

# Montgomery Hospice Physicians and Nurse Practitioners

## Montgomery Hospice Physicians

### **Geoffrey Coleman, MD, MHA**

#### **Chief Medical Officer**

Dr. Geoffrey Coleman attended the Georgia Institute of Technology (Mechanical Engineering) and Temple University School of Medicine in Philadelphia. His first residency training was in emergency medicine, an experience which persuaded him to pursue a career that allowed more hands-on patient contact. He decided to switch to family medicine and earned his board certification in this specialty. Dr. Coleman spent his first year of practice in Kenya and Sierra Leone, Africa. On his return to the United States he provided primary medical care for nine years on the Menominee Indian Reservation in Wisconsin. Moving east to be near family, he established a community health center in Montross, Virginia, providing primary and preventive healthcare, with regular house calls to patients. He continued his passion for direct patient care, and for home visits, when he moved into hospice work by starting a practice focusing on home visits and palliative care in 2004. He served as its medical director. Since 2007 Dr. Coleman has practiced hospice and palliative medicine exclusively. Dr. Coleman is certified in Family Medicine and in Hospice & Palliative Medicine.

### **Ann Lichtenstein, DO**

#### **Associate Medical Director**

Dr. Ann Lichtenstein received her Doctorate of Osteopathic Medicine from New York College of Osteopathic Medicine in Old Westbury, New York. She completed her Internship at Maimonides Medical Center in Brooklyn, New York. Motivated by her passion for movement and exercise she specialized in Physical Medicine and Rehabilitation during her Residency at the Icahn School of Medicine at Mount Sinai in New York, New York. Her interest in pain and symptom management led her to a Fellowship in Hospice and Palliative Medicine at the National Institutes of Health. Dr. Lichtenstein has contributed several chapters to textbooks on Rehabilitation and Palliative Medicine and also has published a number of research articles. She continues to be involved in medical training with Hospice and Palliative Medicine Fellows from NIH and Children's Hospital Center. She is board certified in Physical Medicine and Rehabilitation and board eligible in Hospice & Palliative Medicine.

### **Shahid Aziz, MD**

#### **Montgomery Kids Physician**

Dr. Shadid Aziz, who is board certified in pediatrics, medical management, and hospice & palliative medicine, has talked to patients and their caregivers about end-of-life decisions over a thousand times in the last twenty years. After graduating from King Edward Medical College in Lahore, Pakistan, he trained in pediatrics at the University of Maryland, Saint Agnes, and Mercy hospitals. He has been on the clinical faculty of the University of Maryland and Johns Hopkins, along with multiple local hospitals in the Baltimore metropolitan area. He served as Assistant Chair of Pediatrics at Saint Agnes hospital, then Chair of Pediatrics and the Ethics Committee, as well as the VPMA at Medstar Harbor Hospital, all in Baltimore, Maryland. Dr. Aziz was instrumental in helping start the pediatric hospice services at Hospice of Chesapeake in Maryland and the Palliative Care Program at Laurel Regional Hospital in Maryland. He continues to chair multiple ethics committees, as well as serve on hospice/palliative care teams at local hospitals and at Montgomery Hospice in Rockville, Maryland, helping take care of children and adults. He is also actively involved in the education of the public and medical personnel.

**Mark Goldman, MD****Team Physician**

Dr. Mark Goldman graduated with honors from Cornell University in Ithaca, New York, where he majored in psychology. He completed medical school at SUNY Upstate Medical College in Syracuse, New York. Dr. Goldman completed his residency in Internal Medicine at the Washington Hospital Center. After finishing his training, he saw patients in an outpatient setting and at the hospital while working for Group Health Association, one of the nation's first staff model health plans. He was lead physician at GHA's Prince George's Center. Following a one-year sabbatical studying preventive medicine and epidemiology at the Pasteur Institute in Lille, France, he returned to a position as director of GHA's Primary Prevention program, while continuing to see patients at the office and the hospital. Dr. Goldman moved from office practice to hospital medicine, and began working as a hospitalist at the Washington Hospital Center and Holy Cross Hospital. During his years in the hospital, he became interested in palliative care of extremely ill patients and started doing Palliative Care consultations in addition to regular hospital practice. Dr. Goldman holds Board Certifications in Internal Medicine and Hospice & Palliative Care. He is also certified by the College of Hospice Medical Directors.

