

The Beat Of MCA



November 2023

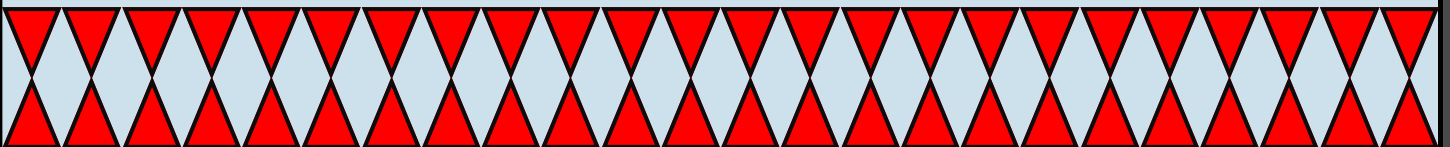
Welcome to our New Physician: Keval V Patel MD on January 1st



Dr. Keval V. Patel grew up in New York City. He completed his bachelors in Biochemistry and Genetics at Stony Brook University, New York. Dr. Patel's journey in medicine commenced with the attainment of his medical degree from the American University of Antigua. He honed his skills during internship and residency in internal medicine at Jersey Shore University Medical Center, where his dedication and leadership led him to the esteemed position of Chief Resident in his final year. A testament to his pursuit of excellence, Dr. Patel furthered his specialization through a comprehensive fellowship in cardiovascular disease at Rutgers-Robert Wood Johnson University Hospital. Dr Patel is known for his unwavering commitment to cardiovascular health. Dr. Patel has established himself as a board-certified specialist in general cardiology, echocardiography, and nuclear

cardiology. With a profound interest in preventive cardiology, cardio-oncology, congestive heart failure, and valvular and ischemic heart disease, Dr. Patel epitomizes a holistic approach to cardiac care. His board certification in general cardiology, echocardiography, and nuclear cardiology underscores his commitment to staying at the forefront of advancements in the field.

Beyond clinical practice, Dr. Patel is a dedicated educator, actively engaging with internal medicine residents, pharmacy residents, medical students, and nurses. As the coordinator for clinical cardiology for internal medicine residents, he imparts knowledge with a blend of enthusiasm and expertise, shaping the next generation of healthcare professionals. Dr. Patel's contributions extend to the realm of research, where he has played a pivotal role in numerous research and quality improvement projects. His commitment to advancing medical knowledge has earned him the prestigious title of Top Doctor in New Jersey for consecutive years, a testament to the respect and admiration he garners from peers and patients alike. Since 2018, Dr. Patel has served as an attending physician at renowned institutions, including Robert Wood Johnson University Hospital, Saint Peter's University Hospital, and Penn Medicine Princeton Hospital. In the intricate tapestry of cardiology, Dr. Keval V. Patel stands as a compassionate healer, an inspiring educator, and a dedicated researcher. His multifaceted approach to healthcare reflects a deep-seated commitment to advancing cardiovascular medicine while providing personalized and empathetic care to those entrusted to his expertise.



Hello! I'm Mikhail (Mike) Vaynshteyn (IT Software Specialist)



I joined MCA on October 25th, 2023 and I am based in the Eatontown office, but I will be traveling to Freehold, Monroe and Somerset so I hope to have the opportunity to meet you in the near future.

I have a Bachelor's Degree in Computer Science and throughout my career I worked with multiple programming languages and operating system platforms, and a wide variety of software products. I have 17 years experience working with NextGen and Epic at Maimonides

Medical Center in Brooklyn and at Callen-Lorde Community Health Center in Manhattan as an implementation and support specialist and development and systems analyst. I am a Microsoft Certified Solution Developer (MCSD) and NextGen EHR Certified Professional (NCP).

I recently moved to Monroe Township from New York City and in my free time I enjoy landscaping, gardening and fishing. I also like to travel and create "food art" projects.

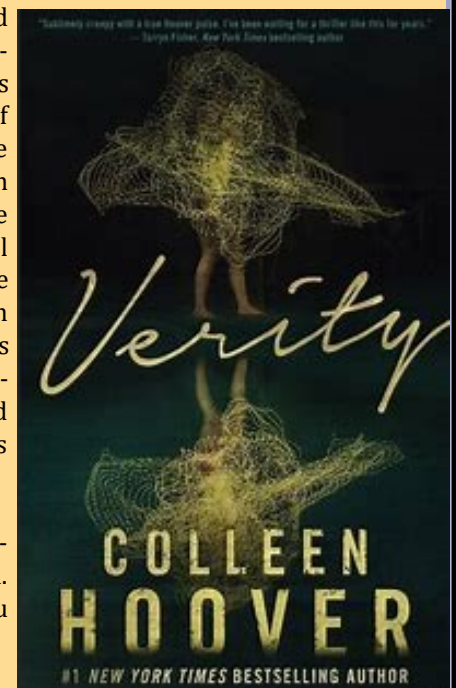


Book Ends by Diana Martinez, Monroe Office Manager

Verity by Colleen Hoover was a very entertaining book and if you want to read a suspenseful page turner this book is for you.

