

September 2020 – Women in Medicine, Week 3

September is Women in Medicine Month and we will feature some of the exemplary women providers and clinicians a part of our organization. Today, we spotlight Dr. Kristen Sherman, Menlo Medical Clinic; Dr. Rani Upadhyay, Cardiovascular Consultants, Oakland; Dr. Isabelle Cohen, OB/GYN Partners for Health, Oakland; Dr. Janet Arnesty, Family Medicine Oakland; Dr. Lynda Lee, Arthritis and Rheumatology, South Bay; Dr. Charlene Reimnitz, Los Olivos Women's Clinic; Dr. Anna Lederman, OB/GYN Partners for Health; Sarah Homgren, NP, Internal Medicine, Emeryville; Janice Friesen, LCSW, Bay Valley, Hayward.



Dr. Kristen Sherman

Admirable, Intelligent, Caring

Dr. Sherman's colleagues said, "Dr. Sherman is an amazing physician and a kind-hearted person. She inspires her team and her patients everyday with her outstanding knowledge and expertise, compassionate care, and thoughtfulness. I feel so lucky to work alongside her and continuously learn from her each day."

"I am thrilled that my friend and colleague has been nominated and chosen for recognition. I smile as I write this because I know how deserving she is. She has a level of devotion and caring for her patients that is inspiring to me and to everyone she works with. She is often juggling a busy clinic day and finds time for making that extra phone call to a patient's family member, or to consult with their network of specialists. She manages all aspects of their illness until she knows the job is done right. I have told her this before – that she is a primary care physician any patient would be lucky to have."

"She has been a guiding figure at Menlo and pushes us all to find ways to improve care, in ways that go beyond just "metrics." She motivates us to try harder, to be better, more effective, and stay principled. I admire her as someone fair and sincere in all that she does and manages to 'do it all.' She is a significant part of what makes our clinic special and we are lucky to have her."

When Veronica Moran nominated Dr. Sherman, she said, "Dr. Sherman is always informative and helping us learn. Incredibly empathetic, efficient, and just an inspiring woman in medicine to look up to. She's inspiring because she genuinely wants you to learn, and is always a resource to go to and so approachable."



Dr. Rani Upadhyay

Resilient, Patient, Fierce

Dr. Upadhyay's colleagues said, "She has quickly established a reputation as one of our top interventional cardiologists for complex coronary artery disease. She has worked with administration, cath lab staff and nursing leadership at our local hospital to develop programs in mechanical circulatory support for critically ill cardiac patients." -Eric Johnson, MD

Nominated by Alexandra Mead PAC. "I have the extraordinary honor to call Rani Upadhyay, MD my colleague, my friend and the ultimate roll model. I am her PA, and she is my AMAZING boss. We often walk in to work facing a service of 40 inpatients with several procedures and new consults, so days can be long and arduous. Wonder Woman gets it done, though!!

I'll never forget one of the first days working with her. We consulted on a young man who was in refractory heart failure. She was critical in his acute management and cognizant of when it became clear he needed advanced heart therapies. Without wasting a minute, she was on the phone advocating for this ill man and his frightened family. Thanks to her integral and timely intervention, he went on to have a successful cardiac transplant."

Other colleagues added, "Dr. Rani is incredibly bright, hard working and GENUINELY kind to everyone she meets. She takes time to educate and listen to her patients, and they LOVE her!"

"I also want to add that no matter what comes at her (STEMIs, arrests, poorly-perfusing arrhythmias), this queen of cardiology is always calm and in control. It is truly a joy to be on her team!"

"Dr. Rani Upadhyay is a genuinely compassionate physician who advocates for her patients at the highest level. She is an extraordinarily skilled physician who demonstrates her tireless work ethic and devotion to patients both in the cardiac cath lab and at the patient's bedside." -James E. Lai, MD

"Dr. Upadhyay is an extraordinarily skilled interventional cardiologist. In a short time, she has become a 'go-to' for the most challenging cases and clinical situations. She is also a passionate advocate for her patients and their families. Moreover, she is an exceptional colleague and brings the best out of everyone around her. It is a privilege to work alongside her." -Mitul Kadakia, MD



Dr. Isabelle Cohen

Warm, Smart, Kind

Dr. Cohen's colleagues said,

"Dr. Isabelle is always ready to help and is very open."

"When Dr. Isabelle was away on maternity leave we all missed her so much!"

"Love her! Such a hardworking doctor that goes above and beyond for her patients!"