**Bindu Joseph, MD****Casey House Physician**

Dr. Bindu Joseph received her medical degree from JSS Medical College in Karnataka, India. She did her residency in family practice at The Toledo Hospital, Toledo Ohio. Dr. Joseph did a Geriatric Medicine Fellowship in George Washington University, Washington DC. Her work experience includes working as a geriatrician at Ascension Providence, Washington DC, as medical director at Center for Geriatric Medicine and Carroll Manor Nursing Home and Rehabilitation at Washington DC, and as a Montgomery Hospice inpatient physician. She is an assistant professor at George Washington Medical School. Dr. Joseph is Board Certified in Family Practice, Geriatric Medicine, Hospice & Palliative Medicine, and Wound Care. She has been listed as a Washingtonian Top Doctor in 2016 and 2017 and describes herself as "passionate about geriatric and palliative care."

**Martha Martin, MD****Consulting Psychiatrist**

Dr. Martha Martin attended Oberlin College (BA Biology) and Georgetown University School of Medicine. Her residency in Psychiatry was completed there, as well. She has been certified by the joint Board of Psychiatry and Neurology as a psychiatrist since 1983. She went on to complete training in psychoanalysis and she has been in the practice of general psychiatry in this area for the last thirty-plus years. Drawn to the intersection of Psychiatry and Medicine, she has always had a special interest in working with people living with chronic medical illnesses, as well as an abiding interest in hospice and end-of-life care.

**Kathleen McCabe, DO****Casey House Physician**

Dr. Kathleen McCabe attended Barnard College in New York City and the Philadelphia College of Osteopathic Medicine in Philadelphia. She completed an Internal Medicine internship at Elmhurst Hospital Center in Queens, New York and a residency in Physical Medicine and Rehabilitation at Mount Sinai in New York City. She then completed a fellowship in Hospice and Palliative Medicine at George Washington University. During that time she developed a passion for in-patient hospice and was pleased to have the opportunity to join the team at Casey House. Dr. McCabe is board eligible in Hospice & Palliative Medicine.

## **Anurita Mendhiratta, MD, FACP, CMD**

### **Team Physician**

Dr. Mendhiratta attended Medical School at Punjabi University in Patiala, India and did her residency in internal medicine in the VA Georgetown program, Washington DC. Dr. Mendhiratta has extensive experience in nursing homes and in hospice and palliative care. She has been in private practice in Montgomery County since 1998, is the medical director for palliative care in two local nursing homes, and serves as a Montgomery Hospice team physician. She worked part time with Evercare Hospice in Ellicott City as an Associate Medical Director and later as Medical Director from 2008 till 2015. She is Board Certified in Internal Medicine, and in Hospice & Palliative Care.

## **Steven Wilks, MD**

### **Team Physician, Casey House Physician**

Dr Steven Wilks graduated from Sackler School of Medicine at Tel Aviv University in 1998 and went on to complete a residency in family medicine at State University of New York, Stony Brook. He then became faculty at Beth Israel Residency in Family Medicine in lower Manhattan until 2005. Later that year he left New York City for Chevy Chase where he worked as a hospitalist at Suburban Hospital-Johns Hopkins Medicine until 2008. Given his interest in end of life care, medical ethics, and religion in health, in 2008 he did a year-long fellowship in palliative and hospice medicine with Capital Caring. Moving forward, he returned to Suburban Hospital to be the medical director of the Palliative Medicine Service as well as the chair of the hospital's ethics committee.

## **Montgomery Hospice Nurse Practitioners**

### **Nicole Christenson, CRNP**

Nicole Christenson received her Bachelor of Science in Nursing in 1993 from Michigan State University and a Master of Science- Family Practice in 2000. While attending graduate school, she worked as a primary nurse for Montgomery Hospice from 1995-2000. Ms. Christenson started her nurse practitioner career in a private family practice office in Aspen Hill, MD with a focus on women's health and family planning. However, hospice care remained her calling and she returned to Montgomery Hospice in 2009. She currently provides compassionate holistic care to patients at both Casey House and Hospice at Home. She is also actively involved with the education of both Montgomery Hospice staff and the community, giving webinars and lectures on hospice care.

