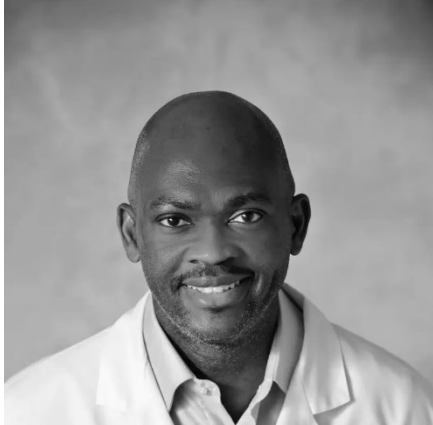




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Ademola Adewale, MD

Class of 2000

Dr. Ademola Adewale is an educator, author, speaker, physician wellness advocate, and boardcertified Emergency Medicine Physician with over twenty years of practice experience. He completed his medical education at Howard University College of Medicine, and his Emergency Medicine specialty training at Drexel University College of Medicine/ Allegheny General Hospital in Pittsburgh, PA. He is an Assistant professor of Emergency Medicine at Florida State University College of Medicine. He is the co-founder of the

Emergency Medicine residency training program at the AdventHealth System in East Orlando, Florida. He served as the Director of Research, Director of Simulation, Residents Wellness Champion, and the Assistant Program Director for the residency program for over a decade. He currently serves as a faculty advisor and the Medical Director for the Center for Medical Simulation and Education at AdventHealth East Orlando. He is an accomplished medical staff leader, who is involved in the paradigm shift of holding physicians accountable. He completed the AdventHealth Physician Leadership Development Program, an institutionally designed program that serves as an incubator for physician leaders. He currently serves in several leadership roles in the hospital: Chair of the Credentials Committee, Chair of the Clinical Performance Committee, and the President-Elect of the Medical Staff of the Central Florida Division of AdventHealth Hospital system. Dr. Adewale's passion for physician wellness started over a decade ago with the identification of increasing physicians and residents in-training burnout. This passion was cemented when healthcare institutions were promoting the concept of "Whole Patient Care" amid increasing physician burnout, depression, and suicides. His understanding of the impracticality of "burnedout physicians" performing "whole patient care" prompted his research into how physicians could become whole and overcome burnout. This was predicated on the theory that a physician that is not whole, depressed, or burned out cannot perform whole patient care. The culmination of his research is the context of his recently published book titled: "Fully Alive: Experiencing the Five Pillars of Wholeness"

Service activities related to Howard University Medical Alumni Association, Inc (HUMAA):

Current HUMAA board member

What is your interest in service on the HUMAA Board? What special skills/traits can you bring to the board?



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Over the years I have been involved in leadership roles with different organizations. Recently completed my tenure as the President of the Board of Directors at Harbor House of Central Florida and currently serves as an executive board member. This gives me a unique insight of operations, governance and understanding of the values and importance of such organization as HUMAA. Additionally, my involvement with the Physician Society of Central Florida where I serve as the President-elect, gives me additional perspective in the governance of medical organization like HUMAA. Additionally, as the co-founder of the Advent Health Orlando Emergency Medicine Residency program, where I served in leadership role, and my dealings with residency training and the entire intricate process of running a residency program over the past several years, gives me a unique perspective to the needs of medical students. Being part of HUMAA leadership allows me to utilize these insights to guide HUMAA on how to effectively support the needs of the students.

If you are elected to the HUMAA Board, are there any activities/committees you would prefer to serve on and why?

Budget/ Finance/ Leadership



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Nashida Beckett, MD
Class of 2007

Nashida Beckett, M.D. is a board certified dermatologist. She has been working in private practice in the Washington D.C. area for the past 12 years. Dr. Beckett received her Bachelor of Arts degree from Cornell University and a Master's degree in Public Health from the George Washington University. She received her medical degree from Howard University College of Medicine and performed her internship in internal medicine at Washington Hospital Center. Dr. Beckett completed her dermatology residency at Howard

University Hospital, where she served as Chief Resident. Dr. Beckett has been published in professional journals and has presented at numerous national and regional dermatology meetings. She is board certified by the American Board of Dermatology and is a fellow of the American Academy of Dermatology. She has also spent time treating patients abroad in Botswana through the University of Pennsylvania-Botswana Partnership. Dr. Beckett enjoys practicing general dermatology and treating patients of all ages and skin types. She believes in the importance of educating and building strong relationships with her patients in order to provide the best care possible. Outside of work, she enjoys traveling and spending time with her husband and two daughters.

Service activities related to Howard University Medical Alumni Association, Inc (HUMAA):

None

What is your interest in service on the HUMAA Board? What special skills/traits can you bring to the board?

