

Welcome!

Albert Einstein College of Medicine

Postdocs **SCORE!**

Scientific Career Opportunities for
Research at Einstein



Montefiore

The Belfer Institute for Advanced
Biomedical Studies

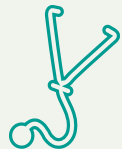




Einstein is home to:



1900+
faculty



711+
medical students



190+
Ph.D. students



120+
students in the combined
M.D./Ph.D. program



9000+
Einstein alumni, among the
nation's foremost clinicians,
biomedical scientists and
medical educators



250+
postdoctoral fellows at
our Belfer Institute for
Advanced Biomedical
Studies

Einstein receives more than \$185 million annually in grants and contracts of which over \$164 million comes from National Institutes of Health (NIH). This funds major research centers at Einstein in cancer, diabetes, clinical and translational sciences, liver diseases, aging, developmental disorders, HIV/AIDS and the brain. These centers reflect the innovative, multidisciplinary research that has always been a hallmark of the College of Medicine's collaborative approach to biomedical science developments and disorders. In addition, Einstein offers robust research and clinical training programs for its students, postdoctoral fellows and junior faculty members supported by numerous NIH-supported projects in a diverse area of cutting-edge research in biomedical sciences and healthcare delivery (as of January 2022).



Montefiore

Dear Colleague:

Welcome to Einstein!

I am delighted to be among the first individuals to welcome you to Albert Einstein College of Medicine and I hope you will make Einstein part of your career and research journey. Einstein has a great team of talented researchers and I am confident that we will benefit from your participation on our team.

This brochure is designed to help new postdoctoral fellows navigate our campus and to provide information on the resources in our community that will support our postdocs. The staff in the Belfer Institute are happy to answer any questions.

I am very proud to be a member of the Einstein community and am confident that continuing your career at Einstein will help you realize professional and personal fulfillment as we work together to continue Einstein's excellence.

Sincerely,

Anne R. Bresnick, Ph.D.

THE BELFER INSTITUTE FOR ADVANCED BIOMEDICAL STUDIES

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Director of Benefits
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Diversity and Inclusion Vision Statement

Albert Einstein College of Medicine recognizes that having a diverse and inclusive institution is critical to success, and we reaffirm our fervent commitment to fostering a culture in which diversity is a central tenet. Both the Association of American Medical Colleges and the National Institutes of Health (NIH) have asserted the necessity of increasing diversity in medical schools and embracing a diverse and culturally competent physician and scientist workforce. We join medical schools nationwide that are developing strategic plans for promoting diversity as a core value and significant priority in medical education and the biomedical sciences.

OUR LEGACY

In 1951, Albert Einstein penned his historic letter to Dr. Samuel Belkin, then president of Yeshiva University, indicating his satisfaction that a new medical school that would “welcome students from all creeds and races” was to be established. Such a commitment was bold during this period in history. Two years later, he would agree to the school being named in his honor. Throughout his life, Einstein sought to fight inequality and used his platform to actively and publicly dedicate himself to social justice. Our institution, honored with his name, commits to serving as a beacon of social change and equity in the fields of biomedical research, medicine and medical education.

OUR LOCATION

Our school is located in the Bronx, a borough of New York City. We are a vibrant community of 1.4 million people and have a multitude of different cultures represented here. Despite all of the amazing features that make us who we are, the Bronx is currently the poorest urban county in the United States. Therefore, given our mission of social justice, Montefiore-Einstein works with our neighbors to provide accessible and equitable healthcare for all.

OUR FOCUS

At Einstein, we value all people and perspectives that make us unique and increase our diversity at large. Albert Einstein College of Medicine reaffirms its commitment to recruiting, retaining and advancing individuals from historically underrepresented and marginalized minority groups in the scientific and medical professions. At the College of Medicine, this includes, (in no particular order, and is not limited to) women, individuals who are black, Latino/Latina; Pacific Islander or indigenous Americans; individuals from new immigrant populations; individuals with both apparent and nonapparent disabilities; all sexual and

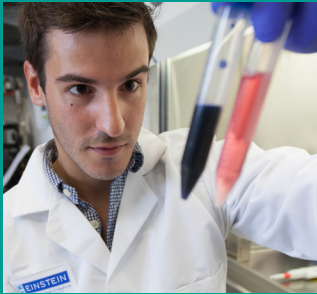
gender minorities, including lesbian, gay, bisexual, asexual and queer people as well as transgender, gender-nonconforming and intersex individuals; religious minorities and individuals from economically disadvantaged backgrounds.