Nominated by Anna Lederman: "Isabelle is one of those doctors that you speak to her and you know that she is in the right profession: kind, understanding, respectful, warm and smart. She has been nothing but supportive of me as a new clinician to the practice. She's always ready to help if I have a questions and always ready to make the best of our busy clinic lives. Her patients absolutely adore her and the whole clinic staff does to! She balances a busy career with two small children and goes above and beyond for all of us here!"

I've learned that you can be kind and attentive even when there is so little time to spend with patients and your schedule is packed!"



Dr. Janet Arnesty

Caring, Thoughtful, Bulldozer

Dr. Arnesty's colleagues said, "Janet builds strong and lasting relationships with her patients- whenever I see one of them for her, I can always feel their connection to her. She manages there care with her full attention."

"She always lets me ask her questions and run things by her- which is so appreciated."

"She started practicing at what was once a female provider only practice which is has always inspired me."

"She gets very real and down to earth with her patients and they know they can count and trust in her. Janet's tireless advocacy for and dedication to her patients embodies what it means to be a family practitioner. Her passion for her work is apparent and inspiring."

"Janet, more than anyone else, taught me how to balance an FP practice that included obstetrics while building a wonderful family life. She is relentless in her pursuit to give great birth experiences to mothers, and care lovingly and professionally for their entire families blending old-school values of home visits and access outside of business hours."

Nominated by Jennifer Lin. "Janet Arnesty is the epitome of a family medicine physician - taking care of patients from cradle to grave, including obstetrics. She has a thriving practice for the last 3 decades as

part of East Bay Family Practice, a successful, fierce female created practice, the first of its kind. Her capacity to take thorough care of her patients, participate in running a private practice, and maintaining a balanced home life is what we young physicians are trying to achieve. She is modeling it through constant changes in medicine.

Janet's integrity, knowledge and passion for medicine is obvious in the way she cares for her patients. Even with a full schedule, she takes the time to communicate feedback and even send a message to share tips and teaching points to foster a collaborative culture. I try to do this as well, as it makes us a stronger team overall."



Dr. Lynda Lee

Calm, Resilient, Compassionate

Dr. Lee's colleagues said, "Lynda is very kind, compassionate." "Lynda is always ready to help out with complex patients."

Nominated by Neelakshi Patel. "Always bundle of energy and always curious to learn new things. Amazing mentor to new physicians in clinic and community."

Lynda has inspired me to become more patient, compassionate, she is an example that how you fight for your patients to get them the services they need."



Dr. Charlene Reimnitz

Loving, Inspiring, Caring

Nominated by Guadalupe Lopez

She's a hard worker.

She's very organized.

She loves to cater to her patients.

Motivated me to go back to school for RN

I've learned multiple new things about OBGYN that I've never known can go wrong in a female body.



Anna Lederman

Enthusiastic, Hard-working, Kind

Anna's colleagues said, "Anna's eagerness to learn new things, and to provide the most evidence-based care to patients, is inspiring."

I've had more patients than I can count tell me: 'I LOVE Anna! She is gentle and thoughtful.'"

Nominated by Dr. Cohen. Anna has brought years of experience at busy New York hospitals and Planned Parenthood clinics to our practice. She adds a unique perspective to clinical problems and patient care, and never fails to bring a smile to work. She has been enthusiastic right from the start, and has changed our group for the better. She is an outstanding midwife with an excellent skill set.

Anna's dedication to life-long learning reminds me how fun the practice of medicine can be. She is thorough, and always goes the extra mile to provide her patients with excellent care.



Sarah Holmgren, NP

Generous, Loyal, Wholistic

Sarah's colleagues said, "Sarah treats all patients in the practice as her own."

"She is always ready to help and support her colleagues with her clinical expertise and her time."

"She is able to find humor in her work, and can always inspire a laugh when engaging with colleagues and patients."

"Sarah is a kind, compassionate provider. Her clinical acumen is spot on. She treats her patients and their families with the utmost patience, kindness and loyalty. Her patients trust her with their physical and mental ailments. She is able to see the bigger picture in their care."

"She inspires me to take the extra moments to engage with our patients as friends and peers."

Nominated by Dr. Talia Gracer: Sarah is a kind, compassionate provider. Her clinical acumen is spot on. She treats her patients and their families with the utmost patience, kindness and loyalty. Her patients trust her with their physical and mental ailments. She is able to see the bigger picture in their care.

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Janice Friesen, LCSW

Awesome, Life Saver for my Patients

Nominated by Dr. Jaya Karnani: Janice is a LCSW who has had a career with Bay Valley spanning more than 50 yrs. She and her expertise as a counsellor have helped me provide excellent mental health care to my patients over many years and more so now during the pandemic. The fact that she keeps going and is not burnt out and is so motivated to help patients, is inspiring.