I graduated from HUCM in 2007 and completed my residency from HUCM Department of Dermatology in 2011. I have always wanted to give back to Howard University and serve the alma mater that served me so well. My training at HUCM and HUH allowed me to realize my dream of becoming a Dermatologist, and I want to help other young medical students realize their dreams. As a recipient of several HUMAA scholarships while in medical school, including the Anna Bartsch Dunne Scholarship, Alma Wells Givens Scholarship, and the Carl Herzog Scholarship, I feel an even deeper sense of obligation to serve on the HUMAA board. These scholarships were instrumental in supplementing the cost of medical school, which was otherwise largely funded through student loans. If elected to the board, I want to help make this kind of difference in another student's life. During the last 12 years, I have been focused on establishing my career in private practice and raising my two young children. Now that my



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children are a little older, I feel that it is the time to give back. Several of my patients are currently HUCM students. I have the unique opportunity to care for their skin as their trusted doctor, while also counseling them and serving as a mentor that was once in their shoes. I would like to continue this service on a larger scale. I live in Washington DC. My proximity to the medical school puts me in a position to be able to be on campus and be hands on with students and the college when needed. Working in private practice, I collaborate with physician colleagues and lead teams of medical staff on a daily basis. I will bring these leadership and interpersonal skills with me if elected to the board. I will bring my passion for HUCM, my enthusiasm to serve, and new and fresh ideas. I currently do not have any other volunteer or board commitments. Therefore, I will have ample time to invest into HUMAA.

If you are elected to the HUMAA Board, are there any activities/committees you would prefer to serve on and why?

If elected to the board, I would be honored to serve on the Scholarship committee, as I know first hand how a HUMAA scholarship can impact a student's life. I would also be interested in serving on the Membership and Engagement committee as I would like to help tap into the vast network of alumni and engage them in order to make HUMAA even stronger.



Sharon Deans, MD

Class of 1988

Dr. Sharon Deans (HUCM 1988) currently serves at Elevance Health as the Regional Vice President for Clinical Services, overseeing strategy and operations for the Medicaid NE region. In her current role, Dr. Deans spends her time collaborating with her clinical teams to understand the healthcare, socioeconomic and policy needs of their populations and develop and execute meaningful and effective interventions and initiatives to drive improved population health outcomes, and improved health equity, for the

populations she and her teams serve.

Dr. Deans spent 12 years in private practice and over 15 years of her career instructing medical students and training resident physicians in Obstetrics and Gynecology. She has held academic appointments at the Albert Einstein College of Medicine and North Shore Long Island Jewish School of Medicine as a clinical assistant professor of Obstetrics and Gynecology. Sharon has



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served as a district Police Surgeon for the New York City Police Department; and Director of Gynecology and Ambulatory Services at one of the New York City public hospitals in the Bronx, New York.

Sharon completed her undergraduate studies at the University of Southern California, Los Angeles; attended medical school at Howard University College of Medicine, Washington, D.C.; and trained at the Howard University Hospital, completing her residency there in Obstetrics and Gynecology. She obtained her Master's in Public Health from Columbia University's Mailman School of Public Health in October 2015 and recently completed her MBA at Olin School of Business, Washington Univ St. Louis (May 2020).

Sharon is excited for the opportunity to continue to serve on the HUMAA Board.

Service activities related to Howard University Medical Alumni Association, Inc (HUMAA):

Current Board Member; BFA committee member, Development, and fundraising committee

What is your interest in service on the HUMAA Board? What special skills/traits can you bring to the board?:

Management and policy experience; finance experience

If you are elected to the HUMAA Board, are there any activities/committees you would prefer to serve on and why?

BFA, Development and Fundraising, Membership Engagement - these are my areas of expertise that I use in my daily work in managed health care.



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Hope Fisher, MD

Class of 1998

Hope Fisher is a board-certified Emergency Medicine physician, and a two time Howard University graduate (BS 1994, MD 1998). She completed her internship at Cabrini Medical Center, followed by residency at Metropolitan Hospital Center in New York City where she served as Chief Resident.

Over the course of her 25 year career in medicine, Dr. Fisher has taught and mentored numerous medical students, residents, and physician assistants as a Clinical Instructor and Assistant Professor at the Mount Sinai School of Medicine. Her careful attention to details and keen clinical skills earned her the “ED Physician of the Year Award” at Queens Hospital Center where she served as an Attending

Physician for over a decade. A native of Buffalo, New York she returned to her hometown to join the staff at Sister’s Hospital, and Western New York Immediate Care. She continues to support students as an adjunct Professor at the Jacobs School of Medicine and Biomedical Sciences at the University of Buffalo. She is a Fellow of the Health Foundation for Western and Central New York.

