



NYSCA SUFFOLK COUNTY

District 7

SEPTEMBER 2023 NEWSLETTER



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D7 September Speaker:

Melinda Aronis-Edgley

Senior Key Account Executive for Lab Corp

What's Inside

President's Message

Member Spotlight

Insurance Updates

NYSCA News

Legislation Updates

D7 Photo Gallery

Sponsor Spotlight

Clinical Pearls

Calendar of Events

Sept 20: D7 Monthly Meeting:
Melinda Aronis-Edgley

Senior Key Account Executive, Lab Corp

Raffle Prize: Islander Tickets

8 PM at Radisson, Hauppauge/ZOOM link available

Sept 24: Tunnels to Towers
Volunteer Day

Sept 29- Oct 1: Fall Convention
Kartrite Resort - Monticello NY

Nov 14: Cadaver Lab
with Dr. McHugh
Stay tuned for more details

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PRESIDENT'S MESSAGE



Dear D7 Members:

I hope you all enjoyed your summers and are ready to move on to the fabulous fall season. NYSCA D7 has been very busy over the summer months, arranging a list of speakers and topics that we will share throughout the year to help you improve your practices.

At this month's meeting, on September 20, we welcome Lab Corp to share information to help us better understand how to order blood work. As you know, blood panels shed lots of light into a patient's inflammatory state. And it all starts with knowing how to initiate the lab work. This can be a powerful tool to leverage in your practices so I hope to see many of the members attend to learn more.

This month we will also be coming together at the Kartrite Water Park in Monticello, NY for the Fall State Convention Sept 29- Oct 1. Besides earning credits and hanging out with your colleagues, you can enjoy the water park, and nearby casino. Hope you can join us. The speaker series begins Friday at 2pm and the convention closes on Sunday at 12pm. Topics include: Workers' compensation updates presented by our own board members, Dr. Merckling and Dr Stein; Dealing with Chronic Spine Pain: Key Lab Markers and Nutritional Issues; Foot Levelers is presenting on Adjusting the Foot; and Everything you want to know about Pediatric Chiropractic. These are among the topics that will be shared and that you can implement in your office immediately.

As you know, we aim to increase participation at our monthly meetings (attending via Zoom is still available – if this is a better option for you, please email Dr. Joe Merckling for the link). In addition to new speakers, we will be raffling off cool prizes to those that attend in person – for example, Islander tickets will be the big prize at this month's meeting.

Finally, as I close out, I would like to take a moment and reflect on the sudden passing of Jack Beige DC, a long-time member of NYSCA and a board member of District 7. Jack, you have been a great friend, colleague, adviser and so much more. You will be genuinely missed by many in District 7 and throughout the chiropractic community.

Thank you for your time and membership to this great district,

Best,

JoAnna Fasulo DC

Member Spotlight



Two is better than one! And for almost 3 decades, Rick and Jeffrey Block, have been proving this true at Block Sports Chiropractic and Physical Therapy located in Smithtown and Selden.

Founded by Dr. Jeff in 1992, and joined by his brother 6 years later, on the philosophy that staying healthy is better than seeking treatment once you're sick, The Block Brothers' goal remains teaching that health comes from within, rather than from outside intervention.

Over the years, the practice's focus has widened beyond chiropractic to include sports injuries. The Block Brothers have worked with LIU Post athletics and the NY Cosmos and today they partner with Stony Brook University, St. Joseph's and Suffolk Community College. They offer a variety of treatments including COX, CBP, Graston, laser and SFMA, in an open treatment setting that adds fun to the day while demonstrating what they do and why. Patients benefit from the successes of other patients who are happy to share their experiences!

Family is also important to the Block Brothers. They are both married and have 2 kids each though Jeff's are a bit older than Rick's. And, while all have benefited from the chiropractic lifestyle "wondering why we don't eat McDonalds" none of the children seem likely to continue the chiropractic legacy. Living on LI, both are very active. While Rick is playing golf, exercising and enjoying watching sports, you'll find Jeff doing water activities, boating, exploring restaurants by the coast.

Great chiro's are backed by meaningful motivations. Rick shares that it's about seeing people's health change for the better and helping athletes return to their sport and performed their best.

Both Rick and Jeff have been NYSCA members for decades and served as board members through the years. They see NYSCA as a means to support chiropractic in NY, giving us the best chance of unifying the profession, expanding our scope, and protecting our licenses.