Lowen Ashleigh is a struggling author who unfortunately witnesses a man die while she is on her way to her publisher's office. She is consoled by a stranger named Jeremy Crawford. He comforts her and even gives her his shirt to wear as she becomes covered in blood from the victim. They quickly bond due to some recent deaths in both their lives and eventually go their separate ways. Unbeknownst to Lowen, Jeremy is the reason her publisher wanted a meeting. When she sees him at the meeting, she is shocked and curious. Jeremy's wife Verity is a very successful author who was in the middle of writing a popular series of books when tragedy strikes, and Verity is in a terrible accident and has been in a vegetative state ever since. Jeremy is looking for an author to complete the series and is willing to pay an exorbitant amount for its completion. He believes Lowen would be perfect for the job as she has similar writing styles. Lowen is currently facing eviction and decides this opportunity will help get her out of debt. Lowen is given full access to Verity's manuscripts and home office and begins to research how she should continue the series. However, she comes across an autobiography that Verity wrote and uncovers tales of how Jeremy and Verity met, Verity's obsession with Jeremy and about the deaths of Verity and Jeremy's twin girls. Lowen becomes obsessed with this autobiography and struggles to tell Jeremy what she has uncovered until one day Jeremy makes it impossible not for her to tell him. What follows is a story of lies and deceit so entangled Lowen is destined to take the true story to her grave.

The question is would you be as willing to keep secrets and lies to protect yourself or someone you love, or will you tell the truth to set you free? Lowen will face this exact question. This book will definitely make you think about those two options possibly differently than you thought you would.



Wine Down, Liz Ciampoli, Medical Assistant Supervisor, Eatontown

Wine Time at Laurita Winery by Tara Hobbs, Pod Leader, Eatontown

If you are looking to have a fun, relaxing afternoon out with the family, or some hang time with your girlfriends, Laurita Winery is the place to be. I had a recent visit with some friends to one of their Fall Food Truck Festivals, and it's a definite yes for me. Laurita is best known for its dry whites, sangria, and chocolate wines. I tried the Heavenly Blue on this visit. It's a sweet blueberry wine, very light and tasty-my favorite kind of wine. For dessert, I found a new favorite-Chocolate Peanut Butter Therapy-and I fell in love!! For anyone with a sweet tooth, this wine hits ALL the markers. There were food trucks of all kinds there-from lobster rolls, to tacos, to gourmet burgers. The corn maze, apple cannons, food and wine tasting kept us plenty busy, and we ended the night sitting around fire pits listening to live music. Laurita was a hit in my book and I'll be back to one of the many events that they have there.

Enjoy and Salute!



Laughter is the Best Medicine to Boost the Holiday Season!

As the holiday season approaches, a magical and joyous atmosphere is in the air. It's a time for festivities, family gatherings, and fun. But, let's face it, the stress can creep in amidst the planning, shopping, and cooking. That's where an age-old remedy comes to the rescue – laughter. Something as simple as laughter can be the ultimate elixir to elevate your holiday spirits, foster connections and ensure this season is truly the most wonderful time of the year. Remember laughter is good for your brain, body, and soul.

Many Insights Into Laughter!

- Decreases pain due to the release of endorphins
- Releases dopamine from the reward center of our brain
- Helps reduce blood pressure and increase blood flow to the heart
- Stops distressing emotions. You can't feel anxious, angry, or sad when you're laughing.
- Helps you relax and recharge; reduces stress and increases energy
- Is a universal language – everyone laughs when they find something funny
- Is contagious. Our mirror neurons light up as we see someone else laugh so if you want to make someone laugh start laughing yourself
- Gives the brain a good workout as both hemispheres and the emotional and motor areas of our brain are all activated
- Creates and deepens social bonds

Best ways to keep laughing during the holidays:

- Watch funny holiday movies
- Sing and Dance – like no one is watching
- Laugh at yourself
- Look for humor in everyday life

Let's kick the season off, with a joke!

What do you get when you cross a snowman and a vampire? *Frostbite*

What do you call an elf that can sing? *A wrapper*

What do you call an elf that runs away from Santa's workshop? *A rebel without a Claus*

How do you recognize a Hanukkah hippie? *He is the one with his hair in dreidel locks*

May your holidays sparkle with moments of love, laughter and goodwill and may the year ahead be full of contentment and joy.





HAPPY ANNIVERSARY JULY 2023–DECEMBER 2023

5 YEARS

Rachel Groves, Nurse Practitioner, November 13th

10 YEARS

Heather Buzzelli, Hospital Scheduler Eatontown, September 3rd
Evelyn Clancy, Receptionist Eatontown, October 9th

15 YEARS

Joanne Jefferson, Medical Records Clerk Eatontown, October 13th
Bill Schmitt, CEO, July 7th

20 YEARS

Bill Horn, Echo Technologist Monroe, July 7th

25 YEARS

Anita Annunziata, Executive Assistant Eatontown, September 14th
Casey Rosario, Collector Eatontown, December 14th

THANK YOU FOR YOUR YEARS OF SERVICE!