### **Jennifer Jordan, CRNP**

Jennifer Jordan, MS, FNP-BC received her Master's and Bachelor's degrees in nursing from University of Maryland and Johns Hopkins University respectively and is an ANCC board-certified family nurse practitioner. She additionally has a BA in physics and environmental sciences from University of California, Berkeley and in an earlier career worked as a climate change and environmental researcher. Ms. Jordan has served as a nurse practitioner at Montgomery Hospice since 2011. Prior to joining hospice, Ms. Jordan worked alongside a family practice physician for a decade seeing both adult and pediatric patients. As an RN, she worked in the late 1990s at Georgetown University Hospital and George Washington University Hospital in the emergency departments and on medical surgical units. She spent three months serving as the staff nurse at a rural orphanage in Nepal in 1997. Professionally, Ms. Jordan divides her time between hospice and teaching mindfulness meditation. For nearly two decades, she has led mindfulness trainings for groups and individuals across the lifespan. She is Family Program Director at Insight Meditation Community of Washington, teaches mindfulness in schools with Minds, Inc, is a senior mentor for the online Power of Awareness course, and is a certified Level 3 Reiki Practitioner. She has extensive training in a variety of contemplative and healing modalities.

**Anna Moretti, CRNP**

Anna M. Moretti, RN, ANP, JD is the nurse practitioner for Montgomery Hospice and has professional training and expertise in both law and health care. She developed and led Palliative Medicine Consultants (2000-2006), the first home based palliative care team in Montgomery County. Prior to her work at Montgomery Hospice, Ms. Moretti was the Assistant Legal Director of Choice In Dying. During that time, Ms. Moretti advised families, health care and legal professionals about legal rights and responsibilities surrounding patient self-determination. Ms. Moretti also advised families and providers about the ethical and legal implications of withholding and withdrawing “life-sustaining” treatments. Ms. Moretti was also involved in the review of advance directive legislation and development of legal and educational publications for distribution to consumer and professional audiences. Ms. Moretti has continued her involvement in the legal and ethical world of end of life care by maintaining professional affiliations in the education committee of the Maryland Ethics Network and as a community ethics committee member in a local hospital.

**Angela Novas, CRNP**

Angela Novas received her B.S., in Nursing from the University of Maryland, having worked previously as a Certified Surgical Technologist. Upon completion of her B.S.N., Ms. Novas continue to work in local hospitals and surgical centers as a Peri-Operative RN. Wanting to specialize in primary care with a focus on adult and geriatric care, Ms. Novas attended The George Washington University in Washington, D.C., and completed their graduate program as an Adult-Gerontology Nurse Practitioner. Following graduation from GW, Ms. Novas attended courses in both palliative care and pain management at Harvard Medical School, in Boston, MA. She has been a member of Phi Theta Kappa since 1998 and received numerous academic awards and honors. Ms. Novas has also acted as a guest speaker on age-related physiologic and psychological changes affecting nursing care for Johns Hopkins Medicine.

**Marisa Tamari, CRNP**

Marisa Tamari received a B.S. in nursing from The Catholic University of America and a M.S. in nursing from Georgetown University. She is an ANCC board certified family nurse practitioner. Most of her career has been in research settings--first at the Georgetown University Medical Center, where she worked primarily with HIV/AIDS patients and, later, at the National Institutes of Health, where her work focused on patients undergoing bone marrow transplantation. These professional experiences led her to develop an enduring interest and commitment to compassionate end-of-life care. In 2015 she completed training in Dignity Therapy at the Manitoba Palliative Care Research Unit in Winnipeg, Canada and decided to redirect her practice toward providing care in the final phase of life. As a child whose parents came from different cultural traditions, Ms. Tamari cultivated an interest in the power of personal stories as a therapeutic tool. She is a trained Story Corps facilitator in their Legacy program and is the proprietor of Keepsake Conversations, LLC, a legacy document service based on the Dignity Therapy protocol. Through this service, individuals with life-threatening illness or life-limiting conditions create an enduring document derived from a review of their values and formative life experience.

**Montgomery Hospice**

**[www.montgomeryhospice.org](http://www.montgomeryhospice.org)**

**301-921-4400**