UP TO SPEED ON INSURANCE

NEWS FROM THE NIC

THE EMPIRE PLAN

Enrollee benefits have changed for certain groups in The Empire Plan effective July 1, 2023. We have included information relative to massage therapy and acupuncture, for those NYSCA members who provide these services in their office. Please note: The New York State Health Insurance Program (NYSHIP) Empire Plan for NY state and local government employees is not Empire Blue Cross Blue Shield.

Elimination of multiple participating provider copayments per visit

The \$25 participating provider copayment amount remains the same, with multiple copayments for the same provider and same visit eliminated. Just 1 copayment of \$25 is required for all covered office visits, office surgery, radiology and/or laboratory services received by the same enrollee from the same provider on the same date of service. Historically, NYSHIP enrollees who received radiographic services in addition to an office visit during the same visit were subject to 2 copayments.

Change in maximum allowed amount for nonparticipating providers

Claims from nonparticipating providers will now utilize Medicare rates as the fee basis. For those NYSCA members who do not participate with The Empire Plan, your NYSHIP patients may be responsible for a higher portion of the visit. Note that participating providers should continue to refer patients to network providers in accordance contractual obligations.

Visit limit added for out-of-network acupuncture services

Coverage is now limited to a maximum of 20 visits per calendar year for acupuncture services by nonparticipating providers. This is a combined total for all nonparticipating providers, regardless of how many nonparticipating providers are visited.

Visit limit added for massage therapy services

Coverage is also limited to a maximum of 20 visits per calendar year for massage therapy services. This is a combined total for all massage therapy visits, regardless of how many providers are visited.

Further detail can be found at: www.uhcprovider.com/en/resource-library/news/2023/changes-to-empire-plan-july.html

Watch for additional information on UnitedHealthcare in our next News From The NIC

2023 FALL CONVENTION

September 29-October 1, 2023

at the Kartrite Resort and Indoor Waterpark

555 Resorts World Dr, Monticello, NY 12701

MORE INFO

Work Comp Corner

AS OF JULY 3, 2023:

ELIMINATION OF C-25 FORM AND C-27 FORM AND REPLACEMENT WITH THE RB-89 FORM

Insurers seeking to reduce or suspend payment following classification of the injured worker should file Application for Board Review (Form RB-89) requesting a rehearing/reopening if the request is due to a medical change in condition of the injured worker, or a loss of earnings not causally related to disability.

READ MORE

NYSCA REGIONAL 2 DIRECTORS WILL BE DISCUSSING THIS CHANGE AT THE FALL CONVENTION!



UPCOMING REGULATION UPDATE

In keeping with the goals of the New York State Workers' Compensation Board (Board) to provide efficient and timely benefits to employees and increase the efficiency of the workers' compensation system overall, the Board plans to propose a regulation update allowing the Board to prescribe the use of electronic forms in accordance with the authority granted in Workers' Compensation Law section 124.

READ MORE

NYSCA E-NEWS UPDATES

CGI DIGITAL ENTERS AGREEMENT WITH NYSCA

The New York State Chiropractic Association (NYSCA) is pleased to announce that the Association has entered into an agreement with CGI Digital (CGI) to coordinate and produce a series of educational videos to showcase the chiropractic profession in New York.

In addition, CGI Digital is making its services available to NYSCA members in the event that doctors and offices want to enhance their online presence through CGI's newest proprietary technology, SeeSaw™. This technology transforms and modernizes websites into an engaging, entertaining and informative experience. NYSCA members will also be able to take advantage of CGI's expertise in video and digital media marketing services.

READ MORE

REVISED I-9 FOR US EMPLOYERS

On Aug. 1, 2023, the U.S. Citizenship and Immigration Services (USCIS) published a revised version of Form I-9, Employment Eligibility Verification (PDF, 899.28 KB). Form I-9 is used to "verify the identity and employment authorization of individuals hired for employment in the United States. All U.S. employers must properly complete Form I-9 for each individual they hire for employment in the United States. This includes citizens and noncitizens. Both employees and employers (or authorized representatives of the employer) must complete the form." (USCIS)

READ MORE

Q & A: NYS EMPLOYERS AND COVID-19 SICK LEAVE

A news source recently reported that "another summer COVID wave may have started in the U.S." (NPR, 2023). As a result, NYS employers may begin seeing an uptick in the number of employees who are absent from work due to illness. You yourself may have wondered, "What are my obligations regarding employee sick leave due to COVID-19?"