I've learned that work life balance matters and you can't take care of others till you take care of you.



Dr. Vandana Boparai

Compassionate, Reliable, Professional

Nominated by Shazia Mughal:

"Dr Boparai is known to me since I started my practice at Valley Care in 2011. She is an empathic and diligent physician who is sought after and loved by her patients. She is professional and demonstrates excellent bedside manners and clinical acumen. I have had the opportunity to

discuss common patients with Dr Boparai at numerous instances and have always felt confident with the care she provides to our patients. I trust her with referrals of my friends and family. She stepped to challenges during the COVID epidemic and worked on setting a center for testing in Suite 110 and dedicated her time and efforts in providing care for patients with COVID in addition to her regular patients." -Dham, Shifali, Endocrinologist Valleycare. Suite # 110

"As a person she has been a great friend, someone I can depend on for good advice and who is ready to hear me out anytime. She is very caring not only for her friends and colleagues but for our entire staff and makes the entire Suite 110 gel in a family which has encouraged everyone to work together and support each other."

"In her Leadership role as the Site Lead she has been a great asset to all our staff and earned everyone's respect with her diplomacy and nonjudgmental nature. She has helped our office reach goals by promoting interesting activities for the staff to indulge in which encouraged them to work harder to achieve goals and overall success as a team. The entire staff which includes physicians feel comfortable approaching Dr Boparai for any reason as they are sure they have a compassionate leader.

I am proud and fortunate to work with colleagues that demonstrate such high values and dedication and am honored to nominate Dr Boparai"

“Vandana is an excellent site lead for our office and a dedicated and compassionate physician. Her willingness to go above and beyond for patients is very inspirational.” Chirag Pandya, Pulmonologist. Critical Care, ValleyCare. Suite #110

“Calm, Confident and Compassionate-3 words that describe Dr Boparai well. No matter what the problem-whether it be related to patient care, office workflow, staff issues, she handles it with the ease and effortlessness of a natural born leader. Her patients always come first, no matter what the circumstances may be. She has learned to maintain a perfect work-life balance, which can be a challenge for a lot of us these days. She is an inspiration to all of us who work with her, as she leads by example.” Harpriya Singh, Gastroenterologist, Suite #110

“Given the current events circulating in society today, I do not think there is a woman more admirable and deserves the utmost respect than Dr Vandana Boparai. As a single mother to a beautiful little girl, I find myself at times facing challenges and struggles of how to demonstrate that a female can do anything and when I say anything I mean ANYTHING. I have been privileged to have Dr Vandana Boparai as my mentor and dyad partner. She sets the bar and example of who and what I want my daughter to be. Not only is she a loving and caring wife and mother. But she is one of the most compassionate human beings and intellectual physicians I have ever known.” Julianna Betancourt, CCMA Practice Supervisor, ValleyCare Physicians Associates
5725 Suite #110

“She has taken on so many task and projects including the difficult trial to combat a global pandemic by being the site lead for the Tri Valley Regional Respiratory Center targeted for patient who are suspect or already covid positive. The demonstrated compassion to these patients drive me and the rest of the department to fight the fight and help whomever whenever we can. She shows that education is key and compassion is a right patients deserve.”

“Dr Vandana Boparai is exemplary and the true definition of CI Care. I am the luckiest to have such a mentor, dyad partner, and example of what women in medicine are made of. We can do anything.... I mean ANYTHING!”

“I have known Vandana for the last 7 years, and for the past 5 years I have been sharing my office(and lunches) with her. She has been our site lead for the last few years. She amazes me every day with her dedication, care, and compassion to her patients and to our staff and clinic. I go to her when I have clinic issues and she stops whatever she is doing in order to listen to my concerns. I believe that you need to have a special kind of leadership skills and patience to do that. I have seen her evolve into a very meaningful, effective leader in the last several years.

I have developed a special kind of bond with her and see her as a sister, I never had.
I am lucky to have her as my colleague! “

Shazia Mughal
Family Medicine, ValleyCare.
Suite #110



Dr. Clare Moynihan

Brilliant, Thoughtful, Efficient

Dr. Moynihan's colleagues said, "Dr. Moynihan leads by example. She speaks up for the needs of any parent trying to have a fulfilling family and work life. She actively works to be part of the solution to make things better for all."

Through talent, determination, and grit, Dr. Moynihan has managed to have a full family life, a full time practice, and develop outside clinical interests. She has shown me effective ways to improve endocrine practice across the system-utilizing effective workflows, streamlining clinical thought, and maximizing technology.

It is possible to have the clinical practice and family experience you want without sacrificing the quality of any aspect of your life."