CONCLUSION

Equal employment will continue to be a fundamental principle at Einstein. It is our priority to treat everyone fairly, and we are committed to complying with all laws and regulations governing equal employment and becoming a role model for active inclusivity. With social justice and public health issues particularly magnified in the Bronx, it is our duty to provide the best care, produce the best science and train the best future physicians and scientists—a task that can be accomplished only with a highly diverse and inclusive institutional climate. Diversity is a fundamental part of the excellence necessary to best serve the community and rectify disparities in health, healthcare and science.

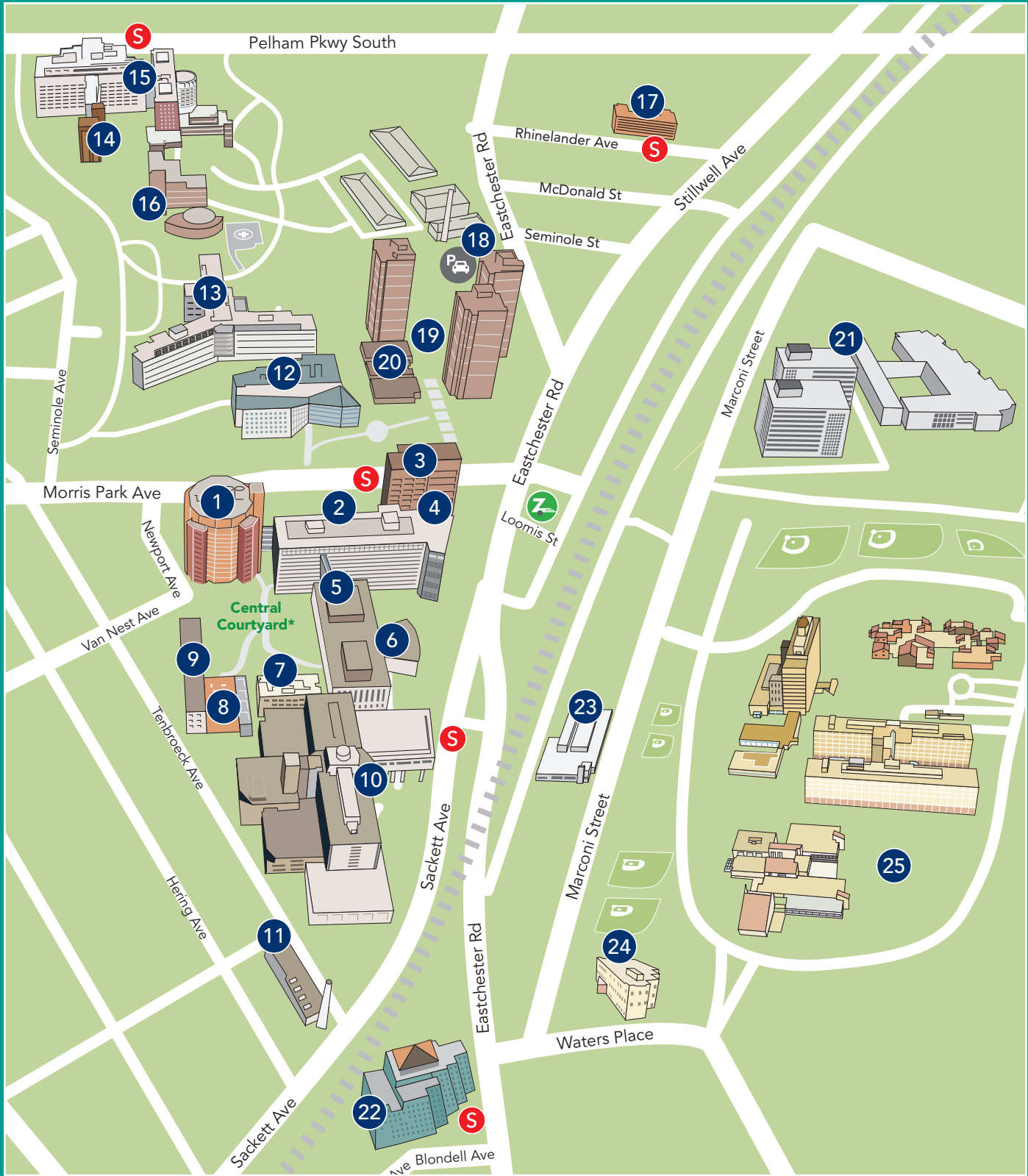


For more information about diversity at Einstein and to view our Diversity and Inclusion Strategic Plan for Excellence, visit einsteinmed.edu/diversity.