READ MORE

CHIROPRACTIC AND ACUPUNCTURE

Pursuant to Education Law §6551, the scope of practice for the profession of chiropractic does not authorize the use or practice of acupuncture to treat diseases, disorders, or dysfunctions of the body. However, chiropractors who also licensed under Article 160 of the Education Law as an acupuncturist may offer such services under that license, but not as a chiropractor.

READ MORE

CHIROPRACTIC IN THE NEWS



JEFF POPLARSKI, DC ON THE COVER OF NY GOLF MAGAZINE.

A great article! A great accomplishment for Jeff and for the chiropractic profession! Jeff is a member of NYSCA District 7! Congratulations!

http://nygolfmagazine.com/NYGM34_3/NYGolfMagazine_34_3_Summer2023.html

CHECK OUT CRACK ADDICTS-THE NEW CHIROPRACTIC SERIES ON TLC

<https://go.tlc.com/show/crack-addicts-tlc-atve-us>

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CHIROPRACTIC LEGISLATION IN THE WORKS

2023 End of Session Update

New York's legislative session was scheduled to end on Thursday, June 8; however, both houses remained in session into the weekend. The Senate finished around 3:30 a.m. on Saturday, June 10th. The Assembly worked until Saturday at 4:30 p.m. but then adjourned without concluding their business. The Assembly returned on June 20th to wrap up remaining issues and concluded their business late in the evening of June 21. This session was limited in scope, mainly focusing on passing local bills.

The end of the 2023 legislative session was greatly impacted by the delay in passing the State budget, which was due by Saturday, April 1, but was not passed until Wednesday, May 3. This delay created a truncated end of session in Albany. Unlike in prior years, where the end of session included a flurry of legislative activity on major policy issues, the 2023 legislative session ended on a quieter note. The delay in finalizing the State budget meant that the normal eight-week end of session period was shortened to four weeks. As a result, true momentum could not be gathered for large-scale legislative priorities that we tend to see at the end of a legislative session.

Regarding NYSCA's legislation generally, we are actively tracking nearly 200 bills that would impact Association members. 34 new bills of interest for NYSCA were introduced in 2023 alone. In the end, nine bills we are tracking passed both houses. These standalone bills are separate and apart from the legislation and initiatives included in the State budget.

Below, please find a summary of the main issues of note for NYSCA.

Budget Initiatives

- **Transfer of Oversight of Licensed Healthcare Professionals**
This proposal would have moved the oversight and licensure of all healthcare professionals, including the chiropractic profession, from the State Education Department to the Department of Health. This proposal was also in the Governor's budget last year and was ultimately removed, the same as this year. NYSCA did not take a formal position on which agency should have oversight of the professions, but we made known that whoever has oversight of the professions needs more resources and staff to meet the licensing and regulatory needs of the professions.

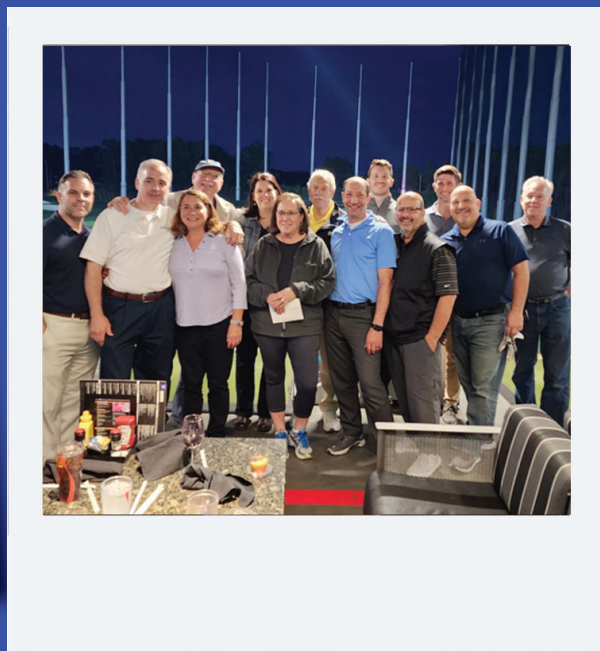
Bills Passed Both Houses

- **Athletic Trainer Scope – S942-A (Bailey)/A219-A (Solages)**
This legislation, which NYSCA supports and has been a priority for the athletic trainers for over a decade, would update the scope of practice for athletic trainers. Importantly, this proposed scope of practice update ensures that supervision under a physician remains a priority and will allow physicians and athletic trainers to work together. NYSCA supported this legislation because New York must continue to work to review and update the scope of practice for all licensed health care professionals. All health care professionals should be able to practice to the full extent of their education and training. This is in the best interest of the patients in New York State to ensure that they have access to providers and care in a timely and appropriate manner. If signed by the Governor, it will go into effect in two years.