Currently, Dr. Fisher is also a Medical Director for Highmark of Western and Northeastern New York where she provides guidance and oversight for clinical and operational decision-making aspects that support the company’s quality improvement process. She is a founding member of Onyx, a business resource group that promotes diversity, equity, and inclusion within the workplace.

Dr. Fisher consistently strives to uphold Howard University’s motto of truth and service. She has participated in several medical missions to Jamaica, Belize, and South Africa, and has volunteered at numerous free pop-up clinics in Buffalo. She co-chaired the Activities Committee of the Buffalo, NY Chapter of the National Medical Association (NMA), and actively spearheaded an initiative to re-establish a Howard University Alumni Association Club in Buffalo. Most recently, Dr. Fisher participated in the scholarship selection process as a member of HUMAA’s Scholarship Committee. She is a Fellow of the Health Foundation for Western and Central New York

Service activities related to Howard University Medical Alumni Association, Inc (HUMAA):

Served on 2023 Scholarship Committee



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What is your interest in service on the HUMAA Board? What special skills/traits can you bring to the board?

My interest in service on the HUMAA Board stems from the desire I've had to serve Howard University in some capacity since setting foot on campus for undergraduate school in the fall of 1989. I am a bona fide HU enthusiast! Having graduated from HUCM 25 years ago I am well acquainted with both the joys and challenges that the field of medicine can present: from the sheer determination needed to successfully complete medical school and residency, to practicing in environments that lack diversity and equity, to mid-career burn out, to balancing medicine and life changes, to navigating the current business model of medicine. I've had successes and failures- all of which make me a great resource for students and colleagues alike. As a board member, I would support HUCM to ensure that our students are adequately prepared for a successful, fulfilling career. I would also seek to fully engage our colleagues (fellow alumni) and encourage continued career support and networking.

If you are elected to the HUMAA Board, are there any activities/committees you would prefer to serve on and why?

If I were elected to the HUMAA Board, I would prefer to serve on the scholarship committee. As a previous scholarship recipient, I feel it is my duty to do so; but also, as a 2023 committee member, I appreciate the careful contemplation and consideration that this process entails. I found each of the applicants to be inspirational in their own way, and I was reminded yet again of the importance and necessity of HUCM. If I were elected to the HUMAA Board, I would also be interested in serving on the Membership Engagement Committee. I think this committee is ever so important in providing continuous encouragement and support to our fellow alumni as we all help to support the school. Leaving the safety net of HUCM and thriving can be a difficult task. I feel this committee can be instrumental in helping us all to achieve and maintain successful careers.



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Selwynn Howard, MD is a Board-Certified Anesthesiologist and member of the 1991 medical school class. Dr. Howard is the president and founder of At Your Service Anesthesia, a premier mobile anesthesia group that provides anesthesia services to Ambulatory Surgery Centers throughout the Atlanta area. For almost 20 years, he was a partner at Rockdale Anesthesia Services, PC, a hospital-based group that provides services to Piedmont Rockdale Hospital, where he served as chairperson and president of the group as well as being a member of the Medical Executive Committee. Prior to moving to Georgia, he served as an attending Anesthesiologist at George Washington University Hospital in Washington, DC after completing his residency there. As a former Lieutenant Commander in the United States Navy, Dr. Howard believes that one of his greatest strengths is his ability to serve as a bridge between various groups which in the past has included surgeons, physicians, medical personnel, and administrators. Recently, he organized a highly successful 30-year class reunion via Zoom for the class of

1991. There were over forty participants who happily celebrated this joyous occasion. His podcast, the Dr. Selwynn Howard Show, features the nation's top physicians including several Howard graduates. As a member of the HUMAA executive board, he plans to use his ever-growing platform to remind many of Howard's unparalleled history as a top producer of medical giants

Selwynn Howard, MD

Class of 1991

List service activities related to Howard University Medical Alumni Association, Inc (HUMAA):

I have donated in the past to the White Coat Ceremony and recently attended the HUMAA Dinner Reception at the last NMA Convention in Atlanta.

What is your interest in service on the HUMAA Board? What special skills/traits can you bring to the board?:

At this point in my career, I think I have the time to be an active participant in committee and board meetings. I have always been able to rally people for causes and in 2021 organized the 30-year reunion of my medical school class on Zoom. We had over 40 classmates participate.