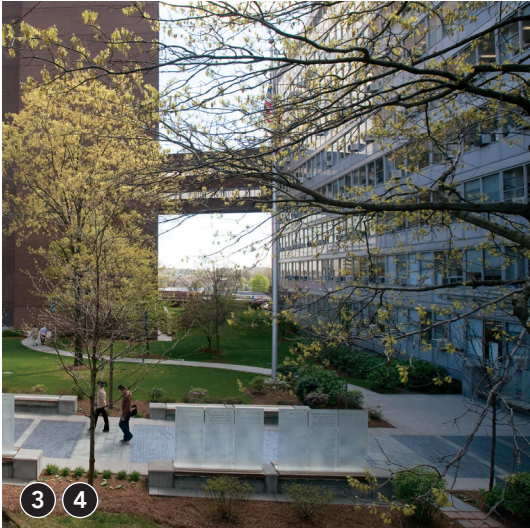


Welcome to our campus!

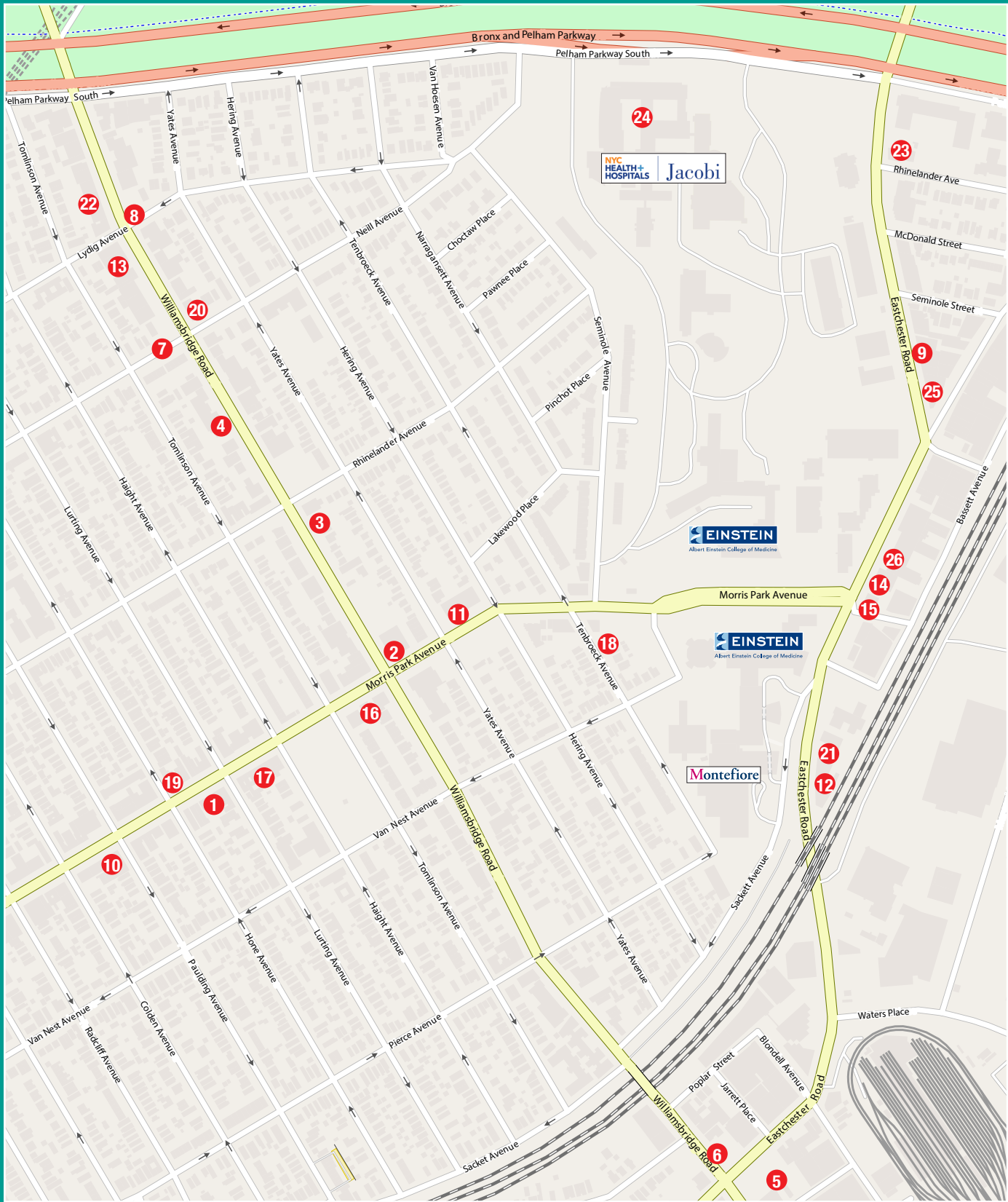
Jack and Pearl Resnick Campus & Affiliated Sites
1300 Morris Park Avenue, Bronx, NY 10461