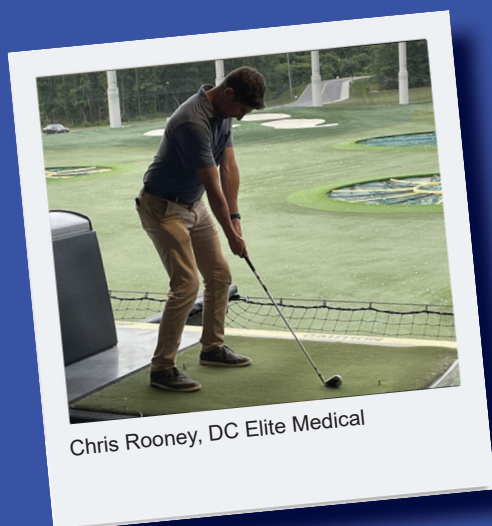
- **Health Care Practitioner Affirmation – S2997 (Rivera)/A6065 (Dinowitz)**
This bill, which NYSCA supports, would allow health care practitioners to serve or file affirmations in court with the same force and effect as an affidavit. Further, the bill broadens who may issue such affirmations. Previously, only physicians, osteopaths, or dentists could file affirmations. This bill would change that to any health care practitioner licensed under Title 8 of the Education Law. This bill has been around for a decade and has finally passed both houses. If signed by the Governor, this bill would take effect immediately.

- **Physical Therapist Education Requirements – S6220-B (Stavisky)/A6696 (Fahy)**
While we did not actively take a position on this legislation, we have been monitoring it. This legislation would require physical therapists to receive a doctoral degree in physical therapy. The bill would not impact the validity of existing licenses and permits for physical therapists. Since 2006, all New York physical therapist educational programs have required a clinical doctorate degree. This legislation updates New York law to more accurately reflect the educational standards of the profession. The bill would take effect one year after it is signed by the Governor.

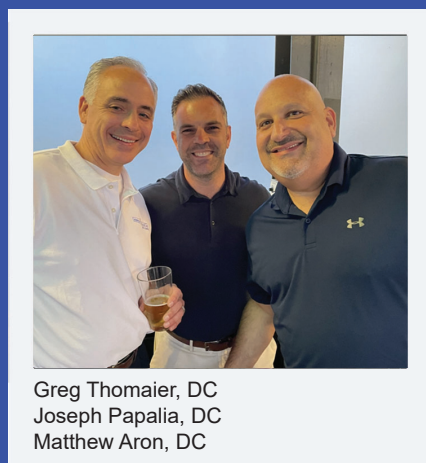
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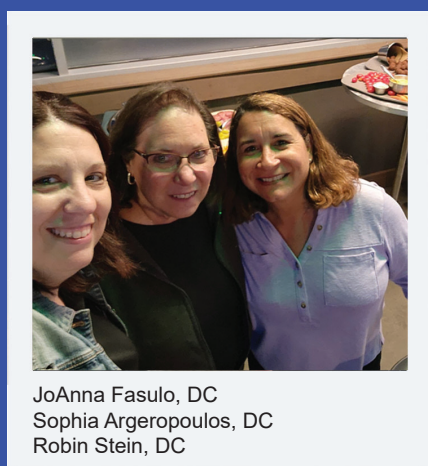
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Joseph Papalia, DC
Matthew Aron, DC



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Amanda Merckling, DC
Robin Stein, DC



Matt Aron, DC
Chris Rooney, DC
George Rulli, DC



Thank you Sophia Argeropoulos for taking on the responsibility of District 7 Treasurer for almost 20 years! Enjoy your retirement! We will miss you!



