletter you can expect:

Letter from our  
Executive Director

Doctors of  
Tomorrow

Women  
Physicians' Night

Member Spotlight

Upcoming  
Networking Events

Fall Recipe!



## Doctors of Tomorrow

We are excited to announce a new and revamped **Doctors of Tomorrow** scholarship program, designed to support aspiring medical professionals on their journey to becoming future healthcare leaders.

This year we are opening up the program to both Juniors and Seniors living or going to school in Suffolk County. Applications will be accepted until October 15th. Please email us at [doctorsoftomorrow@scms-sam.org](mailto:doctorsoftomorrow@scms-sam.org) for more Information.



## Women Physician's Night

We are delighted to share that our **Cocktails & Conversation: In the Barn** event was a resounding success! Women physicians from across Suffolk County gathered for an evening of charcuterie, camaraderie, and meaningful conversations. The atmosphere was filled with warmth as colleagues connected over shared passions and experiences. We look forward to hosting many more inspiring networking events like this in the future, fostering community and collaboration among our dedicated women in medicine.

## Board of Directors Meeting

On 9/10, we had our first Board of Directors meeting of the year. Board members came together to discuss and update each other on happenings at all hospital systems, specialty societies, and explored ways to enhance our impact on the medical community. The meeting was filled with productive dialogue and a shared commitment to advancing healthcare in Suffolk County. We would like to extend a huge thanks to Dr. Matthew Bassan for his presentation, Obesity: Pathology and Treatment. We look forward to many more collaborative sessions ahead!





## Member Spotlight: Leslie Marino, MD, MPH

Dr. Leslie Marino is an addiction-trained psychiatrist with a master's degree in public health. Dr. Marino is currently the Deputy Clinical Director of Pilgrim Psychiatric Center and Assistant Professor of Psychiatry at Columbia University Irving Medical Center where she has spent the past 10 years studying implementation of evidence-based practices in behavioral health settings with a focus on co-occurring disorders. She also has a private practice in Babylon Village.

### Q & A

#### What is a piece of advice you would give to young doctors just starting their careers?

Build a career in medicine that you love. Never forget why you chose this path and don't allow others to take the joy of medicine away from you. Seek out mentorship from physicians who are happy and love what they do. (Hint: You can find them in the Suffolk County Medical Society!)

#### If you weren't a physician, what career path would you have chosen?

Before shifting to a career in medicine, I actually was working in the not-for-profit world and probably would have done work in global health.

#### What initiatives or causes in the medical community are you particularly passionate about?

I am very passionate about reminding physicians of the collective power and voice that we have and how we can use that for good in healthcare locally and nationally.

## Upcoming Events

SUFFOLK COUNTY MEDICAL SOCIETY  
INVITES YOU TO

# Cocktails & Conversation

AT GREAT SOUTH BAY BREWERY

TUESDAY, OCTOBER 29TH  
6:30 - 8:30 PM  
25 Drexel Drive  
Bay Shore, NY 11706

RSVP  
Questions Email  
NGerberg@SCMS-SAM.org

Join us for our upcoming event, **Cocktails and Conversation**, at Great South Bay Brewery. Contact [ngerberg@scms-sam.org](mailto:ngerberg@scms-sam.org) with any questions and to **RSVP**.

NEW YORK  
CANCER & BLOOD  
SPECIALISTS

JOIN US FOR A

# Legislative Breakfast

WITH OUR SUFFOLK ELECTED OFFICIALS

October 16, 2024  
7:30 AM  
1 Research Road  
Ridge, NY 11961

### Join us for a Legislative Breakfast!

**New York Cancer & Blood** and the **Suffolk Academy of Medicine** invite you to our **Legislative Breakfast**, where you'll have the unique opportunity to engage with your elected Suffolk County officials and discuss the issues that matter most to you. This is your chance to share your insights and be part of important conversations shaping our community's future. To attend, please **RSVP** by emailing [hyoo@scms-sam.org](mailto:hyoo@scms-sam.org) before October 9th. We look forward to seeing you there!

# Delicious Fall Recipe!



## Butternut Squash Soup

### Ingredients:

- One large butternut squash peeled and cubed
- 2 tbsp olive oil
- 2 Granny Smith or any tart apple peeled and chopped
- 1 whole yellow onion
- 2 cloves garlic
- 1-15oz can of coconut milk
- 1.5 tsp grated fresh ginger
- 1/4 tsp nutmeg
- 1/4 tsp cayenne

1. Preheat oven to 400
2. Coat butternut squash with olive oil and roast on a baking sheet until golden brown and lightly caramelized, approximately 25-30 minutes.
3. On a separate baking sheet, coat garlic, apple, and onion in olive oil and roast until soft, approximately 10 minutes.
4. Combine all ingredients in a blender or food processor and puree until smooth.
5. Season with salt and pepper. This soup can be garnished with fresh parsley or toasted pepitas. Enjoy!

*Thank you for reading!*

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