1. Ullmann Research Center for Health Sciences
 2. Forchheimer Medical Science Building, Gottesman Library, Max and Sadie Friedman Lounge
 3. Belfer Educational Center for Health Sciences
 4. Golding Building
 5. Chanin Institute for Cancer Research
 6. Robbins Auditorium (Glass Café)
 7. Gruss Magnetic Resonance Research Center
 8. Lubin Dining Hall, Singer Faculty Club
 9. Harold and Muriel Block Building
 10. Jack D. Weiler Hospital (Montefiore/Einstein Campus; 1825 Eastchester Rd.)
 11. Einstein Boiler Plant
 12. Price Center for Genetic and Translational Medicine/Block Research Pavilion (1301 Morris Park Ave.)
 13. Van Etten Building (1225 Morris Park Ave.)
 14. Rose F. Kennedy Center
 15. Jacobi Medical Center (1400 Pelham Pkwy S.)
 16. Jacobi Medical Center Nurses' Residence
 17. Rhineland Residence Hall (1579 Rhineland Ave.)
 18. Parking Garage (1875 Eastchester Rd.) (overnight)
 19. Eastchester Rd. Residence Complex (1925/1935; 1945 Eastchester Rd.)
 20. Falk Recreation Center
 21. Montefiore Hutchinson Campus (1250 Waters Place)
 22. Montefiore Medical Park (1695 Eastchester Road)
 23. Residence Inn Marriott (1776 Eastchester Road)
 24. Division of Substance Abuse – Wellness Center (1510 Waters Place)
 25. Bronx Psychiatric Center (1500 Waters Place)
- Einstein Shuttle Stops
Zipcar Lot
Bicycle Racks



Welcome to our neighborhood!



BANKS*

1. Chase: 1068 Morris Park Avenue
2. Citibank: 1800 Williamsbridge Road
3. TD Bank: 1864 Williamsbridge Road
4. Capital One Bank: 1941 Williamsbridge Road

*ATMs are located in the 1925:1935 lobby and on the first floor of Forchheimer just past the building entrance

GAS STATIONS

5. Hess: 1610 Eastchester Road
6. BP: 1500 Williamsbridge Road
7. Valero: 2007 Williamsbridge Road
8. Shell: 2100 Williamsbridge Road

SUPERMARKETS

9. Apple Grocery and Deli: 2034 Eastchester Road
10. Big Deal Supermarket: 1018 Morris Park Avenue

QUICK EATS – OFF CAMPUS

11. Breakfast & Lunch Truck: Located on Morris Park across from the Rouso Building (1165 Morris Park Avenue.)
12. Monte Grab & Go Market: 1790 Eastchester Road
13. Liberty Coffee and Donut Shop: Located on the corner of Williamsbridge and Lydig Avenue
14. Dunkin Donuts: 1888 Eastchester Road and 1090 Morris Park Avenue
15. Starbucks: 1886 Eastchester Road
16. Ann Clair's Salumeria: 1130 Morris Park Avenue
17. Scaglione Brothers Bakery & Deli: 1078 Morris Park Avenue
18. M&R Deli: 1200 Morris Park Avenue
19. Emilio's Pizza: 1051 Morris Park Avenue
20. Sorrento's Pizzeria: 2004 Williamsbridge Road
21. McDonald's McCafe: 1820 Eastchester Road
22. Mr. Q's Gourmet Chinese Restaurant: 2115 Williamsbridge Road
23. China Pavilion: 2102 Eastchester Road
24. Au Bon Pain: 1400 Pelham Pkwy S, inside Jacobi Medical Center (South House Building)
25. La Catrina II: 2020 Eastchester Road
26. Tana Thai Restaurant: 1890 Eastchester Road

QUICK EATS – ON CAMPUS

Einstein Main Street Café: Conveniently located on the ground floor of the Forchheimer building; open on weekdays from 8 a.m. to 4 p.m. (hours may vary) offering muffins, bagels, coffee, fruit, various snacks, sandwiches, soups, salads, and sushi.