Joseph Merckling, DC



Amanda Merckling, DC
Jack Beige, JD, DC and Carol Beige
Karl George, DC

It is with a heavy heart that we regret to inform you, that our friend, colleague, and passionate advocate for chiropractic Jack Stuart Beige passed on 7/15/2023. For those of us who had the fortunate opportunity to know Jack, know first and foremost he was a good man. Jack's list of accomplishments is extensive. As a Chiropractor practicing for 28 years Jack served as district President, State Delegate and President of the State Association, as well as teaching at NYCC. In 1993 he began his law practice, even though Jack was an attorney he always considered himself a Chiropractor first. Even as an attorney he still advocated for Chiropractors, doing arbitrations, wills and contracts of sales and purchases of Chiropractic offices. Jack is survived by his wife, two children and the apple of his eye, his grandchildren. Jack's son Joseph along with Jack's wife Carol will continue the practice in Smithtown, offering the same great services to Chiropractors. Our thoughts and prayers continue to be with Carol and her family. Jack, you will be sorely missed by all of us.

10 NSPC Brain & Spine Surgery Neurosurgeons Named to 2023-24 Castle Connolly "New York Metro Area: Top Doctors" List

(Rockville Centre, NY – June 5, 2023) 10 of the 19 physicians associated with NSPC Brain & Spine Surgery have been named to the latest edition of Top Doctors: New York Metro Area, an annual listing compiled by Castle Connolly, a New York City research and information company.

They are: Jeffrey A. Brown, M.D. (Neuropathic Facial Pain Surgery), Jonathan L. Brisman, M.D. (Neurovascular and Brain Surgery), Benjamin R. Cohen, M.D. (Spine Surgery), Vladimir Y. Dadashev, M.D. (Spine Surgery), Zachariah M. George, M.D. (Spine Surgery), John A. Grant, M.D. (Pediatric Neurosurgery), Yusef Imani, M.D. (Spine Surgery), Stephen T. Onesti, M.D. (Spine Surgery), Sachin N. Shah, M.D. (Spine Surgery), and Brian J. Snyder, M.D. (Pain and Parkinson's Surgery).

"It's a pleasure to congratulate my colleagues for receiving this honor," said Michael H. Brisman, M.D., the chief executive officer of Rockville Centre, NY-based NSPC. "Our practice has provided patients from Long Island, and elsewhere, with the most compassionate and comprehensive back, neck, brain, and neurovascular care available for over 60 years. The selection of these neurosurgeons to the 2023-24 Top Doctors: New York Metro Area listing confirms a tradition of clinical, and patient-centered excellence at NSPC."

For decades, Castle Connolly has been conducting a peer-review survey to select the region's top doctors based on the theory that medical professionals are best qualified to assess the qualifications of other practitioners. Licensed physicians vote online for those doctors they consider outstanding. A Castle Connolly doctor-led research team then counts the nominations and vets the nominee pool with the aid of several screens, including confirming board certifications and investigating disciplinary histories. In 2020, Castle Connolly was acquired by the Everyday Health Group, a division of J2 Global Inc.

The Top Doctors: New York Metro Area listing includes those physicians whom Castle Connolly has determined to be in the top ten percent of the region's physicians – approximately 6,000 in all.

ABOUT NSPC BRAIN & SPINE SURGERY (NSPC)

Founded in Freeport in 1958, NSPC Brain & Spine Surgery (NSPC) has grown to become one of the largest, private neurosurgical groups in the U.S. with seven conveniently located offices on Long Island. The practice's 18 experienced neurosurgeons are experts in "Bloodless" spine and brain surgery, including endoscopic spine surgery, laser spine surgery, ultrasonic spine surgery, radiosurgery, endoscopic brain surgery, and other minimally invasive techniques. These advanced procedures are used to treat herniated disc, spinal stenosis, chronic back pain, brain tumors, brain aneurysms, trigeminal neuralgia, and other conditions. Please visit www.nspc.com for more information.

Single Leg Balance Golf Stance



By Dr. Jeff Poplarski

The majority of the golf professionals we work on the Body Swing Connection ask us if we can create more balance on and off the golf course.

One of the biggest differences in low handicapper's vs high handicapper's is that low handicappers have much greater balance capacity.

An exercise that focuses on balance is the Single Leg Balance Golf Stance. It has the potential to benefit a golfer's performance on and off the golf course.