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My podcast, "The Dr. Selwynn Howard Show" showcases some of the top doctors across the country. They talk about their journeys and current points of interest in their specialties. I have featured several Howard Medical Alums and will continue to showcase them in future episodes. I currently mentor several students that have interest in being health care providers. As a Board-Certified Anesthesiologist, business owner, and administrator, I know how to plan budgets, organize and schedule staff, and be a bridge between hospital administrators and physicians. After leaving Howard, I was a Lieutenant Commander in the US Navy and an Anesthesiology Attending at George Washington University Medical Center. I have served as department chairman at Piedmont Rockdale Hospital in Conyers, GA, as well as served as president of two companies. Currently, I am the President/CEO of At Your Service Anesthesia and Therapeutics, LLC, "Atlanta's Premiere Mobile Anesthesia Group." Since 2018, we have provided anesthesia services to 9 Ambulatory Surgery Centers and medical offices across Atlanta including: Gynecology, Gastroenterology, and Orthopedics. We recently opened an Infusion Center where we provide a wide array of treatment options including Biologics.

If you are elected to the HUMAA Board, are there any activities/committees you would prefer to serve on and why?

I am open to all committees. I think scholarship, member engagement, and event planning would showcase my strengths and would be my three main preferences.



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Hector Knox Jr., MD
Class of 2003

Service activities related to Howard University Medical Alumni Association, Inc (HUMAA):

Current Board member

What is your interest in service on the HUMAA Board? What special skills/traits can you bring to the board?

Engagement with a younger alumni base

If you are elected to the HUMAA Board, are there any activities/committees you would prefer to serve on and why?

Event/ Activities.



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Sidney Nelson III, MD

Class of 2002

Dr Nelson is answering his charge as a physician to fulfill his societal responsibility of promoting health and wellness within communities of color. He established his primary care practice, One World Healthcare, that is based in Columbia, MD where he is able to serve the surrounding region with quality medical care. As a Black Internal Medicine physician serving across the Maryland area and DC, Dr Nelson has seen how the lack of cultural awareness from health care providers is detrimental to the healthcare quality everyone deserves regardless of their socioeconomic status. He has worked on this throughout the region. He is a medical director of a DC based physician collective that provides comprehensive, community-centered addictions treatment and patient-centered primary care wrap-around services to over

1000 patients who are in treatment with buprenorphine and methadone. Through his position as a board member of a Baltimore community CDC and his active participation with DOH community organizations, he has been able to engage with the policy makers that create the health initiatives as they relate to the Black and Brown communities. Dr Nelson will continue to demand racial equity in the healthcare environment. His mantra is... 'Quality of care in medicine can only be maximized by an approachable and respectful relationship between patient and physician. I strongly believe in establishing a connection with those who give me the opportunity to take part in the promotion of their health.'

Service activities related to Howard University Medical Alumni Association, Inc (HUMAA):

None

What is your interest in service on the HUMAA Board? What special skills/traits can you bring to the board?

I am at a point in my career where I would like to assist personally in increasing recruitment of Black and Brown students into pursuing medical careers. I have worked with several organizations both developing and participating in outreach programs geared at reaching communities in need, providing education and direction to youth interested in a career in the sciences/medicine. I partnered with a fellow HU alum and created a Columbia, MD branch of the NMA where outreach and mentorship are prime directives. It takes alum and individuals with



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a vested interest to make the connections with the youth. As alum we need to do this in an organized and cohesive fashion to be successful.

If you are elected to the HUMAA Board, are there any activities/committees you would prefer to serve on and why?

I would be interested in Member engagement and Events as I feel I have the personality and ideas to help increase alum response and help create spaces where fellowship amongst alum can thrive. I am an extrovert and enjoy the human interaction and if you ask my peers I am someone who enjoys "moving through the room" and engaging with everyone.



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Robert Schwarcz, MD
Class of 1999

Service activities related to Howard University Medical Alumni Association, Inc (HUMAA):

This would be my first activity. I am interested in engaging in my alma mater.

What is your interest in service on the HUMAA Board? What special skills/traits can you bring to the board?

I have served on two boards and many committees and can bring energy and efficiency to board organizations.

If you are elected to the HUMAA Board, are there any activities/committees you would prefer to serve on and why?

I would be interested in the membership and engagement committee. I believe increasing new membership could bring more visibility of HUMAA and promote more alumni involvement and financial gain to the organization.



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Phyllis Stubbs, MD

Class of 1969

Service activities related to Howard University Medical Alumni Association, Inc (HUMAA):

Served on HUMAA Scholarship committee, Feb-Mar 2023

What is your interest in service on the HUMAA Board? What special skills/traits can you bring to the board?

Serving on the HUMAA Scholarship Committee gave me the opportunity to connect with other physicians showing a deep understanding about the needs of young medical students. I have

experience in serving as an attending physician and director of the pediatric outpatient clinic in a large San Francisco teaching hospital.

If you are elected to the HUMAA Board, are there any activities/committees you would prefer to serve on and why?

My recent experience serving on HUMAA Scholarship committee has reinforced my desire to give back to Howard University and assist young medical students become the best physicians they can be.