Food trucks: If you opt for the quick pick-me-up type meals, there are also several food trucks in front of Weiler and Jacobi Hospital.

Vending Machines: Vending machines are just behind the Main Street Café on the ground floor of the Forchheimer Building as well as in the basement of the Belfer Educational Center.

Benefits

Postdoctoral fellows who receive stipends from Einstein are eligible to participate in the Einstein-sponsored Montefiore benefits program offered through our affiliation with the Montefiore Health System. Postdoctoral fellows who are not supported by NRSA training grants are also eligible to participate in the pretax benefits offered, which include several reimbursement plans and the Einstein 403b retirement plan.

For more information on the benefits we offer, please contact the Benefits office at 718.430.2547 or benefits@einsteinmed.edu.

Once a fellow is on payroll, they can access summary information about their benefits, access benefit forms and review Einstein benefit policies by logging into Einstein's intranet site.

BENEFITS SUMMARY

Medical

Postdoctoral fellows receive a bundled benefits package that includes medical, dental, vision and life insurance coverage. Monthly costs are determined based on the medical plan and dental plan chosen. Vision coverage and life insurance coverage of \$50,000 are provided automatically and are included in the monthly cost. Einstein subsidizes a significant portion of this expense.

Community Pharmacy at Moses

Coverage for eligible family members is available at an additional cost

Medical plan options include the MontePrime EPO and the MonteCare PPO. Dental plan options include the Cigna DHMO plan and the Cigna PPO plan. The MontePrime EPO plan requires that certain services be obtained from within the Montefiore network of facilities and providers. Any cost share will be higher when Empire BlueCard PPO providers outside Montefiore and the Montefiore Integrated Provider Association network are used.

The MonteCare PPO plan uses the Empire BlueCard PPO network and the Montefiore network. Your share of the cost will be higher when you use Empire PPO facilities and providers outside Montefiore and the Montefiore Integrated Provider Association network. The MonteCare PPO gives you the flexibility to choose any provider; however, you will pay more for out-of-network healthcare services.

Prescription Drug Benefits

The prescription drug benefits under the MontePrime EPO plan are available through the Montefiore Pharmacy only.

Under the MonteCare PPO plan, you have the option of using retail pharmacies within the ESI network, the ESI home delivery pharmacy service or the Montefiore Outpatient Pharmacy for your prescription drug needs. Prescriptions filled at the Montefiore Community Pharmacy at Moses will be delivered to the pharmacy at the Weiler Hospital on Einstein's campus daily.

Dental Benefits

Einstein offers two dental plan options: the Cigna DHMO plan and the Cigna PPO plan.

Vision Benefits

Vision benefits are provided as part of the bundled benefit package and are administered by United HealthCare Vision.

Life Benefits

Life insurance is designed to pay a benefit to an employee's named beneficiary if the employee dies from any cause while coverage is in effect. Einstein provides basic life insurance in the amount of \$50,000.

Flexible Spending Accounts

Flexible spending accounts are available to help pay out-of-pocket healthcare and/or dependent-care expenses. Contributions are deducted on a pretax basis, which lowers an employee's taxable income.

Commuter Benefits

Commuter benefits are available to help pay mass transit and/or parking expenses through pretax payroll deductions, which lower an employee's taxable income.

Retirement Benefits

The Einstein 403b plan is a defined-contribution plan administered by Fidelity Investments. Pretax and after-tax Roth contributions are available under this plan. Investment offerings under the plan include 3 stable-value funds, 5 bond funds and 12 stock funds, which include value, blend, growth and international funds; a real estate fund; and 13 target-date life-cycle funds.

Group Legal Services

Group legal services are provided by Hyatt Legal Services. This coverage helps pay all or part of the cost of a wide range of personal legal services through a network of participating attorneys.

Child Care Grant

Einstein offers a grant of \$250 per child per month to help subsidize the cost of child care at certain child care centers in the Bronx. This grant is available to medical students, graduate students and postdoctoral fellows.