- 1 Get into golf posture and lift one leg
- 2 Try to balance first with eyes open
- 3 Then try to balance with eyes closed
- 4 Repeat on the other leg
- 5 Spend around one minute on each leg and repeat two times on each leg



Dr. Jeff Poplarski is a Titleist Performance Institute Certified Medical Professional, Fitness Professional, Power Coach, Junior Coach, Golf Coach and Golf Professional. He has also been directing performance and recovery care teams at U.S. Golf Championships since 2002. Dr. Jeff is presently the Golf Performance Director at Bethpage and can be reached at drijpop@gmail.com

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Dr. Morgan Chen



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William J. Sonstein, M.D.
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Artem Y. Vaynman, M.D.
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Stephen T. Onesti, M.D.
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Sachin N. Shah, M.D.
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Vladimir Y. Dadashev, M.D.
Spine Surgery



Benjamin R. Cohen, M.D.
Spine Surgery



Xavier P.J. Gaudin, D.O.
Spine Surgery



Yusef Imani, M.D.
Spine Surgery

Suffolk Neurosurgeons



Ramin Rak, M.D.
Spine Surgery
Brain Tumors



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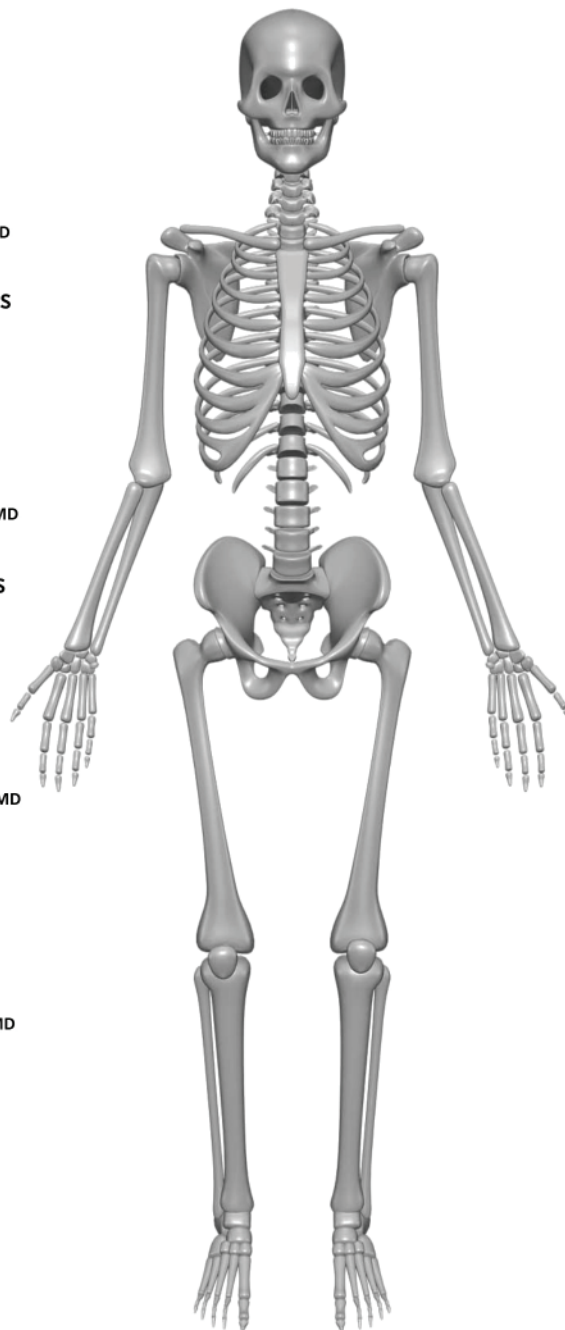
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Douglas Petraco, MD



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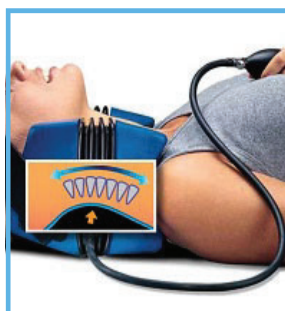
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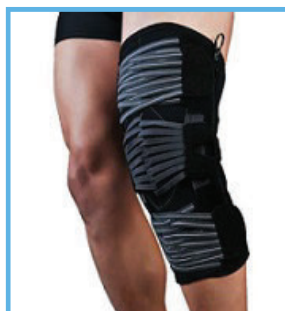
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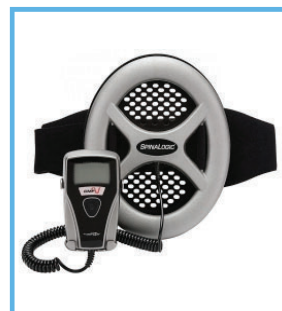
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