Bright Horizons Back-up Care Support Program

Einstein has partnered with Bright Horizons to offer care services and resources to help eligible students and employees with back-up family care support for their children, adults, and elders. To particularly help families during the challenging times brought about by the Covid-19 pandemic, Einstein is subsidizing a significant portion of the cost for using the offered services. Participants will need to make a modest affordable copayment for back-up care, ranging from \$6 an hour for in-home care, to between \$15 and \$25 per day for child or family care at a Bright Horizons-affiliated center. Details about the program are available on Einstein's website.

Staff Discounts

Procurement Services has compiled a list of “Preferred Suppliers” who offer contract pricing to Albert Einstein College of Medicine, Inc. staff and faculty.

Many local companies and businesses offer discounts to Albert Einstein College of Medicine, Inc. employees. This is a list of our contracted suppliers that offer discounts to Albert Einstein College of Medicine, Inc. students, staff, and faculty.

Appliances/Audio Visual

Leiberts Royal Green Appliance Center
Stuart Royal / Albert Ng
914.949.5999
stuart@leiberts.com / ang@leiberts.com
Einstein Pricing

Computer

Apple
Also available at any Apple retail store with Einstein ID
Educational Pricing

CDWG
Chris Eckerman
866.467.9721
chrieck@cdwg.com
Einstein Pricing

Software/Peripherals

CDWG
Chris Eckerman
866.467.9721
chrieck@cdwg.com
Einstein Pricing

Connection
Mel Bradwell
518.785.9655
mel.bradwell@connection.com
Einstein Pricing plus free shipping

Mobile & Cable services

Alicia Ingenito
212.519.4692
alicia.ingenito@g.verizon.com
19% discount off most voice and data plans

AT&T Wireless
www.att.com/getiru
Faculty/Staff Discount Account Number – 2416058
Student Discount Account Number – 35555264

Hardware/Tools

Grainger
Customer Service
800.472.4643
customersupport@grainger.com
Einstein Pricing

Carpeting & Window Treatment

O’Connor’s Carpet Center
Keith O’Connor
718.409.2020
keith@oconnorscarpets.com
Einstein Pricing

Hotels (for visiting Einstein)

Einstein — Campus Travel Management

Car Rentals

Enterprise Rent-A-Car (All Locations)
800.RENT.A.CAR
CD# L24YAEC

Enterprise Rent-A-Car (Local)
Else Desir
718.931.6200
elise.desir@erac.com
CD# L24YAEC

National Car Rental (All locations)
800.CAR.RENT
CD# L24YAEC

Bottled Water

Ready Refresh
Ed Basso
203.515.0382
edward.basso@waters.nestle.com
Einstein Pricing

Fitness & Wellness

New York Sports Club
Staff discounts available at all NYSC locations as part of Montefiore family. You will need to bring your Einstein identification to confirm employment.

Legal Holiday Observances

New Year’s Day

Dr. Martin Luther King Day

Presidents Day

Memorial Day

Juneteenth

Independence Day

Labor Day

Thanksgiving Day

Christmas Day

¹The College will operate on a skeleton schedule on the day after Thanksgiving. What this means is that staff may work with their departments to take this time off by working a flexible schedule and making up the time prior to the Thanksgiving holiday break. Staff wishing to work on this day may do so by advising their departments.



Falk Recreation Center



YES, WE HAVE A GYM ON CAMPUS!

Welcome to the Anne & Isidore Falk Recreation Center/Max & Sadie Friedman Athletic Center, Einstein's on-campus athletic facility (free gym membership for Postdocs).

With its 75-foot, temperature-controlled swimming pool, gymnasium with full-size basketball court, indoor running track, racquetball and squash courts, and free weights, there are a multitude of recreation and fitness options for members to enjoy. Add to that the broad selection of weight-training stations and fitness machines, and you have a full arsenal of exercise equipment for developing an individualized fitness routine that meets your specific needs.

The center staff oversees a variety of programs and scheduled activities, including badminton, volleyball, soccer nights, early bird swim, women's swim and men's swim. Intramural leagues are held annually for basketball, volleyball and soccer, as well as contests for free-throw and three-point shooting, and tournaments for squash, racquetball and badminton. Bulletin boards throughout the center provide updates on current and upcoming offerings.

Special classes such as yoga, aerobics and aquatic exercise are often offered throughout the year. These classes are usually offered weekly over an extended period, and require a small fee.

Notes

